



By Sisi



**INSIGHT  
ADVENTURES**  
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G11  
MOGANSHAN, ZHEJIANG**

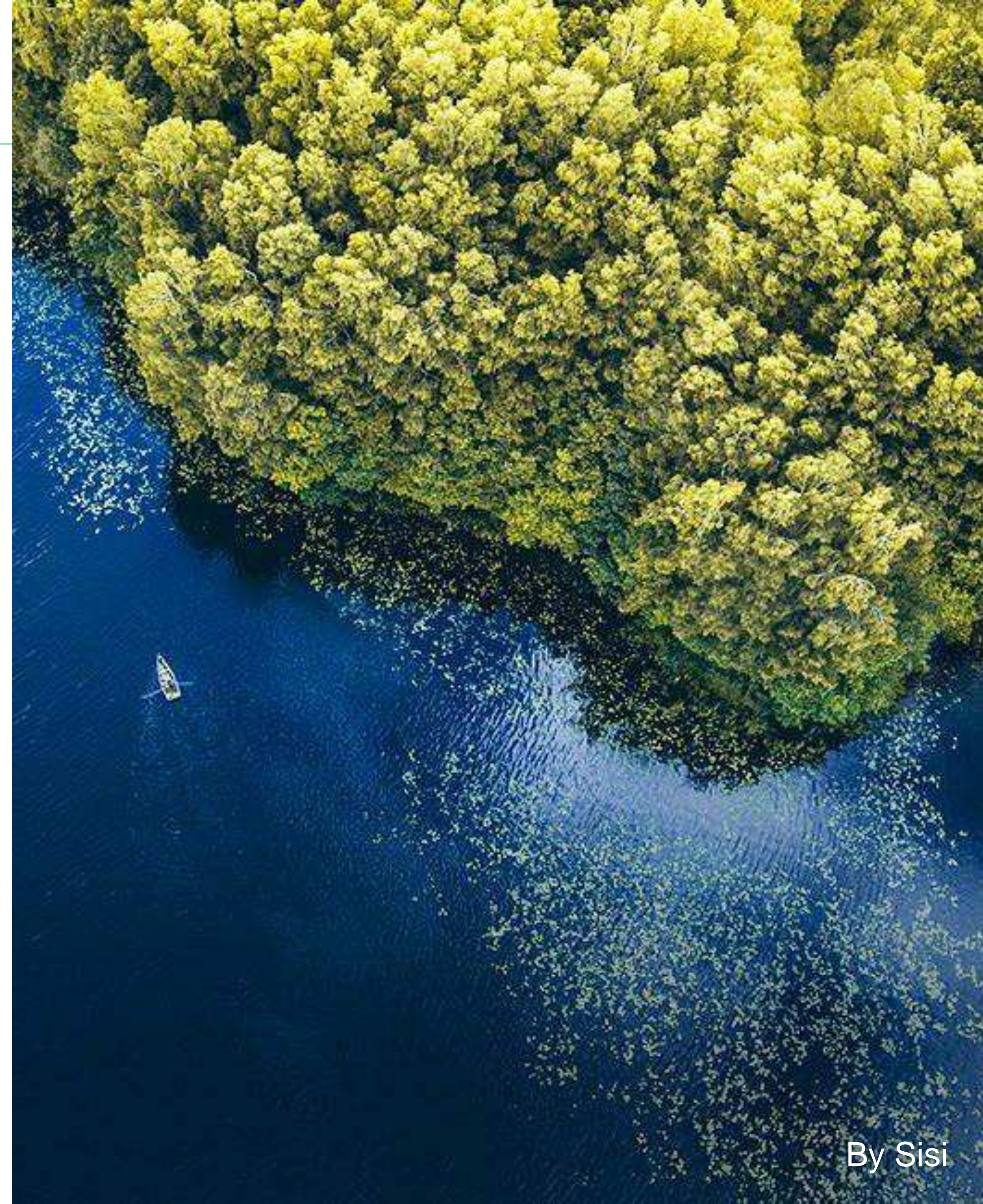
**RESILIENCE & LEADERSHIP**  
**(DUKE OF EDINBURGH AWARD SIMULATION TRAINING)**



## MOGANSHAN, ZHEJIANG

Nestled in the lush mountains and clear waters of Moganshan in Huzhou, our carefully chosen outdoor camp and hotel promise an unforgettable experience. Known as one of China's top summer resorts, Mogan Mountain is renowned for its stunning bamboo forests, tranquil springs, and serene atmosphere, earning it the nickname "Cool World."

