



Summer Camp Programme

Ages 12-18

Week 1: 17th to 21st of June 2024

Week 2: 24th to 28th of June 2024



COMMUNITY • NATURE • HERITAGE



Inspire a sense
of wonder,
optimism and
sustainability



Milan Durik
Director of China New Horizons

Top reasons to choose CNH Summer Camp



Integration with international education

China New Horizons (CNH) is an experiential education provider that aims to raise global awareness and international mindedness. Our programmes are designed for students who already have a good grasp of international education and wish to explore how to apply their knowledge in real-life scenarios and how the world works outside the classroom. CNH programmes are designed and facilitated by talented and passionate educators experienced in international education, leadership and adventure programming, service learning, language studies and cross-cultural facilitation.

Balanced timetable

Our programme runs from 7 am to 9 pm, 5 days per week. We believe that the best programme and activities are meaningful and allow students to step outside of their comfort zone while allowing them to choose their challenges. Our students will stay active and engaged throughout the whole week.

We believe in learning by doing

This means gaining insight into the world through purposeful experiences. From climbing a mountain, learning how to give first aid and harvesting veggies in our garden, our activities are geared to create the optimal learning environment anywhere, anytime. Every unique experience in life is an opportunity. An opportunity to learn, reflect and make personal changes. CNH employs the hope that through our guided experiences, our learners will be agents of change in a global community.

Our venue

Our summer programme is based in Pak Lap, Sai Kung. CNH offers versatile indoor & outdoor spaces that echoes the elements of nature, from natural rock formations to beaches, to a multi-functional education centre, well-equipped accommodation and cafe with one of the best views in Hong Kong.



Introduction

The CNH Summer Camp runs in the first two weeks of the summer. The program is split into 5 days and two age groups (Junior Programme and Senior Programme).

Junior Programme (Ages 12-15)

Self-exploration Challenge Interpersonal Skills

Our Programme will provide your child with a perfect blend of learning, adventure activities and hands-on experiences. We work hard to ensure that your children will settle as quickly as possible and that every child feels confident and cared for. Every child will quickly become a part of our summer community throughout our pastoral care and “icebreaking” and “get to know each other” activities. Students will learn how to identify their strengths and develop areas for growth. At the end of the day, experience sharing will help them express themselves and learn about other people's ideas or feelings.

Senior Programme (Ages 16-18)

Self Sufficiency, Self Enhancement, Stepping outside of the comfort zone

Our Senior programme will provide students with opportunities to become fully self-sufficient young women or men. Throughout our activities and workshops, students will become more resilient and recognise the benefits of working collaboratively.

Students will learn how to prepare themselves for outdoor activities and leave no trace after themselves and become confident in making important decisions. All our activities provide students with a range of difficulties; it is only on them to choose how big a challenge they want to undertake. Our team will always be there to support and encourage them.



Camp Dates

One-Week Camp, Week 1: 17th to 21st of June 2024 (5 days, 4 nights)

One-Week Camp, Week 2: 24th to 28th of June 2024 (5 days, 4 nights)



Theme: Climb to New Heights

Sharpen and develop leadership skills while exceeding physical and perceived limits through rock climbing, abseiling, first aid, search and rescue and advanced camp crafts.

Climb to New Heights					
Time	Day1	Day2	Day3	Day4	Day5
07:15 - 07:30		Register - Grassfield			
07:30 - 08:00		Run Swim	Sunrise Workout	Run Swim	Breakfast of Champions
08:00 - 9:00	Pick Up at Sai Kung	Breakfast			
9:00 - 11:30	Arrival to Pak Lap Introduction	Camp Crafts I.	Rock Climbing I.	Navigation	Final Reflection Packing Cleaning
11:30 - 13:00	Lunch				
13:00 - 15:30	Programme Briefing and Rules	Camp Crafts II.	Rock Climbing II.	Search and Rescue	Departure to Sai Kung
15:00 - 15:30	Snacks				
15:30 - 17:30	Pak Lap Challenge Swim Test	Exploration Time	Abseiling	Exploration Time	Drop Off at Sai Kung
17:30 - 19:00	Dinner				
19:00-20:30	First Aid Workshop I.	First Aid Workshop II.	First Aid Workshop III.	Bonfire	
21:00	Registration - House Time				
21:30	Registration - Bedtime				



Activities List

Bonfire

Campfires provide the opportunity for the group to connect. This is when we share what we learned and how we feel. In preparation for this activity, the students will learn how to construct a campfire safely and ethically regarding the environment. There are opportunities for storytelling and eating campfire desserts. At the Pak Lap Wan site these are conducted at the AFCD Pak Lap Wan campsite.

