

Full-time program structure

Place	Bali (Indonesia)	Sapa (Vietnam)	Kuala Lumpur (Malaysia)
Week	1 2 3 4	5 6 7 8	9 10 11 12
Days/week	5 days 4 days 5 days 4 days	6 days 6 days 6 days off	5 days 4 days 5 days 4 days
Total days/month	18 days	18 days	18 days
Hours/day	7.5 hrs/day	7.5 hrs/day	7.5 hrs/day
Total hours/month	135 hrs	135 hrs	135 hrs

Total: 405 hrs of program time + 6 hrs of one-to-one coaching



Enjoy downtime - seek new adventures

In both Bali and Kuala Lumpur the four-week schedule is broken into two five-day weeks and two four-day weeks, allowing you ample free time to travel, explore the area, take side trips, do extreme sports, work on personal habits or projects and have fun. In Vietnam, because the Sapa Valley is so remote, you'll attend the program six days a week for three weeks, and then have an entire week off to explore Vietnam.

Example of full-time program agenda

In a typical day, you may spend the morning in the co-working space completing an online lecture, have lunch with your cohort while discussing that morning's case study, have a one-to-one session with your coach, attend an afternoon workshop on leadership, and finish with a practical group study session. There are also daily wellness practices such as yoga and mindfulness; and at least once during your stay in each location an epic experience to overcome your boundaries.

TIME	THEME
7.30 – 8.00	Meditation
8.30 – 9.00	Breakfast
9.00 – 11.00	Marketing: plan, build and launch cross-channel digital strategies
11.00 – 11.30	Q&A
11.30 – 13.00	Practical work
13.00 – 14.30	Lunch
13.00 – 13.30	One-to-one coaching session during lunch break
14.30 – 16.00	Leadership: gain the skills to navigate through a crisis
16.00 – 17.30	Practical work