



By Sisi



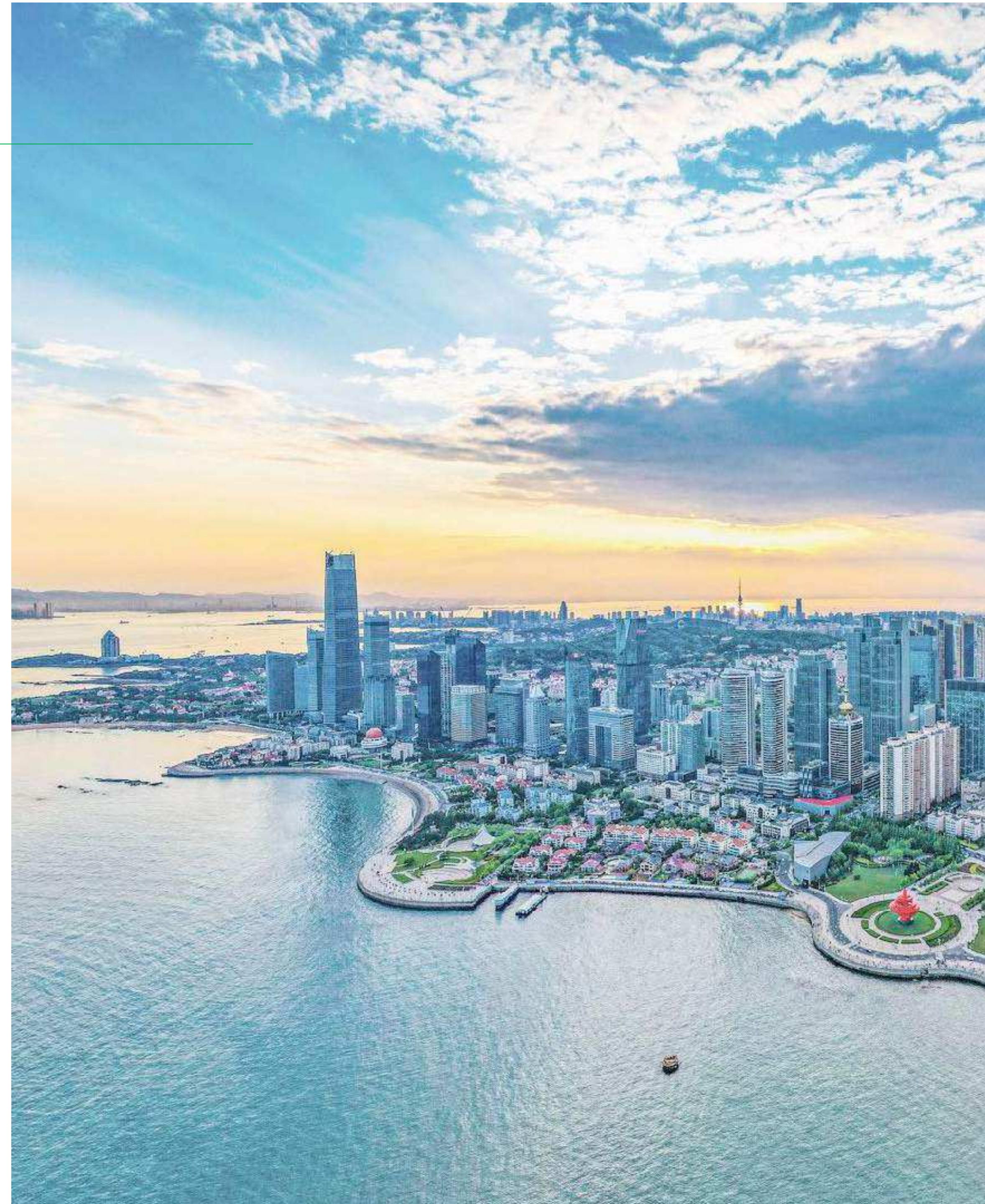
**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

5D4N PROGRAM FOR G6 QINGDAO, SHANDONG MARINE STUDY & ENJOY OUTDOOR

QINGDAO, SHANDONG

Qingdao, located on the eastern coast of Shandong Province along the Yellow Sea, is renowned for its mild climate, stunning landscapes, and rich ecological resources, including mountains, coastline, greenways, and diverse marine ecosystems.

