



**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

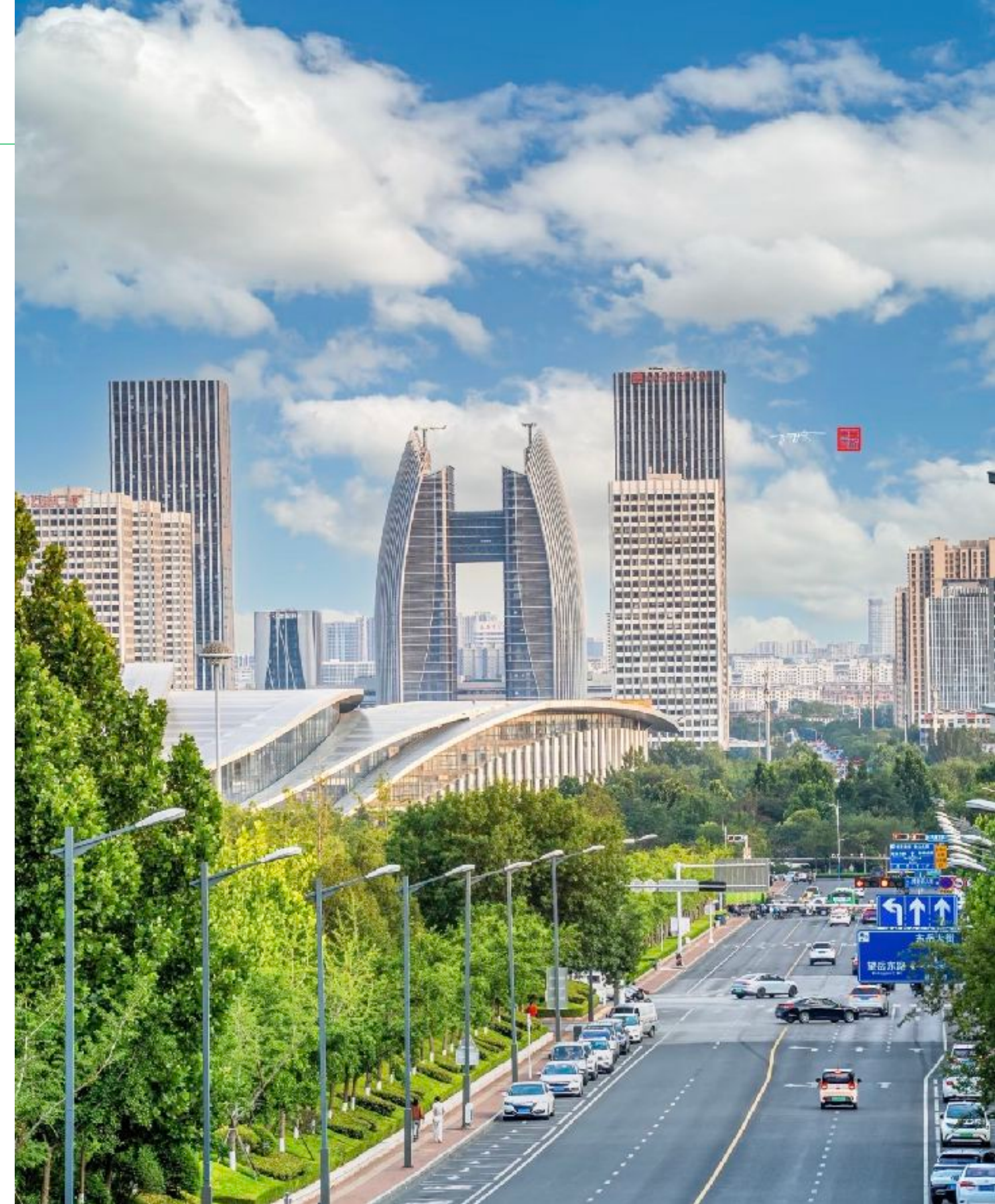
**5D4N PROGRAM FOR G8
IN TAIAN SHANDONG
NATURE, OURDOOR CHALLENGE &
TEAMBUILDING**

PROGRAM OVERVIEW

This 5D4N Taian Programme for Grade 8 balances outdoor adventure, hands-on STEM challenges and immersive Chinese cultural exploration. Students travel by high-speed rail to Taian to experience a diverse range of activities including rock climbing, the Leap of Faith challenge, multi-day Mount Tai hiking, kayaking/SUP and catapult construction, which build physical stamina, resilience, creative thinking and teamwork. Learners also take part in Aerospace STEM Exploration at the science museum, engage with traditional shadow puppet art, and join a tea plantation and tea-making workshop to connect with local heritage. Supported by overnight camping, campfire talent shows, evening reflections and a closing ceremony, the programme enables students to learn through hands-on practice, reflect on personal growth, and gain a deeper understanding of natural landscapes and traditional Chinese culture.

TAIAN, SHANDONG

Nestled in central Shandong Province, Tai'an is globally famous as the city of Mount Tai, the most revered sacred mountain in Chinese civilization. For study tours, Tai'an presents a uniquely balanced learning destination integrating natural geography, profound historical heritage, folk art and modern STEM resources. Hiking Mount Tai allows students to engage with millennia of Chinese philosophy, ancient literati culture and mountain ecology. Beyond its iconic landscape, the city offers rich experiential learning: learners can discover intangible folk heritage through shadow puppetry, explore traditional Chinese tea culture, and unlock aerospace knowledge at science venues. Combining outdoor adventure, cultural immersion and scientific exploration, Tai'an creates multi-dimensional learning scenarios, encouraging students to connect history, nature and technology while fostering resilience, cross-cultural understanding and holistic growth.



