ASIA PACIFIC ADVENTURE

RCHK-Y8-HK-0417

# WEEK ON THE WATER

## HONG KONG

## HIGHLIGHTS

- Experiencing the beauty of Sai Kung
- An interactive discovery of Hong Kong's marine and mangrove environments
- Developing foundation skills in the specialized activities of:
  - Kayaking
  - Dragon Boating
  - Hiking

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| Location: | **HONG KONG** |
| Accommodation: | **DORMS & TENTS** |
| Length: | **5 DAYS 4 NIGHTS** |
| Date: | **APR 24-28 2017** |

## GOALS

- Team building, and team participation
- Develop greater self-awareness, acceptance of group and personal responsibility
- Face both physical and social challenges with an open mind
- Develop confidence and competency in kayak management
- Develop skills for safely planning single or multi-day kayak expeditions
- Develop greater awareness of Hong Kong's marine environment
- Experiential learning in a safe and fun environment

## LOCATIONS:

Pak Sha O, Pak Sha Wan and Tung Tze

# PROGRAM

## Introduction

- Depart School for locations
- Settle into accommodation
- Team meetings
- Introduction to water safety
- Kayaking introduction and Skills
- Dinner, review and evening program

## Kayaking & Dragon Boating Day

- Kayaking rescue practice & Kayaking Journey
- Dragon boating
- Dinner, review and evening program

## Whole Day Hiking

- Bus transfer to the starting point
- Hike along the famous trails
- Dinner, review and evening program

## Gorge trekking Day

- Bus/hike into Sai Wan
- Beach safety
- Surf awareness
- Gorge trekking
- Stargazing or other activity
- Night in tents on the beach

## Star Challenge

- Star Challenge
  - Teams complete different challenges physically and intellectually
- Late lunch
- Pack up
- Final reviews and certificates

## ACCOMMODATION

The youth hostels have dorms with multiple bunk beds along with shower facilities and flushing toilets. The campsites have basic facilities. Both campsites and dorms are safe and secure.

## MEALS

We aim to provide healthy, balanced meals with fruit and filtered drinking water throughout the day. Students will help prepare all meals.

## EQUIPMENT

APA uses and maintains a high standard of equipment for all of its activities. APA provides their own PFDs (Personal Flotation Devices), ropes, helmets, harnesses and other technical equipment.

## SAFETY

All lead APA staff are First Aid qualified and carry radios, mobile phones and first aid kits at all times.

APA follows a safety management system developed from decades of in-house senior team experience and influenced by several leading national governing bodies including: British Canoe Union, New Zealand Outdoor Instructors Award, Association of Canadian Mountain Guides, UK's Mountain Leader Training Board and USA's Rescue 3 International amongst others. APA has developed professional skills training programs for everything from mountain biking to rock rescue and regularly delivers Risk Management courses for international school faculty.

## FACILITATION

Our company specializes in facilitation with a high staff to student ratio of 1:12, and 1:6 when using high elements and water based activities. Each group of 10-12 students will have their own APA facilitator for the entire program. Team names, song/chants and team goals will be established and team reflection and reviews carried out after each activity. Certificates will be given at the end of program.

# OUR TEAM

## COST

Program cost includes accommodation, meals (including snacks and filtered water), all transport during program, experienced facilitators, program delivery, all activity & safety equipment and public liability insurance during activities. Program cost does not include travel to and from location on the first and final day of program

Program cost is based on minimum 144 students. Price adjusted for less than 144 students. Teachers are included free of charge at a ratio of 1 per group (or part thereof) of 12 students