



Grade 6 Pre Departure Packet 六年级营前手册



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QINGDAO EXPLORATION CAMP

by Camp Greenwoods

“Culture, Independence, Learning”

Canadian International School of Beijing
Oct 17-20, 2023

北京加拿大国际学校
2023年10月17-20日，六年级

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PROGRAM INTRO 项目介绍

Welcome parents and children to our Qingdao Exploration Camp! This program is designed to provide you with an unforgettable experience of the unique cultural heritage of Qingdao. Located in eastern China, Qingdao is a city renowned for its beautiful beaches, scenic mountains, and rich cultural history. Our program will take you on a journey to explore Qingdao's famous landmarks, taste local delicacies, and experience its vibrant cultural traditions.

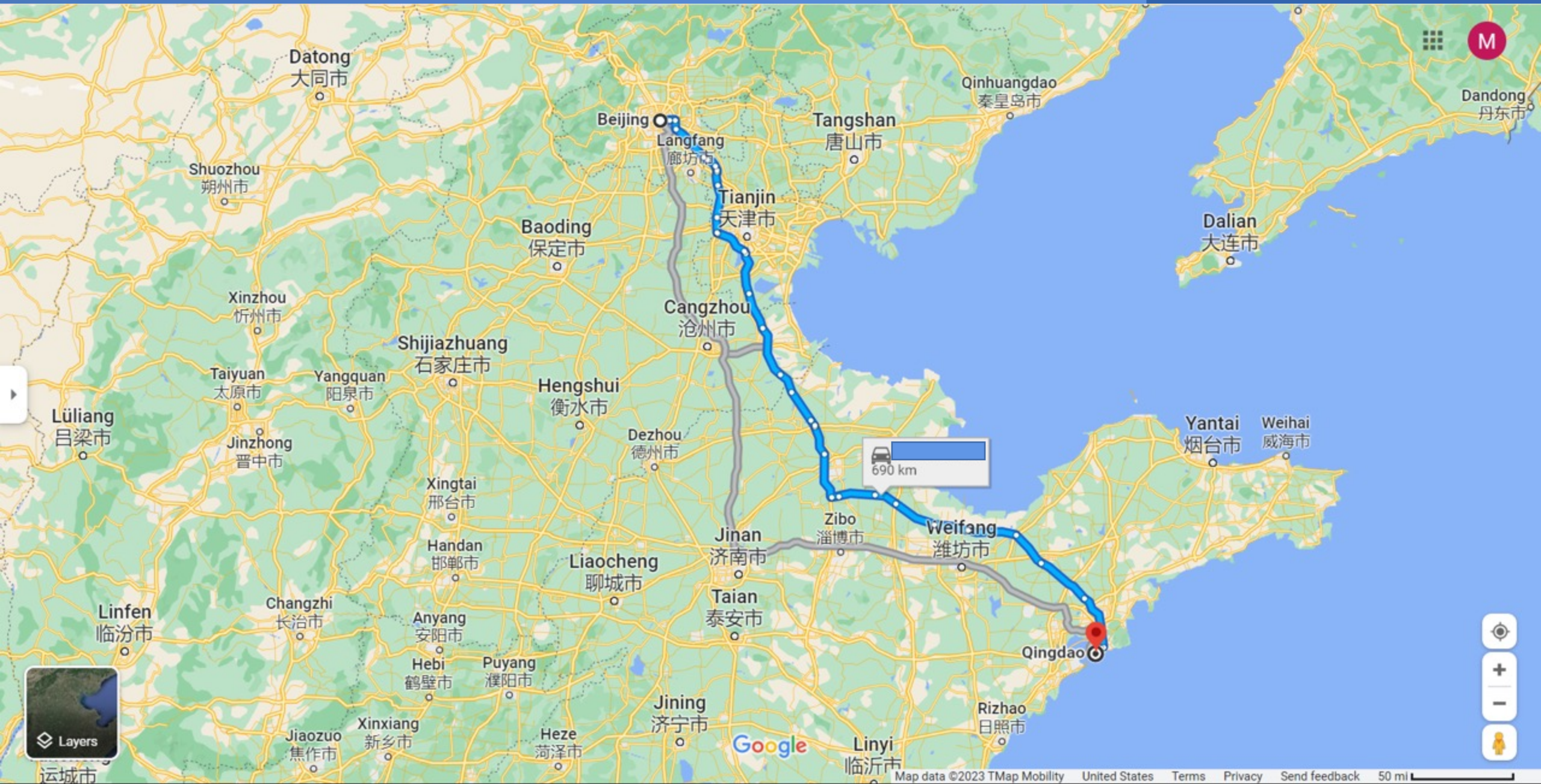
欢迎家长和孩子们参加青岛人文探索之旅！青岛位于中国大陆的东部，以美丽的海滩、风景秀丽的山脉和丰富的文化历史而闻名于世。此次游学项目将带孩子们踏上青岛著名地标的探索之旅，品尝当地美食，体验青岛充满魅力的文化传统。

