



Keystone Adventures, LLC

www.Keystone-Adventures.com

Conghua Outdoors Program for ISD (Grade 6-7)



Proposed Dates: November 19-22, 2019

Location: Liuxihe, Conghua and Huadu

Overview: Our itinerary will involve a variety of different outdoor and cultural activities in an area close to Guangzhou that is known for its scenic beauty: turquoise streams, imposing granite mountains, and lush forest. The program will begin at a team-building site on the outskirts of Guangzhou (in Huadu) with some team-building games, high-ropes challenge activities and camping. Afterwards, students will transfer to a hotel near Liuxihe Forest Park, where we will kayak, hike, and complete a cultural scavenger hunt in a small village. In accessible environments, students will learn kayaking skills, navigation and map-reading skills, camp-craft, and leave no trace principles. KA staff will strive to keep students engaged in activities with interactive games and informative talks.

Accommodation: Twin rooms (2-3 beds) for students w/ ensuite bathrooms, ensuite private rooms for teachers, one night camping

Total price :



Transportation — included in trip cost

Tour Agency –2600 RMB

Insurance – included in trip cost

Chaperone costs – N/A

Misc- transaction fees and emergency funds- 850 RMB

Deposit and air fare – 1450RMB paid to the Financial Office by Sep. 6th

Remaining Amount- 2000 RMB paid to paid to the Financial Office by Oct. 18th

Total – 3450 RMB

*excess funds will be returned to the student's family

November 19: Depart ISD / Camping

2:00pm: Travel from ISD Huadu (BiQi Team-Building Center) (~2 hours).
 4:00pm: Rendezvous with KA guides, introductions, ice-breaker games
 4:30pm: Overview of campsite, set up tents.
 5:30pm: Safety briefing on proper use of camping stoves, begin preparing dinner (burritos)
 7:00pm: Clean up dinner, evening game of *Intruder*, whereby students compete to steal objects from a “ninja” armed only with a flashlight.



November 20: High Ropes Activities / Team-building / First-Aid Rescue Scenario

7:30am: Breakfast at campsite restaurant, pack up tents.
 9:30am: Safety briefing and gear overview, divide into two groups:
 Group 1: High-ropes activities (climbing, trapeze, ladders, tight rope, etc.) and small group team- building games, designed to foster lateral thinking and communication.
 Group 2: First-Aid Lesson & Rescue scenario activity: students will learn basic first-aid technique, and then will be tasked with making a rope stretcher.
 12:00pm: Break for sit-down lunch
 1:00pm: Switch groups/activities
 3:30pm: Conclude activities, transfer to Liuxihe
 5:00pm: Arrive at hotel, check-in, shower
 6:30pm: Dinner, evening activity



November 21: Hike, DIY Bamboo Sticky Rice, Scavenger Hunt

8:30am: Breakfast at hotel

10:00am: Depart for hike. Distribute of maps and overview of map-reading, begin hiking. The hike will combine footpaths through bamboo groves, temperate forest, with free time at a waterfall, and awesome views of the surrounding area. (Picnic lunch prepared by students).

2:30pm: Conclude hike in Xitou Village for rest and snack: DIY bamboo sticky rice.

3:00pm: Interactive cultural scavenger hunt in Xitou Village, which will enable students to learn a bit about the history and culture of the area.

4:30pm: Conclude activity, return to hotel

5:00pm: Shower, rest

6:30pm: Dinner at hotel

7:00pm: Evening game in hotel



November 22: Kayaking, Return to ISD

7:00am: Breakfast, pack-up, check-out of rooms. 8:00am: Bus to kayaking location

9:00am: Introduction to kayaking, and kayaking on lake, including safety briefing and paddling skills, games, followed by “bridge jump” activity.

11:30am: Conclude activity, change clothes

12:00pm: Lunch at nearby restaurant, final trip reflections.

