



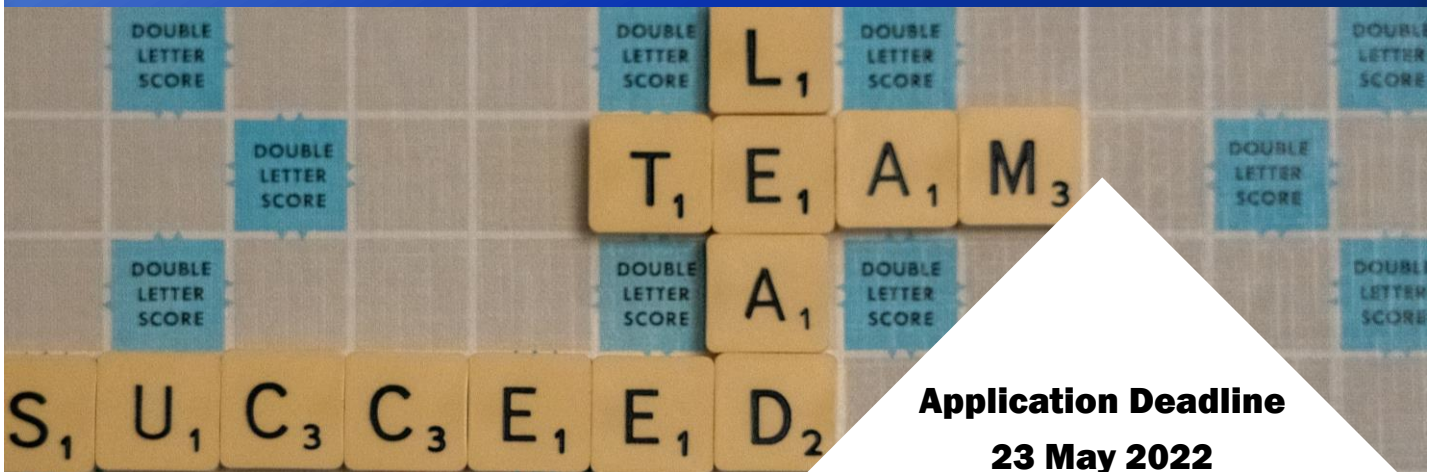
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Leadership Course (Level III)

Foundations for Success

Instructors from Outward Bound Hong Kong (OBHK)



Application Deadline

23 May 2022

12:00 noon

Intended Learning Outcomes

Upon completion of the programme, participants should be able to:

1. value the opinions of others and find ways to accommodate multiple viewpoints;
2. cope with difficult situations in rural areas with appropriate planning and action with self-confidence;
3. recognise the intrinsic value of natural environments and the need to conserve and protect them.



◆ Introduction

This course is a 5 days 4 nights adventure journey in the wild environment which will serve as a platform for students to experience away from their comfort zone, work with others, develop a great sense of pride through taking up more accountability and learning from the natural consequences of their actions. Various outdoor activities will also encourage students to strive towards common goals in groups, share views of themselves and others, allow further self-understanding through the reflection process. This programme is co-organized with Outward Bound Hong Kong (OBHK).

◆ Schedule

Session	Date	Time	Venue
1	25 Jul to 29 Jul	9:00 a.m. , 25 Jul to 3:00 p.m., 29 Jul	Tai Mong Tsai Base, Outward Bound Hong Kong * (Location)

A briefing session will be held by OBHK at least 1 week before the course start. Further details will be announced by email in due course.

* The training base is scheduled premises under the Cap. 599F, all persons entering the base, except for exempted persons, are required to scan the "LeaveHomeSafe" QR code and comply with the requirement of the Vaccine Pass. For details, please refer to the latest Government announcement in a timely manner.

◆ Target Participants

- S1 – S6 HKAGE student members aged 14 or above as of 25 July 2022
- Class size: 60
- Instructor-student ratio: 1:6 (12 participants maximum per group plus 2 instructors)

* **First-come-first-served.**

◆ Pre-requisite

No special prerequisites are needed, including physical fitness, camping experiences and swimming ability.

◆ Medium of Instruction

- Cantonese and/or English
- Please indicate the language preference (Cantonese or English) on the Online Application Form.

◆ Certificate

E-Certificate will be awarded to participants who have:

- attended ALL sessions; AND
- completed all the assignments with satisfactory performance



◆ Tentative Itinerary

Day 1 Course Start (25 July 2022)

- Administration
- Ice Breaking: Break the barriers between participants as their age is different, this will help on building up the spirit of readiness
- Setting Expectation: Participants to strive for a common goal as they will know each other's purpose for attending the course
- Front Loading: Participants realise their input and the importance of sharing the experience prior to the course
- Team building: An opportunity to learn discussion planning and execution
- Lunch at 12:30
- Water confidence and deep-water entry: Self-awareness and self-confidence
- Safety briefing: Safety precautions
- Preparation and gear packing for this 5-day journey: Participants will be introduced to the gear that is needed for the entire duration of the course. They'll learn the basic every-day living in the outdoors
- Mapping route and overnight at campsite

Day 2 Training Phase (26 July 2022)

- Morning routine
- Land or sea expedition
- Introductory lessons to kayaking, camping craft, navigation
- Working on resilience, responsibility of ownership with the choices they made
- Boosting group interaction (deal with frustrations, challenges and executions)
- Overnight at campsite

Day 3-4 Main Phase (27 to 28 July 2022)

- Morning routine
- Main expedition including water and land challenges such as solo, vertical challenge, ropes course etc.
- Team roles and decision making
- Leadership and encourage independence
- Pushing boundaries in an unfamiliar environment

Day 5 Final Phase (29 July 2022)

- Morning routine
- A change to demonstrate what has been learnt, it is not just about outdoor challenges but also how to transfer expedition skills to daily life
- A reflection on the journey
- A presentation of the Outward Bound certificates



◆ **Camping Equipment**

OBHK will provide the basic equipment, including hiking backpack, sleeping mat, sleeping bag, bowl and eating utensils, cooking stove and all other technical equipment. For personal equipment like clothing, toiletries and footwear, OBHK has prepared the following video to brief students how to prepare for it.

<https://youtu.be/b8ASDpcTTdg>

◆ **Course Preparation**

The OBHK has provided a list for students to get well prepared physically and mentally. For details, please refer to:

<https://www.outwardbound.org.hk/why-outward-bound/am-i-prepared>

◆ **Frequently Asked Questions (FAQ)**

The OBHK has prepared a FAQ list among meal arrangements, personal hygiene and safety etc. For details, please refer to:

<https://www.outwardbound.org.hk/faq>