This program was created with sixth graders in mind. Knowing the energy levels we must match, along with the interests of this group of young people, we have catered a program that is sure to please. Safety is paramount, with our students attending with high ratio of guides and teachers.

此次项目是为六年级学生专门设计的。从这个年龄段学生的兴趣出发，根据他们的认知和运动水平，我们已经制订了一个完备的计划。当然，安全是第一位的，我们的学生有高配比的领队和老师参加。

We aim to link the program to studies in school. Yes, camp will be fun, will have many activities, but also we hope to have students learn and understand this unique city and its historical and cultural significance.

我们的目标是将该项目与在校的学习紧密联系起来。这次旅程会很有趣，也会有很多活动，但我们也希望让学生深入学习和了解这座独特的城市和她的历史和文化。



SCHEDULE AT GLANCE行程概览

House A A组

日期 Date	主题 Theme	早餐 Breakfast	上午 Morning Schedule	午餐 Lunch	下午 Afternoon Schedule	晚餐 Dinner	晚上活动 Evening Schedule
Day1	欢迎日 Welcoming Day		G205北京南10:37-青岛14:12 G205 Beijing South 10:37-Qingdao 14:12	高铁上午餐 Packed train lunch	到达酒店/办理入住/开营仪式破冰游戏 Arrival Check In/Opening ceremony/Ice Breakers	青岛最高旋转餐厅-电视塔云景 TV Tower Buffet-Views of City	360度俯瞰青岛 360 degrees of Qingdao
Day2	海洋探索日 Ocean Theme Day	酒店 At Hotel	CODE BLUE (海滩救援课程) Beach Rescue Course	奥帆航海家午餐 Sailing Center Lunch	小小哥伦布 - 帆船课程 (帆船之都的驾驶体验) Little Columbus-Sailing Courses	青岛当地餐厅 Local Cuisine	制作风向标 Craft Night-Making Wind vane
Day3	青岛理解日 Understanding Qingdao	酒店 At Hotel	文海拾贝+面食创意家 (非遗王哥庄大馒头制作) Collecting Seafood on the bay+Steamed Bun Activity	地方美食 Fisherman's Feast	琴岛密码 (中山路历史文化街区 city walk) Qingdao Password-Zhongshan Road German Street City walk	德式风情餐 German-style Dinner	闭营 Closing Ceremony
Day4	欢送日 Departure Day	酒店 At Hotel	参观海底世界 Qingdao Underwater Aquarium	青岛特色餐厅 Qingdao Local Dishes	G210青岛14:06-北京南17:45 G210 Qingdao 14:19-Beijing South 17:45		

SCHEDULE AT GLANCE行程概览

House B B组

日期 Date	主题 Theme	早餐 Breakfast	上午 Morning Schedule	午餐 Lunch	下午 Afternoon Schedule	晚餐 Dinner	晚上活动 Evening Schedule
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Day 1

Arrival Day / Camp Opening 第一天 到达日/开营仪式

Day 1 starts with meeting our students at school and transporting the group to Qingdao. Once in Qingdao the fun and learning can begin! A key aspect of arrival day is getting students included, bonded and united with their leaders and each other.

