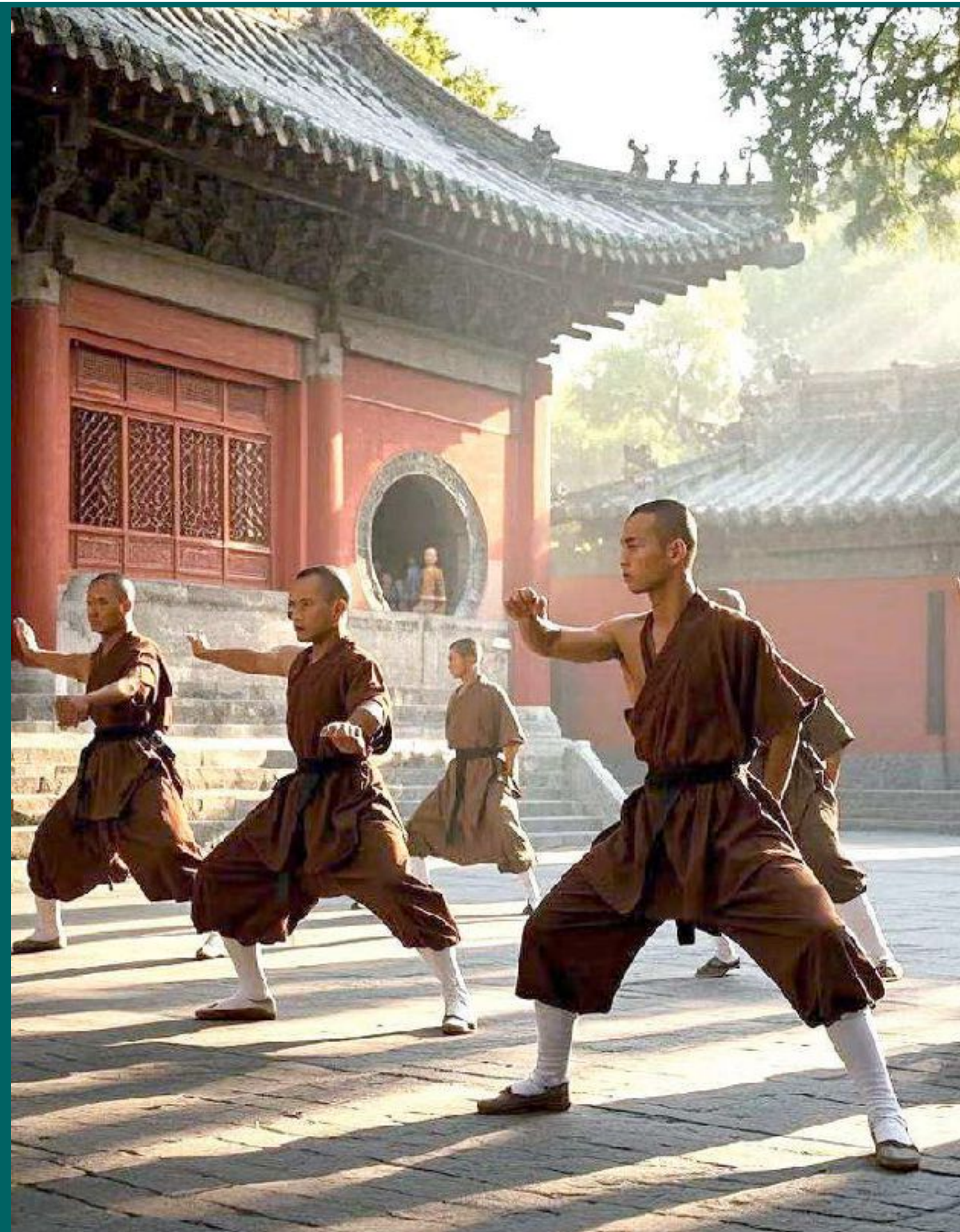




**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G11
DENG FENG, HENAN
SHAOLIN CULTURE EXCHANGE
& RESILIENCE**

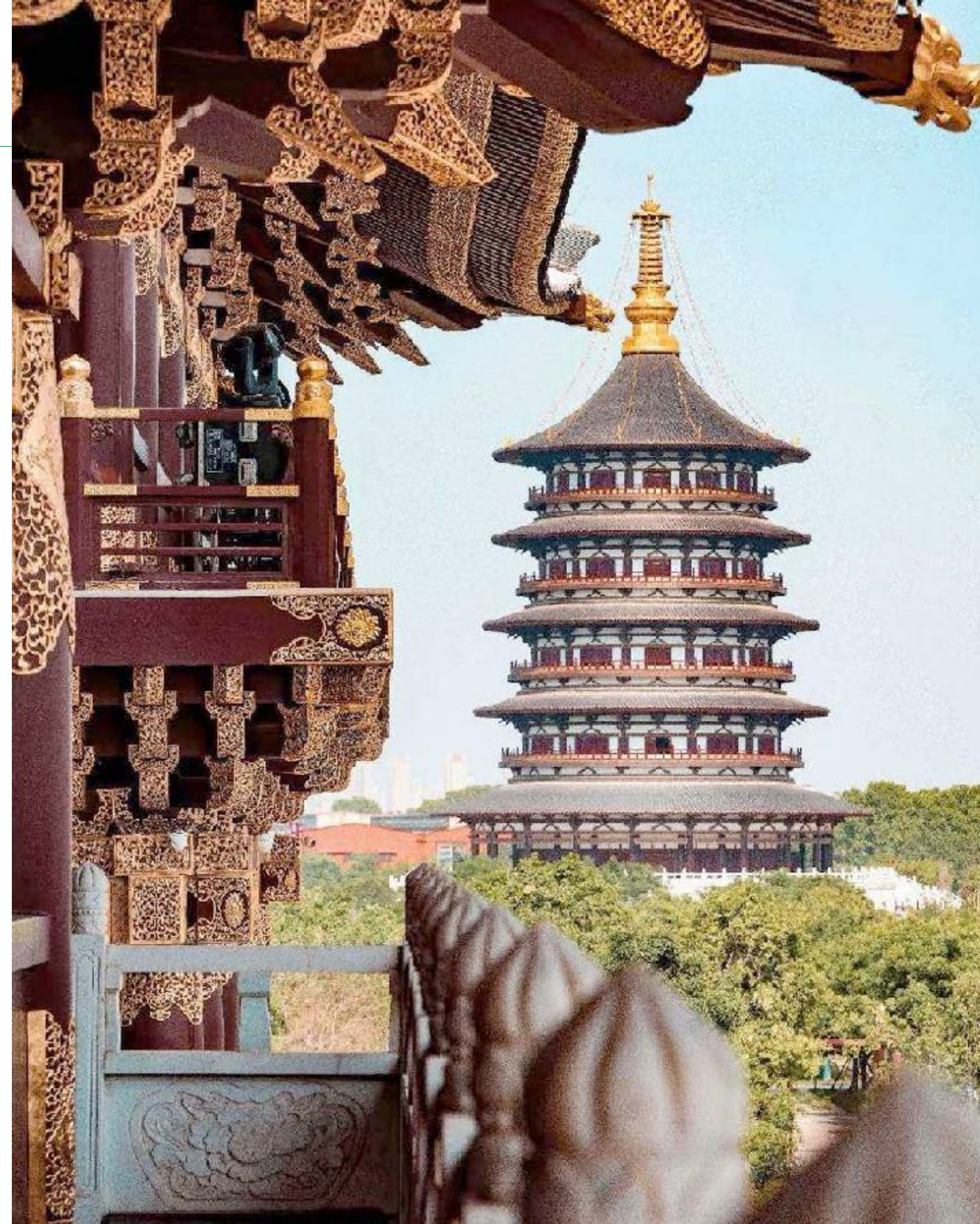
PROGRAM OVERVIEW

The "SHAOLIN CULTURE EXCHANGE & RESILIENCE" program offers students an immersive experience in both Shaolin martial arts and the cultural traditions of China.

Students will visit the Shaolin Martial Arts School, where they will take part in a Student Exchange Program. Through role-playing, students will teach each other subjects and martial arts, offering a hands-on Kung Fu experience that promotes cross-cultural learning, mutual understanding, and the building of lasting friendships.

A visit to the Shaolin Temple allows students to explore its deep history and Buddhist teachings, gaining insight into the cultural and spiritual roots of Shaolin martial arts.

Finally, The program also includes one-day hiking on Sanhuangzhai, where students connect with nature, appreciate breathtaking views, and challenge their physical endurance and resilience.



DENGFENG, HENAN

Dengfeng, an ancient capital of the Central Plains, is renowned for its Shaolin culture. The Shaolin Temple, the birthplace of Chan Buddhism, is also the origin of Chinese Kung Fu. With over 1,500 years of history, Shaolin Kung Fu includes more than 700 martial arts forms, each with its distinct style and deep cultural significance. The temple stands not only as a symbol of Zen Buddhist teachings but also as a key cultural and historical landmark.

Students visiting this area will gain valuable insights into the spiritual and practical aspects of Shaolin Kung Fu, experiencing the profound connection between culture, philosophy, and physical discipline.



Shaolin Martial Arts School

To truly appreciate martial arts and their spirit, one must experience an environment where they are practiced daily. That's why a key part of our program is immersing students in such an environment.

