

UIS M7 YANGSHOU CAMP 2009/10

Guided reflection on shared experiences promotes critical thinking, self and group discovery and enables learners to value their accomplishments.

Experiences in outdoor environments provides opportunities for learners to question their personal lifestyle choices and their commitment to environmental sustainability.

Opportunities for real-life learning within natural environments provide unambiguous feedback on behaviours and decisions.

Accepting and meeting sustained physical, social and emotional challenges encourages learners to extend themselves beyond their comfort zone.

Participation in group challenges and problem solving activities encourages active citizenship.

Problem based learning fosters opportunities, within a range of novel outdoor learning environments, for learners to critically evaluate how their actions influence themselves, other group members and the environment.

EXPERIENTIAL
CHALLENGING
CO-OPERATIVE
ACTIVE
ENVIRONMENTAL
SUPPORTIVE
CARING

Inclusion in an environment of dedicated, active and enthusiastic staff provides opportunities for learners to explore lifestyle alternatives including their involvement in outdoor and environmental related pursuits.

Self direction and self regulation, including negotiation, allows the opportunity to learn through experience.

Inclusion in a group working in unfamiliar circumstances promotes strategies to adapt to change and uncertainties.

Appreciation of diversity, cultural knowledge and respect for the environment encourages the development of a sense of community.

Social support and trust are incorporated in learning opportunities to ensure the physical and emotional safety of learners.

Emphasis is placed on the transfer of learnings from our learning environment to other life contexts.

1. IMPORTANT DATES AND TIMES

Students are to make their own way to the airport

Date: Monday Nov 9th
Meeting time: 7:20am
Place: Biayun International Airport, Domestic terminal

Flight CZ3234 Guangzhou - Guilin
Departure 9:20am

** Please accompany or arrange for your child to be accompanied into the airport and meet with their group leader.*

Please remember to bring your passport

Return:

Students are to be picked up from the airport

Date: Friday Nov 13th
Meeting time: 11:55pm
Place: Biayun International Airport, Domestic terminal

Flight CZ3204 Guilin - Guangzhou
Arrival 11:55pm

At the airport, your child will not be allowed to leave the group unless visual confirmation of an assigned adult is there to collect him/her.

Please do not be late in picking up your child. Late pick ups cause great inconvenience for staff.

Emergency contact numbers:

~~Tina Lin (school emergency contact) 13609747475~~

2. METHODOLOGY

Student to staff ratios will be professionally managed for each activity. Utahloy provides a 1:10 teacher student ratio, while Chinaclimb staff provide a 1:3 ratio for some activities.

3. ACCOMMODATION

First and last nights accommodation is a hotel and the middle two nights are at designated campsites.

4. TRANSPORTATION

Transportation will consist of a flight to and from Guilin and buses organized by Chinaclimb.

5. FOOD & BEVERAGE

All meals and snacks from lunch on November 9th through to the Dinner on November 13th will be provided.

Please encourage your child not to bring junk food on camp.

6. FEES

The price for this school camp is included in the school fees.

7. STAFFING

The following staff will be in attendance on this camp:

Ms. Amanda Peacock, Ms. Martina Roy, Ms. Aiman Slakynbekova, Mr. Troy Appleton, Ms. Helen Chen

8. ADVENTURE ACTIVITIES

Learning experiences are selected and sequenced to assist students to achieve the school's stated outcomes. Students will be involved:

Activities:

- Rock Climbing
- Cooking
- Orienteering

- Traverse / Abseiling
- Hike up moon hill

9. STUDENT INFORMATION

9.1 Respect

Students have a responsibility to respect others, their privacy and belongings, as well as the local people and the local environment. Students must:

- enter their own rooms or tents only.
- respect the belongings of others.
- be conscious that residents of the community should be protected from excessive noise at unreasonable hours.
- be willing to accept the rights of others.
- care for all equipment and properties (this includes refraining from littering and/or damaging property and environments).

9.2 Safety

Students have a responsibility to adhere to safety instructions and procedures as presented at the Centre and to regulatory laws made by government bodies. Students must:

- wear footwear at all times (fully enclosed shoes during activities).
- be supervised at all times.
- protect themselves from exposure to the sun and from dehydration.
- use activity equipment only under the supervision of staff.
- be attentive in briefing sessions and during activities.
- be aware of emergency procedures in the event of a fire.
- ensure alcohol, cigarettes or drugs (unless prescribed by a doctor and with the full knowledge of the co-ordinator) and dangerous implements are not in their possession.
- remove **all jewellery** prior to adventure activities. If jewellery is unable to be removed, or suitably taped the student will not be able to participate.

