

By Sisi



**INSIGHT  
ADVENTURES**  
Lifelong learning without boundaries.

# **5D4N PROGRAM FOR G5 IN SUZHOU, JIANGSU EXPLORING FUSION OF NATURE AND CULTURE & TEAMWORK**

# SUZHOU, JIANGSU

Suzhou, with over 2,500 years of history, blends rich cultural heritage with stunning natural beauty, making it an ideal destination for outdoor exploration and learning. Famous for its canals, ancient stone bridges, and classical gardens, the city offers a unique environment for students to connect with nature and tradition.

In this "Paradise on Earth," students can enjoy outdoor activities while immersing themselves in the city's timeless charm. Whether navigating its peaceful waterways or exploring the cultural significance of its gardens and architecture, Suzhou strikes the perfect balance between adventure and education. It's a place where nature and history inspire discovery and growth.



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## PROGRAM OVERVIEW

The Suzhou program, themed "Exploring the Fusion of Nature and Culture & Team Collaboration," offers a dynamic mix of outdoor adventures, cultural immersion, and team-building activities.

Students hike through Guangfu, surrounded by lakes, mountains, and ancient architecture, fostering physical fitness and an appreciation for the harmony of nature and culture. Outdoor challenges include raft-building, kayaking on Shihu Lake, and the Garden Expo Park Geocaching Adventure, which enhance teamwork, navigation skills, and problem-solving abilities. The F1 Race Car Building challenge further boosts creativity and collaboration.

The program also delves into Suzhou's rich cultural heritage. Students visit the Humble Administrator's Garden, experience a Tea Culture workshop, and explore Xiangshan Bang Architectural Culture, learning ancient carpentry techniques like mortise and tenon joints and crafting Luban Locks.

These activities promote physical development, teamwork, and a deeper understanding of the connection between nature, culture, and traditional craftsmanship, leaving students with unforgettable memories and valuable life lessons.



# Visit the Humble Administrator's Garden

Visiting the Humble Administrator's Garden offers students a rare opportunity to immerse themselves in traditional Chinese garden design, an integral part of China's cultural heritage. Famous for its picturesque landscapes, tranquil ponds, and intricate rockeries, the garden embodies the perfect harmony between nature and architecture.

The garden is a living example of how Chinese gardens aim to create a harmonious space that reflects the natural world, offering both beauty and tranquility. This visit not only deepens students' understanding of traditional Chinese art and landscaping but also provides a peaceful, reflective environment where they can appreciate the delicate relationship between culture, nature, and design. It is a truly enriching educational experience.



# Xiangshan Bang Architectural Culture

This activity offers students a chance to explore Suzhou's Xiangshan Bang architectural culture and traditional woodworking techniques. The Xiangshan Bang is a group of skilled carpenters known for their unique wooden structures.

Students will learn about mortise and tenon joints, a technique that interlocks wood without nails, reflecting the precision of ancient Chinese architecture. They will also have the opportunity to create a Luban Lock, an ancient wooden puzzle, to understand its design and enjoy assembling it. Through these hands-on experiences, students will gain a deeper appreciation for traditional craftsmanship, sparking their creativity and enhancing their understanding of the beauty and skill behind ancient woodworking.



# Shihu Lake Kayaking

Shihu Lake in Suzhou provides an ideal natural setting for kayaking, offering students the chance to engage with the beauty of nature while developing both physical and teamwork skills.

As students navigate the lake, they will work together, enhancing their collaboration, communication, and decision-making abilities in a real-world setting. The physical challenge of kayaking also promotes coordination, strength, and endurance, contributing to overall fitness. Beyond the physical benefits, the serene surroundings help students relax, offering a break from the pressures of academics and fostering mental well-being. This immersive experience not only strengthens teamwork and physical health but also encourages mindfulness and stress relief, making it a perfect balance of mental and physical growth.



# Suzhou Mountain Hiking

Students embark on a half-day hiking trip to Guangfu in Suzhou, rich in content and profound in significance. They walk along ancient bluestone paths, weaving through Ming and Qing dynasty architecture, experiencing the weight of history and the charm of culture. Along the way, students enjoy picturesque views of lakes and mountains, immersing themselves in the tranquility and beauty of the Jiangnan water town. The activity not only strengthens their physical health but also fosters teamwork and a spirit of exploration.

This hike is a perfect blend of culture, nature, and outdoor adventure, offering a holistic experience for both mind and body.