The city's unique coastal environment positions it as a hub for marine science research and conservation, attracting scientists and students alike. Qingdao seamlessly blends modern urban life with a rich cultural heritage, offering a harmonious mix of nature, history, and innovation. With its vibrant atmosphere and well-preserved natural beauty, Qingdao provides an ideal platform for research trips, allowing participants to experience the perfect fusion of ecology, nature, and tradition.



PROGRAM OVERVIEW

The "MARINE STUDY and Enjoy Outdoor" program offers an engaging combination of marine science exploration and outdoor adventures.

In the MARINE STUDY section, students will take part in the Intertidal Zone Course, where they will study tidal phenomena, tidal power generation, and model-making to understand renewable energy. At the Qingdao Port Automated Terminal, they'll explore smart port technologies, learning how history and modern technology integrate for efficient, eco-friendly port operations. The Marine Research Experience Center will provide insights into the magical effects of seaweed, marine biology experiments, and applications that foster scientific curiosity.

For the Enjoy Outdoor activities, students will enjoy Seaside Kayaking, learning paddling skills and connecting with nature. The Raft Building project emphasizes teamwork and problem-solving, while the Sky Tower Building encourages creativity and leadership through collaborative efforts. The Archery Challenge promotes individual focus, precision, and calmness, adding a fun skill-based challenge.

This program broadens students' understanding of marine conservation and sustainability while fostering teamwork and outdoor skills.

Intertidal Zone Course

Jinsha Beach is famous for its fine golden sands and stunning natural scenery, making it an ideal place to explore marine ecology and ocean conservation. Here, students will study tidal phenomena and their applications, learn the science behind tides, and experience collecting shells while observing the unique intertidal species. Through tidal power experiments, students will understand renewable energy and develop scientific inquiry skills by building models.

These activities align closely with the UN Sustainable Development Goal SDG 14—Life Below Water, helping students grasp sustainable use of marine resources and fostering a sense of responsibility for ocean conservation and sustainable development.



Seaside Kayaking

The kayaking activity near the Binhai Bay in Qingdao offers students a wonderful opportunity to connect with nature and the ocean.

Under the guidance of professional instructors, students will learn basic paddling techniques and water safety, while enjoying the sea breeze and the shimmering waves. The kayaking route follows the beautiful coastline, where students can admire Qingdao's unique scenery, including red-roofed buildings and lush green hills. The clear waters and serene environment allow students to focus on exploring the marine world and experience the charm of the sea.



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.



Sky Tower Building

Sky Tower Building is a fun outdoor team activity that encourages students to work together and use their brains to solve problems. Using limited materials, students will build a tall tower, requiring creativity, imagination, and communication skills.

