

**SOG**



**BAREFOOT LODGE  
& SAFARIS**

**THE SCHOOL OF GENTLEMEN**

# **BOYS CAMP**

**FOR AGES 8 - 16**



## **PARENT HANDBOOK**

**Boys Don't Guess Manhood. They Are Guided Into It.**



**VENUE: BAREFOOT LODGE & SAFARIS, NRC, LILONGWE**



# DEAR PARENT

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Today's boys are growing up in a fast-moving world filled with pressure, distraction, confusion, and influence.

Many are exposed to adult realities before they are emotionally prepared to process them.

At The School of Gentlemen, we believe boys need more than information.

They need:

- guidance,
- structure,
- mentorship,
- accountability,
- brotherhood,
- and intentional environments.

The SOG Boys Camp was created to provide exactly that.

This is not a tuition camp.

This is not simply another holiday activity.

This is a structured developmental experience designed to help boys build:

- discipline,
- confidence,
- emotional grounding,
- leadership,
- and responsibility.

Our goal is simple:

**To Help Raise Better Gentlemen Intentionally.**

Warm regards,



Tawina B. Mbeza  
Executive Director  
The School of Gentlemen

# THE SOG BOYS CAMP

A premium 3-Day / 2-Night developmental experience designed for boys aged 8–16 years.



The experience combines:

- mentorship,
- outdoor activities,
- brotherhood,
- emotional development,
- leadership,
- reflection,
- and structured guidance



## BOYS WILL BUILD

Discipline  
Confidence  
Leadership  
Brotherhood  
Communication  
Emotional Grounding  
Responsibility  
Teamwork



This is not:

- a punishment camp,
- a military environment,
- or a classroom replacement.



It is a guided developmental experience intentionally designed to help boys grow responsibly.



# CAMP DETAILS

## Venue

Barefoot Lodge & Safaris, NRC, Lilongwe

## Camp Structure

3 Days / 2 Nights

## INCLUDED IN THE EXPERIENCE

- Accommodation
- Breakfast, Lunch & Dinner
- Snacks & Refreshments
- Mentorship Sessions
- Outdoor Activities
- Team-Building Experiences
- Campfire Reflection Sessions
- MY FATHER SAID – Standard Edition
- SOG Notepad & Pen
- Certificate of Participation
- Security & Welfare Support
- Participation Fee

