



RCHK-Y8-0419

WEEK ON THE WATER
Renaissance College Hong Kong
8 - 12 April 2019

LOCATIONS: Pak Sha O, Pak Sha Wan, Chek Keng, and Sai Wan Beach

ACCOMODATION: Tents and Dorms

TOTAL NUMBERS: 150

GOALS:

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

PROGRAM ITINERARY

PAK SHA O	PAK SHA WAN	CHEK KENG
Monday, 8 April 2019		
Students arrive	Students arrive	Students arrive
Team Meetings	Team Meetings	Team Meetings
Lunch at PSO	Lunch at PSW	Lunch at CK
Kayaking at Hoi Ha	Kayaking at PSW	Kayaking at CK
Dinner	Dinner	Dinner
Overnight at PSO	Overnight at PSW	Overnight at CK
Tuesday, 9 April 2019		
Breakfast & pack lunch	Breakfast & pack lunch	Breakfast & pack lunch

Asia Pacific Adventure Ltd.

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Transfer to Sai Wan Pagoda	Transfer to hiking start	Transfer to hiking start
Beach activities, Environmental Awareness	Full-day Hike	Full-day Hike
Lower Luk Wu pool swim	Arrive at PSW	Arrive at CK
Dinner at SWB	Dinner	Dinner
Overnight at SWB	Overnight at PSW	Overnight at CK
Wednesday, 10 April 2019		
Breakfast at SWB	Breakfast & pack lunch	Breakfast
Transfer to PSW	Transfer to Sai Wan Pagoda	Kayaking
Kayaking & lunch at PSW	Beach activities, Environmental Awareness	Lunch at BBQ area
Transfer to PSO	Lower Luk Wu pool swim	
Dinner	Dinner at SWB	Dinner
Overnight at PSO	Overnight at SWB	Overnight at CK
Thursday, 11 April 2019		
Breakfast & pack lunch	Breakfast at SWB	Breakfast & pack lunch
Transfer to hiking start	Transfer to PSW	Transfer to Sai Wan Pagoda
Full-day Hike	Kayaking	Beach activities, Environmental Awareness
Arrive at PSO	Lunch at PSW	Lower Luk Wu pool swim
Dinner	Dinner	Dinner at SWB
Overnight at PSO	Overnight at PSW	Overnight at SWB

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Friday, 12 April 2019		
Breakfast	Breakfast	Breakfast at SWB
Star Challenge	Star Challenge	Star Challenge
Lunch	Lunch	Lunch
Final review	Final review	Final review
Students depart	Students depart	Students depart

ACCOMMODATION

Pak Sha O, Pak Sha Wan & Chek Keng are secure campsites with flushing toilets & shower. All students will be sleeping in dorms (bunk beds) when at camp.

For one night, students will be going to Sai Wan Beach and will be camping on the beach sleeping in tents.

MEALS

Day 1: (breakfast at home) Lunch and Dinner
Day 2: Breakfast, Lunch and Dinner
Day 3: Breakfast, Lunch and Dinner
Day 4: Breakfast, Lunch and Dinner
Day 5: Breakfast & Lunch

We provide healthy, balanced meals with snacks of granola bars, fruit and drinking water throughout the day. Breakfast choice of 3 different cereals and tinned fruits. Lunch sandwiches of ham/turkey/salad/cheese/tuna. Dinners pasta, fried rice, Curry etc.. Occasional evenings breadsticks with chocolate. Students will help prepare all meals and make their own sandwiches at lunch. We encourage students not to bring any of their own food.

EQUIPMENT and SAFETY

APA follows a high standard of safety in equipment and activities. APA provide their own PFD (Personal Floatation Device), ropes, helmets and harnesses (for rope courses), tents, cooking utensils, gas stoves. Radios and mobile phones are carried by each APA staff member at all times. All APA staff are First Aid qualified and several are Wilderness First Aid qualified.

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FACILITATION

As well as high standards in safety in equipment and activity, our company specializes in facilitation and instruction 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 camp. Team names, song/chants and team rules will be established and team reflection and reviews carried out after each activity. Certificates will be given at the end of camp.

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