Mui Wo

Age: 7-11
Date: 3 July - 11 August
Program: 2 / 3 / 5 - Days

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Waterfall Canyoning	**Stand Up Paddle Boarding** **Beach Battles**	**Kayaking**	**Canyoning**	**Island Survivalist**
Arrival Time: 8:30am Dismissal Time: 4:45pm				
$2,450		$3,350		
$5,250				

Meeting Location: Central Pier #6

*Participants need to travel by public ferry.

Waterfall Canyoning: The activity begins with a safety briefing including a harness & helmet demonstration, and students will learn to safely spot one another, help each other over obstacles, and use safety equipment correctly. Students will be introduced to climbing ropes, harnesses, helmets and carabiners, and have time to practice “clipping on” until they feel comfortable with the equipment. Waterfall is a high dynamic activity in which students make use of handlines to explore the rocks around a multi-tiered waterfall, and the beautiful setting provides numerous opportunities for Dragonfly staff to incorporate nature themes and Leave No Trace principles. At the conclusion of the activity, students will have time to swim and splash in the pools around the waterfall.

SUP: At the introductory level of stand-up paddleboarding, students will begin to build water confidence, learning basics of SUP and water safety, how to properly put on and adjust a PFD, the parts of an oar and SUP, how to board an SUP both on and off the water, the steps required to reach a standing position on the board, and the essential paddle strokes (forward, backward, turns). After acquiring the essential skill set, participants will engage in series of games and challenges designed to develop the skills they have just learned.

Beach Battles: This activity is designed to be a fun way to wrap up a program. Participants are divided into 4-6 teams that will compete in several events, accumulating points for their team as they go. There is a lot of flexibility as to what the games and activities can be, but generally they will be related to the skills that the participants have practiced during the program. Chants, team names, face paint & costumes can all be part of the mix, as teams compete in a series of fun, beach-based competitions and games.

Kayaking: Students will begin to build water confidence at this introductory level, learning basics of kayaking and water safety, how to properly put on and adjust a PFD, the parts of a paddle and kayak, how to board a kayak both on and off the water, and essential paddle strokes (forward, backward, turns). Students will practice these techniques as they engage in a set of games and challenges to help them gain confidence. After acquiring the essential skill set, participants will set off on a short journey around the area.

Canyoning: The activity begins with a safety briefing including a harness & helmet demonstration, and students will learn to safely spot one another, help each other over obstacles, and use safety equipment correctly. Students will then venture up a canyon, navigating their way through a rocky riverbed by scrambling over rocks, splashing through water and walking on dirt trails. In more technical sections, participants will use handlines to traverse the steeper and more challenging terrain. At several points during the activity, teams of participants will navigate obstacle courses to continue to practice the skills they have learned (full day only).

Island Survivalist: Participants will engage in a survival scenario in which they must “abandon ship”, swim to shore and then obtain the basic elements needed for survival. Students will be provided with a list of available equipment and resources, and engage in an exercise in which they must prioritize based on the needs of their situation. Choices of materials and resources will be critical to survival, and students will be required to determine the survival value of the available resources. In this activity, students will learn some combination of survival skills, such as water purification, fire making, shelter building, wildlife identification, and others. The skills Dragonfly chooses for the students will depend on the length of the activity (full day or half day) and the activity location.

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Summer Program Packing List

	WHAT TO WEAR Recommended daily attire
	Long-sleeved shirt or T-shirt worn with arm sleeves Lightweight and quick-drying fabric
	Trousers or knee-length shorts No denim – must be lightweight and quick-drying fabric
	Sturdy trainers No part of the feet should be exposed – must be **closed-toe, closed-heel,** with sturdy soles
	Wide-brimmed hat or cap, with neck cover To shade face, ears, and neck
	Swimwear(*For water activity days, please arrive with swimwear already on/under clothes)* **Long-sleeved** rash guard or swimsuit top, with **long leggings**

Shoes and Swim wear for the activities					
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Activities	Waterfall Canyoning	Stand Up Paddle Boarding Beach Battle	Kayaking	Canyoning	Island Survivalist
Swimwear (*Long sleeved*)	✓	✓	✓	✓	✓
Water shoes	✗	✓	✓	✗	✓
Trainers	✓**(2 pairs)****	✓	✓	✓**(2 pairs)****	✓
Spare clothes for changing	✓	✓	✓	✓	✓

**Thursday: Please bring 2 pairs of shoes, one for canyoning activity and one for changing at the end.

The Hong Kong sun is VERY intense. Participants should cover as much of their skin as possible!

