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**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

5D4N PROGRAM FOR G7 LIANYUNGANG, JIANGSU MOUNTAIN-SEA ADVENTURE AND LEADERSHIP

LIANYUNGANG, JIANGSU

Lianyungang, located in the eastern part of Jiangsu Province, is a city that blends natural beauty with profound cultural heritage.

With its magnificent mountain and sea landscapes, it is known for its "Mountain-Sea Culture." The city's long history and rich cultural traditions add unique charm to its character. Lianyungang is an important starting point of the Maritime Silk Road, witnessing the exchange and integration between China and the world.

As an ideal destination for student study tours, Lianyungang offers students the opportunity to explore ocean culture and historical sites, while experiencing the harmonious interplay of nature and culture between the mountains and the sea.



PROGRAM OVERVIEW

The “MOUNTAIN-SEA ADVENTURE AND LEADERSHIP” program combines outdoor adventure with leadership development.

Students will embark on exciting activities like the Kayaking Challenge and Biking Challenge, where they'll test their physical limits while exploring nature. The Yuntai Mountain National Forest Park Hiking will offer a chance to connect with the environment and build endurance, while the Tree Top Challenge provides an adrenaline-filled experience high above the ground. Geo-Caching at the Garden Expo Park will challenge students' problem-solving and navigation skills as they search for hidden treasures.

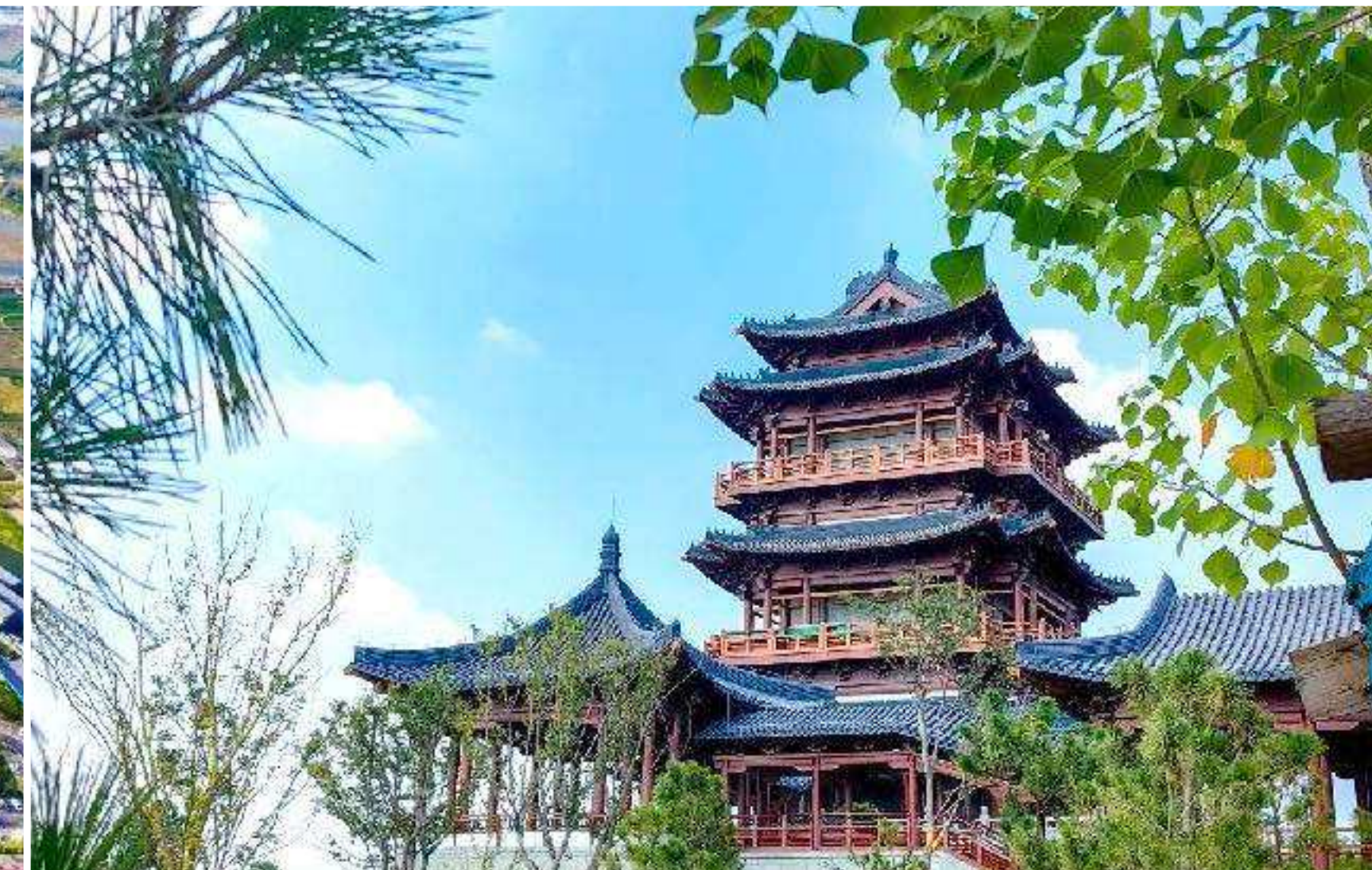
Leadership skills will be honed through activities such as Concerted Bridge Construction, where teamwork and collaboration are key, and the Archery Tag and Frisbee Challenge, which focus on strategy, communication, and individual responsibility.

