



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G10
MOGANSHAN, ZHEJIANG
RESILIENCE & LEADERSHIP
(DUKE OF EDINBURGH AWARD SIMULATION TRAINING)**

PROGRAM OVERVIEW

The Moganshan Outdoor Adventure Program is designed around the theme of Resilience & Leadership, offering a variety of activities to develop both mental strength and leadership skills.

One of the highlights is Bamboo Forest Hiking with Navigation Practice, which simulates the Duke of Edinburgh International Award training. This activity is led by Insight, a five-star certified DofE organization with extensive expertise in delivering high-quality award simulation programs. The activity focuses on route planning, map navigation, time management, leadership development, and conflict resolution. 4 key components that are essential for building both resilience and leadership.

Another key activity is Aboriginal Village Building, where students learn essential outdoor survival and building skills. Working in teams, they use provided tools and materials to construct a village, including shelters, food, and transportation systems. The activity is made even more engaging through a story-based game format, fostering leadership, decision-making, and teamwork in a competitive setting.

Additionally, the program includes other resilience and leadership challenges, such as High Rope Courses, and Kayaking Challenges, all of which encourage perseverance, problem-solving, and collaboration.

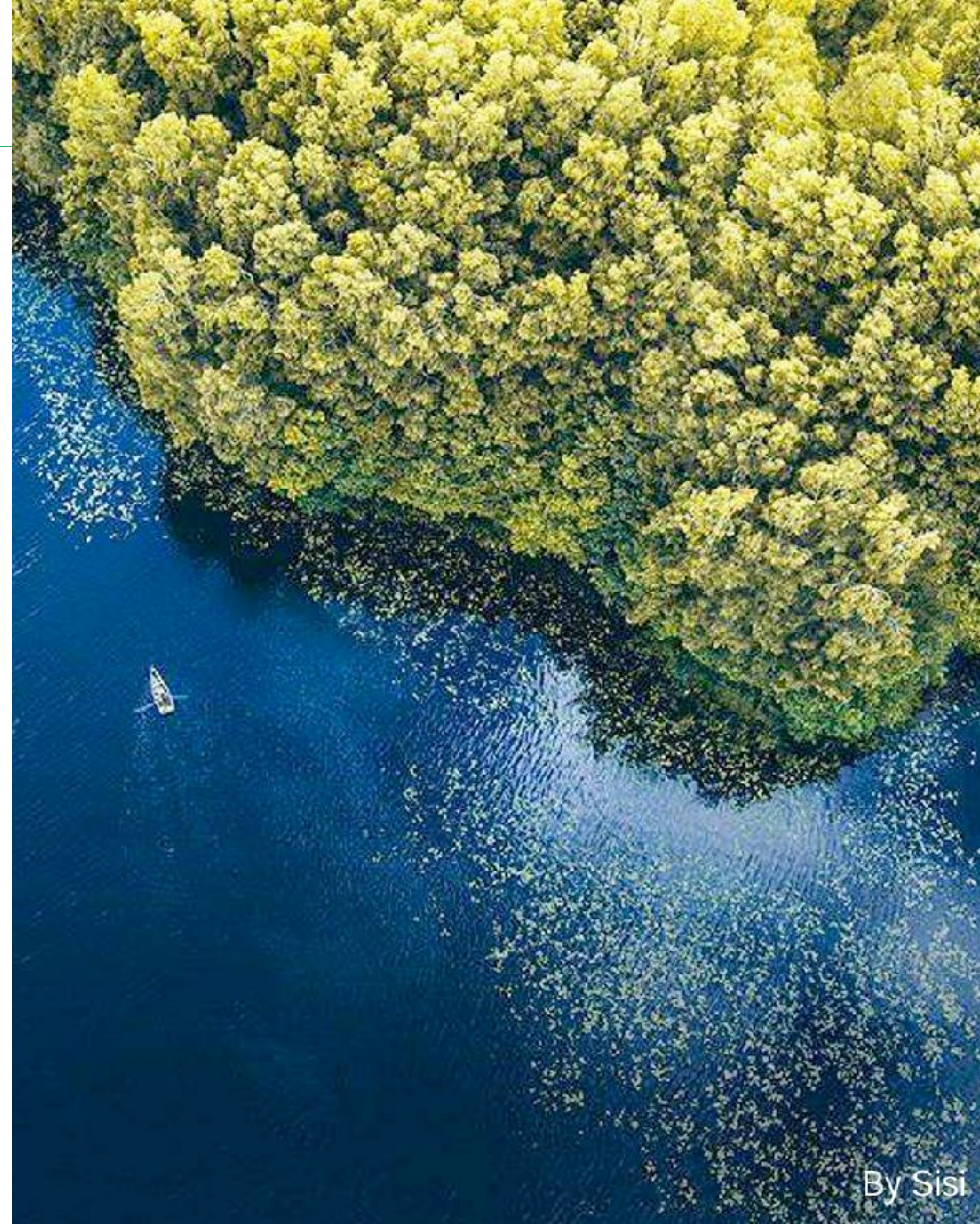
To further enhance social responsibility, a Community Service component is included, where students help vulnerable groups, give back with compassion, and deepen their sense of civic duty, preparing them to be more responsible global citizens.



