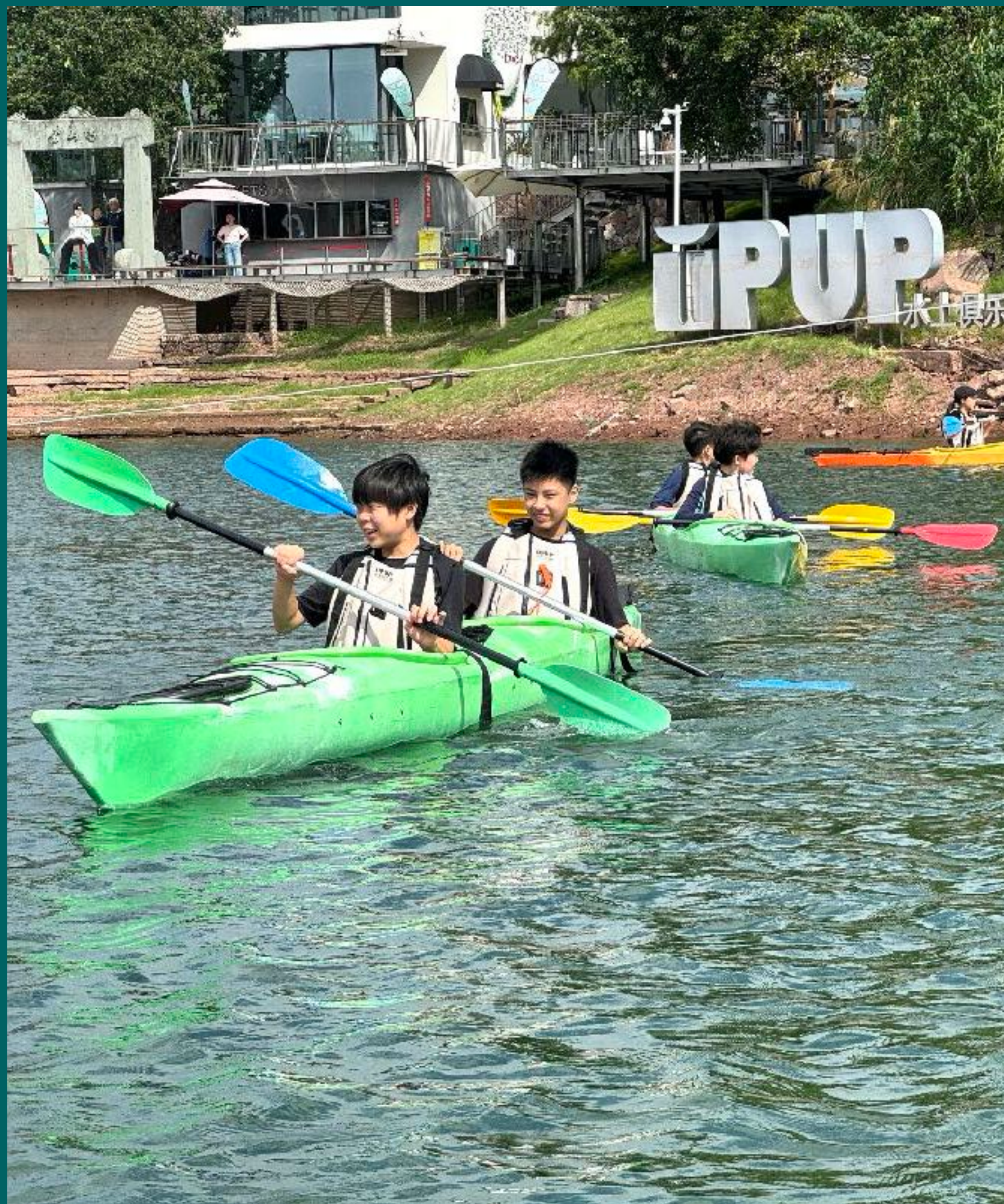




**INSIGHT
ADVENTURES**
Lifelong learning without boundaries.

**5D4N PROGRAM FOR G9
QIANDAO LAKE, ZHEJIANG
OUTDOOR ADVENTURE
ENDURANCE AND FITNESS CHALLENGE**

PROGRAM OVERVIEW

The Qiandao Lake Outdoor Adventure Program, themed "Endurance and Fitness Challenge," offers a series of exciting activities that promote physical fitness and teamwork.

The first day features a kayaking challenge, starting with basic skills instruction and advancing to freestyle kayaking and water rescue techniques. Moreover, the students take on a cycling challenge around Qiandao Lake, building endurance while enjoying the scenic views along the way. The program also includes the Spartan Warrior Challenge, a tough obstacle course that tests strength and resilience, and the Jugger Match, a team-based game that develops agility and coordination. Lastly, the Bamboo Weaving Workshop invites students to explore traditional intangible heritage craftsmanship, cultivating hands-on ability, creative thinking and group collaboration as they craft unique bamboo artworks together.