9.3 Co-operation

Students have a responsibility to assist in the efficient functioning of the program and the enjoyment of all participants. Students must:

- ensure their own alertness, attentiveness and punctuality.
- endeavour to foster positive relationships with others.

9.4 Participation

Students have a responsibility to ensure that they gain maximum benefit both as individuals and as a whole group. Students must:

- be prepared to participate in all activities.
- strive to be part of the group and assist the group to achieve their goals.

Students who demonstrate by their behaviour that they do not acknowledge these responsibilities or are unwilling to accept them, are a danger to themselves, other participants and the success of the program. With this in mind parents of such students will be contacted.

Students who refuse to abide by these responsibilities may be returned to school with the student's parents being responsible for their transportation to school/home.

10. MEDICAL AND PARENTAL CONSENT FORM

A Student Medical and Parental Consent form must be completed in detail on the Chinaclimb online database. The contents are treated confidentially. These are not used to exclude students from attending. This information may be crucial in times of medical emergency.

This form provides information required to care for your child in the event of a medical incident.

11. DIETARY REQUIREMENTS

Parents must fill in the appropriate section Chinaclimb online database if there are any special dietary requirements e.g. vegetarian, allergies.

12. SUN SAFETY

The nature of an Outdoor Education program dictates that students will be in the outdoors and exposed to direct sunlight for extended periods of time during their program. It is strongly recommended that all students wear broad brimmed hats and long sleeved shirts, and apply

full block sun screen, to minimize the harmful effects of the sun. Singlet / midriff tops are unsuitable for activities.

Program timetables and group management options attempt to limit the time that students are in direct sunlight during the middle of the day.

13. WEATHER

The weather in Yagshuo will be mild during the day and cool at night . A packing list is provided to ensure all participants are prepared for the temperatures. Temperatures range from 10 degrees Celsius to 25 degrees Celsius.

14. GENERAL INFORMATION

14.1 *Pocket money*

As the camp is fully funded by the school, there is no need for students to bring an excessive amount

of money. We recommend a maximum of ¥200 for souvenirs. The students will not need to buy any food or drink while on camp.

14.2 *Chewing gum*

Due to the harmful effects that gum can have on wildlife, students are not to bring chewing gum.

14.3 *Electronic equipment:*

Students are advised not to bring electronic equipment. Walkmans, Discmans, Ipods, players and electronic games are forbidden on camp. Cameras are allowed.

14.4 *Expensive clothing*

It is advisable not to bring expensive clothing or footwear because of the nature of the activities undertaken. A long sleeved shirt, eye protection and lip balm are desirable items.

Students are strongly advised to use insect repellent and wear a long sleeved shirt for protection.

WHAT TO BRING

Baggage allowance: One backpack – 15kg.

Please note:

- * Students are responsible for carrying their own luggage. Ensure that it is well labeled.
- * Teachers and supervisors will not be responsible for any valuables.

This packing list is provided to ensure all participants are prepared for the mild temperatures during the day and cooler temperatures at night.

Suggested packing list for your trip.

Clothing

- _____ 6 - 7 T-shirts (synthetic is preferable as it dries quicker and takes moisture from the body)
- _____ 1 Warm sweatshirt
- _____ 1 waterproof outer shell jacket with hood
- _____ 3 pair shorts
- _____ 2 pair long pants
- _____ 1 swimsuit
- _____ 1 towel
- _____ 6 changes underwear
- _____ 6 pair socks
- _____ 1 hat/cap (Essential)
- _____ 1 pair walking shoes (will get dirty)
- _____ 1 pair sandals/flip-flops
- _____ 1 pair extra sneakers

Miscellaneous

- _____ 1 backpack or Duffle bag (to carry all things to camp)
- _____ 1 daypack
- _____ Small towel (for swimming)
- _____ Toothbrush & Toothpaste
- _____ Essential toiletries
- _____ 1 pair sunglasses
- _____ 1 pair extra glasses (if student wears glasses)
- _____ Extra contact lens and solution (if student wears contact lenses)
- _____ Extra medication (if needed – can be kept by teacher)
- _____ 1 small bottle sunscreen
- _____ 1 water bottle
- _____ 1 Flashlight
- _____ Plastic bags for dirty clothes
- _____ Insect repellent

Optional Items

- _____ Notebook with pen/pencil
- _____ 1 Camera (with film if not digital) and charger.
- _____ 1 small folding umbrella
- _____ .The camp is fully catered and students will not require any money for the duration of the camp.

• Please use this checklist to best prepare for your trip. While it is important to have most of these items it is equally important not to be burdened with an exorbitant amount of luggage.

• Ipods, Discmans, MP3 players and electronic games are forbidden on camp.