## Participation Fee

MWK 450,000

**Cohort 01**

**16-18  
JULY**

**Cohort 02**

**23-25  
JULY**

**Cohort 03**

**13-15  
AUG**

**Cohort 04**

**20-22  
AUG**



## DAY 1 PROGRAM

# FOUNDATION, ARRIVAL & BROTHERHOOD

### Thursday

08:00 – 09:30 Arrival, Registration & Room Allocation

09:30 – 10:30 Welcome Session & Introduction to The School of Gentlemen

10:30 – 12:00 Session 1: Identity, Choices & Personal Direction

12:00 – 13:00 Lunch

13:00 – 15:00 Tent Building & Outdoor Activities

15:00 – 15:30 Snack & Refreshment Break

15:30 – 17:30 Mental Health, Emotional Pressure & Real-Life Story Session

17:30 – 18:30 Personal Reflection, Group Discussions & Journaling

18:30 – 19:30 Dinner

19:30 – 21:30 Brotherhood Campfire Sessions & Guided Conversations

22:00 Lights Out



## DAY 2 PROGRAM

# DISCIPLINE, CHARACTER & STRENGTH

### Friday

07:00 – 07:30 Morning Movement & Physical Exercise

07:30 – 08:30 Morning Refresh & Personal Preparation

08:30 – 09:30 Breakfast

09:30 – 11:00 Session 1: Discipline, Habits & Self-Control

11:00 – 12:30 Birding Course

12:30 – 13:30 Lunch

13:30 – 15:00 Session 2: Peer Pressure, Decision-Making & Masculinity

15:00 – 15:30 Snack & Refreshment Break

15:30 – 17:00 Snake awareness Course

17:00 – 18:00 Reflection & Journaling

18:00 – 19:00 Dinner & Hotel Dinner Etiquette Course

19:00 – 21:30 Real-life Stories, Brotherhood Night & Campfire Reflection

22:00 Lights Out



## **DAY 3 PROGRAM**

# **LEADERSHIP, REFLECTION & TRANSITION**

### **Saturday**

- 06:30 – 07:00 Morning Movement & Physical Exercise
- 07:00 – 07:30 Morning Refresh & Personal Preparation
- 07:30 – 08:30 Breakfast
- 08:30 – 09:00 Session 1: Leadership, Responsibility & Vision
- 09:00 – 10:30 Practical Gentleman Skills & Communication
- 10:30 – 11:00 Personal Reflection
- 11:00 – 12:00 Certificate Presentation & Recognition Awards
- 12:00 Parent Interaction & Departure



# SAFETY & WELLBEING

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The safety and emotional wellbeing of participants is one of the highest priorities of the SOG Boys Camp.

The camp structure includes:

- resident supervision,
- overnight security support,
- first aid support,
- controlled participant coordination,
- and structured welfare monitoring.

The camp environment has intentionally been designed to encourage:

- emotional safety,
- healthy communication,
- mentorship,
- confidence-building,
- and guided interaction.

Our goal is not to lecture boys.

**Our goal is to guide them intentionally.**



# LEADERSHIP & FACILITATION TEAM

## **Executive Director**

Founder of The School of Gentlemen and author of MY FATHER SAID. Leads institutional direction, mentorship culture, participant engagement, and overall camp coordination.

## **Programs Executive**

Youth development and outdoor facilitation support focused on physical activities, teamwork, leadership engagement, and participant coordination.

## **Admin & Operations Executive**

Participant welfare, administration, logistics coordination, accommodation support, and operational management throughout the camp experience.

## **Mentorship & Emotional Development Facilitator**

Mentorship facilitation, emotional guidance, participant reflection support, leadership engagement, and structured developmental conversations.

## **Guest Psychotherapist**

Mental health awareness, emotional wellbeing support, behavioural guidance, and adolescent emotional development facilitation.

## **Reflection & Real-Life Story Facilitator**

Guided reflection, emotional awareness, life choices, personal responsibility, and real-life storytelling focused on growth and transformation.

## **Leadership & Masculinity Facilitator**

Leadership, discipline, communication, responsibility, and masculine development guidance.

## **Etiquette & Practical Gentleman Skills Facilitator**

Etiquette, communication, confidence, dining etiquette, social conduct, and practical gentleman development guidance.



# REGISTRATION & PAYMENT

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## Participation Fee

MWK 450,000 Per Participant

Applications can be completed online through:

[www.schoolofgentlemen.com/standard](http://www.schoolofgentlemen.com/standard)

## BANK ACCOUNT DETAILS

Bank name: Standard Bank Malawi  
Account name: The School Of Gentlemen Limited  
Account Number: 9100008944781  
Branch: CAPITAL CITY

## WHAT TO BRING

- Comfortable clothes
- Toiletries
- Towel
- Sneakers
- Light jacket/hoodie
- Personal medication (if applicable)
- Smart dinner outfit for Friday evening dinner session

Cohort spaces are intentionally limited to maintain:

- mentorship quality,
- emotional attention,
- supervision,
- and structured engagement.



# THE WORLD IS SHAPING BOYS EVERY DAY

Through:

- social pressure,
- media,
- environments,
- friendships,
- and influence.

At The School of Gentlemen, we believe boys deserve intentional guidance.

They deserve:

- mentorship,
- structure,
- brotherhood,
- emotional grounding,
- and environments that challenge them to grow responsibly.

**Raise A Better Gentleman.  
One Boy At A Time.**



# SOG

## THE SCHOOL OF GENTLEMEN

Raise A Better Gentleman. One Boy At A Time.

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Lilongwe, Malawi