



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

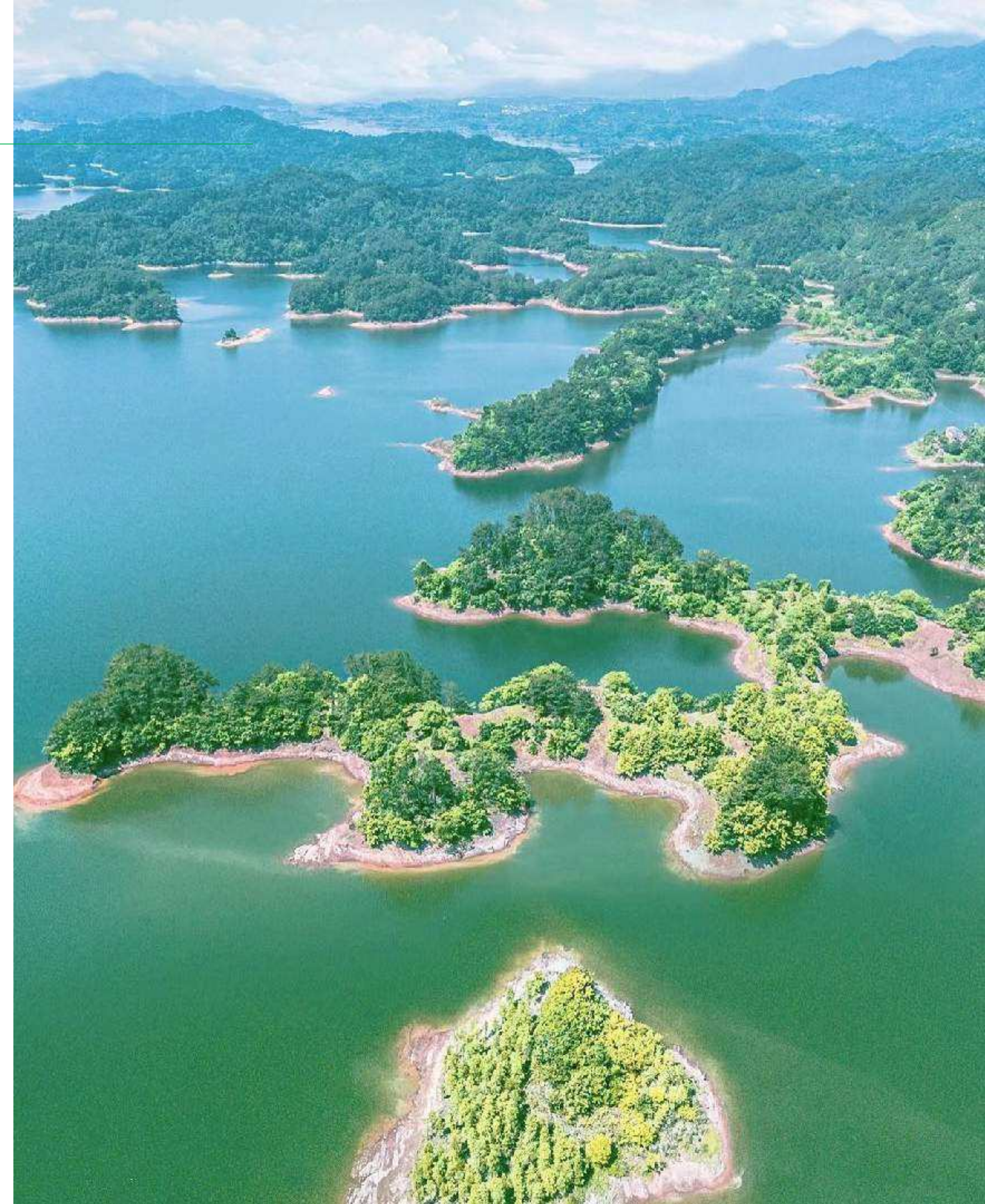
**5D4N PROGRAM FOR G9
QIANDAO LAKE, ZHEJIANG**

**OUTDOOR ADVENTURE
ENDURANCE AND FITNESS CHALLENGE**

QIANDAO LAKE, ZHEJIANG

Qiandao Lake, also known as the "Lake of a Thousand Islands," is a natural wonder with 1,078 large islands and many smaller ones, surrounded by lush green mountains. Its serene beauty makes it an ideal destination for outdoor activities like kayaking, cycling, and hiking. Paddle across the lake, explore hidden coves, or cycle scenic trails while enjoying the stunning views.