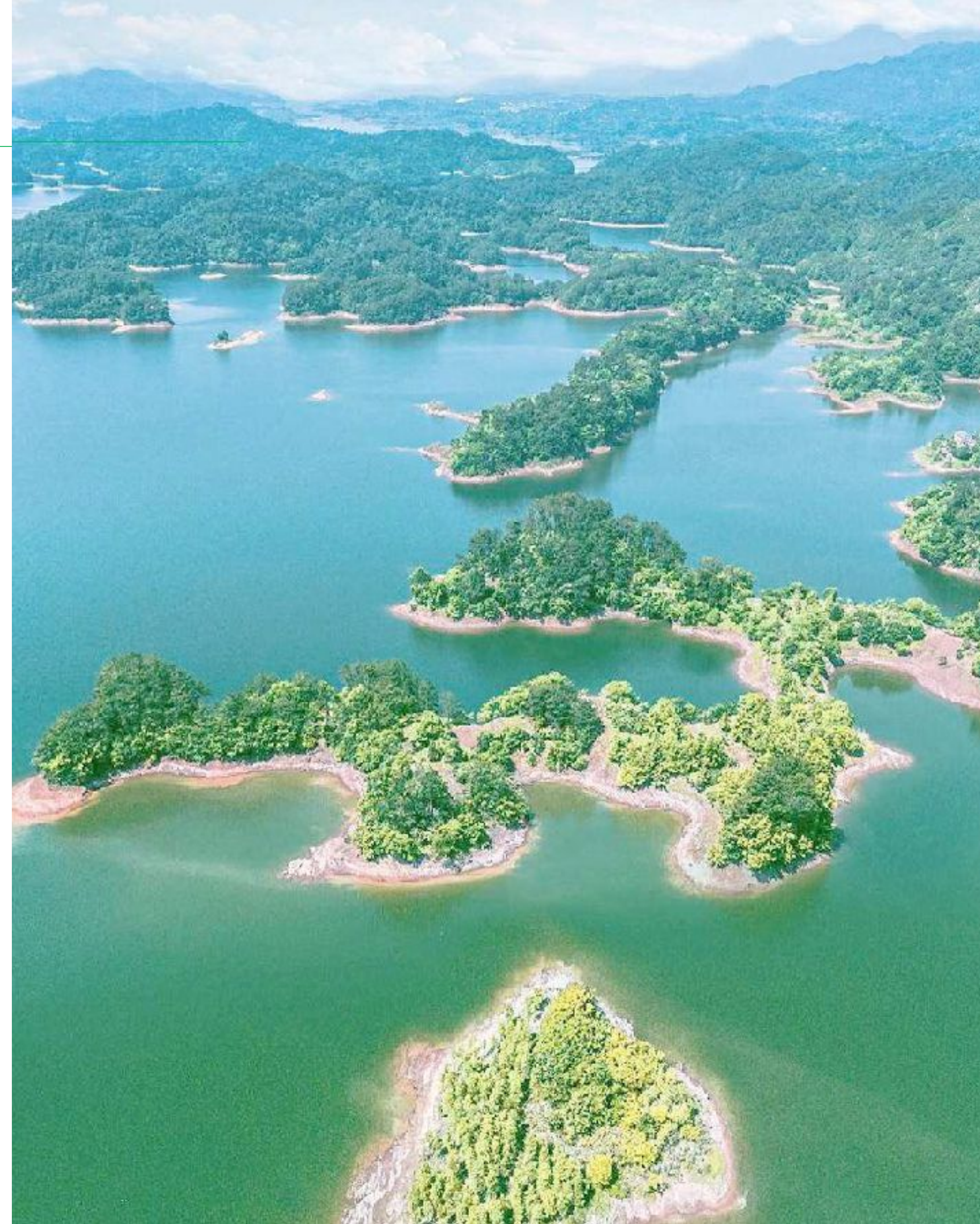
This adventure is designed to enhance endurance, fitness, cultural awareness and teamwork in a stunning natural setting.



QIANDAO LAKE, ZHEJIANG

Qiandao Lake, also known as the "Lake of a Thousand Islands," is a natural wonder with 1,078 large islands and many smaller ones, surrounded by lush green mountains. Its serene beauty makes it an ideal destination for outdoor activities like kayaking, cycling, and hiking. Paddle across the lake, explore hidden coves, or cycle scenic trails while enjoying the stunning views.

