

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
 - Introduction to Expedition
 - Hiking
 - Tenting

Location: **HONG KONG**
 Accommodation: **DORMS & TENTS**
 Length: **5 DAYS 4 NIGHTS**
 Date: **APR 8 - 12 2019**

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, Sai Wan Beach and Chek Keng

PROGRAM SUMMARY

Introduction

Depart School for locations
Introduction to campsite
Team meetings and initiatives

- Introduction to water safety
- Kayaking Skills refresher

Dinner, review and evening program
Overnight in dorms



Kayaking Rescue & Journey

• Rescue practice & water navigation
• Kayak journey & rescue scenarios

Dinner, review and evening program
Overnight in dorms



Whole Day Hiking

• Bus transfer to hike starting point
• Trek along the famous trails of New Territories

Dinner, review and evening program
Overnight in dorms



Introduction to Expedition

Bus/hike into Sai Wan

- Beach safety
- Surf awareness
- Gorge trekking & rock pool swim
- Stargazing or other activity

Overnight in tents on the beach



Star Challenge

Star Challenge

- Teams complete in physical and intellectual challenges with focus on teamwork, communication and leadership

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



Asia Pacific Adventure (APA)