

# UIS M9 ZIYUAN 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:** 7:30am  
**Place:** Biayun International Airport, Domestic terminal

Flight CZ3232 Guangzhou - Guilin  
Departure 9:40am

*\* 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:** 8.10pm  
**Place:** Biayun International Airport, Domestic terminal

Flight CZ3235 Guilin - Guangzhou  
Arrival 8:10pm

*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:

Mr. Aaron Martin, Ms. Carry Zhang, Ms. Nicola Ann Davies, Ms. Delphine Niobey, Ms. Angel Lam, Ms. Elly Xu

## 8. ADVENTURE ACTIVITIES

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

### **Activities:**

- Gorge trek
- Whitewater rafting
- camping

## 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 Ziyuan will be cool to mild during the day and cold at night . A packing list is provided to ensure all participants are prepared for the cooler 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 cold 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)
- \_\_\_\_\_ 2 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 warn hat and gloves
- \_\_\_\_\_ 1 pair walking shoes (will get dirty)
- \_\_\_\_\_ 1 pair sandals/flip-flops
- \_\_\_\_\_ 1 pair extra sneakers

### **Miscellaneous**

- \_\_\_\_\_ **1 Sleeping bag**
- \_\_\_\_\_ 1 Sleep sheet
- \_\_\_\_\_ 1 backpack
- \_\_\_\_\_ 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 GRADE 9 BACKPOCKET SCHEDULE

## YOUR ITINERARY

UIS GRADE 9 – ZIYUAN EXPEDITION					
DAY 01 Mon. 9th	<b>Groups</b>	<b>Whole Group 74 + 8</b>			
	<b>Morning</b>	Arrive Guilin Airport 10am			
	<b>Lunch</b>	Dongbei Restaurant			
	<b>Afternoon</b>	Travel to Ziyuan. Settle into hotel and explore Ziyuan town and environs. (Activity if flight time permits)			
	<b>Dinner</b>	Chinese Western Style Dinner			
	<b>Evening</b>	Briefings and Introductions / Story Night			
DAY 02 Tue. 10th	<b>Night</b>	<b>4 STAR HOTEL</b>			
	<b>Groups</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
	<b>Breakfast</b>	Chinese Western Breakfast	Chinese Western Breakfast	Chinese Western Breakfast	Chinese Western Breakfast
	<b>Morning</b>	Ziyuan Kayaking trip	Ziyuan Kayaking trip	Abseiling / Swimming	River – waterfall trek
	<b>Lunch</b>	Packed lunch on river	Packed lunch on river	Packed lunch at site	Packed lunch at site
	<b>Afternoon</b>	Ziyuan kayaking trip	Ziyuan kayaking trip	River – waterfall trek	Abseiling / Swimming
	<b>Dinner</b>	Camp Feast	Camp Feast	Camp Feast	Camp Feast
	<b>Evening</b>	Camping Activities	Camping Activities	Camping Activities	Camping Activities
DAY 03 Wed. 11th	<b>Night</b>	Camping	Camping	camping	Camping
	<b>Groups</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
	<b>Breakfast</b>	Cooking Camp Breakfast	Cooking Camp Breakfast	Cooking camp breakfast	Cooking camp breakfast
	<b>Morning</b>	River - waterfall trek	Abseiling/swimming	Ziyuan kayaking trip	Ziyuan kayaking trip
		Packed lunch at site	Cooked lunch	Packed lunch on river	Packed lunch on river
	<b>Afternoon</b>	Abseiling / Swimming	River / waterfall Trek	Ziyuan kayaking trip	Ziyuan kayaking trip
	<b>Dinner</b>	Camp Feast	Camp Feast	Camp Feast	Camp Feast
	<b>Evening</b>	Camping Activities	Camping Activities	Camping Activities	Camping Activities
DAY 04 Thurs. 12th	<b>Night</b>	Camping	Camping	Camping	Camping
	<b>Groups</b>	<b>Group 1</b>	<b>Group 2</b>	<b>Group 3</b>	<b>Group 4</b>
	<b>Breakfast</b>	Cooking Camp Breakfast	Cooking Camp Breakfast	Cooking camp breakfast	Cooking camp breakfast
	<b>Morning</b>	Pack up campsite	Pack up camp site	Pack up camp site	Pack up camp site
	<b>Lunch</b>	Lunch en Route	Lunch en route	Lunch en route	Lunch en route
	<b>Afternoon</b>	Rafting Wupai (exciting)	Rafting Wupai (exciting)	Hiking Longshen area	Hiking Longshen area
	<b>Dinner</b>	Chinese Western Dinner	Chinese Western Dinner	Chinese Western Dinner	Chinese Western Dinner
<b>Evening</b>	Theatre Sports / Trivia	Theatre Sports / Trivia			
DAY 05 Fri. 13th	<b>Night</b>	Longshen Hotel	Longshen Hotel	Somewhere close to Wupai	Somewhere close to Wupai
	<b>Groups</b>	<b>Whole Group</b>			
	<b>Breakfast</b>	Chinese Western Breakfast	Chinese Western Breakfast	Chinese Western Breakfast	Chinese Western Breakfast
	<b>Morning</b>	Longshen Hiking	Longshen Hiking	Rafting Wupai	Rafting Wupai
	<b>Lunch</b>	Lunch en route			
	<b>Afternoon</b>	Travel to airport flight 7pm			
	<b>Evening</b>				
<b>Night</b>					

## CONTACT NUMBERS

Chinaclimb Office 0773 8811033



### Emergency Contacts

15177355647 Fire/Police/EMS

13471398460 Evac Guangxi

YS Hospital

Guilin Hospital1

Guilin Hospital2

## **APPENDIX B – ZIYUAN NATIONAL GEOLOGICAL PARK & BAJIAOZHAI. ZIYUAN RIVER.**

Ziyuan is a mountainous region in northern Guangxi. The terrain is dominated by the 'Dragon's Back (Long Ji) Mountain Range' and the beautiful Ziyuan River. The mountain sides are thickly forested in bamboo, pine and sub-tropical rainforest trees clinging to the sides of the soaring peaks. In the north the amazing Bajiaozhai Geological Park is a testament to Chinese ingenuity and engineering skills.

Our guided trek will leave an indelible stamp in your memories of China.

Ziyuan is approximately 2 hours drive north of Guilin on the border of Guangxi & Hunan provinces and is the home of the Meio minority, with some influences from the Dong minorities found further north. Ziyuan has a wind and rain bridge in the city centre.





### **Lake Side Camping**

The campsite is on the banks of an alpine lake deep in the mountains.

We share this beautiful and remote location with a small lakeside Chinese village and a 200 metre waterfall. Expect the night sky to be crystal clear. No light pollution will ensure the stars will be bright.



### **Rafting on the Ziyuan River**

The Ziyuan River is pristine water flowing between amazing sandstone monoliths. The rapids are easy (grade 1 & 2) and make the perfect practice ground for the next day's excitement. The trip takes about 3 hours of easy paddling, drifting and swimming.



### **Rafting on the Wapuo**

Paddling the Ziyuan River has totally prepared us for the excitement of the Wupai River. 2 hours of adrenalin pumping grade 3 whitewater.

Professionally operated we will have 2 guides to every raft using the best quality whitewater rafts and rafting equipment.

