



By Sisi



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

5D4N PROGRAM FOR G8 SHANGHAI

INTEGRATION OF CULTURE, OUTDOORS, AND URBAN EXPLORATION

SHANGHAI

Shanghai is a dynamic international city that blends modern economics, rich history, and diverse outdoor opportunities, offering a unique learning environment for students.

As China's economic center, Shanghai showcases innovation while preserving its historical landmarks and cultural heritage. Students can explore both the city's bustling commercial areas and its peaceful natural spots, gaining exposure to technology, business, and traditional culture. The city offers a wide range of educational experiences, from visits to historical sites to engaging in outdoor activities, encouraging students to expand their knowledge and skills.

Shanghai's blend of modernity and tradition provides an ideal setting for interdisciplinary learning, fostering both personal growth and academic development.



PROGRAM OVERVIEW

The Shanghai Tour, themed “Integration of Culture, Outdoors, and Urban Exploration,” provides students with a well-rounded learning experience. Cultural activities include a scavenger hunt in Zhujiajiao Ancient Town, where they explore its history, and a Xiaolongbao making workshop to experience traditional Chinese cuisine.

Outdoor adventures are also key, with activities like stand-up paddleboarding (SUP), catapult building, camping, and a day of cycling on Chongming Island. These activities help students build physical endurance, creativity, and teamwork while connecting with nature.

The tour includes Shanghai Urban Exploration, where students navigate the city using public transport, completing tasks that highlight both its traditional culture and modern development. This promotes problem-solving, teamwork, and financial management skills.

The program gives students a chance to explore Shanghai’s culture and development, fostering teamwork, critical thinking, and life skills while creating lasting memories and broadening their perspectives for future growth.

Scavenger Hunt in Ancient Town

The Zhu Jia Jiao Ancient Town Cultural Scavenger Hunt is an engaging activity that immerses students in the history and culture of Zhu Jia Jiao. Students follow clues, solve puzzles, and complete tasks at key locations throughout the ancient town, learning about its distinctive water village features, ancient bridges, historical landmarks, and unique local customs.

This isn't just a treasure hunt; it's a cultural journey that highlights the town's rich architectural heritage and traditional way of life. Through teamwork and problem-solving, the activity strengthens students' collaboration and strategic thinking skills. At the same time, it sparks a deep interest in traditional culture and history, especially the charm of Zhu Jia Jiao, often called "Venice of Shanghai."



SUP Challenge

Standup paddling (SUP) originated in Hawaii, blending the art of surfing with the use of traditional paddles. Compared to other water sports, SUP offers greater versatility and fewer limitations in how it can be enjoyed.

Balancing on the paddleboard requires engaging the leg muscles to achieve core stability. Additionally, the arms, back, and shoulder muscles work together to overcome water resistance. This continuous interplay between various muscle groups to maintain balance makes SUP a comprehensive full-body workout.

To enhance the fun, the students can engage in exciting water games that not only add enjoyment but also help refine paddling techniques and balance skills. These interactive activities make SUP both a thrilling and skill-building experience.



Catapult Building

The Catapult Building activity is a hands-on, creative challenge where students work in teams to design and construct their own functional catapults. Using simple materials like wood, rubber bands, and glue, teams apply engineering principles to create a device that can launch projectiles with precision.

The activity fosters creativity, critical thinking, and problem-solving as participants experiment with different designs to improve performance. It also promotes teamwork and collaboration, as members must communicate effectively and combine their skills to achieve a common goal. Beyond building, the activity highlights the importance of trial and error in innovation, making it an enjoyable and educational experience that encourages both learning and fun.



Shanghai Urban Exploration

Shanghai, as an international metropolis, blends traditional culture with modern development, showcasing its unique urban charm. During this city exploration activity, students will experience firsthand the historical transformation of Shanghai and understand the interplay between its culture, history, and urban development.