Our partner campsite is perfectly situated to take full advantage of this breathtaking environment. Built by outdoor education experts, it is fully equipped to support experiential learning. The campsite offers a comfortable, immersive setting where students can connect with nature, build teamwork, and engage in hands-on outdoor activities, combining adventure with education.



QIANDAO LAKE, ZHEJIANG



PROGRAM OVERVIEW

The Qiandao Lake Outdoor Adventure Program, themed "Endurance and Fitness Challenge," offers a series of exciting activities that promote physical fitness and teamwork.

The first day features a kayaking challenge, starting with basic skills instruction and advancing to freestyle kayaking and water rescue techniques. Moreover, the students take on a cycling challenge around Qiandao Lake, building endurance while enjoying the scenic views along the way. The program also includes the Spartan Warrior Challenge, a tough obstacle course that tests strength and resilience, and the Jugger Match, a team-based game that develops agility and coordination. Lastly, the Monkey Bridge Building activity encourages creativity and collaboration.

This adventure is designed to enhance endurance, fitness, and teamwork in a stunning natural setting.



Qiandao Lake Kayaking Challenge

The Qiandao Lake Kayaking Challenge offers students an unforgettable adventure. The program includes safety training, environmental awareness, and basic kayaking skills, progressing to advanced techniques like freestyle kayaking and water rescue.

Set in the stunning surroundings of Qiandao Lake, with its crystal-clear waters and breathtaking landscapes, the activity provides a unique chance to connect with nature. Along with building kayaking skills, students will enhance teamwork and environmental responsibility. This challenge is a perfect blend of adventure, physical endurance, and natural beauty, leaving participants with lasting memories of both exploration and scenic views.



Spartan Warrior Challenge

The Spartan Warrior Challenge is an intense obstacle course that blends elements of military training. Participants face a series of challenges, including crawling, climbing, and endurance tests, pushing both physical strength and mental resilience. It's not just a test of fitness, but a celebration of determination and teamwork.

By simulating tough, military-like conditions, the race encourages participants to push past their limits, fostering leadership and camaraderie. Completing the Spartan Race symbolizes more than just physical achievement—it's a powerful journey of self-discovery, growth, and overcoming adversity.



Monkey Bridge Building

This is an activity where students build a "Friendship Bridge" using materials like ropes and bamboo poles. It's both fun and creative.

Students will apply theoretical knowledge to construct a stable bamboo bridge with their own hands, deepening their understanding of physics principles while also developing teamwork skills. Through collaboration, they will learn how to divide tasks, communicate, and solve problems together. Once the bridge is built, students will face the challenge of crossing the bridge they constructed, testing not only their balance but also boosting their confidence and trust in the team.

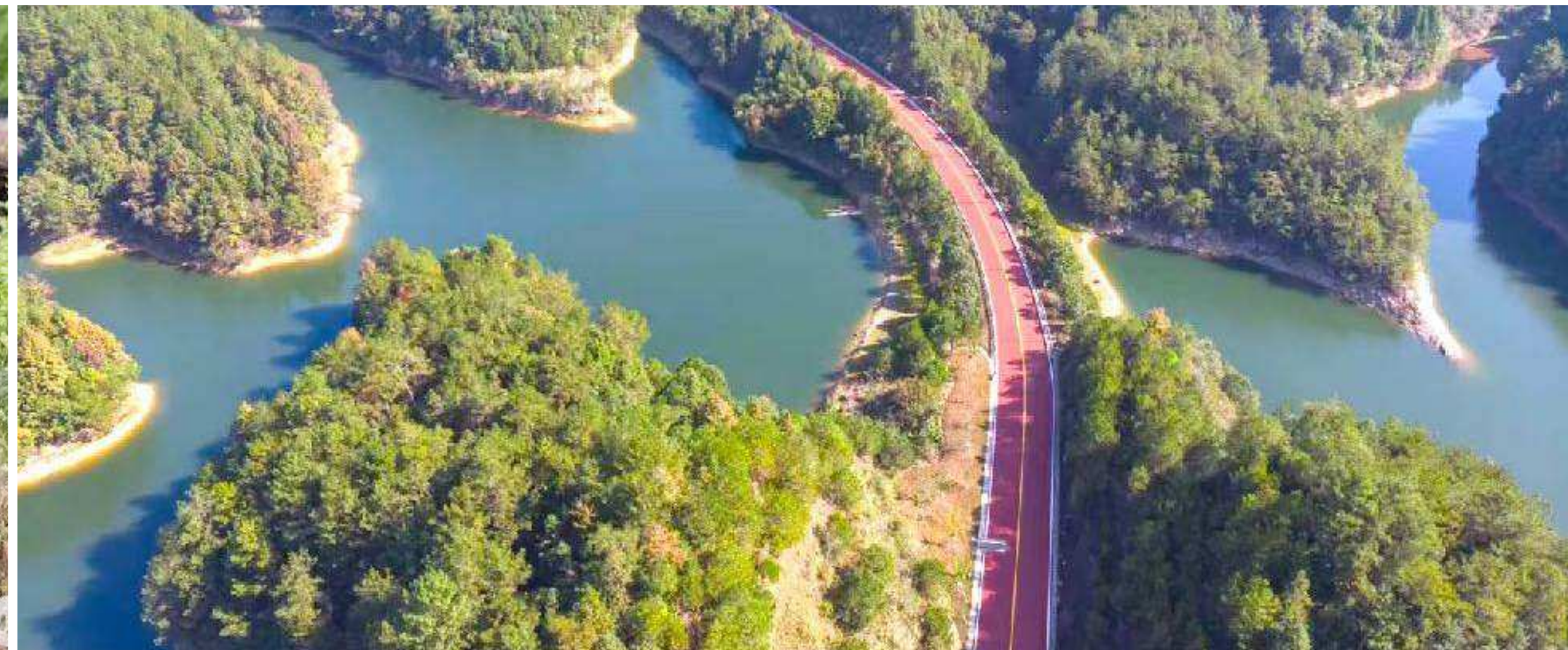
This activity helps students strengthen their understanding of physics and fosters teamwork and problem-solving skills.