Our camp, designed by a Central European team, offers a variety of high-altitude and water sports, allowing students to challenge themselves and explore the great outdoors in this exceptional natural setting. Enjoy the beauty and tranquility of Mogan Mountain while fostering teamwork and personal growth.





# MOGANSHAN, ZHEJIANG





# PROGRAM OVERVIEW

The Moganshan Outdoor Adventure Program is designed around the theme of Resilience & Leadership, offering a variety of activities to develop both mental strength and leadership skills.

One of the highlights is Bamboo Forest Hiking with Navigation Practice, which simulates the Duke of Edinburgh International Award training. This activity is led by Insight, a five-star certified DofE organization with extensive expertise in delivering high-quality award simulation programs. The activity focuses on route planning, map navigation, time management, leadership development, and conflict resolution—key components that are essential for building both resilience and leadership.

Another key activity is Aboriginal Village Building, where students learn essential outdoor survival and building skills. Working in teams, they use provided tools and materials to construct a village, including shelters, food, and transportation systems. The activity is made even more engaging through a story-based game format, fostering leadership, decision-making, and teamwork in a competitive setting.

Additionally, the program includes other resilience and leadership challenges, such as Archery Tag, High Rope Courses, and Kayaking Challenges, all of which encourage perseverance, problem-solving, and collaboration.

To further enhance social responsibility, a Community Service component is included, where students help vulnerable groups, give back with compassion, and deepen their sense of civic duty, preparing them to be more responsible global citizens.





# High Rope Challenge

This hexagonal structure offers an exhilarating challenge, testing students both physically and mentally. Secured with safety ropes and harnesses, students ascend into the air to navigate through multiple obstacles of varying difficulty, such as balancing on suspended beams, crossing swaying bridges, and maneuvering through intricate rope configurations.

Each obstacle demands focus, agility, and resilience, progressively pushing students to adapt to new challenges and overcome their fears. This activity encourages perseverance, self-reliance, and the courage to step out of comfort zones, helping students discover their potential and achieve goals they may have thought unattainable. Through this experience, students gain not only a sense of accomplishment but also the confidence to tackle future challenges with determination and strength.





# Aboriginal Village Building

This is an exciting and challenging comprehensive outdoor skills and creativity program. Students will begin by learning fundamental outdoor construction techniques and survival skills. They will then be divided into two teams and tasked with building a primitive tribe from scratch, using provided tools and materials. The construction process will cover essential daily life elements, such as food, shelter, and transportation, all within the context of a game's storyline.

In this activity, mastering outdoor construction skills and teamwork is crucial, but strategy also plays a key role. The quality of each tribe's construction and the speed of its development will determine the winner. Through friendly competition, students not only acquire practical outdoor survival skills but also enhance their leadership and decision-making abilities while engaging in hands-on building.





# Aboriginal Village Building





# Hiking with Navigation Practice

Hiking through the iconic bamboo forests of Moganshan offers students an excellent opportunity to not only improve their physical fitness and stamina but also immerse themselves in the beauty of nature. Renowned for its spectacular bamboo groves, Moganshan provides a tranquil and serene environment, making it an ideal place for outdoor exploration.

As part of the Duke of Edinburgh Award simulation training, students will apply the navigation skills learned in their workshop, using only a map and compass to find key checkpoints along the hike. This experience challenges them to navigate without relying on technology, enhancing their sense of direction and problem-solving abilities. In addition to building physical endurance, students will gain practical skills in map reading and compass use, all while experiencing the tranquility and grandeur of Moganshan's unique bamboo forests.





# Outdoor Cooking & Camping

Outdoor cooking and camping experience on the camp's grassy lawn, where students can learn valuable survival skills in a fun and relaxed setting.

This hands-on activity allows students to set up camp and prepare delicious meals using basic cooking techniques. While the location isn't deep in the wilderness, the outdoor environment fosters teamwork, creativity, and problem-solving as students collaborate to make meals with limited resources. As one of the key outdoor survival skills, it's a great opportunity to connect with nature, practice sustainable living, and enjoy the fresh air, all while building lasting memories and friendships around the campfire.