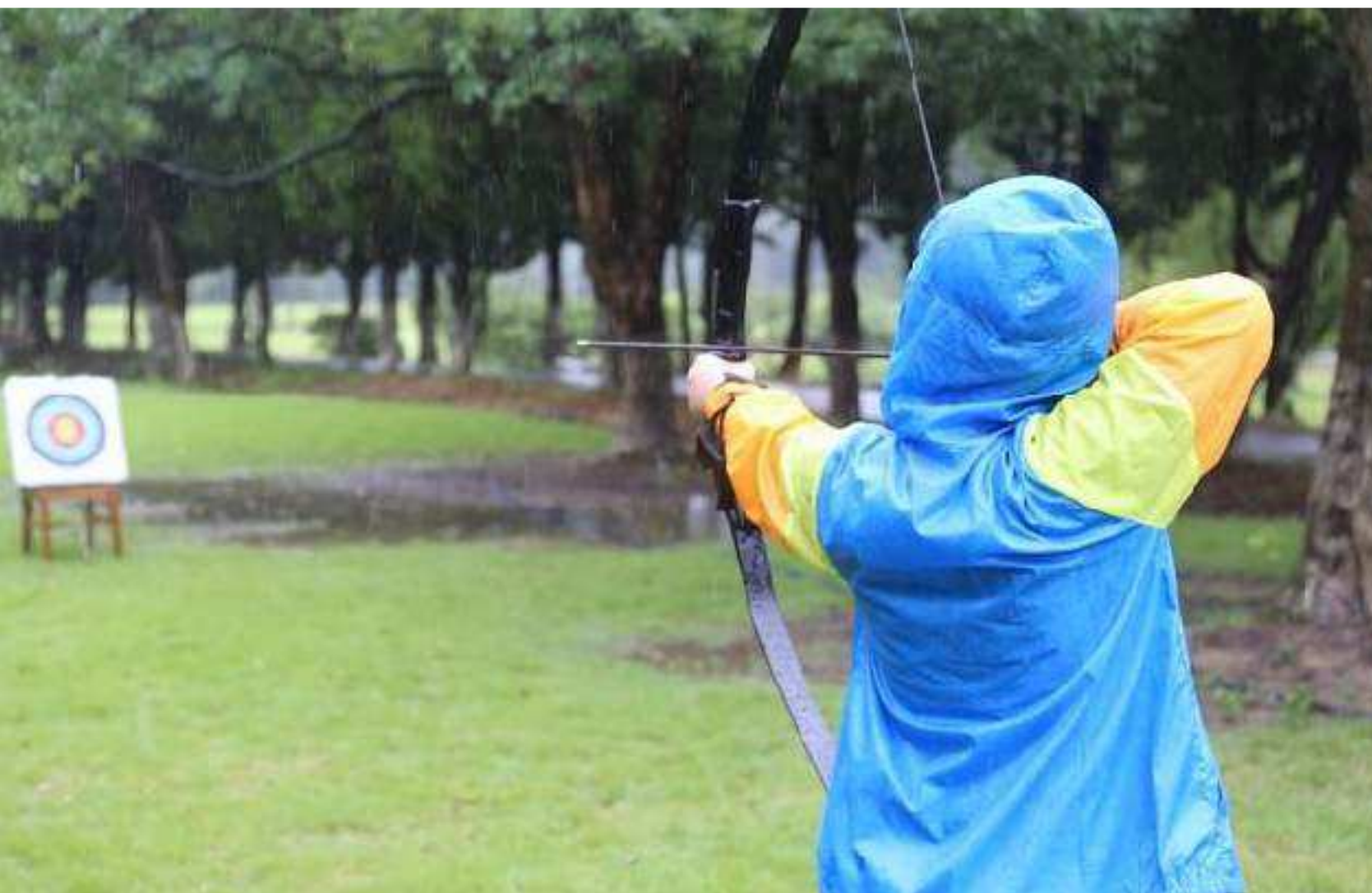
This activity helps students learn how to divide tasks and work together, supporting each other and building friendships. During the tower-building process, students will discuss and plan together, improving their problem-solving abilities and learning to listen to others in the team. Through this activity, students not only experience the joy of success but also strengthen their sense of teamwork and learn how to work together to achieve a common goal.



Archery Challenge

Archery has a long and fascinating history. The earliest archers were hunters who used bows and arrows to hunt animals for food. As a modern recreational sport, archery originated in England, with Yorkshire hosting the annual Ancient Silver Scorton Arrow Meet since 1673.

Though ancient, archery remains a popular sport today. It not only provides great exercise but also demands a high level of focus and attentiveness from the archer. In our activities, once students have mastered the basic archery skills, they will take part in team competitions. This not only hones their skills but also fosters teamwork and team spirit.



Qingdao Cycling

The "Qingdao Cycling" activity allows students to explore the city's scenic coastal routes and historic landmarks.

Cycling through Qingdao's waterfront, parks, and German-style architecture, students will experience the city's natural beauty and rich cultural heritage. This activity promotes physical fitness, improving endurance and coordination while encouraging teamwork and collaboration. It offers a fun way to connect with the environment, raising awareness of urban sustainability and environmental protection. By engaging with Qingdao's unique blend of modernity and tradition, students gain a deeper appreciation for the city's charm.



