



By Sisi



**INSIGHT  
ADVENTURES**  
Lifelong learning without boundaries.

## **5D4N PROGRAM FOR G12 INNER MONGOLIA CULTURE IMMERSION & COMMUNITY SERVICE**



# GRASSLANDS AND DESERTS INNER MONGOLIA

Inner Mongolia is the third largest province in China, known for its diverse geography, fascinating terrains, and deep cultural heritage.

The Kubuqi Desert, the seventh largest desert in China, was the site of China's first desertification control project. As the only desert in the world to be comprehensively managed, it has been recognized by the United Nations Environmental Programme as a global model of desert ecology and economic management. Here, students will have the opportunity to experience the vastness and emptiness of the desert, feeling the power of nature and the challenges of survival.

In Inner Mongolia, besides its vast deserts, the grasslands are equally famous, covering 87 million hectares, which make up 35% of China's total grassland area. With lush greenery stretching to the horizon, the grasslands create a beautiful natural landscape. Students can freely explore this vast expanse and immerse themselves in the rich and vibrant nomadic culture of the Mongolian people, experiencing a unique connection with nature.





## PROGRAM OVERVIEW

Embarking on the Inner Mongolia Cultural and Community Service Program, students undergo a transformative journey enriched with diverse activities.

They delve into local culture by purchasing ingredients at farmers' markets and mastering culinary skills through cooking local specialties. Thrilling desert adventures await, including sand-boarding and camel riding, while a desert survival workshop instills essential life skills and teamwork.

Tree planting services promote environmental sustainability, complemented by immersion in nomadic life through activities like collecting cow dung and learning the Mongolian language. Engaging in community service at children's welfare homes fosters empathy and social responsibility.

This holistic experience not only broadens students' horizons but also instills values of cultural appreciation, environmental stewardship, and compassion, enriching their personal growth and understanding of global citizenship.



# MasterChef Experience

The Inner Mongolia Program offers students an immersive and enriching experience.

The students will explore vibrant local farmers' markets, engaging with vendors and discovering unique regional produce. Through guided tours of farm production lines, students gain valuable insights into modern agricultural practices, sustainable farming techniques, and soil management. Cooking workshops led by skilled local chefs allow students to learn the art of preparing traditional Inner Mongolian dishes, using fresh ingredients sourced directly from the markets.

These hands-on activities not only foster cultural appreciation but also develop practical skills and deepen students' understanding of Inner Mongolian culture, cuisine, and sustainable agricultural practices, creating a well-rounded educational experience.





# Nomadic Cultural Experience - Community

During the excursion to Xilamuren Grassland, students will engage in an immersive experience of Mongolian nomadic life, gaining a deep understanding of its daily routines and challenges. Unlike the modern lifestyles of big cities, this hands-on experience allows students to live and work alongside local families, learning to make traditional milk tea and snacks, and engaging in essential tasks like collecting cow dung, feeding animals, and cleaning sheds. These activities provide a unique opportunity to experience the hardships and resilience of the nomadic way of life. Students will also learn the basics of the Mongolian language and acquire practical skills in yurt construction.

This community-based learning fosters a strong sense of teamwork, enhances cultural understanding, and instills a deeper appreciation for the traditions and values of Mongolia's nomadic culture.





# Community Service - Children Welfare Home

By offering their services to the home, the students will get the chance to engage with a world often overlooked by the society at large. They can get to know the lives of the children who are not as lucky as them, teaching them to be grateful for what they have. They will come to realize that the things they take for granted in everyday life are the hopeful wishes of these children.

The students can discover the joy in contributing to other people's lives, cultivating their compassion and social responsibility. Furthermore, by getting to understand a different world, the students can have a widened perspective and learn to respect those who are different.





# Desert Geo-Coaching

Desert Geo-Coaching offers the students an exciting and hands-on way to develop essential desert survival skills while exploring the vast desert landscape.

