

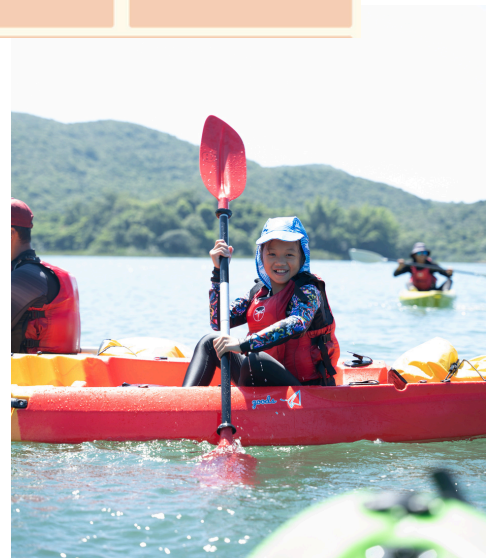
# Sai Kung Day Camp

Age: 7-11

Date: 8 July - 23 August

Program: 2 / 3 / 5 - Days

Mon	Tue	Wed	Thu	Fri
<b>Catapult Clash</b>	<b>Canyoning (Level 1)</b>	<b>Kayaking</b>	<b>Canyoning (Level 2)</b>	<b>Snorkeling</b>
<b>Giant Stand Up Paddle</b>	<b>Lost in the Wild: Water Filtration</b>	<b>Lost in the Wild: Shelter Building</b>	<b>Lost in the Wild: Fire Making</b>	<b>Raft Building</b>



In this program, participants will learn:

- Water safety skills such as how to put on a PFD (personal floatation device), board and dismount an SUP/kayak
- How to sit, stand and paddle on a stand-up paddleboard
- Essential paddle strokes to manoeuvre a kayak across a short sea journey
- Knot-tying skills to make a catapult using bamboo poles and ropes
- Team work skills to design and launch the catapult
- Rock scrambling, canyoning, and hiking through a gorge
- To use handlines and zip lines to safely cross bodies of water
- The importance of survival skills in the wild
- Water filtration techniques
- Creative ways to build a shelter to protect from the wind or rain using minimal materials
- The necessary components of igniting a fire and try different techniques such as using wooden drills or steel flints
- Coral identification and environmental issues
- Snorkelling in a protected marine park
- Collaboration and team work skills whilst competing in beach-based games
- Design and build a raft that will transport 4-8 teammates across a span of water by using bamboo, rope and innertube

# Mui Wo Day Camp

Age: 7-11

Date: 15 July - 23 August

Program: 2 / 3 / 5 - Days

Mon	Tue	Wed	Thu	Fri
<b>Raft Building</b>	<b>Canyoning (Level 1)</b>	<b>Junior Lifeguards</b>	<b>Canyoning (Level 2)</b>	<b>Island Survivalist</b>
<b>Stand Up Paddle</b>	<b>Water Filtration</b>	<b>Kayaking</b>	<b>Shelter Building</b>	<b>Beach Battles</b>



In this program, participants will learn:

- Design and build a raft that will transport 4-8 teammates across a span of water by using bamboo, rope and innertube
- Rock scrambling, canyoning, and hiking up a gorge to a waterfall
- To use handlines and zip lines to safely cross bodies of water
- Water safety skills such as how to put on a PFD (personal floatation device)
- Learn the techniques for water rescue, including safety interventions, through various rescue scenarios.
- Essential paddle strokes to manoeuvre a kayak across a short sea journey
- Learn some combination of survival skills, such as water purification, fire making, shelter building, wildlife identification
- Collaboration and team work skills whilst competing in beach-based games