在学校集合启程出发青岛。到达青岛后，快乐的研学旅程即时开启！抵达日很重要的一点，是让孩子们融入其中，与领队和伙伴迅速熟悉起来。

Morning

Depart School

Packed Lunch On the Train

上午

从学校启程

高铁上进行午餐

Afternoon

Arrival & Check in

Opening Ceremony

& Ice breakers

下午

到达青岛 & 酒店办理入住

开营仪式

& 破冰游戏

Evening

TV Tower Buffet

360 Degrees of Qingdao

晚上

电视塔自助晚餐

360度俯瞰青岛



Day 2

Ocean Theme Day 海洋探险日

This day we take our students to explore the coast, the water, and a big part of what makes Qingdao special
我们将带着孩子们去探索海岸、海水，以及青岛的特色海洋文化。

Morning 上午

Code Blue – Beach Rescue Course

海滩生存救援课程

Lunch

午餐

Afternoon 下午

Sailing! An afternoon of sailing & fun
帆船课！一个下午的乘风破浪！

Evening 晚上

Craft night – Wind Vane Making
手工之夜—制作风向标



Day 3

Understanding Qingdao

青岛理解日

We have an incredible itinerary of events and activities on this day to introduce our students to Qingdao.

我们在这一天安排了一系列精彩的活动，将我们的学生介绍给青岛。

Morning 上午

Seafood collecting on the bay 文海拾贝—赶海，每个海边人都会的技能

Steamed Bread Activity 制作非遗王哥庄大馒头

Fisherman's Feast (Cooking Experience) 协助制作和品尝自己的劳动成果

Afternoon 下午

Qingdao Password-Zhongshan Road German Street City Walk

琴岛密码-中山路历史文化街区探索

Evening 晚上

German-style Dinner 德式风情餐

Closing Ceremony 闭营仪式



Day 4

Departure Day/Underwater Aquarium 离营日/参观海底世界

All good things must come to an end. Our students and staff have bonded through a successful trip experience. Time to return home.
天下没有不散的筵席。孩子们在青岛度过了充实的旅程，是时候回家了。



Morning 上午

Underwater Aquarium 参观海底世界

Lunch 午餐

Afternoon 下午

Arrivals 到达

Return to school 返校



CAMP VALUES 营地价值观



YMCE 5 Core Values

友谊 Friendship

尊重 Respect

耐心 Patience

毅力 Perseverance

帮助 Service

Nominations: At the end of each day, students and adults may nominate those who they believe represented the core value of the day. It's a tradition at camp to acknowledge good efforts, deeds, and values.

提名：在每天活动结束的时候，学生和老师可能会提名他们认为代表这一天有核心价值的人。认可营员的努力、行为和价值观是夏令营的传统。

PACKING LIST

Essentials 必要物品

- All participants to bring physical Passports/IDs 护照/身份证
- 1x small backpack for daily use (10-15L) 运动双肩包
- 1x water bottle 水杯
- Pens / Stationary! 笔
- Sunscreen 防晒霜

Clothing 衣物

Please prepare 4 days of clothing + backup

- Trainers/sport shoes 运动鞋
- T-shirts T恤
- Long sleeve t-shirts 长T恤
- 1x Hat/Cap
- 1x Warm Jacket
- Windbreaker Jacket
- Sport shorts 运动短裤
- Long pants 长裤
- Underwear 内裤/内衣
- Socks 袜子
- 1x pair of warm pajamas 睡衣

Toiletries 洗漱用品

- Toothpaste & toothbrush 牙膏&牙刷
- Travel sized shampoo & body soap (toiletries) 沐浴露/ 洗发水（酒店不提供护发素，如果有需要，可以单独携带）

Optional 备选物品

- Reading Book 书籍
- Sunglasses 太阳镜
- Extra underwear or socks 其余需求的内衣、裤/袜子
- Bug Repellent 防虫液
- Mobile phones 手机
- Money 金钱

Do Not Bring 禁备物品

- Jewelry 首饰
- Electronics (Laptop, iPad, etc) 电子产品（电脑，iPad等）
- Personal camera (not recommended, bring at own risk of loss of property) 相机，不建议携带，容易损坏或丢失
- Potentially offensive clothing 危险服装
- Items inappropriate at school are inappropriate at Camp 不相关的东西

HOTEL DETAILS

Housing: Qingdao Resort Hotel

中国气象局青岛度假村酒店

For three nights students will stay in this hotel.