Using GPS navigation tools, the students will learn to understand the terrain and adapt to the harsh desert conditions, enhancing their orientation and survival abilities. The activity will also include a "mine-clearing" challenge, where the students must use demining tools to locate hidden "treasures" buried in the desert. This thrilling task will test their problem-solving, attention to detail, and teamwork skills.

By combining geo-coaching with this treasure hunt, the activity provides both an educational and adventurous experience, fostering practical knowledge while engaging the students in an exciting exploration of the desert.





# Desert Fun & Campfire Party

Though deserts may seem like boring, hot, and dry places at first glance, they are actually full of adventure and unique experiences.

Capitalizing on the stunning terrain, the students will have the chance to toboggan down towering sand dunes, reliving the childhood thrill of sliding down hills, but with the added excitement of the desert's vast expanse. They will also experience the traditional mode of desert transportation—riding their very own camels as they traverse the arid landscape, gaining insight into the lifestyle of nomadic desert dwellers.

As the day draws to a close and the desert night falls, the students will gather around a warm, glowing campfire for a desert bonfire party.





# Windproof & Sand Control Service Project

Just 30 to 40 years ago, the 20,000 square kilometers of Engebei Desert was an arid wasteland. Today, it has transformed into an ecological scenic area, thanks to the efforts of thousands of volunteers from over 20 countries engaged in reforestation.

Students will take part in the vital Windproof and Sand Control Service Project, planting trees and contributing to the global fight against desertification. Each tree they plant will symbolize a changing landscape and their personal growth. Additionally, they will help build grass squares to support land restoration. This hands-on experience will enhance their environmental awareness, inspiring them to bring these values back to their own communities.





ITINERARY

5D4N INNER MONGOLIA FOR G12

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none"><li>Train to Inner Mongolia (Hohhot)</li><li>Arrive and Transfer to Hotel</li></ul>	<ul style="list-style-type: none"><li>Lunch and Hotel Check In</li><li>Purchasing Ingredients at <b>Local Farmers' Market</b></li><li><b>Cooking Local Specialties</b> with Chef Instruction</li></ul>	<ul style="list-style-type: none"><li><b>Cooking Dinner (Mongolia-style BBQ)</b></li><li>Program Introduction and Safety Briefing</li><li>Hohhot Hotel</li></ul>
Day 2	<ul style="list-style-type: none"><li>Breakfast</li><li>Transfer Xilamuren Grassland (100km, 1.5hrs)</li><li>Getting Hands-on Experience in <b>Building Yurts</b></li><li>Learn to <b>Make Milk Tea and Local Snacks</b> with Nomadic Families</li></ul>	<ul style="list-style-type: none"><li><b>Nomadic Simple Lunch</b></li><li><b>Experience Nomadic Life (Community Service)</b> - Collecting Cow Dung, Feeding Animals, Cleaning Sheds etc.</li><li><b>Learn Local Mongolian Language</b></li><li>Return to Hohhot</li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li>Reflection on Community Service</li><li>Hohhot Yurt</li></ul>
Day 3	<ul style="list-style-type: none"><li>Breakfast</li><li><b>School-organized Activities</b> (IB science specific activities plus time for careers meetings with school counsellor)</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>Community Service</b> - Visit the <b>Children Welfare Home</b>, Teaching children music, art, language, Caring for autistic children</li><li>Travel to Engbei (230 kilometers, 3.5 hours)</li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li>Reflection on Community Service</li><li>Engbei Hotel</li></ul>
Day 4	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Desert Geo-Coaching</b> - Explore and understand desert landscapes, Navigate by GPS, Teamwork</li><li><b>Desert Fun Activity</b> - Sand-boarding, Camel Riding to experiencing Traditional Desert Transportation</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>Windproof and Sand Control Service Project</b></li><li><b>Tree Planting</b> - Contribute to nature, Understand sustainable development of environment</li><li><b>Hand-Building Grass Squares</b></li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li>Campfire Party in Desert</li><li>Engbei Hotel</li></ul>
Day 5	<ul style="list-style-type: none"><li>Breakfast</li><li>Transfer to Railway Station (Baotou) &amp; Depart</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li>Arrive and 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.