Cultural Heritage: Shadow Puppet Art

Students will have the chance to experience one non-tangible cultural heritage – the Taishan shadow puppet art, which are basically figurines with many movable parts and strings are attached to them to make them “come to live”. Light is then shone on the figurines so that they cast a shadow on a piece of translucent screen for audience to watch. Students will watch a puppet show in a mini theater. Then they can learn to assemble their own puppets in a workshop that follows.



Leap of Faith

Leap of faith is a psychological barrier breakthrough activity, which challenges students to overcome their fears and step out of their comfort zone. Under the protection of helmet and harness, students need to first climb up to 10 meters above ground. Then they will need to take a jump and grab on to a horizontal pole in the middle, right in front of them.

This is a test on their courage and they will have to learn to believe in themselves. By achieving this activity, students learn to push themselves farther and will earn a great sense of accomplishment that will encourage them to be stronger when facing future challenges.



Rock Climbing

Insight has been teaching climbing since 1998 and was one of the first climbing companies in China. Climbing is a great way for students to get to know their physical limitations and strengths. Being able to climb vertically up a wall or rockface requires students to demonstrate focus, agility, perseverance and determination to make it to the top.

The purpose of climbing as an activity is for students to push themselves farther and harder than they have before to realize their potential and achieve things they otherwise thought wasn't possible.



Aerospace STEM Exploration

Students will attend an immersive aerospace STEM program at Tai'an Aerospace Science and Technology Museum. Guided by professional instructors, they will explore exhibition halls to learn global aviation history and China's landmark space achievements while viewing authentic spacecraft models and embracing the resilient aerospace spirit. Students will operate flight simulators to grasp aerodynamic principles and take part in cabin emergency evacuation drills to master practical safety skills. Combining exhibition visits, digital simulation and safety training, this program links textbook theories with real practice to boost students' scientific literacy and emergency response capabilities.



Mount Tai Hiking with LNT Workshop

Mount Tai is regarded as the foremost of the Five Great Mountains of China and has a peak height of over 1,500 meters. It was the object of worship of an imperial cult for nearly 2,000 years, leading to its exceptional historic, cultural, aesthetic and scientific value.

Students spend a whole day trekking through the many trails in the area and revisiting the Leave No Trace Principles and why its important to do our part in protecting nature for future generations. Students hike up this steep and challenging mountain, feel this dramatic and spectacular landscape, while also appreciate this mountain as a source of inspiration that symbolizes ancient Chinese civilizations and beliefs.



Kayaking Challenge

Participating in a kayaking activity offers students a unique opportunity to connect with nature, build physical endurance, and develop teamwork skills.

As they navigate through waterways or lakes, students learn to collaborate, communicate, and make quick decisions.

The physical challenge also improves coordination, strength, and stamina. Meanwhile, the peaceful surroundings provide a refreshing break from academic pressures, promoting mental well-being and stress relief.

This activity not only enhances physical health but also fosters personal growth, resilience, and a sense of camaraderie among participants.



Tea Culture Workshop

Tea culture and production has been a national treasure of China since its inception. It is both an art and a science requiring the right age of the leaves, correct drying technique and once ready, the perfect temperature of water to create the perfect cup of tea.

Students will have the opportunity to pick tea leaves (depending on the season) and understand how it is dried and processed for consumption.



Catapult Building

A fantastic team building and communication activity, catapult building challenges the students to utilize their rope techniques and knowledge of angles to build the best catapult possible from bamboo poles.

The catapults are designed to launch water balloons at the opposing team 20 meters away. They will need to be very hands-on while learning to work with teammates to finish their project.



ITINERARY 5D4N TAIAN FOR G8

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	- Bus from School to Station - High Speed Train to Taian	- Lunch Taishan Tradictional Shadow Puppet Art – Culture Heritage	- Dinner - Set up Tent - Camping
Day 2	- Breakfast Leap of Faith – Overcome Fear, Step out of comfort zone Rock Climbing – Perseverance, Physical Strength	- Lunch Aerospace STEM Exploration – View authentic rocket and spacecraft models up close and operate flight simulators.	- Dinner - Reflection - Camping
Day 3	- Breakfast Mt Tai Hiking – LNT Workshop	- Packed Lunch Mt Tai Hiking – Resilience, Physical Strength, Explore the Nature	- Dinner Campfire Party & Talent Show - Hotel
Day 4	- Breakfast Kayaking or SUP– Physical Strength, Skill learning, Fun Filled Water Team Games	- Lunch Tea Plantation Visiting & Tea Making – Try out an important part of Chinese culture, Hands on activity - Hotel Checkin	- Dinner - Camp Closing Ceremony - Hotel
Day 5	- Breakfast Catapult Building – Involve designing and launching catapults, fostering teamwork, creativity, and problem–solving while exploring physics concepts through hands–on learning	- 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: 21–29°C | Night: 13–19°C

Mostly sunny to partly cloudy with moderate humidity. Crisp cool mornings & evenings, warm midday. Noticeable diurnal temperature variation; temperatures drop significantly at higher elevations on Mount Tai.

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

