

2009 SIS(HK) S1 ORIENTATION CAMP

Goals

SCHOOL GOALS

- Promote cohesion.
- Instill our school core values: Respect, Responsibility, Resilience, Integrity, Care, Harmony
- Leadership training/ facilitate identification of potential leaders.

APA GOALS:

- Team building, and team participation
- Develop greater self-awareness, acceptance of group and personal responsibility
- Appreciate nature and Hong Kong's environmental concerns
- Face physical and social challenges with an open mind
- Develop skills for independence in a camping environment
- Appreciate the considerations for development and maintenance of community living
- Experiential learning in a safe and fun environment

LOCATION

- Sai Kung and Hoi Ha bay

PROGRAM

Important information:

We are going straight to the kayaking venues from school. Therefore, you **must** arrive at school dressed in your kayaking gear (i.e. clothes and shoes you do not mind getting wet). In your small day bag you will have:

- 1 towel
- A full set of dry clothes including dry shoes
- At least 1 litre of water
- Sunscreen
- Hat
- You will **not** have access to your big bag until dinner time on Day 1.

Day 1

- Assemble at SIS(HK), 0800hrs (Wan Chai Campus)
- Transfer to Sai Kung locality, 0830hrs
- Arrival at Dolphin Canoe Club and Pak Sha Wan Canoe Centre
- Team intros and contracts
- Introduction to kayaking
- Lunch
- Continue kayak skills
- Small kayaking journey
- Dinner at High Island Camp

Day 2

- Rise and Shine
- Breakfast
- Snorkeling at Hoi Ha Bay(Hong Kong's only protected marine environment)
- Lunch at Hoi Ha Bay
- Kayaking at Dolphin Canoe Club and Pak Sha Wan Canoe Centre
- Dinner at High Island Camp

Day 3

- Rise and Shine
- Breakfast
- Transfer to Dolphin Canoe Club and Pak Sha Wan Canoe Centre for kayaking
- Begin mini kayak expedition
- Lunch
- Kayak back to relevant kayak centres
- Final reviews and certificates
- All depart from Dolphin Canoe Club and Pak Sha Wan Canoe Centre
- Return to SIS(HK) by 1430hrs (Wan Chai Campus)
- School bus back home at 1500hrs