Students will visit a martial arts school in Dengfeng City, home to the Shaolin Temple and the birthplace of Chinese Kung Fu. They will spend time observing the students' daily routines, including their standard academic curriculum and martial arts training. This will not be a passive visit. Students will actively engage with their peers, spending a full day interacting with them. This experience will provide a firsthand understanding of what it means to learn martial arts.



Student Exchange Program

The best way for our students to understand how the Shaolin Martial Arts School operates and the mindset of the local students is through direct interaction.

A key part of our program involves role-playing, where students from both schools will share their knowledge and strengths. In the morning, our students will take on the role of teachers, leading lessons in English, Music, Arts and Crafts, and Outdoor games. In the afternoon, the roles will reverse, with local students teaching our students their martial arts skills in one-on-one sessions.

This full-day interactive experience will provide our students with hands-on exposure to Kung Fu and foster cross-cultural learning. By the end of the day, we hope to see lasting friendships formed through mutual understanding and shared experiences.



Shaolin Temple Exploration

The Shaolin Temple, built in 4'5 AD, has been destroyed and rebuilt multiple times. The most devastating destruction occurred in 1'28, when a rogue warlord set fire to the temple, burning both the structure and priceless scriptures. The current temple complex was restored in the 1''0s, and important areas like the main compound, Pagoda Forest, and Chuzu Temple are now UNESCO World Cultural Heritage sites, recognized for their cultural and historical significance.

During their visit, students will be guided through the temple complex by a professional. They will learn about the purpose and significance of various halls, as well as explore legendary stories like that of the Bodhidharma Cave, gaining deeper insight into the temple's profound cultural and spiritual legacy.



Hiking on Sanhuangzhai

Sanhuangzhai, located in Songshan National Forest Park and Songshan World Geological Park, is known for its cultural and historical significance. The name "Sanhuang" represents the three gods of Heaven, Earth, and Humanity, while "zhai" refers to a natural fortress. Near the Shaolin Temple, it is famous for its beautiful peaks, challenging trails, and unique geological features. The main peak rises 1,512 meters above sea level, attracting both tourists and hikers with its natural beauty and cultural heritage.

Hiking here offers students the chance to connect with nature, enjoy breathtaking views, and gain a deeper appreciation for the environment surrounding Shaolin Temple, which has thrived for centuries. Additionally, the hike challenges students' willpower and physical endurance, providing a rewarding test of stamina.



Super Roller Coaster Building

The Super Roller Coaster Building is a STEAM challenge where students design and build a small-scale roller coaster track that allows a ball to travel from the starting point to a designated endpoint within a given time frame. Using limited materials (such as tubes), students must navigate obstacles that add complexity to the task. To succeed, they must work collaboratively to construct a stable track while applying knowledge of physics, structural engineering, and technical design to ensure the track holds together and the ball rolls smoothly.

This activity enhances students' creativity, critical thinking, and problem-solving skills, fostering teamwork and hands-on learning in a fun and engaging way.





ITINERARY 5D4N DENGFENG FOR G11

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	- Transfer to Zhengzhou/Dengfeng by Train - Program Introduction & Welcome Speech	- Lunch Super Roller Coaster – STEAM project, Problem solving, Structural design, Leadership, Learning from failure	- Dinner Student Exchange Preparation - Set up Tent - Camping
Day 2	- Breakfast and Lunch Visiting Shaolin Martial Arts School Student Exchange Program – Through role-playing, students will teach each other subjects and martial arts, offering hands-on Kung Fu experience and fostering cross-cultural learning, understanding, and lasting friendships.		- Dinner Student Exchange Reflection - Hotel
Day 3	- Breakfast Visit the Dharma Cave – Explore its historical and cultural significance, gaining insights into Buddhist heritage and ancient architecture.	- Lunch Visit Shaolin Temple – Explore its history and culture, gaining insight into Buddhist teachings and martial arts traditions.	- Dinner Campfire Party & Talent Show - Hotel
Day 4	- Breakfast Hiking on Sanhuangzhai – Connect with nature, enjoy stunning views, appreciate the Shaolin Temple environment, and challenge their willpower and physical endurance, testing their stamina	- Lunch Continue Hiking on Sanhuangzhai - Check in Hotel	- Dinner Reflection & Awards Ceremony - Hotel
Day 5	- Breakfast Transfer to Zhengzhou/Dengfeng Railway Station & Depart	- Lunch - Arrive and Back to School	

Packing List

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

Temperature Range:

Day: 22–29°C | Night: 14–20°C

Mostly sunny to partly cloudy, with occasional light autumn showers. Crisp cool mornings & evenings, warm midday. Noticeable diurnal temperature swing; temperatures drop further on higher slopes of Songshan.

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)
- ❑ **Headlamps** (for camping night-time use)
- ❑ **Valid Personal Documents** (Consistent with the information submitted during registration)
- ❑ **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
- ❑ **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