Qingdao Port's Automated Terminal

The Qingdao Port Automated Terminal is a global leader in fully automated container operations, using IoT, big data, and cloud computing for efficient, unmanned work.

This study tour will help students learn how Qingdao Port transformed from a small regional hub to the world's fifth-largest port. They will experience high-tech projects like digital crane simulations and VR quay crane maintenance, exploring the technology behind automation. Students will also role-play as historic dock workers, simulate cargo handling, and witness the impressive operations at the "ghost terminal," where modern tech meets historical legacy.



Marine Science Research Experience Center

In this study tour, students will explore the wonders of seaweed and its historical and modern uses. At China's only Seaweed Science and Technology Experience Center, they will handle seaweed specimens from around the world and learn how seaweed has developed into various industries.

Students will then visit the "Seaweed Tribe" to observe diverse seaweeds and marine life up close. They will also explore the human digestive system as "little seaweeds," discovering how seaweed benefits health. Finally, they will engage in marine biology experiments, create ocean-themed crafts, and witness the transformation of matter from liquid to solid, experiencing the excitement of science.



Jimo Ancient Town Scavenger Hunt

The "Jimo Ancient Town Scavenger Hunt " is an engaging activity that combines adventure with cultural exploration. Students will navigate through the historic streets of Jimo Ancient City, discovering key landmarks, local heritage sites, and traditional architecture. Using clues and riddles, they'll solve challenges related to the city's rich history, ancient customs, and folk art. Along the way, they will learn about the cultural significance of Jimo's ancient structures and the region's unique traditions. This treasure hunt not only stimulates critical thinking and teamwork but also fosters a deeper appreciation for local culture and history.

By engaging in this interactive experience, students will gain a sense of connection to the past, enhance their cultural awareness, and develop problem-solving skills while exploring the treasures of Jimo Ancient City.



ITINERARY 5D4N QINGDAO FOR G6

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none">Transfer to Qingdao by Train (3.5hour)Arrive and Head to Activity Site	<ul style="list-style-type: none">LunchIntertidal Zone Course – Study tidal phenomena, tidal power generation, and model-making, understand tidal principles and renewable energySet Up Tents	<ul style="list-style-type: none">DinnerProgram Introduction and Safety BriefingCamping
Day 2	<ul style="list-style-type: none">BreakfastSeaside Kayaking – Learn paddling skills through kayaking activities, get close to the ocean, enjoy natural scenery	<ul style="list-style-type: none">LunchRaft Building - PBL project, promote teamwork and problem-solving, learning from failures and understanding basic principles of buoyancy and stabilitySet Up Tents	<ul style="list-style-type: none">DinnerTeam ChallengeCamping
Day 3	<ul style="list-style-type: none">BreakfastSky Tower Building - Fosters teamwork, creativity, problem-solving, and leadership through collaborative tower construction.Archery Challenge - Skill learning, Individual Focus, Keep calm	<ul style="list-style-type: none">LunchQingdao Cycling – Combine physical fitness and cultural exploration, allowing students to experience the city’s scenic landscapes and historical landmarks.	<ul style="list-style-type: none">DinnerTeam ChallengeQingdao Hotel
Day 4	<ul style="list-style-type: none">BreakfastQingdao Port Automated Terminal – Through interactive projects, students learn about smart port technologies, experiencing the integration of history and modern technology, and appreciating the development and automation of port operations	<ul style="list-style-type: none">LunchMarine Research Experience Center – Learn about the magical effects of seaweed, explore its applications, and experience marine biology experiments to enhance scientific exploration abilities	<ul style="list-style-type: none">DinnerQingdao Culture QuizQingdao Hotel
Day 5	<ul style="list-style-type: none">BreakfastJimo Ancient Town Scavenger Hunt - Combine exploration, problem-solving, and learning about local history and culture through interactive challenges and historical landmarks.	<ul style="list-style-type: none">LunchHead to Qingdao Railway Station and DepartureArrive and 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.

