



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G6
QINGDAO, SHANDONG
MARINE STUDY & ENJOY OUTDOOR**

PROGRAM OVERVIEW

The "MARINE STUDY and Enjoy Outdoor" program offers an engaging combination of marine science exploration and outdoor adventures.

In the MARINE STUDY section, students will take part in the Intertidal Zone Course, where they will study tidal phenomena, tidal power generation, and model-making to understand renewable energy. At the Qingdao Port Automated Terminal, they'll explore smart port technologies, learning how history and modern technology integrate for efficient, eco-friendly port operations. The Marine Research Experience Center will provide insights into the magical effects of seaweed, marine biology experiments, and applications that foster scientific curiosity.

For the Enjoy Outdoor activities, students will enjoy Seaside Kayaking, learning paddling skills and connecting with nature. The paper boat workshop and Badaguan scavenger hunt emphasizes teamwork and problem-solving, while the Sky Tower Building encourages creativity and leadership through collaborative efforts. The Archery Challenge promotes individual focus, precision, and calmness, adding a fun skill-based challenge.

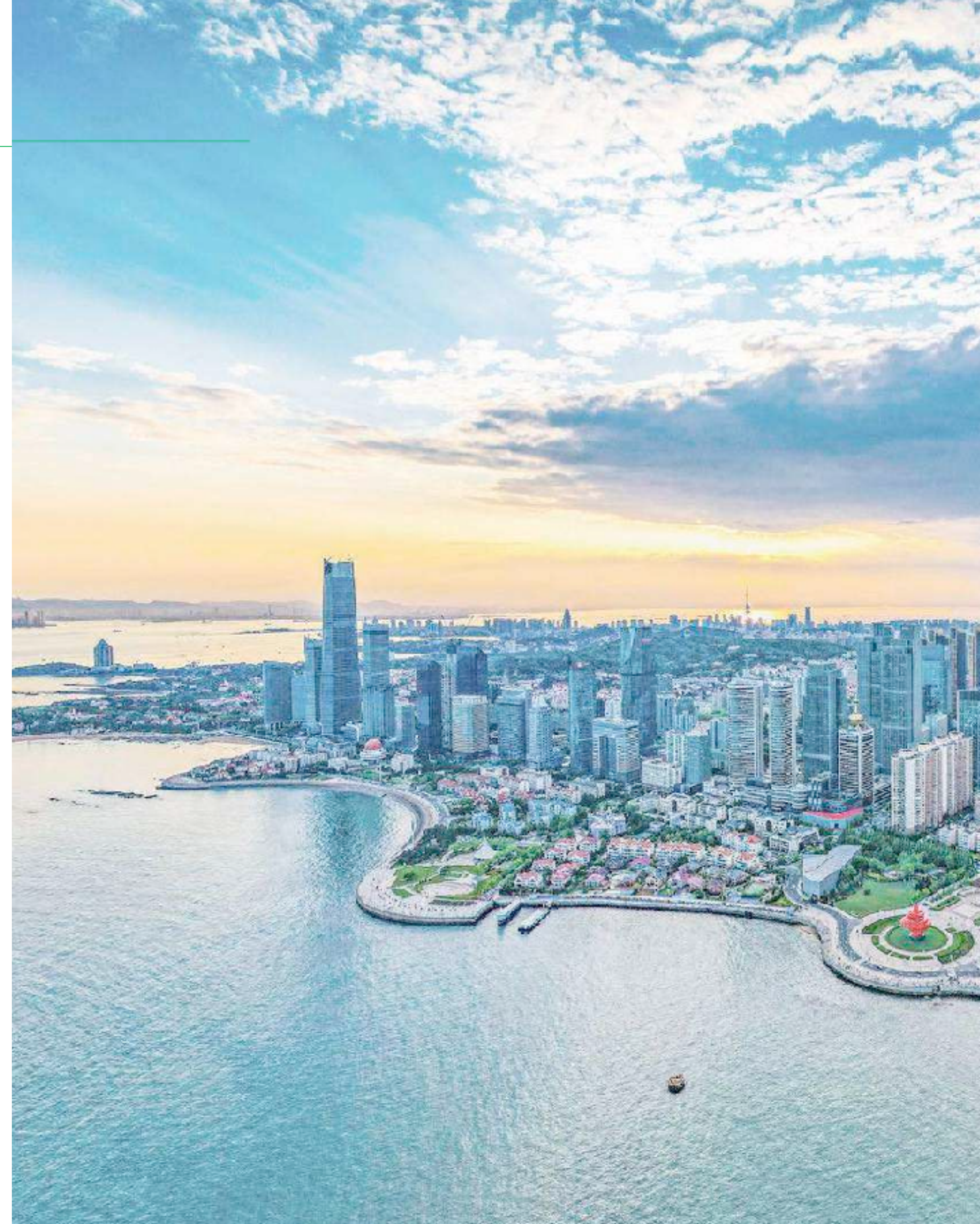
This program broadens students' understanding of marine conservation and sustainability while fostering teamwork and outdoor skills.



