



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G10
DENG FENG, HENAN
SHAOLIN CULTURE EXCHANGE
& RESILIRNCE**

DENG FENG, HENAN

Dengfeng, an ancient capital of the Central Plains, is renowned for its Shaolin culture. The Shaolin Temple, the birthplace of Chan Buddhism, is also the origin of Chinese Kung Fu. With over 1,500 years of history, Shaolin Kung Fu includes more than 700 martial arts forms, each with its distinct style and deep cultural significance. The temple stands not only as a symbol of Zen Buddhist teachings but also as a key cultural and historical landmark.

Students visiting this area will gain valuable insights into the spiritual and practical aspects of Shaolin Kung Fu, experiencing the profound connection between culture, philosophy, and physical discipline.



PROGRAM OVERVIEW

The "SHAOLIN CULTURE EXCHANGE & RESILIENCE" program offers students an immersive experience in both Shaolin martial arts and the cultural traditions of China.

Students will visit the Shaolin Martial Arts School, where they will take part in a Student Exchange Program. Through role-playing, students will teach each other subjects and martial arts, offering a hands-on Kung Fu experience that promotes cross-cultural learning, mutual understanding, and the building of lasting friendships.

A visit to the Shaolin Temple allows students to explore its deep history and Buddhist teachings, gaining insight into the cultural and spiritual roots of Shaolin martial arts.

Finally, The program also includes one-day hiking on Sanhuangzhai, where students connect with nature, appreciate breathtaking views, and challenge their physical endurance and resilience.

Shaolin Martial Arts School

To truly appreciate martial arts and their spirit, one must experience an environment where they are practiced daily. That's why a key part of our program is immersing students in such an environment.

Students will visit a martial arts school in Dengfeng City, home to the Shaolin Temple and the birthplace of Chinese Kung Fu. They will spend time observing the students' daily routines, including their standard academic curriculum and martial arts training. This will not be a passive visit. Students will actively engage with their peers, spending a full day interacting with them. This experience will provide a firsthand understanding of what it means to learn martial arts.



Student Exchange Program

The best way for our students to understand how the Shaolin Martial Arts School operates and the mindset of the local students is through direct interaction.

A key part of our program involves role-playing, where students from both schools will share their knowledge and strengths. In the morning, our students will take on the role of teachers, leading lessons in English, Music, Arts and Crafts, and Outdoor games. In the afternoon, the roles will reverse, with local students teaching our students their martial arts skills in one-on-one sessions.

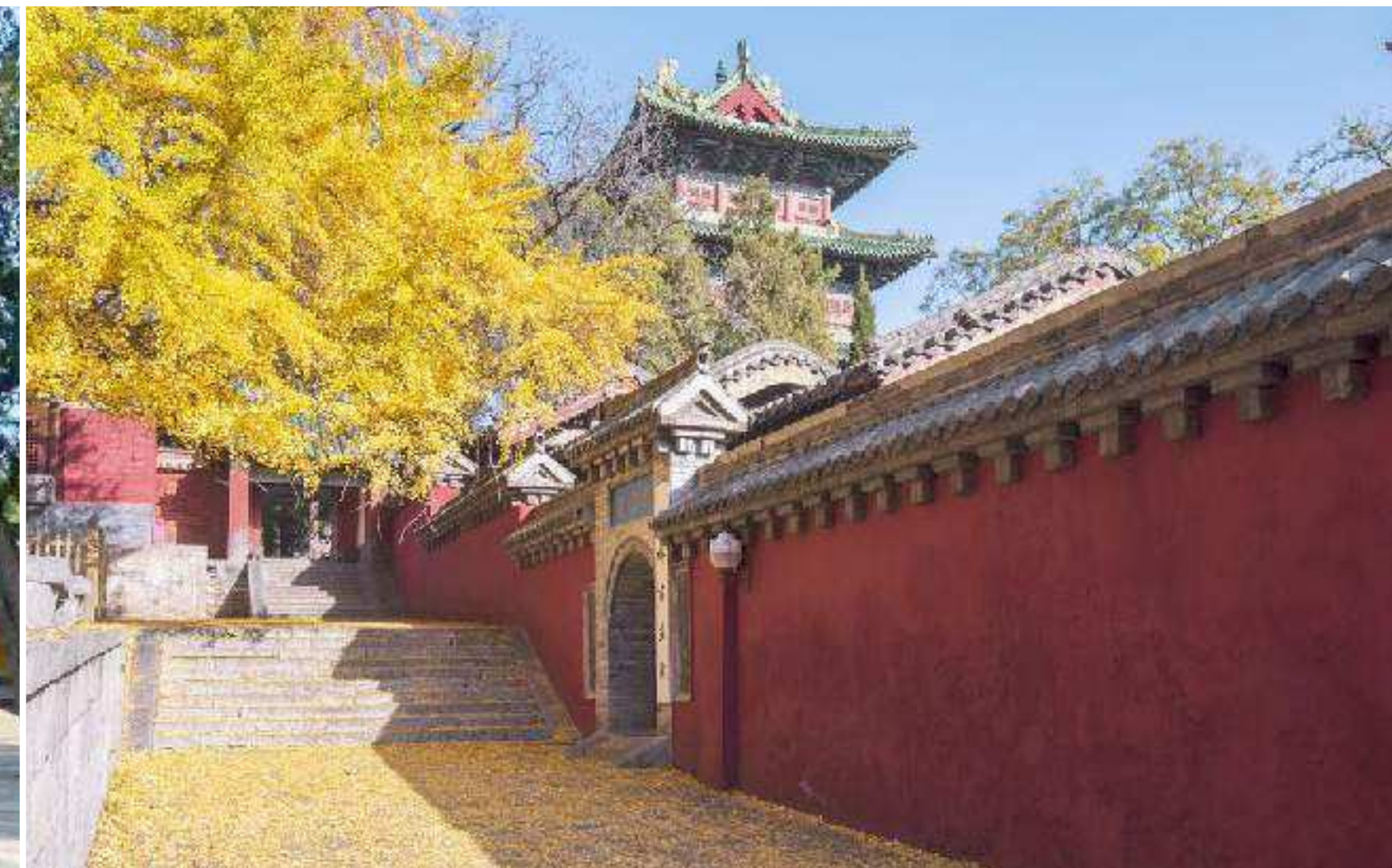
This full-day interactive experience will provide our students with hands-on exposure to Kung Fu and foster cross-cultural learning. By the end of the day, we hope to see lasting friendships formed through mutual understanding and shared experiences.



