



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**3D2N PROGRAM FOR G4
BEIJING OUTDOOR PROGRAM
WILDERNESS SURVIVAL & TEAMWORK**

PROGRAM OVERVIEW

The "Wilderness Survival & Teamwork" outdoor exploration program offers a dynamic blend of adventure, survival skills, and teamwork-building activities.

Wilderness Survival includes an Orienteering Challenge, where students navigate using maps and compasses, as well as practical lessons in Water Purification, Damper Making and SOS Signal Technology. These activities teach essential survival techniques in nature. Teamwork exercises include a thrilling Land Curling and Capture Flag, designed to strengthen cooperation and strategy among team members. Additionally, the program features exciting Tree Top Challenges and Trampoline activities, pushing students to overcome their fears and build trust. The STEM-based Water Rocket Workshop allows students to explore physics while designing and launching water-powered rockets.

Together, these activities promote communication, problem-solving, and resilience, all while fostering a deeper connection with nature and a spirit of teamwork.



Orienteering Challenge

Orienteering is a sport where students use a map and compass to navigate through designated checkpoints, aiming to reach each one in the shortest time possible. Originating in Sweden with a century-long history, it was initially developed as a military training exercise. In this activity, students learn essential skills such as map reading and compass navigation.

Orienteering is both intellectually stimulating and mentally challenging, requiring a balance between strategic thinking and problem-solving. The activity fosters critical thinking, quick decision-making, and the ability to navigate unfamiliar environments. It encourages students to make independent decisions and adapt to changing conditions, promoting teamwork and collaboration when done in groups. Through this activity, students develop confidence, resilience, and a deeper appreciation for outdoor exploration while enhancing their cognitive and navigational skills.



Water Purification

Clean water is essential for survival. While a person can go a week without food, they can only survive a few days without water. In this survival lesson, instructors will teach students how to purify water using basic materials like a plastic bottle, cloth, rocks, and sand.

Although the process is simple, students will realize how many steps are needed to make clean water. This hands-on experience will not only help them learn a crucial survival skill but also encourage them to appreciate and conserve water in their daily lives.



Damper Making

In a natural setting, surrounded by fresh air and well-preserved vegetation, students will have the opportunity to make damper, a traditional homemade soda bread originally prepared by early European settlers in Australia.

By making the bread themselves, students will gain a deeper, hands-on understanding of the process. Damper is simple to prepare, using basic ingredients like flour, water, and milk. The experience of creating something from scratch in the wild not only teaches valuable practical skills but also provides a sense of accomplishment as they enjoy the final product.



Tree Top Challenge

This course integrates all kind of obstacles built among the trees. It presents many challenges for students to get from one end to another. Protected by safety ropes and harness, the students will first have to conquer their fear of heights. They will have to find their courage to step out of their relatively safe ground, to tackle the different obstacles ahead such as suspended wooden piles, until they are able to reach the other end of the structure. By challenging themselves, the students may gain confidence and trust in themselves, which is instrumental in their personal growth.



Archery Tag

Archery Tag is an exciting twist on traditional archery, played on a field half the size of a basketball court using specially designed bows and foam-tipped arrows. Similar to dodgeball, two opposing teams of 5–10 students aim to "eliminate" each other using their arrows, with the foam tips ensuring safety throughout the game. Beyond the thrill of archery and sportsmanship, this activity emphasizes the importance of teamwork and strategy. Success in Archery Tag requires not only individual skill but also effective collaboration and tactical planning. Students must work together to develop and execute a winning strategy, highlighting the power of communication, coordination, and collective effort.

This game offers an engaging opportunity for students to sharpen their physical and strategic thinking skills, while reinforcing the value of working as a cohesive unit.



Land Curling

Land curling is an adapted version of the Olympic sport of ice curling, played on land with lighter stones. Teams slide their stones across the curling sheet toward a target area called the "house." The goal is to either land the stone in the house or knock the opponent's stone out. The team with the most stones in the house wins.

This activity helps students develop essential teamwork and communication skills as they work together to strategize and execute their moves. It also enhances critical thinking, as students need to plan their shots and anticipate their opponents' strategies. Additionally, land curling fosters coordination and focus, offering a fun and engaging way to improve problem-solving and decision-making abilities.



SOS Signal Technology

Emergencies can arise unexpectedly in the wild, and in such situations, it's crucial to understand the challenges at hand, alert the outside world, and seek rescue. When communication devices are unavailable, basic methods of signaling for help such as sound, light, smoke, and Morse Code become essential.

This workshop offers highly practical knowledge. Learning how to send SOS signals is a vital skill that should be remembered for life and, when necessary, shared with others to help ensure their safety in critical situations.



Water Rocket Workshop

The Water Rocket Making activity involves students designing and constructing model rockets using recycled water bottles. The students create various rocket components, such as the launch tube, rocket body, nose cone, tail fins, and parachutes, all powered by water and compressed air. This hands-on activity teaches key physics concepts, especially Newton's third law of motion, as students observe how the rocket's propulsion works through the expulsion of water. By engaging in this project, students not only gain practical skills in engineering and design but also develop a deeper understanding of scientific principles.

The activity fosters creativity, teamwork, and problem-solving, making physics both fun and accessible. Ultimately, it aims to inspire curiosity and interest in STEM fields among young learners.



Capture Flag

Capture the Flag is a traditional sport in Western countries, with origins tracing back to ancient warfare. In this game, two teams compete to capture each other's base flag, which represents the team's standing. If a team's flag is captured or placed on the ground, it symbolizes their defeat.

During the game, each team must advance to the opposing base to capture the flag, while simultaneously defending their own flag from being taken. This competitive activity emphasizes both teamwork and strategy, helping students improve their physical fitness, strategic thinking, and problem-solving abilities. It fosters collaboration, sharpens the mind, and enhances overall performance.





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	Morning Activities	Afternoon Activities	Evening Activities
Day 1	- Meet Students on Campus and Head to Beijing Base - Program Introduction and Safety Briefing Orienteering Challenge –Navigation challenge using maps and compasses, promoting teamwork, problem–solving, and direction skills	- Lunch Wilderness Survival Workshop (Water purification & Damper Making) – Focus on essential life skills, problem–solving, and teamwork Set Up Tents	- Dinner Campfire Party & Talent Show Camping
Day 2	- Breakfast Tree Top Challenge – Strengthen resilience, agility, and mental toughness, encouraging students to step out of their comfort zones and overcome fears Archery Tag – Combine archery with elements of dodgeball, promoting teamwork, strategy, and physical coordination	- Lunch Land Curling – Enhance communication, coordination, and teamwork while promoting fun and friendly competition SOS Signal Technology – Enhance distress signaling and self–rescue abilities in emergencies.	- Dinner Night Walk Challenge Hotel
Day 3	- Breakfast Water Rocket Workshop – Teach engineering skills through designing and launching water–powered rockets, fostering creativity and teamwork Capture Flag – Team–based game promoting strategy, teamwork, and physical activity	- 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

