



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G5
IN TAIYUAN SHANXI
CULTURE, OUTDOOR & TEAM BUILDING**

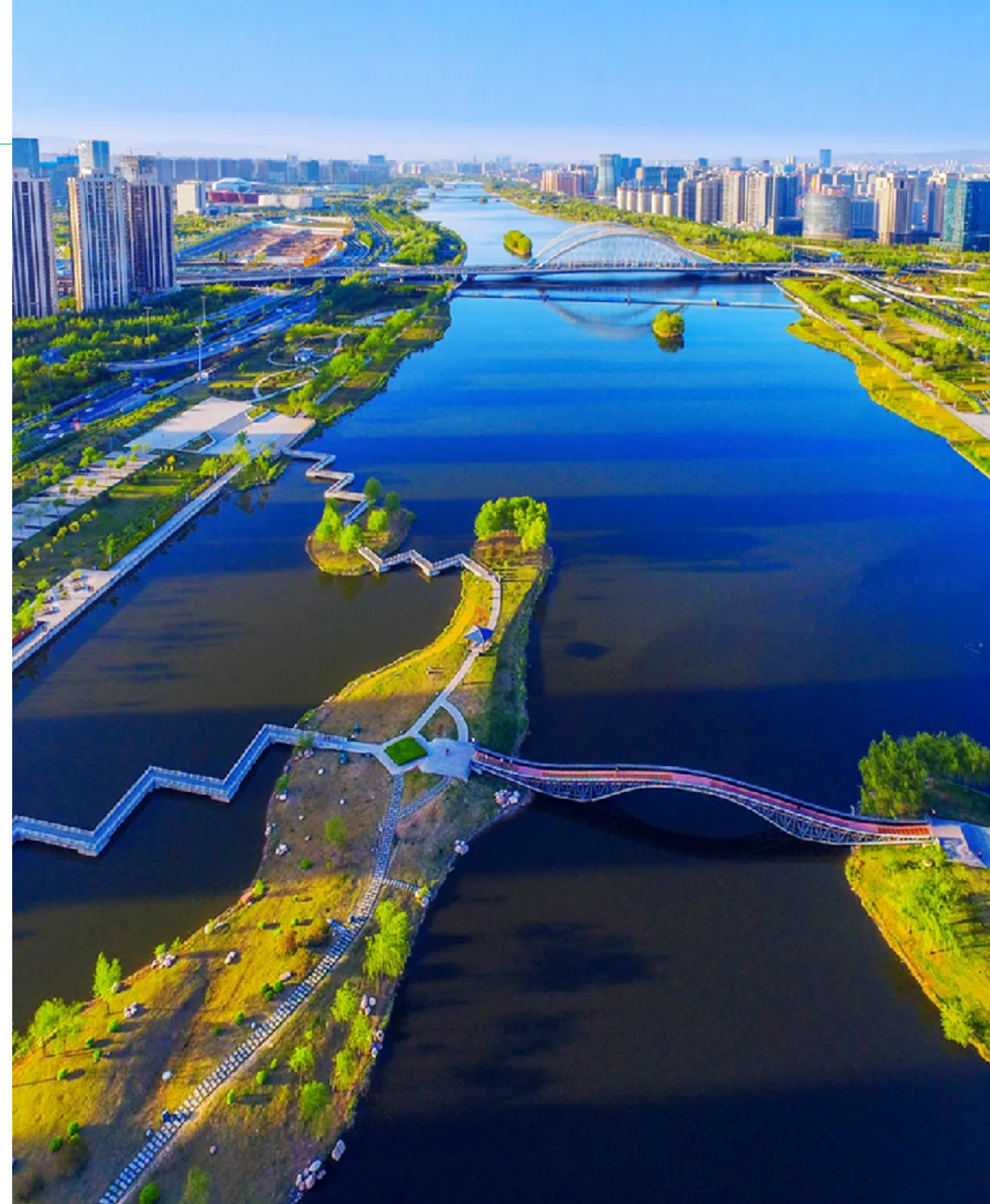
PROGRAM OVERVIEW

This 5D4N Taiyuan programme for Grade 5 revolves around three core pillars: Culture, Outdoor Exploration and Team Building. Students will dive into authentic Shanxi local heritage through Zhonglou Street cultural tours, woodblock printing crafts and a hands-on Shanxi pasta workshop. They will also engage in immersive outdoor challenges including kayaking, raft building and Juewei Mountain hiking. Miniature F1 car engineering projects encourage communication, strategic thinking and mutual trust. Blending cultural immersion, outdoor adventure and collaborative tasks, this journey empowers students to gain cultural insight, build physical resilience and strengthen teamwork while experiencing independent group living.



TAIYUAN, SHANXI

Taiyuan, the capital of Shanxi Province, is a national historical and cultural city with over 2,500 years of urban history. As a cradle of Jin culture, it boasts treasured heritage sites such as the Jin Temple, Tianlongshan Grottoes, and Twin Pagoda Temple, alongside premier cultural institutions like the Shanxi Museum and the China Coal Museum. The Fen River flows through the city, flanked by scenic greenways and parks, while natural gems like Juwei Mountain's autumn foliage and Mengshan's giant Buddha enrich its landscape. Simultaneously a key hub for energy and heavy industry and an emerging center for advanced manufacturing, Taiyuan embodies a dynamic blend of profound historical legacy and modern innovation.



Exploring Taiyuan Zhonglou Street

Zhonglou Street is an old street with a long history and a rich cultural atmosphere. It was once the bustling commercial center of the ancient city of Taiyuan, with many traditional buildings and shops lining the street, exuding historical charm. The Zhonglou (Bell Tower) stands as a landmark of the street, carrying the historical memories of Taiyuan. Today, Zhonglou Street preserves the essence of traditional culture while integrating a modern commercial vibe, making it a popular destination for students to experience the history and culture of Taiyuan.



Woodblock New Year Printing

Students will learn about Jiangzhou Woodblock New Year Painting, a national intangible cultural heritage of Shanxi. They will explore its long history, folk connotations and traditional handcraft techniques including ancient board carving and color overprinting. Through hands-on woodblock rubbing and printing experiences, students can appreciate the unique charm of traditional Chinese folk art, understand local Sanjin culture, and cultivate cross-cultural awareness and respect for intangible heritage.