Shaolin Temple Exploration

The Shaolin Temple, built in 495 AD, has been destroyed and rebuilt multiple times. The most devastating destruction occurred in 1928, when a rogue warlord set fire to the temple, burning both the structure and priceless scriptures. The current temple complex was restored in the 1990s, and important areas like the main compound, Pagoda Forest, and Chuzu Temple are now UNESCO World Cultural Heritage sites, recognized for their cultural and historical significance.

During their visit, students will be guided through the temple complex by a professional. They will learn about the purpose and significance of various halls, as well as explore legendary stories like that of the Bodhidharma Cave, gaining deeper insight into the temple's profound cultural and spiritual legacy.



Hiking on Sanhuangzhai

Sanhuangzhai, located in Songshan National Forest Park and Songshan World Geological Park, is known for its cultural and historical significance. The name "Sanhuang" represents the three gods of Heaven, Earth, and Humanity, while "zhai" refers to a natural fortress. Near the Shaolin Temple, it is famous for its beautiful peaks, challenging trails, and unique geological features. The main peak rises 1,512 meters above sea level, attracting both tourists and hikers with its natural beauty and cultural heritage.

Hiking here offers students the chance to connect with nature, enjoy breathtaking views, and gain a deeper appreciation for the environment surrounding Shaolin Temple, which has thrived for centuries. Additionally, the hike challenges students' willpower and physical endurance, providing a rewarding test of stamina.



Super Roller Coaster Building

The Super Roller Coaster Building is a STEAM challenge where students design and build a small-scale roller coaster track that allows a ball to travel from the starting point to a designated endpoint within a given time frame. Using limited materials (such as tubes), students must navigate obstacles that add complexity to the task. To succeed, they must work collaboratively to construct a stable track while applying knowledge of physics, structural engineering, and technical design to ensure the track holds together and the ball rolls smoothly.

This activity enhances students' creativity, critical thinking, and problem-solving skills, fostering teamwork and hands-on learning in a fun and engaging way.