Qiandao Lake Cycling Challenge

The one-day cycling challenge around Qiandao Lake offers students a unique opportunity to immerse themselves in the stunning natural beauty of the area while building endurance and stamina.

As cyclists ride along picturesque routes, they'll be captivated by breathtaking views of the crystal-clear lake, lush forests, and serene islands, creating an unforgettable outdoor experience. Along with the awe-inspiring scenery, students will push their physical limits, strengthening their bodies and enhancing their fitness. This activity perfectly blends the joy of exploring Qiandao Lake's remarkable landscape with the challenge of improving endurance, making it an ideal balance of adventure, nature, and physical development.



Jugger Match

This sport was literally born from a movie. Players must protect and escort their runner to the goal, involving both close combat and distant tagging. With well-defined rules, teamwork is essential for achieving victory.

What sets this sport apart is that players must first craft their own "weapons" from the provided materials. It requires strategy, communication, and effective teamwork. Each player has a specific role to play in order to score points for the team. This activity not only challenges participants physically but also sharpens their mental agility.



ITINERARY

5D4N QIANDAO LAKE FOR G9

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	<ul style="list-style-type: none">Transfer to Qiandao Lake by Train (6 hours)	<ul style="list-style-type: none">Lunch on TrainArrive, Head to CampsiteTeam Games & Ice Breaker & Set Up Tents	<ul style="list-style-type: none">DinnerProgram Introduction and Safety BriefingCamping
Day 2	<ul style="list-style-type: none">BreakfastKayaking Basics Course - Safety Training & Environmental Awareness; Basic Skills Instruction & Practice	<ul style="list-style-type: none">LunchAdvanced Kayaking Course - Freestyle Kayaking & Water RescueSet Up Tents	<ul style="list-style-type: none">DinnerTeam ChallengeCamping
Day 3	<ul style="list-style-type: none">BreakfastSpartan Warrior Challenge - Test of strength, endurance, and teamwork, with participants overcoming physical obstacles to build resilience and unity	<ul style="list-style-type: none">LunchMonkey Bridge Building - Fosters creativity, problem-solving, and teamwork while constructing a bridge using limited materialsSet Up Tents and Prepare for Camping	<ul style="list-style-type: none">DinnerMovie NightCamping
Day 4	<ul style="list-style-type: none">Breakfast & LunchQiandao Lake Cycling Challenge - Promote endurance, teamwork, and exploration while cycling around the lake's scenic and picturesque route.Set Up Tents		<ul style="list-style-type: none">DinnerLight Party & Talent ShowCamping
Day 5	<ul style="list-style-type: none">BreakfastJugger Match - Design and make their own weapons, combining strategy, agility and teamwork, where players compete to score points while protecting their teammates	<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.

