



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**3D2N PROGRAM FOR G3
BEIJING
CAREER EXPERIENCE & ENJOY OUTDOOR**

PROGRAM OVERVIEW

The "Career Experience & Enjoy Outdoor" program in Beijing offers a unique blend of hands-on career exploration and engaging outdoor activities.

Students embark on a journey to explore various careers. Students step into roles like Junior Food Specialists to learn about food production and brand history, or become Junior Farmers to understand agriculture, sustainability, and food value. They also experience the "Little Carpenter" workshop, mastering woodworking tools and crafting projects. .

In addition, students enjoy a variety of outdoor challenges designed to foster teamwork and creativity. Activities like the Nature Treasure Box Challenge encourage students to connect with nature, developing their observation skills and environmental awareness. Team-building games such as quick hands and the Mini Olympic Games provide opportunities for students to enhance communication, collaboration, and problem-solving skills.

This comprehensive program allows students to grow both professionally and personally, creating lasting memories and valuable lessons.



Career Experience - Junior Food Specialist

Arctic Ocean Manufacturing Park

The "Junior Food Specialist" Career Experience immerses students in food production and brand culture. The activity begins with a guided tour of the Yili History Wall and Brand Culture Center, followed by a visit to the Arctic Ocean intelligent production line, where students see modern food manufacturing processes in action.

They then explore bread-making, using various tools and ingredients to create decorative breads with the guidance of a baker, sparking creativity. The experience also includes a visit to Yili's 1950s retro district, where students learn about the company's history and the charm of traditional brands.

Finally, students share their freshly baked bread, celebrating teamwork and creativity. This activity connects food production with cultural heritage, inspiring future careers in the food industry.



Career Experience - Little Carpenter Inheriting the Craftsmanship

The "Little Carpenter, Inheriting the Craftsmanship" hands-on activity guide students into the woodworking studio to experience traditional craftsmanship.

The activities include woodworking culture lectures, safety operation training, creative woodworking production, and work exhibition. Students will learn to use tools such as saws, planes, and chisels to handcraft wooden items, experiencing the spirit of craftsmanship in practice, honing their hands-on skills, stimulating innovative thinking, and enhancing team collaboration awareness.

The program aims to pass on traditional culture, cultivate hands-on ability and innovative spirit, and create an unforgettable research and study experience for students.



Career Experience - Junior Farmer Farm Tour and Farming Experience

In this "Junior Farmer" Career Experience, students immerse themselves in farm life by participating in hands-on agricultural tasks and contributing to the community. They start by learning about farming tools and then engage in activities like planting, soil loosening, and weeding, with tasks varying by season and farm needs.

This experience offers students a chance to understand the hard work behind farming and food production, fostering appreciation for the agricultural process. It also teaches valuable lessons in reducing food waste and becoming responsible, community-minded individuals. Through this activity, students discover the rewards and challenges of being a farmer.



Nature Treasure Box Challenge

The Treasure Box Challenge is a creative activity where students fill an empty matchbox with small natural items like pebbles, leaves, twigs, feathers, or grass. Each unique item earns points, and the student with the most points wins. At the end of the challenge, students present their collected items, explaining what they are, their role in nature, and how they contribute to the environment.

This activity fosters creativity, observation skills, and environmental awareness, encouraging a deeper connection with and responsibility toward the natural world.



Quick Hands

In this activity, small colored balls are placed within a designated area, with each color representing a different team. A blindfolded team member, guided only by non-verbal cues from their teammates, must retrieve their team's balls.

This challenge emphasizes the importance of teamwork and creativity, as verbal communication is not allowed. Teams must find innovative ways to communicate and coordinate effectively without speaking, testing their ability to think outside the box. The activity fosters trust, enhances non-verbal communication skills, and teaches students how to collaborate under pressure.



Olympic Games

The Olympic Games consist of a variety of exciting team-building challenges that are both fun and rewarding.

Through these games, students will develop valuable teamwork and communication skills while staying active in the open air. The challenges also teach perseverance, helping them understand the importance of not giving up easily. This engaging experience will not only strengthen bonds among students but also create lasting memories and friendships. It's a perfect opportunity for students to connect, grow, and learn in a unique and unforgettable way.



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3D2N BEIJING FOR G3

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none">Meet Students on Campus and Head to Activity SiteCareer Experience - Junior Food Specialist <p>In Arctic Ocean Manufacturing Park, explore food production, visit to intelligent production line, create decorative breads, learn brand history, and foster creativity and national pride in a hands-on, fun setting.</p>	<ul style="list-style-type: none">LunchCareer Experience - Little Carpenter <p>Students learn woodworking, use tools, create crafts, and develop creativity, teamwork, and cultural appreciation.</p> <ul style="list-style-type: none">Set Up Tents	<ul style="list-style-type: none">DinnerFuture Career ImaginationCamping
Day 2	<ul style="list-style-type: none">BreakfastNature Treasure Box Challenge - Encourage students to collect natural items and present their findings, fostering creativity, observation skills, and environmental awareness.Quick Hands - Promote teamwork, creativity, trust, and non-verbal communication skills under pressure.	<ul style="list-style-type: none">LunchMini Olympic Games - Foster teamwork, communication, and perseverance through fun outdoor challenges, helping students build bonds and strengthen skillsSet Up Tents	<ul style="list-style-type: none">DinnerCampfire Party & Talent ShowCamping
Day 3	<ul style="list-style-type: none">BreakfastCareer Experience - Junior Farmer <p>Participate in hands-on farm work, learning agricultural tools and tasks, gain insight into farming, food production, and the importance of reducing food waste.</p>	<ul style="list-style-type: none">LunchFinal Reflection, DepartureTransfer 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.