1:00pm: Say good-bye to KA guides, return bus to ISD (1-2 hours)



东莞文盛国际学校从化户外项目 (6-7年级)



拟定日期: 2019年11月19-22日

地点: 从化和花都 (从化市流溪河, 花都比奇拓展基地)

概述:我们的行程将涉及到各种不同的户外和文化活动。本次活动的地点离广州很近，这里以风景优美而闻名：绿松石溪流、壮丽的花岗岩山和茂密的森林。该项目将在广州郊区（花都）的一个团队建设场地开始，举办一些团队建设游戏、高绳挑战活动和野营活动。之后，学生将转移到流溪河森林公园附近的一家酒店，我们将会在这里划皮艇，徒步旅行以及在一条小村庄里完成一个文化寻宝游戏。通过这些活动，学生可以学会划皮艇，导航和阅读地图，野营的技巧以及不留下任何痕迹的原则。活动的工作人员将致力于让学生参与互动游戏以及各种资讯讲座活动。



住宿: 双人房(2-3张床)供学生使用, 套间浴室, 教师专用套房, 一晚露营。

总价: 交通费用 — 旅费已包含

旅行公司-2600 RMB

保险 – 旅费已包含

陪同老师花费– 无

其他- 交易费 和应急基金- 850 RMB

定金和交通费用-1450 RMB 请于9月6号前交至财务室。

余额2000 RMB 请于10月18号前 交至财务室。

总价– 3450 RMB

*excess funds will be returned to the student's family

多余费用将退还给家长。

行程计划

11月19日: 从学校出发/ 露营

下午2:00: 从学校出发到花都 (BiQi 团队建设中心) (~2小时).

下午4:00: 在指定地点与活动导师会面, 活动介绍, 破冰游戏

下午4:30: 了解营地概况, 搭帐篷

下午5:30: 简单介绍如何安全正确使用野营炉灶, 开始准备晚餐(玉米煎饼)

下午7:00: 清理晚餐, 晚间游戏‘侵略者’, 学生只能拿着手电筒从‘忍者’身上偷东西并分出胜负。



11月20号: 高绳活动/ 团队建设/ 模拟急救

上午7:30: 在营地餐厅吃早餐, 收拾帐篷

上午9:30: 安全和装备介绍, 分为两组:

第1组: 高绳活动(爬升、吊架、梯子、紧绳等)和小型团队建设游戏, 旨在促进横向思维和沟通。

第2组: 急救课和救援场景活动: 学生将学习基本急救技术, 然后负责制作绳索担架。

中午12:00: 坐下休息, 吃午餐

下午1:00: 小组/活动对换

下午3:30: 活动结束, 前往流溪河

下午5:00: 到达酒店, 办理入住, 洗澡

下午6:30: 晚餐, 晚间活动



11月21号: 徒步, 自制竹筒糯米饭, 寻宝游戏

早上8:30: 在酒店吃早餐

早上10:00: 出发徒步。分发地图以及讲解如何使用地图。徒步将穿过竹林 温带森林和瀑布, 学生将在瀑布区自由活动, 欣赏周围的美景。(学生准备野餐午餐)

下午2:30: 结束徒步, 到溪头村休息, 吃零食; 自制竹筒糯米饭。

下午3:00: 在溪头村进行互动文化寻宝活动, 让学生了解当地的历史文化。

下午4:30: 活动结束, 返回酒店

下午5:00: 洗澡, 休息

下午6:30: 酒店吃晚餐

晚上7:00: 酒店晚间游戏



11月22号: 划橡皮艇, 返回学校

早上7:00: 吃早餐, 收拾, 退房。

早上8:00: 前往划橡皮艇的地方

早上9:00: 介绍橡皮艇以及湖上的橡皮艇, 介绍包括一些安全简介和划艇技巧, 还有一些游戏的介绍。接下来就是‘桥上冒险活动’。

早上11:30: 活动结束, 更换衣服

中午12:00: 在附近餐厅吃午饭, 作最后的旅行反思。

下午1:00: 和活动导师告别, 返回学校 (1-2 小时)