Sturdy Trainers	No Crocs	No Flip-flops	No Sandals	Water Shoes

	WHAT TO BRING Please use a dry-bag or light backpack with padded shoulder straps (*no drawstring bags*)
	Spare clothes, shoes and towel Full change of top, bottoms, underwear, and a pair of water shoes or old trainers
	Packed lunch and snacks (*no nuts or seafood allowed*) All food should be stored in secure airtight containers with eating utensils
	Two x 1-liter refillable water bottles Filled with water
	Sunscreen SPF 30 or above, preferably waterproof and non-scented
	Insect repellent Preferably non-scented
	Lightweight rain jacket *(no ponchos)* Hooded and shower-proof
	Spare face masks & hand sanitizer
	Prescription medicines (*if needed*) Personal emergency medications such as EpiPen (please bring two) or inhalers

**Please ensure the backpack has enough room for packed lunches, snacks, etc, and not carried separately. Participants will need both hands to carry out tasks safely during activities.

Sunscreen advice
In addition to wearing protective clothing, it is important for participants to apply sunscreen correctly: • Apply to all exposed areas of skin 20 minutes before heading outside. • Apply generously to arms, legs, front and back of body and face (including neck and ears). One full body application should be equivalent to about 7 teaspoons (35ml) depending on how much of the body is covered by protective clothing. • Re-apply sunscreen every two hours, immediately after swimming, sweating or towel drying.

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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. Can children still register if they are younger or older than 7 - 11 years old?

Unfortunately, no. To give participants the best possible experience, and for safety considerations (i.e. the use of well-fitting safety equipment), we do not permit children under age 7 or older than age 12 to join the camps. We may, however, run camps for children of other age groups in the future

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

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

4. 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.

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.

5. Is it an overnight camp?

No. This is a day camp and participants will be dismissed at the end of each day. For the meeting and dismissal points each day, please refer to the next question.

6. 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/ Peng Chau. Please note that participants need to bring a topped up Octopus card to pay for the ferry fare themselves.

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.

7. Can I request my child to be in the same group as their friends?

Where possible, we will endeavour to group friends together, however cannot guarantee that we can meet all requests due to operational and logistical needs. Dragonfly reserves the right to separate siblings or friends into different activity groups as necessary.

8. What arrangements are there for bad weather?

If Tropical Cyclone Warning Signal No. 3 or above, or Red Rainstorm Warning Signal or above, is issued by the Hong Kong Observatory before the start of the day, the program day is cancelled. Should these Warning Signals not be raised, however Dragonfly deems the weather to be unsuitable for the originally scheduled activities, we may decide to change to another activity, or to be move to a sheltered area, or cancel the program day, depending on the severity of the conditions.

If Dragonfly announces the cancellation of a program day for the above weather reasons, then parents can choose to accept a refund or course credit to be used for future Dragonfly camps. Refund: 30% of the non-discounted camp fee, pro-rata, will be retained to cover administrative costs and the remaining refunded. Course credit: The amount paid, pro-rata, will be offered as credit to be used on any Dragonfly camp within the next 12 months.

9. What are the cancellation terms and conditions?

Dragonfly reserves the right to accept or reject any refund/credit applications if supporting documents are not provided or advance notice is not given as stated below. Refunds are based on the number of day(s) missed/cancelled. Any alternative arrangements arising from cancellations are at the discretion of Dragonfly. Refunds will only be given under the following circumstances:

Cancellations due to medical reasons (Including COVID)

Dragonfly will charge an administrative fee equivalent to 30% of the program fee (non-discounted price) and refund the remaining if participants inform Dragonfly by WhatsApp before 7.00am on the program day(s) and submit a signed doctor's sick note stating the reason they are unable to participate and date(s) to be missed within 5 days.

If a participant is a close contact of someone who has Covid, they are required to notify us and take an at-home RAT every morning of the program. They will be allowed to continue participation if they test negative, however if they test positive they will not be allowed to continue participation and the above medical cancellation terms will be applied.

Cancellations due to adverse weather

See previous question.

10. Is there any insurance policy for participants?

During activities, participants will be covered by Dragonfly Limited's insurance policies.

11. How can I contact Dragonfly?

E-mail: enquiries@learnwithdragonfly.com

WhatsApp: +852 5345 7235

Phone: +852 2111 8918 / 2111 8917