QINGDAO, SHANDONG

Qingdao, located on the eastern coast of Shandong Province along the Yellow Sea, is renowned for its mild climate, stunning landscapes, and rich ecological resources, including mountains, coastline, greenways, and diverse marine ecosystems.

The city's unique coastal environment positions it as a hub for marine science research and conservation, attracting scientists and students alike. Qingdao seamlessly blends modern urban life with a rich cultural heritage, offering a harmonious mix of nature, history, and innovation. With its vibrant atmosphere and well-preserved natural beauty, Qingdao provides an ideal platform for research trips, allowing participants to experience the perfect fusion of ecology, nature, and tradition.



Marine Science Research Experience Center

In this study tour, students will explore the wonders of seaweed and its historical and modern uses. At China's only Seaweed Science and Technology Experience Center, they will handle seaweed specimens from around the world and learn how seaweed has developed into various industries.

Students will then visit the Seaweed Tribe to observe diverse seaweeds and marine life up close. They will also explore the human digestive system as "little seaweeds," discovering how seaweed benefits health. Finally, they will engage in marine biology experiments, create ocean-themed crafts, and witness the transformation of matter from liquid to solid, experiencing the excitement of science.



Seaside Kayaking

The kayaking activity near the Binhai Bay in Qingdao offers students a wonderful opportunity to connect with nature and the ocean.

Under the guidance of professional instructors, students will learn basic paddling techniques and water safety, while enjoying the sea breeze and the shimmering waves. The kayaking route follows the beautiful coastline, where students can admire Qingdao's unique scenery, including red-roofed buildings and lush green hills. The clear waters and serene environment allow students to focus on exploring the marine world and experience the charm of the sea.



Paper Boat Workshop

Paper boat is an activity designed in United States, 1962. Now, this “sport” has slowly become popular in many other countries.

Forming groups of 4 to 5, students need to use paperboards to create a paper boat that can enable 2 people to fit. Building the paper boat steady and water proof requires students to stimulate their creativity and work as one. Students will have to distribute their jobs, coordinate with one another and go through a couple times of trial and error to successfully build a floating paper boat that can carry 2 people. After building it, they will also participate in a race to put their vessels to the test, making this entire activity extra exciting and interesting.



Sky Tower Building

Sky Tower Building is a fun outdoor team activity that encourages students to work together and use their brains to solve problems. Using limited materials, students will build a tall tower, requiring creativity, imagination, and communication skills.

This activity helps students learn how to divide tasks and work together, supporting each other and building friendships. During the tower-building process, students will discuss and plan together, improving their problem-solving abilities and learning to listen to others in the team. Through this activity, students not only experience the joy of success but also strengthen their sense of teamwork and learn how to work together to achieve a common goal.



Archery Challenge

Archery has a long and fascinating history. The earliest archers were hunters who used bows and arrows to hunt animals for food. As a modern recreational sport, archery originated in England, with Yorkshire hosting the annual Ancient Silver Scorton Arrow Meet since 1673.

Though ancient, archery remains a popular sport today. It not only provides great exercise but also demands a high level of focus and attentiveness from the archer. In our activities, once students have mastered the basic archery skills, they will take part in team competitions. This not only hones their skills but also fosters teamwork and team spirit.



Intertidal Zone Course

Jinsha Beach is famous for its fine golden sands and stunning natural scenery, making it an ideal place to explore marine ecology and ocean conservation. Here, students will study tidal phenomena and their applications, learn the science behind tides, and experience collecting shells while observing the unique intertidal species. Through tidal power experiments, students will understand renewable energy and develop scientific inquiry skills by building models.

