



SPORTS
運動

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 DRAGONFLY



Outdoor Adventure Camps

Course date: 2-day camps / 3-day camps / 5-day camps

Course location: Mui Wo, Sai Kung and Cheung Chau

Age range: 7-11

Meetup & Dismissal:

Mui Wo/ Cheung Chau Camp

Meetup: Central Ferry Pier #6 (All days), Meetup: 8:30am, Dismissal: 4:45pm (Day 3 – 4:40 pm)

Sai Kung Camp

Meetup: Sai Kung Tang Shiu Kin Sports Ground, Meetup: 8:45 am, Dismissal: 4:00 pm

**Enrolments close at Monday noon, the week before your class starts.*

Activity Schedule

Summer Adventure Camp 2022 (Mui Wo/ Cheung Chau)

	Day 1 (Monday)	Day 2 (Tuesday)	Day 3 (Wednesday)	Day 4 (Thursday)	Day 5 (Friday)
Program Activities	Island Survivalist	Canyoning & Nature Obstacle Course	Coasteering & Abseiling	Search & Rescue	- Kayaking - Beach Battles
Location	Mui Wo	Mui Wo	Cheung Chau	Mui Wo	Mui Wo

Summer Adventure Camp 2022 (Sai Kung)

	Day 1 (Monday)	Day 2 (Tuesday)	Day 3 (Wednesday)	Day 4 (Thursday)	Day 5 (Friday)
Program Activities	- SUP - Catapult Battle	- Raft Building - Habitat & Mangrove Investigation	- Kayaking - Lost in the Wild	Canyoning & Tyrolean	- Search & Rescue - Dragonlympics
Location	Sai Kung	Sai Kung	Sai Kung	Sai Kung	Sai Kung

Activity Descriptions for Summer Programme

Canyoning	Students will venture up a canyon navigating their way through a rocky riverbed by scrambling over rocks, splashing through water, walking on dirt trails and exploring the environment around them in the process. At points staff will lead the way, but students will also get the opportunity in sections to choose their own path.
Kayaking	They will play a selection of games designed to help them become more comfortable both on and in the sea and to develop basic boat movement skills of forwards, backwards and turning paddle strokes from previous experience and add new strokes and techniques.
Survival Skills: First Aid	Students are introduced to the basics of emergency response, including assessing patients and bandaging injuries. They will use skills learned in improvised building and survival skills to respond to a scenario in which they need to treat and transport an injured patient.
Standup-paddling (SUP)	Students practice standing and maneuvering on stand-up paddleboards while completing small challenges and playing games in the bay. In addition they will learn new strokes to be able to steer and make headway more efficiently. They will also be able to go on a short journey around the coastline.
Raft Building	Raft-building employs many of the same skills as catapult building, but introduces more complexity and a high-dynamic element. Students are given a few minutes to design a raft and then have up to an hour to create it using bamboo, rope and innertube. Once they have created their raft they don personal flotation devices and take it on the water for a test run.
Improvised Building: Catapult Launch!	Catapult building is the foundation of our improvised building activities, requiring teamwork, problem solving and creative thinking. Students are given a set of materials to construct a catapult within a given time. Students will first plan together by sketching in journals or building a mini model. After initial construction and testing, students are given time to discuss their catapult and make changes. At the end of building, teams will launch sponges at each other using their catapults.
Improvised Building: Knot So Fast!	Students will learn different knots such as clove hitch, lashing, which they will then use and apply on activity to build their catapults and raft.
Improvised Building: Flagpole Hoist!	Students will design and build their own team flags. They will choose a name and be encouraged to debate their design. Afterwards, the group will then design and erect a flagpole to display their flags.

FAQ

1. Who are the program instructors?

Our staff are experts in outdoor education and facilitating adventure activities. All instructors have received Dragonfly training, passed local police checks, hold first aid qualifications, and for many, possess relevant internationally recognized outdoor certifications.

2. What is the instructor to participant ratio on programmes?

All activities are staffed with least one instructor per every eight participants (1:8)

3. What should participants wear or bring with them?

Confirmed registrations will receive a full packing list via e-mail, or you may download a copy of the document [here](#). We recommend that all participants wear light-weight clothing that protects them from sun exposure and sturdy shoes, whilst bringing a full change of clothes in their backpack. There will be time to get changed at the end of each day.

Participants should also bring their own packed lunch and snacks each day (containing no nuts or seafood), as well as two large (1 liter) filled water bottles. Water refills will be provided throughout the day.

4. Can participants join if they do not know how to swim?

Yes! For water activities, participants will wear Personal Flotation Devices (PFDs), and will be supervised at all times.

5. Where should participants be dropped off or collected?

For Sai Kung programs, the meeting and dismissal point is Tang Shiu Kin Sports Ground in Sai Kung town center. From there, Dragonfly will arrange a bus to take participants to and from the activity location each day.

For Mui Wo/Cheung Chau programs, the meeting and dismissal point is Central Ferry Pier No. 6. From there, Dragonfly will take participants to board the ferry to Mui Wo/Cheung Chau. Please note that participants need to bring a topped up Octopus card to pay for the ferry fare themselves. Alternatively, participants can choose to meet us at the ferry pier in Mui Wo or Cheung Chau (on Wednesdays). This option can be selected on the registration form.

For all programs, we ask that participants arrive early, as late-comers may not be able to join the program if they miss the bus or ferry.

6. What arrangements are there for bad weather?

On a day where rain is expected, our instructors will assess the situation and notify parents of any adjustments to the day's activity schedule via WhatsApp by 7.00am. If it is decided that activities will move to an indoor campsite, only participants who meet the entry requirements of the venue will be allowed to participate. (Currently there are no entry requirements for children under the age of 12, however this is subject to change as regulated by the HKSAR Government). Participants who cannot take part due to inability to comply with the covid requirements of activity venues will not be refunded.

If there is severe adverse weather on a program day, such as Typhoon Signal 3 or Red Rainstorm, that day's activities will be cancelled, and a 70% refund (at regular price, daily fee) will be processed.