MOGANSHAN, ZHEJIANG

Nestled in the lush mountains and clear waters of Moganshan in Huzhou, our carefully chosen outdoor camp and hotel promise an unforgettable experience. Known as one of China's top summer resorts, Mogan Mountain is renowned for its stunning bamboo forests, tranquil springs, and serene atmosphere, earning it the nickname "Cool World."

Our camp, designed by a Central European team, offers a variety of high altitude and water sports, allowing students to challenge themselves and explore the great outdoors in this exceptional natural setting. Enjoy the beauty and tranquility of Mogan Mountain while fostering teamwork and personal growth.



MOGANSHAN, ZHEJIANG



High Rope Challenge

This hexagonal structure offers an exhilarating challenge, testing students both physically and mentally. Secured with safety ropes and harnesses, students ascend into the air to navigate through multiple obstacles of varying difficulty, such as balancing on suspended beams, crossing swaying bridges, and maneuvering through intricate rope configurations.

Each obstacle demands focus, agility, and resilience, progressively pushing students to adapt to new challenges and overcome their fears. This activity encourages perseverance, self-reliance, and the courage to step out of comfort zones, helping students discover their potential and achieve goals they may have thought unattainable. Through this experience, students gain not only a sense of accomplishment but also the confidence to tackle future challenges with determination and strength.