# F1 Race Car Building

The F1 Race Car Building is a collaborative, hands-on activity that blends creativity, problem-solving, and teamwork—without the need for specialized skills or risks. Students work together to design and construct their own model race cars, ensuring every component functions seamlessly. The activity culminates in an exciting F1-style race, where students experience the excitement of competition while learning the value of collaboration and strategy.

This activity goes beyond building cars; it nurtures innovation, critical thinking, and communication skills, while fostering a strong sense of achievement. By bringing their ideas to life on the track, students gain confidence in their abilities and a deeper understanding of how teamwork can turn vision into reality.



# Tea Culture Experience

This activity immerses students in the charm of tea culture. They will visit a tea exhibition hall to learn about the origin, development, and spread of tea, appreciating its profound heritage through exhibits and guided explanations. Next, they will tour a tea production line, observing tea masters at work and learning traditional tea-making techniques. Professional guides will introduce the history, varieties, growing conditions, and harvesting standards of tea. Under the guidance of tea farmers, students will enter the tea plantation (seasonal) to practice tea-picking techniques and understand harvesting criteria. During the activity, students will taste freshly made Biluochun tea, learn tea-tasting etiquette, and try brewing tea themselves, experiencing the joy of tea art.

Through a combination of knowledge and hands-on practice, students will gain a comprehensive understanding of tea cultivation, harvesting, and production, while deepening their appreciation for traditional tea culture. This activity not only educates but also inspires students to cherish and carry forward traditional cultural heritage.



# Raft Building

The Raft Building is a hands-on Project-Based Learning (PBL) experience that encourages students to apply their knowledge of physics while fostering teamwork and problem-solving skills.

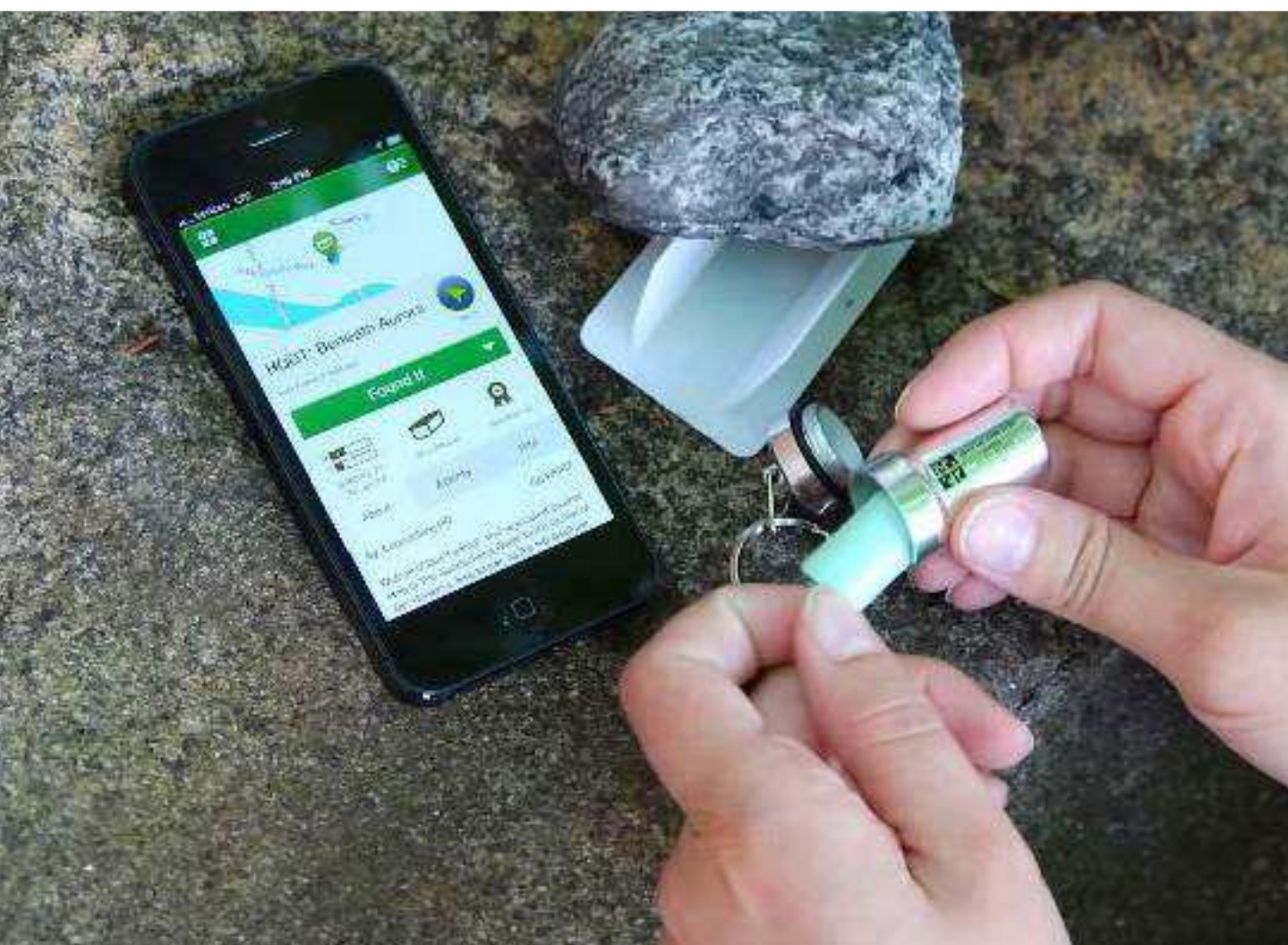
Students are tasked with designing and constructing a raft using basic materials, applying key principles such as buoyancy, stability, and force distribution. The activity challenges them to test their designs, identify flaws, and make improvements, emphasizing the importance of trial and error. Working in teams, students collaborate to solve problems, communicate effectively, and learn from failures, ultimately gaining a deeper understanding of the value of perseverance. This project not only enhances students' creativity and critical thinking but also teaches them the importance of teamwork in overcoming obstacles, making it a valuable educational experience.