Camp Crafts

Camp crafts are activities that aim to teach participants about camping skills. These activities include shelter building, damper marking, fire starting and water collection. These activities are suitable for participants of all ages and abilities.

Cooking Lessons

The workshop is not just about enhancing your culinary skills and knowledge but enhancing your communication, planning and priority skills while cooking. The campers will also learn how to appreciate food and sharing at the end of the workshop.





Exploration Time

Time to self-reflect, Read a book in our Pak Lap Village Library, have a little reset in a hammock, play board games in Stone house or go for another adventure in Pak Lap. Exploration in Pak Lap never ends.

First Aid Workshop

In this session, campers will learn how to deal with an emergency and care for an injured person. The purpose of a first aid workshop is to teach how to avoid injury and what to do to take care of others in case of an unexpected injury.





Run-Swim

This is the daily exercise for campers after the morning call each day. The activity starts with a gentle run on the beautiful Pak Lap beach. Some slight cardio and stretching exercises will be included. After the physical and mental wake-up, a short distance swimming near the coast will provide campers with a refreshing morning exercise before breakfast.

Rock Climbing & Abseiling

Climbing and abseiling are exciting and challenging adventure sports. They involve individual physical, mental, and emotional elements. Skills and knowledge involve basic climbing skills, belaying techniques, tying knots, route finding, and assessing risk.

Navigation

Navigation is the process of using a map, compass, and basic compass skills to navigate a predetermined path from beginning to end. The campers can experience trial and error and learn collaborative planning skills.

Pak Lap Challenge

Pak Lap Challenge is an outdoor adventure that exercises the mind and body. The main aim is to get familiar with our Pak Lap Site while navigating between checkpoints or controls marked on a map. There is no set route, so the skill and fun form trying to find the best way to go.





Our team of instructors

CNH team is dedicated to offer safe, fun, and unforgettable experiences for youngsters, adults and families alike. We believe that meaningful learning experiences arise organically within safe, challenging learning parameters.

Therefore, China New Horizons' top priorities are health and safety. CNH works diligently to maintain the highest international standards for adventurous and non-adventurous activities.

Within our team programme, you can find facilitators: Wilderness First Aid Providers, Emergency First Response Instructors, Kayaking Instructors, Leave No Trace Trainers, Scuba Diving Instructors, Rock Climbing Level 3 climbers, International Award DofE Trainers, Compass Education Level 1 and IB trained teachers.



Accommodation

Modern, On-Site boarding houses

CNH Summer Camp will use an air-conditioned 2-storey refurbished village house. Those houses are purposely built and renovated for families and small groups. Each village house has essential utilities that comfortably accommodate 8 to 10 persons.

Interior of Village Houses

Each house has one living area and three bathrooms on the ground floor. The second floor is equipped with bunk beds in all three bedrooms. Thoroughly washed bedding will be provided during the camp, and the interior area of each house is vacuum cleaned regularly. Smoke/dust detectors are installed inside the house to ensure the person's safety.

Equipment

The village houses are equipped with a water heater, boiler and water purifier for drinking water and electric cooker. Wi-Fi network is available for free. It is generally provided under the supervision of teachers and leaders, as we encourage students to share face-to-face during the camp period.

Location

Bask in the sunny side of Sai Kung East, where our beachfront Pak Lap CNH Center has been open to the public since 2013. The Pak Lap Beach, although in a relatively secluded location, has seen rising popularity in the past few years, now known as a hotspot for weekend getaways and trail hike destinations. Open daily; visitors can enjoy a quaint rest at our beachfront cafe overlooking the coastline.



Your Time With Us

Children may join our summer camp for one or two weeks starting each Monday.

Week 1 17 th - 21 st June 2024		Week 2 24 th - 28 th June 2024	Course Fee
One Week Programme			Early Bird Price RMB 5500 (before 1st of April)
		One Week Programme	Regular Price RMB 6000

Course Fee Includes:

- Transportation by train from Guangzhou to Hong Kong (Pak Lap)
- Three meals per day plus unlimited fruit snacks supply
(Vegetarian or other special dietary meals upon request)
- Accommodation at Pak Lap
- Programme, Instructors and Equipment needed
- Personal Accident Insurance and travel insurance



Next Steps

Select the age group of your child and week that you are interested in enrolling to. You will need to fill the form for each child separately.



For enquiries, please contact CNH Director - Mr. Milan Durik

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