UIS Yangshuo Year 7

YOUR ITINERARY

DAY 01 Mon Nov 9th	Groups	Whole Group			
	Morning	Arrive Guilin/Transport to Yangshuo			
	Lunch	Guilin Dongbei Restaurant			
	Afternoon	China Climb Rogaine			
	Dinner	Pizza Party @ China Climb			
	Evening	Activity Introductions			
	Night	Tulip Hotel			
DAY 02 Tue. Nov 10th	Groups	Group 1	Group 2	Group 3	Group 4
	Breakfast	MC Blues	Café China	Red Star	Karst Café
	Morning	Biking	Orienteering	Cooking School	Team Building
	Lunch	Packed Lunch	Packed Lunch	Cooking School	Packed Lunch
	Afternoon	Orienteering	Biking	Team Building	Cooking School
	Dinner	MC Blues	Café China	Red Star	Cooking School
	Evening	Workshops	Workshops	Yangshuo Freetime	Yangshuo Freetime
	Night	Tulip Hotel			
	DAY 03 Wed. Nov 11th	Groups	Group 1	Group 2	Group 3
Breakfast		Café China	Red Star	Karst Café	MC Blues
Morning		Cooking School	Team Building	Rock Climbing	Traverse/Abseil
Lunch		Cooking School	Packed Lunch	Packed Lunch	Packed Lunch
Afternoon		Team Building	Cooking School	Traverse/Abseil	Rock Climbing
Dinner		Café China	Cooking School	Karst Café	MC Blues
Evening		Yangshuo Freetime	Yangshuo Freetime	Workshops	Workshops
Night		Tulip Hotel			
DAY 04 Thurs. Nov 12th		Groups	Group 1	Group 2	Group 3
	Breakfast	Red Star	Karst Café	MC Blues	Café China
	Morning	Rock Climbing	Traverse/Abseil	Biking	Orienteering
	Lunch	Packed Lunch	Packed Lunch	Packed Lunch	Packed Lunch
	Afternoon	Traverse/Abseil	Rock Climbing	Orienteering	Biking
	Dinner	Farewell BBQ @ Riverside			
	Evening	Farewell BBQ and Surprise			
	Night	Tulip Hotel			
	DAY 05 Fri. Nov 13th	Groups	Whole Group		
Breakfast		Rock and Grill Restaurant			
Morning		Moonhill Hike			
Lunch		Moonhill Restaurant			
Afternoon		Transport to Guilin/Flight Out			

CONTACT NUMBERS

Chinaclimb Office	0773 8811033	Emergency Contacts
CC si	13977330864	Fire/Police/EMS 119 / 110 / 120
Wade K- Trip Leader	15177354423	Evac Guangxi 13907736759
		YS Hospital 8822 472
		Guilin Hospital1 3832 683
		Guilin Hospital2 3840 441



Appendix B – Activity Overview

Activity 1: Rock Climbing & Tyrolean Traverse

Activity 2: Rural Mountain Biking

Activity 3: Orienteering

Activity 4: Team building

Activity 5: Moon Hill Hike

Rock Climbing

A high staff to student ratio, a selection of beginner routes and our focus on safety will ensure each participant can challenge themselves enjoying the discovery of this activity. The introduction to rock climbing half-day session will be composed of the following components:

- Instruction and provision of technical equipment including helmets, harnesses and shoes
- Time learning basic knots, safety procedures and technique
- The opportunity to test themselves on climbing routes of appropriate difficulty



The traverse/abseil is a combination 25 metre Tyrolean (open air) traverse and 25 meter abseil located in historic Treasure cave.

Rural Mountain Biking

For Mountain Biking, the students are outfitted with well-maintained quality bikes and CE rated helmets, two to three Chinaclimb guides will lead the students on a picturesque tour through the countryside of Yangshuo and the river valley. Biking itineraries are designed to avoid/manage exposure to traffic areas and offer opportunity for swimming.

Orienteering

The orienteering challenge is an exciting navigation challenge where students are given a topographic map and compass and set out on a race to find all the checkpoints in a designated rural area. It's our very own Yangshuo Amazing Race!

Team building

Students will work together in small groups and one large group to experience a series of group oriented trust games, teambuilding games and initiative challenges under the professional instruction of our guides. The games are based upon trust building, communication and problem solving.

Moon Hill Hike

The rewarding hike to the summit of one of the most famous attractions in Yangshuo rewards the students with a magnificent panoramic view of the karst landscape and presents a fantastic opportunity for photos!

Rain Contingencies

Many of the activities can be successfully undertaken in normal rain conditions (protected climbing locations, cooking, muddy biking, etc.). In the event of torrential weather we have a few proven rain contingencies including Chinaclimb Indoor Olympics, Tile painting, Yoga, Tai Qi and Caving.