These activities align closely with the UN Sustainable Development Goal SDG 14 Life Below Water, helping students grasp sustainable use of marine resources and fostering a sense of responsibility for ocean conservation and sustainable development.



Qingdao Cycling

The "Qingdao Cycling" activity allows students to explore the city's scenic coastal routes and historic landmarks.

Cycling through Qingdao's waterfront, parks, and German-style architecture, students will experience the city's natural beauty and rich cultural heritage. This activity promotes physical fitness, improving endurance and coordination while encouraging teamwork and collaboration. It offers a fun way to connect with the environment, raising awareness of urban sustainability and environmental protection. By engaging with Qingdao's unique blend of modernity and tradition, students gain a deeper appreciation for the city's charm.



Qingdao Port's Automated Terminal

The Qingdao Port Automated Terminal is a global leader in fully automated container operations, using IoT, big data, and cloud computing for efficient, unmanned work.

This study tour will help students learn how Qingdao Port transformed from a small regional hub to the world's fifth-largest port. They will experience high-tech projects like digital crane simulations and VR quay crane maintenance, exploring the technology behind automation. Students will also role-play as historic dock workers, simulate cargo handling, and witness the impressive operations at the <ghost terminal,= where modern tech meets historical legacy.



Badaguan Scavenger Hunt

The "Badaguan Scenic Area Scavenger Hunt" is an immersive activity that blends adventure with cultural and natural exploration. Students will navigate the tree-lined streets and winding coastal paths of Badaguan, discovering iconic landmarks, century-old "foreign-style villas," and diverse botanical landscapes. Using clues and riddles, they'll solve challenges related to the area's history, architectural styles, and ecological diversity. Along the way, they will learn about the cultural significance of Badaguan's "Ten Countries' Architecture" and the stories behind its historic buildings. This treasure hunt not only stimulates critical thinking and teamwork but also fosters a deeper appreciation for Qingdao's unique blend of history, nature, and architectural heritage.

By engaging in this interactive experience, students will gain a sense of connection to the city's past, enhance their cultural and environmental awareness, and develop problem-solving skills while exploring the hidden treasures of Badaguan.



ITINERARY 5D4N QINGDAO FOR G6

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	- Transfer to Qingdao by Train (3.5hour) - Arrive and Head to Activity Site	- Lunch Marine Research Experience Center – Learn about the magical effects of seaweed, explore its applications, and experience marine biology experiments to enhance scientific exploration abilities	- Dinner - Camping Training & Set Up Tent - Camping
Day 2	- Breakfast Seaside Kayaking –Learn paddling skills through kayaking activities, get close to the ocean, enjoy natural scenery	- Lunch Paper Boat – PBL project, Leadership, Creativity, Focus on details	- Dinner Campfire Party & Talent Show - Camping
Day 3	- Breakfast Sky Tower Building–Fosters teamwork, creativity, problem-solving, and leadership through collaborative tower construction. Archery Challenge – Skill learning, Individual Focus, Keep calm	- Lunch Intertidal Zone Course – Study tidal phenomena, tidal power generation, and model-making, understand tidal principles and renewable energ	- Dinner Qingdao Culture Quiz - Hotel
Day 4	- Breakfast Qingdao Cycling – Combine physical fitness and cultural exploration, allowing students to experience the city’s scenic landscapes and historical landmarks Qingdao Port	- Lunch Automated Terminal –Through interactive projects, students learn about smart port technologies, experiencing the integration of history and modern technology, and appreciating the development and automation of port operations	- Dinner Light Party and Awards Ceremony - Qingdao Hotel
Day 5	- Breakfast Badaguan Scavenger Hunt – Combine exploration, problem solving, and learning about local history and culture through interactive challenges and historical landmarks.	- Lunch - Head to Qingdao Railway Station and Departure - Arrive and Back to School	

Packing List

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

Temperature Range:

Day: 22–28°C | Night: 19–23°C

Mostly sunny to partly cloudy, moderate coastal humidity with regular sea breezes. Warm daytime, pleasantly mild evenings. Smaller diurnal temperature fluctuation compared to inland areas.

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