# Community Service Learning

By visiting centers for disabled individuals or special children's welfare homes, students will have the opportunity to connect with some of society's most vulnerable members. They can learn about the challenges these individuals face, fostering a sense of gratitude for their own lives. Through this experience, students will gain insight into how the everyday things they take for granted are the cherished wishes of others.

By helping and contributing to the lives of those in need, students will experience the fulfillment that comes from giving back, cultivating compassion and a deeper sense of social responsibility. Additionally, interacting with a different world will broaden their perspective, teaching them to respect and appreciate diversity.





# Kayaking Challenge

Participating in a kayaking activity offers students a unique opportunity to connect with nature, build physical endurance, and develop teamwork skills.

As they navigate through waterways or lakes, students learn to collaborate, communicate, and make quick decisions. The physical challenge also improves coordination, strength, and stamina. Meanwhile, the peaceful surroundings provide a refreshing break from academic pressures, promoting mental well-being and stress relief.

This activity not only enhances physical health but also fosters personal growth, resilience, and a sense of camaraderie among participants.





# Archery Tag

Archery Tag is an exciting twist on traditional archery, played on a field half the size of a basketball court using specially designed bows and foam-tipped arrows. Similar to dodgeball, two opposing teams of 5-10 students aim to "eliminate" each other using their arrows, with the foam tips ensuring safety throughout the game.

Beyond the thrill of archery and sportsmanship, this activity emphasizes the importance of teamwork and strategy. Success in Archery Tag requires not only individual skill but also effective collaboration and tactical planning. Students must work together to develop and execute a winning strategy, highlighting the power of communication, coordination, and collective effort.

This game offers an engaging opportunity for students to sharpen their physical and strategic thinking skills, while reinforcing the value of working as a cohesive unit.





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5D4N MOGANSHAN FOR G11

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none"><li>Train to Huzhou Station (4hr13mins)</li></ul>	<ul style="list-style-type: none"><li>Packed Lunch</li><li>Head to Moganshan Campsite</li><li><b>High Rope Course &amp; Trampoline</b> - Strengthen resilience, agility, and mental toughness, encouraging students to step out of their comfort zones</li><li><b>Set Up Tents</b></li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li><b>Program Introduction and Safety Briefing</b></li><li><b>Camping</b></li></ul>
Day 2	<ul style="list-style-type: none"><li>Breakfast &amp; Lunch</li><li><b>Aboriginal Village Building</b><ul style="list-style-type: none"><li>- Learn outdoor building and survival skills, focusing on teamwork and strategic thinking.</li><li>- In teams, use provided tools and materials to build a village, covering elements like food, shelter, and transportation.</li><li>- Enhance engagement and fun through a story-based game format.</li><li>- Foster leadership, decision-making, and hands-on skills through competition.</li></ul></li></ul>		<ul style="list-style-type: none"><li>Dinner</li><li><b>Navigation Skill Learning</b></li><li><b>Camping</b></li></ul>
Day 3	<ul style="list-style-type: none"><li>Breakfast &amp; Lunch</li><li><b>Bamboo Forest Hiking with Navigation Practice</b> - Duke of Edinburgh International Award simulation training, covering various outdoor skills such as route planning, map navigation, time management, leadership development, and conflict resolution.</li><li>Back to Base, <b>Prepare for Cooking and Camping</b></li></ul>		<ul style="list-style-type: none"><li><b>Cooking Dinner</b></li><li>Clean up and Team Games</li><li><b>Camping</b></li></ul>
Day 4	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Community Service</b> - Helping vulnerable groups, Giving back with compassion, and Enhancing students' sense of social responsibility</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>Kayaking Challenge</b> - Promote physical strength, balance, and teamwork through fun water games, while learning basic paddling skills</li><li><b>Set Up Tents</b></li></ul>	<ul style="list-style-type: none"><li><b>BBQ Dinner</b></li><li><b>Campfire Party and Skit Show</b></li><li><b>Camping</b></li></ul>
Day 5	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Archery Tag</b> - Combine archery with elements of dodgeball, promoting teamwork, strategy, and physical coordination</li><li>Transfer to Huzhou Station / Hangzhou Airport and Departure</li></ul>	<ul style="list-style-type: none"><li>Packed Lunch</li><li>Transfer Back to School</li></ul>	



# 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.