These activities will help students develop critical leadership qualities, improve teamwork, and build confidence, all while enjoying the great outdoors. The program is designed to inspire a spirit of adventure and empower students to lead in various situations.

Geo-Caching at Garden Expo Park

Geo-Caching at the Garden Expo Park offers students a fun, educational outdoor adventure where they learn GPS navigation while exploring the park's cultural heritage.

Using GPS devices or apps, students follow clues to find hidden treasures, all while discovering the park's gardens, sculptures, and exhibits. This activity promotes teamwork, problem-solving, and critical thinking, giving students a hands-on experience with modern navigation technology and a deeper understanding of local culture. It's a perfect mix of learning and exploration in a beautiful setting.



Concerted Bridge Construction

Participate in a hands-on Project-Based Learning (PBL) experience where students apply outdoor skills, such as knot tying and structural building, to construct a bamboo bridge.

Under the guidance of instructors, teams collaborate to solve challenges while prioritizing safety in land-based scenarios that simulate real outdoor situations. As the bridge begins to take shape, students experience a sense of accomplishment, seeing their ideas and efforts come together to tackle difficult conditions. This project allows them to apply theoretical knowledge to practical, real-world tasks, deepening their understanding through teamwork, problem-solving, and creativity.



Archery Tag

Archery Tag is an exciting twist on traditional archery, played on a field half the size of a basketball court using specially designed bows and foam-tipped arrows. Similar to dodgeball, two opposing teams of 5-10 students aim to "eliminate" each other using their arrows, with the foam tips ensuring safety throughout the game.

Beyond the thrill of archery and sportsmanship, this activity emphasizes the importance of teamwork and strategy. Success in Archery Tag requires not only individual skill but also effective collaboration and tactical planning. Students must work together to develop and execute a winning strategy, highlighting the power of communication, coordination, and collective effort.

This game offers an engaging opportunity for students to sharpen their physical and strategic thinking skills, while reinforcing the value of working as a cohesive unit.



Frisbee Challenge

Ultimate (Frisbee) originated in the U.S. and has been a part of the World Games since 2001. Played without physical contact, it revolves around throwing and catching a disc between players, blending elements of basketball, soccer, and American football. Players perform dynamic maneuvers such as leaping, flipping, and throwing, with a team scoring when it catches the disc in the opposing team's end zone.

Frisbee Challenge requires strong teamwork, physical fitness, speed, strategy, and determination, both offensively and defensively. The game can be as intense as rugby, emphasizing close coordination, rapid passing, and relentless effort. It teaches students the value of collaboration, adaptability, and perseverance, while providing a fun, high-energy environment for developing both individual and team skills.