Shanxi Pasta Workshop

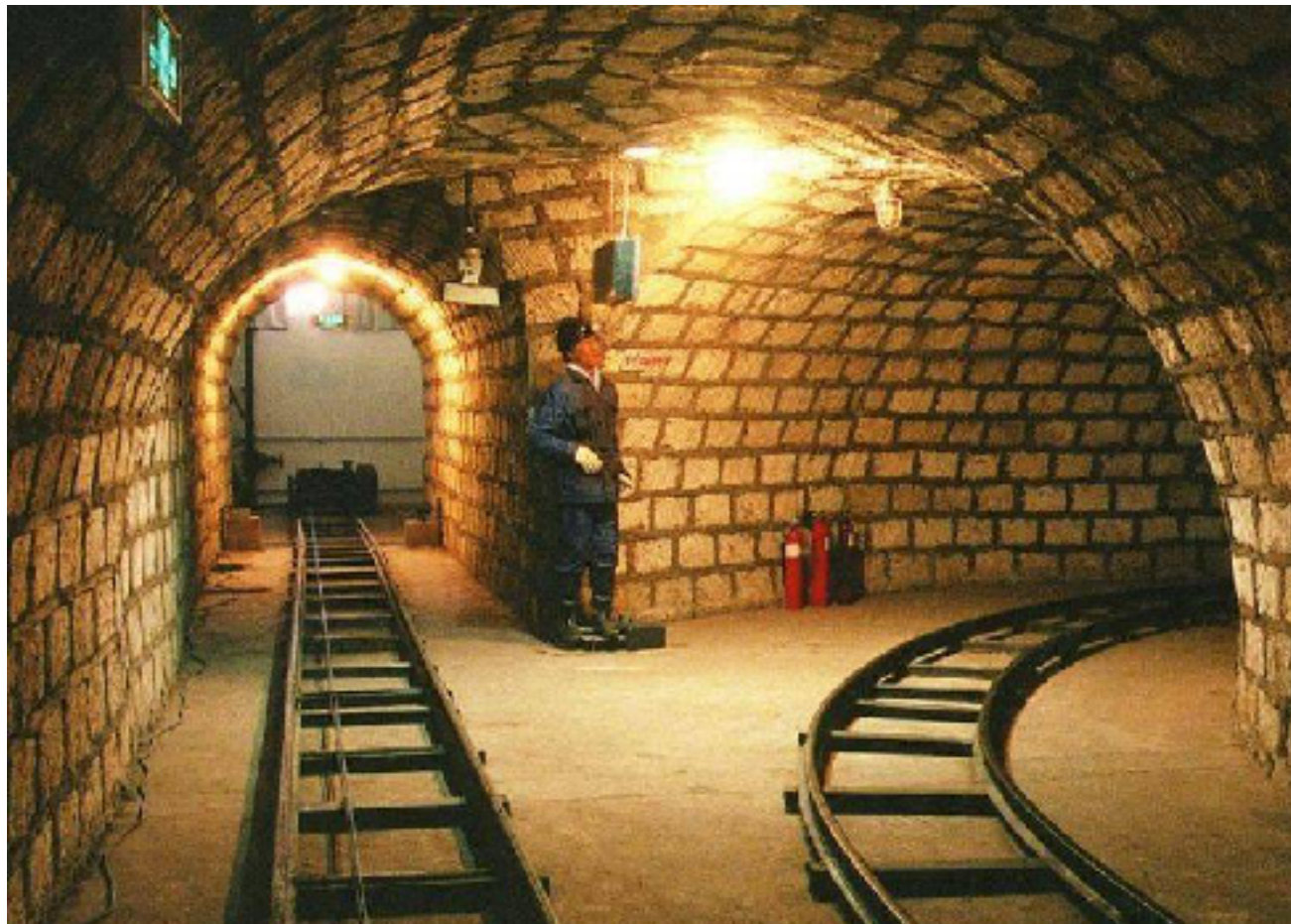
“the world’s pasta is in China, while the China’s pasta is in Shanxi”.

Shanxi Guild Hall is known as the "Shanxi Pasta Museum", where students can not only taste more than 100 kinds of Shanxi local pasta, but also enjoy rich and wonderful pasta performances. After the dough is stretched, pulled, softened, rubbed and dropped by the chef's skillful hands, it is made into hair-thin ramen, knife-cut noodles shaped like willow leaves, and shaved noodles as soft as fish.



Exploration of China Coal Museum

Students will explore the China Coal Museum, which is China's only national-level museum dedicated to the coal industry. It offers an immersive journey through the geological origins of coal, historical and modern mining technologies, and the nation's ongoing energy transition. Its highlight is a realistic underground mine simulation where students can experience authentic mining conditions, gaining insight into miners' lives while deepening their understanding of industrial safety and environmental sustainability.



Raft Building

The Raft Building is a hands-on Project-Based Learning (PBL) experience that encourages students to apply their knowledge of physics while fostering teamwork and problem-solving skills.

Students are tasked with designing and constructing a raft using basic materials, applying key principles such as buoyancy, stability, and force distribution. The activity challenges them to test their designs, identify flaws, and make improvements, emphasizing the importance of trial and error. Working in teams, students collaborate to solve problems, communicate effectively, and learn from failures, ultimately gaining a deeper understanding of the value of perseverance. This project not only enhances students' creativity and critical thinking but also teaches them the importance of teamwork in overcoming obstacles, making it a valuable educational experience.