Our partner campsite is perfectly situated to take full advantage of this breathtaking environment. Built by outdoor education experts, it is fully equipped to support experiential learning. The campsite offers a comfortable, immersive setting where students can connect with nature, build teamwork, and engage in hands-on outdoor activities, combining adventure with education.



QIANDAO LAKE, ZHEJIANG



Qiandao Lake Kayaking Challenge

The Qiandao Lake Kayaking Challenge offers students an unforgettable adventure. The program includes safety training, environmental awareness, and basic kayaking skills, progressing to advanced techniques like freestyle kayaking and water rescue.

Set in the stunning surroundings of Qiandao Lake, with its crystal-clear waters and breathtaking landscapes, the activity provides a unique chance to connect with nature. Along with building kayaking skills, students will enhance teamwork and environmental responsibility. This challenge is a perfect blend of adventure, physical endurance, and natural beauty, leaving participants with lasting memories of both exploration and scenic views.



Spartan Warrior Challenge

The Spartan Warrior Challenge is an intense obstacle course that blends elements of military training. Participants face a series of challenges, including crawling, climbing, and endurance tests, pushing both physical strength and mental resilience. It's not just a test of fitness, but a celebration of determination and teamwork.

By simulating tough, military-like conditions, the race encourages participants to push past their limits, fostering leadership and camaraderie. Completing the Spartan Race symbolizes more than just physical achievement—it's a powerful journey of self-discovery, growth, and overcoming adversity.



Bamboo Weaving Workshop

Under the guidance of professional artisans, students weave a small, delicate bamboo boat with their own hands. From selecting the bamboo, cutting, to weaving, each step requires focus and patience. The air is filled with the fresh scent of bamboo, and the bamboo strips dance at the fingertips, gradually forming a unique little boat as time passes. This is not just a craft experience but also a journey of the soul. As the bamboo boat takes shape, a sense of accomplishment emerges from within, affirming one's efforts and honoring traditional craftsmanship. In this fast-paced era, the ability to slow down and appreciate the tranquility and satisfaction brought by handicrafts is truly precious.

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Qiandao Lake Cycling Challenge

The one-day cycling challenge around Qiandao Lake offers students a unique opportunity to immerse themselves in the stunning natural beauty of the area while building endurance and stamina.

As cyclists ride along picturesque routes, they'll be captivated by breathtaking views of the crystal-clear lake, lush forests, and serene islands, creating an unforgettable outdoor experience. Along with the awe-inspiring scenery, students will push their physical limits, strengthening their bodies and enhancing their fitness. This activity perfectly blends the joy of exploring Qiandao Lake's remarkable landscape with the challenge of improving endurance, making it an ideal balance of adventure, nature, and physical development.



Jugger Match

This sport was literally born from a movie. Players must protect and escort their runner to the goal, involving both close combat and distant tagging. With well-defined rules, teamwork is essential for achieving victory.

What sets this sport apart is that players must first craft their own "weapons" from the provided materials. It requires strategy, communication, and effective teamwork. Each player has a specific role to play in order to score points for the team. This activity not only challenges participants physically but also sharpens their mental agility.



ITINERARY

5D4N QIANDAO LAKE FOR G9

	Morning Activities	Afternoon Activities	Evening Activities
Day 1	Transfer to Qiandao Lake by Train (6 hours)	- Lunch on Train - Arrive, Head to Campsite - Team Games & Ice Breaker	- Dinner - Camping Training & Set up Tents - Camping
Day 2	- Breakfast - Kayaking Basics Course – Safety Training & Environmental Awareness; Basic Skills Instruction & Practice	- Lunch - Advanced Kayaking Course – Freestyle Kayaking & Water Rescue	- Dinner - Campfire Party & Talent Show - Camping
Day 3	- Breakfast - Spartan Warrior Challenge – Test of strength, endurance, and teamwork, with participants overcoming physical obstacles to build resilience and unity	- Lunch - Bamboo Weaving Workshop – Traditional intangible heritage craftsmanship	- Dinner - Movie Night - Hotel
Day 4	- Breakfast & Lunch - Qiandao Lake Cycling Challenge – Promote endurance, teamwork, and exploration while cycling around the lake's scenic and picturesque route. - Jugger Match – Design and make their own weapons, combining strategy, agility and teamwork, where players compete to score points while protecting their teammates		- Dinner - Reflection & Awarding Ceremony - Hotel
Day 5	- Breakfast - Head to Railway Station and Departure - Arrive and Back to School		

Packing List

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

Temperature Range:

Day: 23–30°C | Night: 18–24°C

Humid, partly cloudy with occasional brief showers. Warm midday, mild evenings. Diurnal temperature fluctuation is moderate; lake breezes bring refreshing cooling effect.

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

