



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**3D2N PROGRAM FOR G3
BEIJING
CAREER EXPERIENCE & ENJOY OUTDOOR**



项目概览

PROGRAM OVERVIEW

The "Career Experience & Enjoy Outdoor" program in Beijing offers a unique blend of hands-on career exploration and engaging outdoor activities. Students embark on a journey to explore various careers. Students step into roles like Junior Food Specialists to learn about food production and brand history, or become Junior Farmers to understand agriculture, sustainability, and food value. They also experience the "Little Carpenter" workshop, mastering woodworking tools and crafting projects. .

In addition, students enjoy a variety of outdoor challenges designed to foster teamwork and creativity. Activities like the Nature Treasure Box Challenge encourage students to connect with nature, developing their observation skills and environmental awareness. Team-building games such as Quick Hands and the Mini Olympic Games and other activities in the Planet Paradise provide opportunities for students to enhance physical strength, collaboration, and problem-solving skills. This comprehensive program allows students to grow both professionally and personally, creating lasting memories and valuable lessons.

Career Experience - Little Carpenter Inheriting the Craftsmanship

The "Little Carpenter, Inheriting the Craftsmanship" hands-on activity guide students into the woodworking studio to experience traditional craftsmanship.

The activities include woodworking culture lectures, safety operation training, creative woodworking production, and work exhibition. Students will learn to use tools such as saws, planes, and chisels to handcraft wooden items, experiencing the spirit of craftsmanship in practice, honing their hands-on skills, stimulating innovative thinking, and enhancing team collaboration awareness.

The program aims to pass on traditional culture, cultivate hands-on ability and innovative spirit, and create an unforgettable research and study experience for students.



Career Experience - Junior Farmer Farm Tour and Farming Experience

In this "Junior Farmer" Career Experience, students immerse themselves in farm life by participating in hands-on agricultural tasks and contributing to the community. They start by learning about farming tools and then engage in activities like planting, soil loosening, and weeding, with tasks varying by season and farm needs.

This experience offers students a chance to understand the hard work behind farming and food production, fostering appreciation for the agricultural process. It also teaches valuable lessons in reducing food waste and becoming responsible, community-minded individuals. Through this activity, students discover the rewards and challenges of being a farmer.



Career Experience - Junior Food Specialist Arctic Ocean Manufacturing Park

The "Junior Food Specialist" Career Experience immerses students in food production and brand culture. The activity begins with a guided tour of the Yili History Wall and Brand Culture Center, followed by a visit to the Arctic Ocean intelligent production line, where students see modern food manufacturing processes in action.

They then explore bread-making, using various tools and ingredients to create decorative breads with the guidance of a baker, sparking creativity. The experience also includes a visit to Yili's 1950s retro district, where students learn about the company's history and the charm of traditional brands.

Finally, students share their freshly baked bread, celebrating teamwork and creativity. This activity connects food production with cultural heritage, inspiring future careers in the food industry.



Nature Treasure Box Challenge

The Treasure Box Challenge is a creative activity where students fill an empty matchbox with small natural items like pebbles, leaves, twigs, feathers, or grass. Each unique item earns points, and the student with the most points wins. At the end of the challenge, students present their collected items, explaining what they are, their role in nature, and how they contribute to the environment.

This activity fosters creativity, observation skills, and environmental awareness, encouraging a deeper connection with and responsibility toward the natural world.



Quick Hands

In this activity, small colored balls are placed within a designated area, with each color representing a different team. A blindfolded team member, guided only by non-verbal cues from their teammates, must retrieve their team's balls.

This challenge emphasizes the importance of teamwork and creativity, as verbal communication is not allowed. Teams must find innovative ways to communicate and coordinate effectively without speaking, testing their ability to think outside the box. The activity fosters trust, enhances non-verbal communication skills, and teaches students how to collaborate under pressure.



Olympic Games

The Olympic Games consist of a variety of exciting team-building challenges that are both fun and rewarding.

Through these games, students will develop valuable teamwork and communication skills while staying active in the open air. The challenges also teach perseverance, helping them understand the importance of not giving up easily. This engaging experience will not only strengthen bonds among students but also create lasting memories and friendships. It's a perfect opportunity for students to connect, grow, and learn in a unique and unforgettable way.



Outdoor Fun at Planet Paradise

Covering 10,000 square meters, Planet Paradise is surrounded by mountains and waters with lawns across the whole site, forming an original ecological outdoor space. It is equipped with over 20 non-motorized facilities including planetary slides, geometric cubes, pinecone slides, zip lines, challenge courses, rock climbing and sand pits.

Encouraging students to connect with nature and stay away from electronics, the venue helps participants strengthen balance and coordination through climbing, sliding and moving, and build confidence amid constant challenges.



Day 1

Morning Activities

- Meet Students on Campus and Head to Activity Site
- **Career Experience – Little Carpenter.** Students learn woodworking, use tools, create crafts, and develop creativity, teamwork, and cultural appreciation.

Afternoon Activities

- Lunch
- **Career Experience – Junior Farmer.** Participate in hands-on farm work, learning agricultural tools and tasks, gain insight into farming, food production, and the importance of reducing food waste.
- **Outdoor Fun at the Planet Paradise** (when time permits)
- **Set Up Tents**

Evening Activities

- Dinner
- **Campfire Party & Talent Show**
- **Camping**

Day 2

- Breakfast
- **Nature Treasure Box Challenge –** Encourage students to collect natural items and present their findings, fostering creativity, observation skills, and environmental awareness.
- **Quick Hands–** Physical strength, Teamwork

- Lunch
- **Mini Olympic Games –** Foster teamwork, communication, and perseverance through fun outdoor challenges, helping students build bonds and strengthen skills

- Dinner
- **Reflection and Imagination of Future Career**
- **Hotel**

Day 3

- Breakfast
- **Career Experience – Junior Food Specialist.** Arctic Ocean Manufacturing Park, explore food production, visit to intelligent production line, create decorative breads, learn brand history, and foster creativity and national pride in a hands on, fun setting.

- Lunch
- Final Reflection, Departure
- Transfer Back to School

Packing List

Historical Climate Reference: Early September (9–11 Sep)

Temperature Range:

Day: 24–29°C | Night: 14–19°C

Cool mornings & evenings, warm midday. Diurnal temperature swing can exceed 10°C.

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)
- ☐ 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: 2–3 short-sleeve T-shirts, 1 thin long-sleeve coat
- ☐ Bottoms: 1 pairs of sports long pants, 2 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

