



**INSIGHT  
ADVENTURES**  
Lifelong learning without boundaries.

**3D2N PROGRAM FOR G4  
BEIJING OUTDOOR PROGRAM  
WILDERNESS SURVIVAL & TEAMWORK**

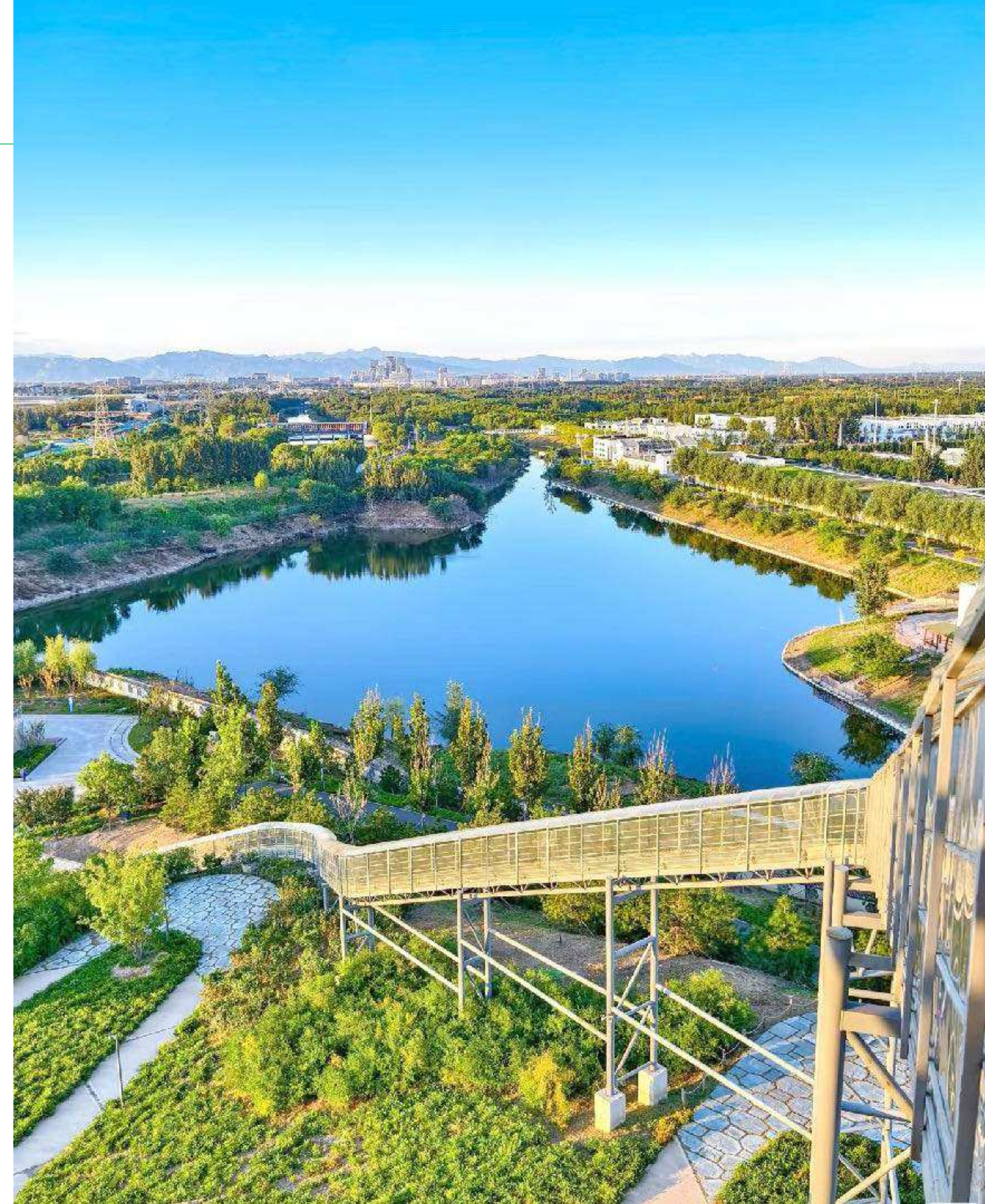


## BEIJING CAMPSITE

Beijing Adventure Camp is an ideal place for outdoor exploration for primary and secondary school students.

Covering an area of about 100,000 square meters, the camp features the world's largest single outdoor rope adventure tower, consisting of over 200 rope-based activities suitable for various age groups. In addition to vast activity spaces and expansive lawns for children to run and explore, the camp also has a dedicated area for younger children. All facilities are equipped with comprehensive safety measures to ensure that kids can adventure worry-free.

The camp also offers camping services, allowing children to get close to nature and experience the joys of outdoor life.





## PROGRAM OVERVIEW

The "Wilderness Survival & Teamwork" outdoor exploration program offers a dynamic blend of adventure, survival skills, and teamwork-building activities.

Wilderness Survival includes an Orienteering Challenge, where students navigate using maps and compasses, as well as practical lessons in Water Purification, Damper Making and SOS Signal Technology. These activities teach essential survival techniques in nature. Teamwork exercises include a thrilling Land Curling and Capture Flag, designed to strengthen cooperation and strategy among team members. Additionally, the program features exciting High Rope Challenges, pushing students to overcome their fears and build trust. The STEM-based Water Rocket Workshop allows students to explore physics while designing and launching water-powered rockets.