Kayaking Challenge

Participating in a kayaking activity offers students a unique opportunity to connect with nature, build physical endurance, and develop teamwork skills.

As they navigate through waterways or lakes, students learn to collaborate, communicate, and make quick decisions. The physical challenge also improves coordination, strength, and stamina. Meanwhile, the peaceful surroundings provide a refreshing break from academic pressures, promoting mental well-being and stress relief.

This activity not only enhances physical health but also fosters personal growth, resilience, and a sense of camaraderie among participants.



Biking Challenge

In a rapidly developing society, students often find themselves engrossed in academic pursuits and other responsibilities, leaving little room for relaxation and exploration. However, cycling can provide them with an excellent opportunity to unwind and enjoy the outdoors.

By pedaling along scenic trails, students can escape the hustle and bustle of daily life, putting aside their troubles for a while. This activity not only enhances their physical stamina and perseverance but also allows them to appreciate nature's beauty.

In doing so, students can rejuvenate their minds and bodies, making them more refreshed and ready to face the challenges of the future.



Tree Top Challenge

The Tree Top Adventure (also known as the High Rope Course) has gained significant popularity in Western countries, evolving over many years into a well-established activity with its own set of standards and unique features. Students navigate a series of obstacles, including hanging bridges, balancing beams, and swinging poles, as they climb, leap, and balance from tree to tree.

This adventure offers a chance for students to challenge themselves, build self-confidence, and test their courage and determination, all while immersing themselves in the beauty of nature. It's an exhilarating way to push personal boundaries, strengthen resilience, and enjoy the great outdoors.



Yuntai Mountain Hiking

Yuntai Mountain National Forest Park Hiking offers students a chance to explore beautiful natural landscapes while improving physical fitness.

The hike takes participants through forests and rocky paths, providing a great way to connect with nature. Reaching the summit rewards hikers with stunning views of the surrounding area and the sea. This outdoor activity promotes teamwork, endurance, and resilience, making it a perfect way for students to enjoy nature, stay active, and appreciate the breathtaking scenery.



ITINERARY

5D4N LIANYUNGANG FOR G7

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none">Transfer to Lianyungang by Train (5hour)Arrive and Head to Activity Site	<ul style="list-style-type: none">LunchGeo-Caching at the Garden Expo Park - Combines GPS navigation technology learning with an exploration of the park's cultural heritage, offering a fun and educational outdoor adventureSet Up Tents	<ul style="list-style-type: none">DinnerProgram Introduction and Safety BriefingCamping
Day 2	<ul style="list-style-type: none">BreakfastConcerted Bridge Construction - PBL project, Structure design, Problem Solving, Leadership, Learning from failure	<ul style="list-style-type: none">LunchFrisbee Challenge - Physical strength, TeamworkArchery Tag - Combine archery with elements of dodgeball, promoting teamwork, strategy, and physical coordinationSet Up Tents	<ul style="list-style-type: none">DinnerFun Team GamesCamping
Day 3	<ul style="list-style-type: none">BreakfastKayaking Challenge - Promote physical strength, balance, and teamwork through fun water games, while learning basic paddling skills	<ul style="list-style-type: none">LunchBiking Challenge - Fun and eco-friendly way to explore new landscapes, improve physical fitness, and experience the freedom of the outdoors.	<ul style="list-style-type: none">DinnerTeam ChallengeLianyungang Hotel
Day 4	<ul style="list-style-type: none">BreakfastTree Top Challenge - Offers students a thrilling and adventurous experience, physical endurance, and a connection with nature through exciting treetop obstacles	<ul style="list-style-type: none">LunchYuntai Mountain National Forest Park Hiking - Explore stunning natural landscapes, enhance physical fitness, and enjoy breathtaking sea views from the summit	<ul style="list-style-type: none">DinnerLianyungang Culture QuizLianyungang Hotel
Day 5	<ul style="list-style-type: none">BreakfastHead to Lianyungang Railway Station and Departure	<ul style="list-style-type: none">LunchArrive 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



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.