Kayaking Challenge

Water activities are some of the best learning opportunities for students due to the number of factors involved in being successful. Students begin the lesson with a safety briefing and a short skill building session on how to correctly hold and utilize the paddle.

Once in the water, students play games that help them hone their kayak skills by having to make quick maneuvers with their raft while balancing and keeping their kayak from flipping over.

All students wear personal floatation devices so that even those who cannot swim are able to participate in the this fun filled water activity.



F1 Race Car Building

F1 race car, or Formula one car, is a single-seat, open-cockpit, open-wheel formula racing car with substantial front and rear wings. Students would gather all the necessary knowledge and information needed to build their very own race car.

From the simplest materials, such as cardboard, students need to communicate and collaborate efficiently in order to make a sturdy race car. From the racer on the car, or “engineers” assisting aside, students learn to support each other, and fulfill each of their duties and distributed roles. After finish building, there will be also be an exciting race to add to the fun. Students can see each of their race cars shine in the race.



Juewei Mountain Hiking

Juewei Mountain is celebrated for its serene natural landscapes and rich cultural heritage, featuring ancient temples, historic pagodas, and well-preserved forest trails. As home to Duofu Temple, dating back over 1,400 years, and the iconic Sheli Pagoda, the mountain has long been a place of spiritual retreat and scholarly inspiration. It is also renowned as one of Taiyuan's most beloved autumn destinations, famed for its spectacular red maple foliage.

Students will hike along the National Fitness Trail that winds through the mountain's slopes, Taiyuan's first officially designated hiking path. As they walk, they'll encounter quiet valleys, centuries-old pines, stone inscriptions, and panoramic viewpoints overlooking the Fen River and the city below. Each site along the trail carries historical meaning and poetic association, offering students ample opportunity to observe, reflect, and connect with China's enduring tradition of harmonizing nature, culture, and contemplation.



ITINERARY 5D4N TAIYUAN FOR G5

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	- Bus from School to Station - High Speed Train to Taiyuan	- Lunch China Coal Museum – Explore coal formation, mining, and energy transition; experience miners’ working conditions to build safety and environmental awareness.	- Dinner - Program Introduction and Safety Briefing - Set up Tent - Camping
Day 2	- Breakfast Exploring Zhonglou Street & Woodblock New Year Printing – Explore the historic Street to experience local Shanxi culture and complete a hands-on craft	- Lunch Raft Building – PBL project, promote teamwork and problem-solving, learning from failures and understanding basic principles of buoyancy and stability	- Dinner Campfire Party & Talent Show - Camping
Day 3	- Breakfast Kayaking Challenge – Fun water activities promote physical strength, balance, and teamwork, while learning basic paddling skills and enjoying the scenic views	- Lunch F1 Race Car Building – STEAM project, challenge students to design and construct their own miniature race cars, fostering creativity, teamwork, and problem-solving skills	- Dinner Night Market Visit - Hotel
Day 4	- Breakfast Juewei Mountain Visiting & Hiking – Explore this mountain, its characteristics, temples, valleys and gardens	- Packed Lunch Continue Juewei Mountain Visiting & Hiking	- Dinner - Reflection & Awards Ceremony - Hotel
Day 5	- Breakfast Shanxi Pasta Workshop – Pasta Show, Interact with Pasta Master, DIY Shanxi Pasta	- Lunch - Head to Railway Station and Departure - Arrive and Back to School	

Packing List

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

Temperature Range:

Day: 22–29°C | Night: 11–17°C

Dry and mostly sunny. Cool mornings & evenings, warm midday. Diurnal temperature swing over 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)
- ❑ **Water Shoe: 1 pair of closed-toe wading shoe** (Mandatory for water activities)
- ❑ **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