Together, these activities promote communication, problem-solving, and resilience, all while fostering a deeper connection with nature and a spirit of teamwork.



# Orienteering Challenge

Orienteering is a sport where students use a map and compass to navigate through designated checkpoints, aiming to reach each one in the shortest time possible. Originating in Sweden with a century-long history, it was initially developed as a military training exercise. In this activity, students learn essential skills such as map reading and compass navigation.

Orienteering is both intellectually stimulating and mentally challenging, requiring a balance between strategic thinking and problem-solving. The activity fosters critical thinking, quick decision-making, and the ability to navigate unfamiliar environments. It encourages students to make independent decisions and adapt to changing conditions, promoting teamwork and collaboration when done in groups. Through this activity, students develop confidence, resilience, and a deeper appreciation for outdoor exploration while enhancing their cognitive and navigational skills.





# Water Purification

Clean water is essential for survival. While a person can go a week without food, they can only survive a few days without water. In this survival lesson, instructors will teach students how to purify water using basic materials like a plastic bottle, cloth, rocks, and sand.

Although the process is simple, students will realize how many steps are needed to make clean water. This hands-on experience will not only help them learn a crucial survival skill but also encourage them to appreciate and conserve water in their daily lives.





# Damper Making

In a natural setting, surrounded by fresh air and well-preserved vegetation, students will have the opportunity to make damper, a traditional homemade soda bread originally prepared by early European settlers in Australia.

By making the bread themselves, students will gain a deeper, hands-on understanding of the process. Damper is simple to prepare, using basic ingredients like flour, water, and milk. The experience of creating something from scratch in the wild not only teaches valuable practical skills but also provides a sense of accomplishment as they enjoy the final product.





# 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.





# Land Curling

Land curling is an adapted version of the Olympic sport of ice curling, played on land with lighter stones. Teams slide their stones across the curling sheet toward a target area called the "house." The goal is to either land the stone in the house or knock the opponent's stone out. The team with the most stones in the house wins.

This activity helps students develop essential teamwork and communication skills as they work together to strategize and execute their moves. It also enhances critical thinking, as students need to plan their shots and anticipate their opponents' strategies. Additionally, land curling fosters coordination and focus, offering a fun and engaging way to improve problem-solving and decision-making abilities.





# SOS Signal Technology

Emergencies can arise unexpectedly in the wild, and in such situations, it's crucial to understand the challenges at hand, alert the outside world, and seek rescue. When communication devices are unavailable, basic methods of signaling for help—such as sound, light, smoke, and Morse Code—become essential.

This workshop offers highly practical knowledge. Learning how to send SOS signals is a vital skill that should be remembered for life and, when necessary, shared with others to help ensure their safety in critical situations.





# Water Rocket Workshop

The Water Rocket Making activity involves students designing and constructing model rockets using recycled water bottles. The students create various rocket components, such as the launch tube, rocket body, nose cone, tail fins, and parachutes, all powered by water and compressed air. This hands-on activity teaches key physics concepts, especially Newton's third law of motion, as students observe how the rocket's propulsion works through the expulsion of water. By engaging in this project, students not only gain practical skills in engineering and design but also develop a deeper understanding of scientific principles.

The activity fosters creativity, teamwork, and problem-solving, making physics both fun and accessible. Ultimately, it aims to inspire curiosity and interest in STEM fields among young learners.





# Capture Flag

Capture the Flag is a traditional sport in Western countries, with origins tracing back to ancient warfare. In this game, two teams compete to capture each other's base flag, which represents the team's standing. If a team's flag is captured or placed on the ground, it symbolizes their defeat.

During the game, each team must advance to the opposing base to capture the flag, while simultaneously defending their own flag from being taken. This competitive activity emphasizes both teamwork and strategy, helping students improve their physical fitness, strategic thinking, and problem-solving abilities. It fosters collaboration, sharpens the mind, and enhances overall performance.





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3D2N BEIJING FOR G4

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none"><li>Meet Students on Campus and Head to Beijing Base</li><li>Program Introduction and Safety Briefing</li><li><b>Orienteering Challenge</b> - Navigation challenge using maps and compasses, promoting teamwork, problem-solving, and direction skills</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>Wilderness Survival Workshop (Water purification&amp;Damper Making)</b> - Focus on essential life skills, problem-solving, and teamwork</li><li><b>Set Up Tents</b></li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li><b>Night Walk Challenge</b></li><li><b>Camping</b></li></ul>
Day 2	<ul style="list-style-type: none"><li>Breakfast</li><li><b>High Rope Challenge</b> - Strengthen resilience, agility, and mental toughness, encouraging students to step out of their comfort zones and overcome fears</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>Land Curling</b> - Enhance communication, coordination, and teamwork while promoting fun and friendly competition</li><li><b>SOS Signal Technology</b> - Enhance distress signaling and self-rescue abilities in emergencies.</li><li><b>Set Up Tents</b></li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li><b>Light Party and Talent Show</b></li><li><b>Camping</b></li></ul>
Day 3	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Water Rocket Workshop</b> - Teach engineering skills through designing and launching water-powered rockets, fostering creativity and teamwork</li><li><b>Capture Flag</b> - Team-based game promoting strategy, teamwork, and physical activity</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li>Final Reflection, Departure</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



ROYAL LIFE SAVING  
AUSTRALIA

【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.