According to the task sheet, students will need to use public transportation to reach various task points and complete assigned tasks. They will learn how to navigate the city by reading maps and understanding the public transportation network, planning their routes and meals within a set budget. This will test their teamwork and communication skills, as well as enhance their planning, budgeting, and problem-solving abilities. Through this activity, students will gain a better understanding of the connection between city life and culture, while also improving their independence and overall skills.



Shanghai Urban Exploration

Leadership: Students will learn to collaborate, communicate, and guide teammates to reach their objectives. Each member will be assigned a specific role, such as team leader, time manager, or route planner, and these roles will rotate so everyone can practice different skills.

Community: The exploration allows students to get to know Shanghai by visiting key sites that reflect both its history and modern development. Students will interact with locals, learning about the culture and community.

Navigation: Students will develop their navigation skills by reading maps, planning their routes, and reaching destinations on time. They will also anticipate and solve any challenges along the way.

Money Sense: A fixed budget will be given to cover transportation, meals, and snacks. The student managing finances will ensure the team stays within budget, helping them learn to manage money wisely and avoid waste.



Chongming Island Cycling

A day of cycling on Chongming Island allows students to explore its beautiful ecological environment. Known for lush greenery, diverse wildlife, and tranquil riverside views, the island offers a relaxed way to connect with nature. Biking lets students enjoy the scenery with a gentle breeze, making it a pleasant and healthy way to travel.

Cycling helps build physical endurance while sparking an appreciation for the natural world. As students ride through the island's wetlands and forests, they gain a deeper understanding of the importance of environmental conservation. This activity also promotes teamwork and cooperation, encouraging students to work together while developing a sense of responsibility and environmental awareness. It's a perfect way for students to enjoy nature and strengthen their connection with the environment.



Xiao Long Bao Making Experience

The Xiao Long Bao making experience allows students to actively participate in the process of creating traditional cuisine while learning about its history and cultural background.

At the beginning of the activity, students will learn how to make dough and prepare filling, mastering the basic techniques for crafting Xiao Long Bao. Then, they will follow instructions to shape and wrap the delicate dumplings, experiencing the cleverness behind the thin dough and abundant filling. Through this process, students not only enhance their hands-on skills but also appreciate the unique charm of Chinese culinary culture. Finally, by tasting the Xiao Long Bao they've made themselves, students gain a deeper understanding and appreciation of traditional Chinese cuisine.



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5D4N SHANGHAI FOR G8

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none">Transfer to Shanghai by Train (4.5 hours)Arrive, Head to Campsite	<ul style="list-style-type: none">LunchScavenger Hunt in Ancient Town - Immerses students in the town’s history, landmarks, and traditions, fostering teamwork and problem-solving while exploring its unique water village featuresSet Up Tents	<ul style="list-style-type: none">DinnerProgram Introduction and Safety BriefingCamping
Day 2	<ul style="list-style-type: none">BreakfastSUP Challenge - Improves physical fitness and balance through fun water-based team games, enhancing coordination and strength	<ul style="list-style-type: none">LunchCatapult Building - Involve designing and launching catapults, fostering teamwork, creativity, and problem-solving while exploring physics concepts through hands-on learningSet Up Tents	<ul style="list-style-type: none">DinnerDraw a StarCamping
Day 3	<ul style="list-style-type: none">Breakfast & Local Lunch (Planned by Students)Urban Exploration WorkshopShanghai Urban Exploration - Students navigate the city using public transportation and complete tasks, exploring Shanghai's traditional culture and modern development while testing their teamwork, problem-solving, and financial management skills.		<ul style="list-style-type: none">DinnerHuangpu River CruiseShanghai Hotel
Day 4	<ul style="list-style-type: none">Breakfast & Packed LunchChongming Island Cycling - Explore the island's natural scenery, enhance physical fitness, improve teamwork, raise environmental awareness, and connect with nature.		<ul style="list-style-type: none">DinnerFinal ReflectionShanghai Hotel
Day 5	<ul style="list-style-type: none">BreakfastXiaolongbao Making Experience – Learn traditional culinary culture, enhance hands-on skills, and appreciate the charm and craftsmanship of Chinese cuisine.	<ul style="list-style-type: none">LunchHead to 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.