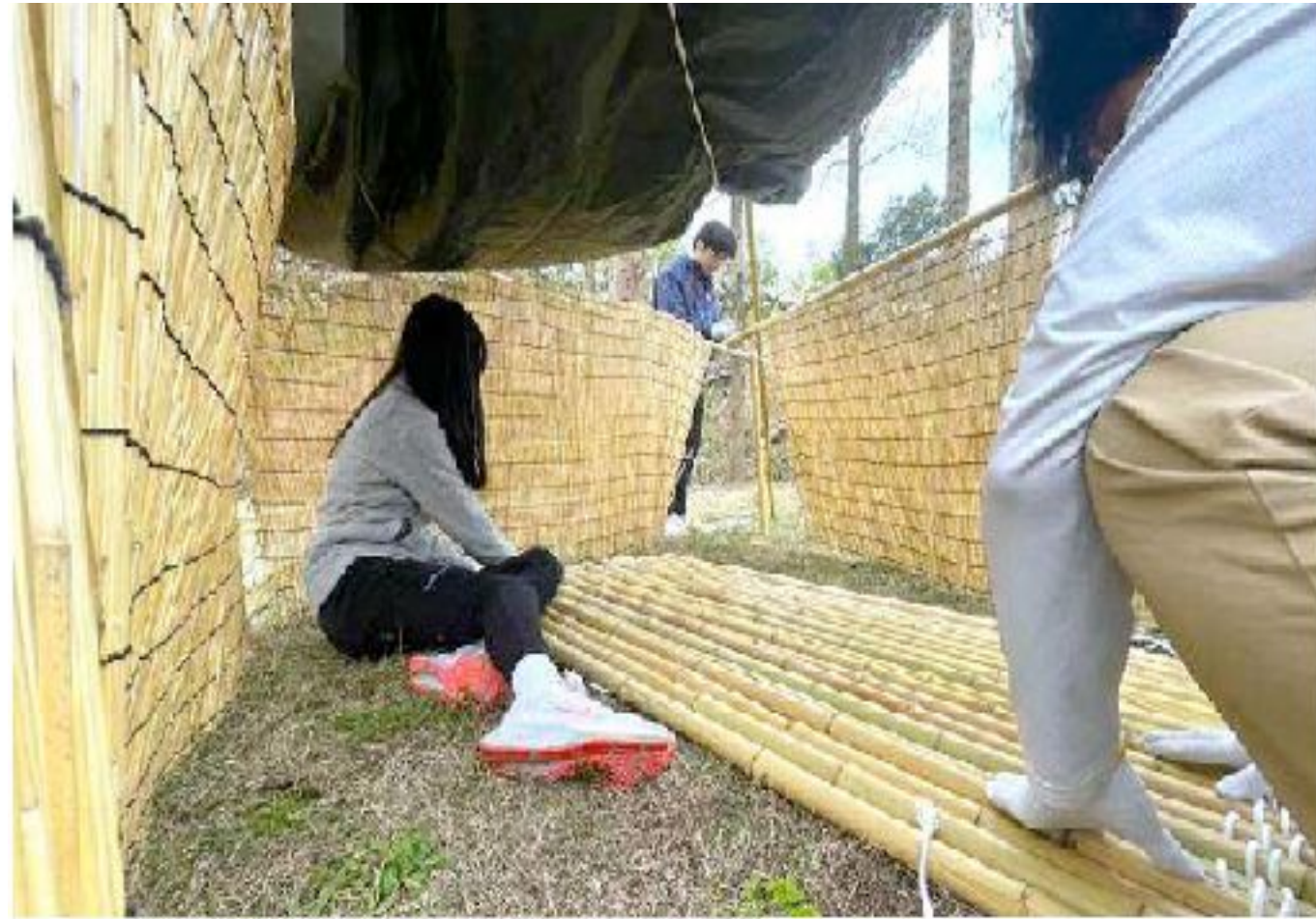
Aboriginal Village Building

This is an exciting and challenging comprehensive outdoor skills and creativity program. Students will begin by learning fundamental outdoor construction techniques and survival skills. They will then be divided into two teams and tasked with building a primitive tribe from scratch, using provided tools and materials. The construction process will cover essential daily life elements, such as food, shelter, and transportation, all within the context of a game's storyline.

In this activity, mastering outdoor construction skills and teamwork is crucial, but strategy also plays a key role. The quality of each tribe's construction and the speed of its development will determine the winner. Through friendly competition, students not only acquire practical outdoor survival skills but also enhance their leadership and decision-making abilities while engaging in hands-on building.



Aboriginal Village Building



Hiking with Navigation Practice

Hiking through the iconic bamboo forests of Moganshan offers students an excellent opportunity to not only improve their physical fitness and stamina but also immerse themselves in the beauty of nature. Renowned for its spectacular bamboo groves, Moganshan provides a tranquil and serene environment, making it an ideal place for outdoor exploration.

As part of the Duke of Edinburgh Award simulation training, students will apply the navigation skills learned in their workshop, using only a map and compass to find key checkpoints along the hike. This experience challenges them to navigate without relying on technology, enhancing their sense of direction and problem-solving abilities. In addition to building physical endurance, students will gain practical skills in map reading and compass use, all while experiencing the tranquility and grandeur of Moganshan's unique bamboo forests.



Outdoor Cooking & Camping

Outdoor cooking and camping experience on the camp's grassy lawn, where students can learn valuable survival skills in a fun and relaxed setting. This hands-on activity allows students to set up camp and prepare delicious meals using basic cooking techniques. While the location isn't deep in the wilderness, the outdoor environment fosters teamwork, creativity, and problem-solving as students collaborate to make meals with limited resources. As one of the key outdoor survival skills, it's a great opportunity to connect with nature, practice sustainable living, and enjoy the fresh air, all while building lasting memories and friendships around the campfire.



