

SOG



**BAREFOOT LODGE
& SAFARIS**

PARENT HANDBOOK

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

**SOG BOYS CAMP
2026**



VENUE: BAREFOOT LODGE & SAFARIS, NRC, LILONGWE



Cohort 01

**16-18
JULY**



Cohort 02

**6-8
AUG**

Cohort 03

**20-22
AUG**



DEAR PARENT

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



Cohort 01

16-18
JULY



Cohort 02

6-8
AUG

Cohort 03

20-22
AUG

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



DAY 1 PROGRAM

FOUNDATION, ARRIVAL & BROTHERHOOD

Thursday

Time	Activity
06:30 – 08:00	Arrival, Registration & Room Allocation
08:00 – 09:00	Welcome Session & Introduction to The School of Gentlemen
09:00 – 10:00	Session 1: Identity, Choices & Personal Direction
10:00 – 10:30	Snack & Refreshment Break
10:30 – 12:00	Outdoor Activities: Tent Building & Kumanga Legeni
12:00 – 13:00	Lunch
13:00 – 15:00	Session 2: Mental Health, Substance Abuse & Emotional Pressure
15:00 – 15:30	Snack & Refreshment Break
15:30 – 17:30	Outdoor Activities: Archery (Uta) & Bao
17:30 – 18:30	Personal Reflection, Group Discussions & Journaling
18:30 – 20:00	Dinner
20:00 – 22:00	Campfire, Reflection & Brotherhood Conversations
22:00	Lights Out



DAY 2 PROGRAM

DISCIPLINE, CHARACTER & STRENGTH

Friday

Time	Activity
07:00 – 07:30	Morning Movement & Physical Exercise
07:30 – 08:30	Morning Refresh & Personal Preparation
08:30 – 09:30	Breakfast
09:30 – 10:30	Session 1: Discipline, Habits & Self-Control
10:30 – 12:00	Outdoor Activity: Birding Course & Forest to Dambo Walk
12:00 – 13:00	Lunch
13:00 – 15:00	Session 2: Peer Pressure, Decision-Making & Masculinity
15:00 – 15:30	Snack & Refreshment Break
15:30 – 17:30	Outdoor Activity: Kumata mpira wa chikulunga
17:30 – 18:00	Personal Reflection, Group Discussions & Journaling
18:00 – 21:00	Black-Tie Etiquette Dinner
21:00 – 22:00	Campfire, Reflection & Brotherhood Conversations
22:00	Lights Out



DAY 3 PROGRAM

LEADERSHIP, REFLECTION & TRANSITION

Saturday

Time	Activity
06:00 – 06:30	Morning Movement & Physical Exercise
06:30 – 07:30	Morning Refresh & Personal Preparation
07:30 – 08:30	Breakfast
08:30 – 09:30	Session 1: Leadership Skills, Responsibility & Vision
09:30 – 11:00	Session 2: Practical Gentleman Skills & Dressing & Hygiene
11:00 – 11:30	Personal Reflection Presentations
11:30 – 12:00	Certificate Presentation & Closing Remarks
12:00	Parent Interaction & Departure



SAFETY & WELLBEING

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.



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

Participation Fee

MWK 450,000 Per Participant

Applications can be completed online through:

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

Send Proof of Payment to: 0997 349 041

Cohort spaces are intentionally limited to maintain:

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

SCHOOL OF GENTLEMEN BOYS CAMP CHECKLIST

Everything Your Young Gentleman Should Bring

✓ Cohort 01
16-18
JULY

✓ Cohort 02
6-8
AUG

Cohort 03
20-22
AUG

3 Days/2 Nights



BAREFOOT LODGE & SAFARIS,
NRC, LILONGWE

Dear Parent,

To ensure every participant has a safe, comfortable and enjoyable camp experience, please use the checklist below when preparing your son for School of Gentlemen Boys Camp.

Clothing

- ☐ 3 Comfortable T-shirts
- ☐ 2 Pairs of shorts
- ☐ 2 Pairs of long trousers
- ☐ 1 Warm jersey or hoodie
- ☐ Black Suit & Tie for Friday Dinner
- ☐ Underwear (3-4 pairs)
- ☐ Socks (3-4 pairs)
- ☐ Pyjamas or suitable sleepwear
- ☐ Comfortable sports shoes
- ☐ Sandals or flip-flops for shower use
- ☐ Hat or cap

DIY Craft Materials

- ☐ Kumanga Legeni
- ☐ Kumata Mpira wa Chikulunga

Personal Hygiene

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Bath soap
- ☐ Shampoo
- ☐ Face towel
- ☐ Bath towel
- ☐ Comb or hairbrush
- ☐ Roll-on deodorant
- ☐ Body lotion
- ☐ Reusable water bottle

Camp Essentials

- ☐ Torch/flashlight with spare batteries or electric flashlight
- ☐ Small backpack or day bag
- ☐ Personal medication (clearly labelled and handed to camp staff upon arrival)

Optional Items

- ☐ Favourite book
- ☐ Small card game or board game
- ☐ Insect repellent
- ☐ Sunscreen

Please Do NOT Bring

Phone, ipad or electric games

Weapons or sharp objects

Fireworks or lighters

Alcohol, cigarettes or vaping products

Energy drinks

Expensive jewellery

Large sums of money

Gaming consoles

Speakers or other distracting electronic devices

Offensive books, magazines or inappropriate materials

Before You Leave Home

- ☐ Online Registration completed
- ☐ Medical information submitted
- ☐ Emergency contact details confirmed
- ☐ Camp fees fully paid
- ☐ Your son has labelled all personal belongings

A Gentle Reminder

School of Gentlemen is more than a camp, it is a journey of growth, character and leadership. While packing the right items is important, the most valuable things your son should bring are a willing heart, a teachable spirit and a positive attitude.

We look forward to welcoming your young gentleman for an unforgettable experience.



SOG

THE SCHOOL OF GENTLEMEN

Raise A Better Gentleman. One Boy At A Time.

www.schoolofgentlemen.com

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Phone: +265 997 349 041

Instagram | Facebook | LinkedIn: [@schoolofgentlemen](#)

Lilongwe, Malawi