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	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none">Transfer to Zhengzhou/Dengfeng by TrainHead to CampstieProgram Introduction & Welcome Speech	<ul style="list-style-type: none">LunchSuper Roller Coaster - STEAM project, Problem solving, Structural design, Leadership, Learning from failureSet up Tents	<ul style="list-style-type: none">DinnerStudent Exchange PreparationCamping
Day 2	<ul style="list-style-type: none">Breakfast and LunchVisiting Shaolin Martial Arts SchoolStudent Exchange Program - Through role-playing, students will teach each other subjects and martial arts, offering hands-on Kung Fu experience and fostering cross-cultural learning, understanding, and lasting friendships.Set Up Tents		<ul style="list-style-type: none">DinnerStudent Exchange ReflectionCamping
Day 3	<ul style="list-style-type: none">BreakfastVisit Shaolin Temple - Explore its history and culture, gaining insight into Buddhist teachings and martial arts traditions.	<ul style="list-style-type: none">LunchVisit the Dharma Cave - Explore its historical and cultural significance, gaining insights into Buddhist heritage and ancient architecture.Set up Tents	<ul style="list-style-type: none">DinnerTeam ChallengeCamping
Day 4	<ul style="list-style-type: none">BreakfastHiking on Sanhuangzhai - Connect with nature, enjoy stunning views, appreciate the Shaolin Temple environment, and challenge their willpower and physical endurance, testing their stamina	<ul style="list-style-type: none">LunchContinue Hiking on SanhuangzhaiBack to Campsite and Set up Tents	<ul style="list-style-type: none">DinnerCulture QuizHotel
Day 5	<ul style="list-style-type: none">BreakfastTransfer to Zhengzhou/Dengfeng Railway Station & Depart	<ul style="list-style-type: none">LunchArrive and Back to School	

High-Standard Program Execution



- **SAFETY**

Before any programs can be run in a specific location, each aspect of the program undergoes a thorough risk assessment by our professional team to ascertain potential risks and corresponding mitigating measures. Detailed evacuation plans and procedures in case of any type of emergency are also essential to ensure the safety of students.

- **TRANSPORT**

Consisting mainly of large coaches and mid-sized buses, our transport is chosen based on cleanliness, safety and driver record. All transport will be undergone a thorough safety check before use and must be fitted with working seatbelts.

- **FOOD AND BEVERAGES**

The menu is chosen to balance international and local fare to provide exciting and appetizing nourishment for the students. Meals are varied, nutritious and fully customizable for food allergies and dietary requirements.

- **INSURANCE**

All the participants are covered by Allianz Insurance which is customized for our different programs based on Insight's highest safety standards. The policy includes 24 hours emergency vehicle at our disposal, and airlift emergency services for extremely remote locations.

- **STAFFING**

Insight instructors and educators have to pass our strict series of interviews, background checks and assessments, as well as participate in Insight internal training. Meanwhile, they are all internationally certified for the programs under their charge. This is to ensure the programs and courses are delivered professionally and safely.

- **ACCOMMODATIONS**

Working with long term partners in locations all around the country, properties chosen are clean, comfortable and above all, safe, making them the perfect place for students to enjoy their trip.

Who We Are



Since its founding in 1998, **Insight Adventures** has been a leader in the outdoor education sector in China. Originally established as a rock climbing company in Yangshuo, we have grown into one of the largest outdoor education providers in Asia.

With over 30 locations to choose from, we now offer a diverse range of programs, including outdoor adventures, cultural immersion, service learning opportunities, and the Duke of Edinburgh's International Award.

Our Instructors & Certifications

Our outdoor instructors and educators are all internationally certified for the programs under their charge. This is to ensure the programs and courses are delivered professionally and safely.

Moreover, All Insight instructors go through intensive and progressive biannual internal training programs hosted by Insight Certified Training, which focus not just on the development of technical skills but also interpersonal skills.

【国际野外医学协会野外第一响应人认证】

Wilderness Medical Associates International First Responder Certification



【英国爱丁堡国际奖励计划评审员认证】

Assessor Supervisor Certification for Duke of Edinburgh's International Awards



【美国皮划艇协会教练员认证】

American Canoe Association (ACA) Instructor Certification



【中国登山协会户外指导员认证】

Chinese Mountaineering Association (CMA) Outdoor Instructor Certification



【中国登山协会营地指导员认证】

CMA Camping Instructor Certification



【澳大利亚水上救生认证】

Australia Royal Life Saving Certification



【世界冲浪协会教练员认证】

International Surfing Association (ISA) Instructor Certification

【美国山野无痕讲师认证】

Leave No Trace (LNT) Guide Certification



【中国登山协会攀岩指导员认证】

CMA Rock Climbing Instructor Certification



【美国Rescue 3 & ITRA认证】

Rescue 3's & ITRA Certification

Friends of Insight



We are proud to have a close relationship with top international schools in Asia.

They are not only our customers, but also our strategic partners to facilitate outdoor education.

We have been working for more than 100 international schools and conduct outdoor programs for around 10,000 students every year.