Community Service Learning

By visiting centers for disabled individuals or special children's welfare homes, students will have the opportunity to connect with some of society's most vulnerable members. They can learn about the challenges these individuals face, fostering a sense of gratitude for their own lives. Through this experience, students will gain insight into how the everyday things they take for granted are the cherished wishes of others.

By helping and contributing to the lives of those in need, students will experience the fulfillment that comes from giving back, cultivating compassion and a deeper sense of social responsibility. Additionally, interacting with a different world will broaden their perspective, teaching them to respect and appreciate diversity.



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.



ITINERARY 5D4N MOGANSHAN FOR G10

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	Train to Deqing Station (6.5 hrs)	- Packed Lunch - Head to Base High Rope Challenge – Strengthen resilience, agility, and mental toughness, encouraging students to step out of their comfort zones	- Dinner Set up Tent - Camping
Day 2	- Breakfast & Lunch Aboriginal Village Building – Learn outdoor building and survival skills, focusing on teamwork and strategic thinking. – In teams, use provided tools and materials to build a village, covering elements like food, shelter, and transportation. – Enhance engagement and fun through a story–based game format. – Foster leadership, decision–making, and hands–on skills through competition.		- Dinner Navigation Skill Learning - Camping
Day 3	- Breakfast & Lunch Bamboo Forest Hiking with Navigation Practice – Duke of Edinburgh International Award simulation training, covering various outdoor skills such as route planning, map navigation, time management, leadership development, and conflict resolution. - Back to Base, Prepare for Cooking and Camping		BBQ Dinner Campfire Party and Talent Show - Hotel
Day 4	- Breakfast Community Service – Helping vulnerable groups, Giving back with compassion, and Enhancing students' sense of social responsibility	- Lunch Kayaking Challenge – Promote physical strength, balance, and teamwork through fun water games, while learning basic paddling skills	- BBQ Dinner Reflection & Awards Ceremony - Hotel
Day 5	- Breakfast - Transfer to Huzhou Station / Hangzhou Airport and Departure	- Packed Lunch - Transfer Back to School	

Packing List

Historical Climate Reference: Early September (7–11 Sep)

Temperature Range:

Day: 23–30°C | Night: 16–22°C

Humid, partly cloudy with occasional brief light showers. Warm midday, pleasantly cool evenings. Noticeable temperature difference between mountain tops and valleys; moderate diurnal temperature swing.

1. Must-Have Items

- ❑ **Sleeping Bag** (Mandatory, prepared by students. Tents and moisture-proof mats are provided by the camp.)
- ❑ **Mosquito repellent and other anti-mosquito supplies** (Adequate protection will help prevent mosquito bites while camping)
- ❑ **Water Shoe: 1 pair of closed-toe wading shoe** (Mandatory for water activities)
- ❑ **Valid Personal Documents** (Consistent with the information submitted during registration)
- ❑ **Headlamp** (for camping night-time use)
- ❑ **Large-Capacity Sports Water Cup** (For full-event use)

2. Clothing (Light, Breathable, Wear-Resistant & Sports-Friendly)

- ❑ **Tops:** 6-8 short-sleeve T-shirts, 1 thin long-sleeve coat
- ❑ **Bottoms:** 2 pairs of sports long pants, 4 pairs of sports shorts
- ❑ **Underwear & Socks:** Prepare several sets for timely replacement
- ❑ **Pajamas:** Loose and comfortable style, suitable for both hotel accommodation and camping
- ❑ **Swimwear:** Prepare 1–2 sets of swimwear for water activities.
- ❑ **Sun Protection Gear:** Sun hat, sun protection clothing, ice sleeves

3. Toiletries & Personal Medicine

- ❑ **Basic Toiletry Set:** Toothbrush, toothpaste, towel and basic skin care products (portable sub-bottles are recommended)
- ❑ **Sanitary Supplies:** Dry tissues, wet wipes, portable garbage bags
- ❑ **Personal Medicine:** Prepare exclusive personal medicine and inform the team teacher in advance