Standard hotel of double occupancy rooms. Clean, central, and adequate for student groups! Some of them will be in three occupancy rooms.

营员标准间住宿（部分为3人间），现代简约，空间宽敞，干湿分离，智能卫浴

Chaperone staff are placed on each level and floor separating genders and more for ideal supervision.

工作人员将会按照分层分性别，更好照顾孩子们生活

Safety is number 1!

安全第一！



CLIMATE DETAILS 天气情况

Location 地点: Qingdao 青岛

Month 月份: October 十月

青岛市地处中国华东地区、山东半岛东南、东濒黄海，气候属温带季风气候，具有显著的海洋性特点。

青岛10月中下旬的温度在14-20摄氏度，早晚较凉。注意早晚保暖，一件卫衣或外套即可。

白天户外活动时请使用防晒用品，依据当天气温可做适当衣物的调整。

Location: Qingdao

Month: October

Qingdao is located in the eastern region of China, southeast of the Shandong Peninsula, and bordered by the Yellow Sea to the east. Its climate belongs to the temperate monsoon climate and has significant marine characteristics.

The temperature in Qingdao in mid October is between 14-20 degrees Celsius, which is cooler in the morning and evening. Pay attention to keeping warm in the morning and evening, just a sweater or coat is enough.

Please use sunscreen during outdoor activities during the day, and adjust your clothing accordingly according to the temperature of the weather.

出发日 TRANSPORT for 10.17

TIME	NOTES
7:45	Assemble at School 学校集合
8:30	Bus departs to South Railway Station 乘坐大巴前往北京南站
9:20	Arrive South Railway Station 到达北京南站
10:37	Train to Qingdao Railway Station 乘坐G205 (10:37-14:12) 北京南-青岛站
14:45	Bus Departs to Hotel 前往酒店
15:00	Arrive at Hotel 抵达酒店

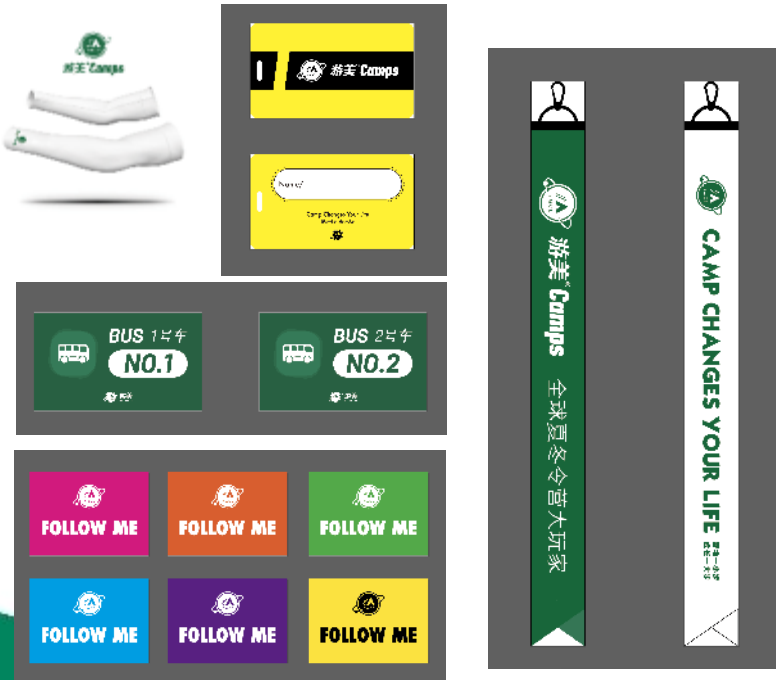
返回日 TRANSPORT for 10.20

TIME	NOTES
12:30	Bus Departs for Qingdao Railway Station 乘坐大巴从酒店前往青岛站
13:00	Arrive Qingdao Railway 抵达青岛火车站
14:06	Train to Beijing South Railway 乘坐G210 (14:06-17:45) 青岛站-北京南
18:15	Bus to School 乘坐大巴返回学校
19:15	Arrive School 回到学校

SAFETY

Students Package

We have the below items for students to wear and signage for us to guide students through Camp.