# Garden Expo Park Geo-caching

The Geocaching Challenge at Suzhou Garden Expo Park is an exciting outdoor activity that combines adventure with learning.

Using GPS devices, students will embark on a treasure hunt to find hidden items scattered throughout the park, exploring its landmarks and gaining insight into Suzhou's rich cultural heritage. As they work in teams, students will strengthen their navigation, problem-solving, and communication skills. The challenge fosters critical thinking, spatial awareness, and effective decision-making, encouraging students to think strategically and collaborate to solve clues. Through the geocaching challenge, students gain a deeper appreciation for the park's beauty and history, all while building valuable skills in a fun and interactive way.



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5D4N SUZHOU FOR G5

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none"><li>Transfer to Suzhou by train (4hr10min)</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li>Arrive and Hotel Check in</li><li><b>Visit the Humble Administrator’s Garden</b> - Appreciate the beauty of Suzhou gardens, learn about traditional Chinese garden art, and experience the harmony of nature and culture</li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li>Program Introduction &amp; Safety Briefing</li><li>Suzhou Hotel</li></ul>
Day 2	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Xiangshan Bang Architectural Culture</b> - Learning mortise joints and creating Luban Locks, gaining insight into traditional woodworking and Chinese architectural craftsmanship</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>Shihu Lake Kayaking</b> - Fun water activities promote physical strength, balance, and teamwork, while learning basic paddling skills and enjoying the scenic lake views</li><li><b>Set Up Tents</b></li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li><b>Balloon Tower Building</b></li><li><b>Camping</b></li></ul>
Day 3	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Suzhou Mountain Hiking</b> - Perfect blend of culture, nature, and outdoor adventure, offering a holistic experience for both mind and body</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>F1 Race Car Building</b> - STEAM project,challenge students to design and construct their own miniature race cars, fostering creativity, teamwork, and problem-solving skills</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 4	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Tea Culture Experience</b> - Students explore tea culture through tea-making, and hands-on picking, tasting, and brewing, fostering appreciation for tradition and cultural heritage.</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li><b>Raft Building</b> - PBL project, promote teamwork and problem-solving, learning from failures and understanding basic principles of buoyancy and stability</li></ul>	<ul style="list-style-type: none"><li>Dinner</li><li><b>Suzhou Cruise</b></li><li>Suzhou Hotel</li></ul>
Day 5	<ul style="list-style-type: none"><li>Breakfast</li><li><b>Garden Expo Park Geo-caching</b> - Combine exploration, problem-solving, and cultural discovery, encouraging teamwork while enhancing students' understanding of geography and local landmarks</li></ul>	<ul style="list-style-type: none"><li>Lunch</li><li>Head to Railway Station and Departure</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.