Risk Management

All site locations and programs undergo frequent risk assessments, checking every aspect of the program from facilities, providers, transportation, dining, and more. YMCE is proud to wave the Viristar flag having undergone their 40 hr training program to heighten the bar for safety in our company and programs overall.



Experience

We are known for our large scale summer camps where thousands of children every summer go through our doors. Large groups are no problem for YMCE and their team. Additionally, we are pioneers in the China camping industry, having co-founded the Chinese Camp Education Association (CCEA) in 2015, as well as some of the earliest China members of the American Camping Fellowship, and also we sit on the board for the International Camping Fellowship. In our industry we are leaders across the globe.

In Summary

Rest assured, YMCE's 12 year history of running both domestic and international programs has a proven record of success. It is safe to say that children in our care are emotionally and physically in a good place!

The story of You Mei Camp Education (YMCE) / Camp Greenwood starts from humble beginnings in a lowly Beijing apartment in 2010. Four friends from the U.S & China came together to discover that the traditional summer camp experience in China was yet to exist and a catalyst organization was needed to create it; thus YMCE was born. No longer would China have to wait for s'mores, camp fires, bunk life and bug juice, a group was there to show them the way.

With our strong roots in camp, we quickly were able to adapt a wide variety of educational options for students and families everywhere. School trips, summer camps, ski trips, residential overnights, WWW, LNT, outdoor adventures, Duke of Edinburgh Adventurous Journeys, and so much more.

Today, we are proud to be industry leaders helping shape and pave the way for more Camp in China; be it through summer camps or school programs. Part of our work has included co-founding the Children's (China) Camp Education Alliance (Association) in 2015, taking an active role in international camping board The ICF, and are highly regarded among camp professionals in the region and world.

We have now grown beyond traditional summer and winter programs to having built and managed 7 outdoor sites (Camp Greenwood) across the mainland stretching from Yunnan to Beijing hosting student & adult groups, facilitating industry trainings, and more. Boasting a team of 50+ across four city offices in China, we are ready and capable to service a variety of partners across a multitude of industries and programs.



Our Mission

Cultivate young people with a global & competitive edge

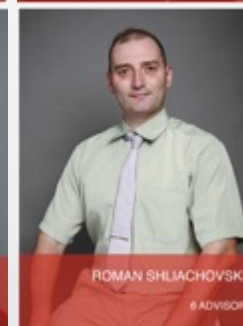
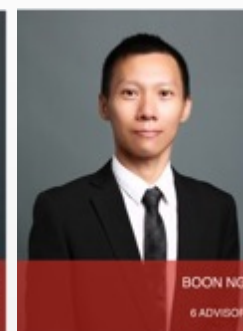
Our Values

Diversity, Respect, Responsibility, Growth

Our Slogan

Camp Changes Your Life!





2023/24 WWW Grade 6

Expectations 要求：

- Students are not permitted to bring illicit drugs, alcohol or smoking/vaping items on the trip.
- 旅途中学生禁止携带非法药物，酒精或香烟/电子烟 等物品
- No girls on boys' floors/rooms and no boys on girls' floors/rooms.
- 男生与女生禁止互串宿舍
- Wake up/ leaving the room in the A.M. /P.M curfew is at the discretion of the chaperones on a daily basis and MUST be followed accordingly.
- 严格遵守由陪同监护人（教师）确定的起床时间，离开房间以及宵禁时间

2023/24 WWW Grade 6

Expectations 要求：

-Students are not permitted to switch rooms or seats on the bus or train.

-学生不允许换房间，或者在汽车、火车上换座位

-Students must be on time for events and curfew.

-学生必须准时参加活动以及遵守宵禁时间

-Students shall be in their rooms by curfew, which will be announced each night. No exceptions will be made unless there is an emergency. Students may not leave their rooms after bed check.

-学生必须在宵禁前回到自己的房间，宵禁时间将于每晚公布。除非有紧急情况，否则不得例外。学生在查房后不得离开房间。



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2023/24 WWW Grade 6

Expectations 要求：

- Students must be courteous to other hotel guests.
There are to be no loud noises at any time.
- 学生必须对酒店的其他客人有礼貌。任何时候都不得制造强烈噪音。
- CISB reserves the right to send a student home at the expense of the parent for inappropriate behavior, up until and including the last day of the trip.
- 对于行为不当的学生，CISB将保留将其遣送回家的权利，且由家长承担全程所有费用。

2023/24 WWW Grade 6

Passports/IDs 护照/身份证

- Passports/IDs must be valid at the time of booking. Otherwise students cannot attend WWW.
- 预定时，护照/身份证必须处于有效期。否则学生将无法参加WWW活动。
- Passports/IDs to be brought to school on October 13 or 16 to ensure that it is not left behind in the rush on October 17.
- 请在10月13日或16日将护照/身份证带到学校，以确保在10月17日匆忙离开时不会遗忘。
- Students will be in possession of their IDs when entering the train station and at hotel check in. At other times they will be held by the teacher or in the safe at the hotel.
- 学生将在进入火车站和酒店办理入住手续时携带身份证件。其他时间，证件将由教师保管或放置在酒店的保险柜中。

2023/24 WWW Grade 6

Passports/IDs 护照/身份证

- If you are concerned about the Passport/ID policy, please email Flynn Boyle (MSHS Vice Principal): flynn.boyle@cisbeing.com
- 如果您对护照/身份证政策有疑虑，请发送电子邮件至 Flynn Boyle (初中/高中副校长)：
flynn.boyle@cisbeing.com



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2023/24 WWW Grade 6

Phones 手机

- Students may bring their phone with them for communication with parents.
- 学生可以携带手机与家长进行沟通。
- Students will be in possession on the train journey to and from WWW.
- 学生在往返WWW的火车旅程中可以持有手机。
- Students will have access to their phones for a short period in the evening to contact parents. This time will be determined by the Grade Level Leader based on the day's activities.
- 学生将在晚上的一个短暂时间内可以使用手机与家长联系。具体时间将由年级领导者根据当天的活动决定。
- Having a phone at other times or inappropriate use may lead to the phone being confiscated.
- 在其他时间或不适当使用手机可能导致手机被没收。

2023/24 WWW Grade 6

WeChat Groups 微信群

- In the week prior to WWW, the QR code for the parent WeChat group will be shared.
- 家长微信群的二维码将在WWW出发前一周分享。
- These groups are only for sharing of photos from the trip, updates on the day's activities and updates on arrival time at CISB.
- 这些群仅用于分享旅行的照片、当天活动的更新以及预计到达CISB的时间更新。
- They are not a discussion group.
- 它们不是讨论群。

2023/24 WWW Grade 6

WeChat Groups 微信群

- Concerns about regarding your child and their experience should be raised by emailing, rather than messaging in the WeChat:
- Flynn Boyle (MSHS Vice Principal):
flynn.boyle@cisbeing.com
- Rob Wright (Grade 6 Grade Level Leader):
rob.wright@cisbeijing.com
- 如果您对您的孩子及其经历有任何疑问，请通过电子邮件提出，而不是通过微信发送消息：
- Flynn Boyle (初中/高中副校长) :
flynn.boyle@cisbeing.com
- Rob Wright (六年级年级组长) :
robert.wright@cisbeijing.com

2023/24 WWW Grade 6

Uniform/Dress Code

- At the other times, students are to wear school-appropriate clothing including:
 - 在其他时间，学生需穿着适合学校的服装，包括：
 - Proper footwear
 - 合适的鞋子
 - Clothing that is not ripped or torn
 - 无破损的服装
 - Skirts and shorts at an appropriate length
 - 裙子和短裤长度适当
 - Shirts with sleeves
 - 有袖子的衬衫
 - Appropriate language on clothing
 - 印有恰当语言的服装

2023/24 WWW Grade 6

Uniform/Dress Code

- Travelling Days (October 17 and 20):
 - Students are to wear CISB PHE uniform so they can be easily identified by our staff and we can ensure their safety.
 - 旅行日（10月17日和20日）：
 - 出发和返京当天学生需身着CISB体育课红色运动服，以便我们的工作人员能够轻松辨认并确保孩子们的安全。

2023/24 WWW Grade 7

Money金钱

- Students are discouraged from bringing.
- 不鼓励学生携带现金。
If parents feel that their child can bring a small amount of cash, then the child is fully responsible for looking after it.
- 如果家长觉得他们的孩子可以携带少量现金，那么孩子完全负责照看它。