



15 - 18 July 2025

FUTURE LEADERS ADVENTURE OVERNIGHT CAMP

Suitable for Ages 11 - 14 Years

 Sai Kung

Follow Us



Camp Details

Dates: 15 - 18 July 2025

Location: HKFYG Jockey Club Sai Kung Outdoor Training Camp,
DD 256, Tai Mong Tsai Road, Sai Kung, Hong Kong
Bus service from Kowloon Tong is included on the first and last day of the camp

Age: 11 - 14 Years

Duration: 4 days 3 nights

Price: \$8,350

Language: English

Group Size: 24 students (12 boys, 12 girls)



Key Dates

Registration Deadline:

27 June 2025, 10:00 AM

Camp Confirmation Date:

27 June 2025



10% OFF

Exclusive Offer

Enter promo code **ESF_OVERNIGHT10**
at checkout to receive **10% off** your overnight camp enrolment.

[Sign Up Here](#)

**Offer valid until 27 June 2025. T&C Apply.*

Contact Us



www.esfexplore.org.hk



(852) 2711 1280



overnightcamp@esfexplore.org.hk

Camp Introduction

Join us for the Future Leaders Adventure Overnight Camp, an exciting overnight experience where young minds embark on a journey of discovery and growth! At ESF Explore, we embrace a holistic approach to education that fosters global citizenship and reflective practice. This camp empowers students through inquiry-based learning, helping them develop essential life skills.

Participants will work together in teams on engaging activities that emphasise critical thinking and collaboration. Highlights include building a group raft, competing in a catapult engineering challenge, hiking through Hong Kong's fabulous trails, and showcasing their talents in a group talent show. They will also engage and learn from their Big Brothers and Big Sisters, who are ESF older students or recent alumni, providing valuable mentorship and support.

Our personalised and collaborative learning environment nurtures emotional intelligence and wellbeing, ensuring every child thrives. This transformative overnight adventure is designed to inspire the next generation of changemakers, encouraging lifelong friendships and a sense of environmental responsibility. Join us as we cultivate future leaders equipped to make a difference in the world!



Highlights and Outcomes

- **Engaging Overnight Experience:** Enjoy a transformative stay filled with adventure and learning.
- **Team Collaboration:** Work in teams on engaging activities that emphasise critical thinking and cooperation.
- **Exciting Challenges:** Participate in building a group raft and competing in a catapult engineering challenge.
- **Nature Exploration:** Hike through Hong Kong's stunning trails, fostering a connection with the environment.
- **Showcasing Talents:** Participate in a fun group talent show, encouraging creativity and self-expression.
- **Mentorship Opportunities:** Learn from Big Brothers and Big Sisters—ESF older students and recent alumni.
- **Skill Development:** Enhance leadership, problem-solving, and emotional intelligence through hands-on experiences.
- **Lifelong Friendships:** Build lasting connections with peers and mentors.
- **Holistic Growth:** Experience a programme that promotes global citizenship and personal wellbeing.

ESF Big Brothers & Sisters

Our ESF Big Brothers & Sisters are ESF rising Year 13 students and recent alumni who play a vital role in our Future Leaders Adventure Overnight Camp. These hand-picked young mentors embody the spirit of leadership and community, providing guidance and support to campers. With a diverse range of skills and experiences, they inspire and motivate students, helping them build confidence and develop essential life skills.

Through their involvement, they foster a supportive environment that encourages personal growth and camaraderie among participants, making a lasting impact on the next generation of leaders. In addition to our Programme Staff, we typically include 1 Big Brother and 1 Big Sister on each programme for every group of 20 students.



Meet Our Team

Our camp staff bring a wealth of experience and expertise, ensuring a safe and enriching environment for all campers. Each team member is certified in First Aid, ready to handle any situation with confidence and care.



Queenie Wu - Team Leader

Queenie has been a part of the **ESF teaching family since 2014**. As an active outdoor enthusiast, she enjoys camping, travelling, surfing, free diving, and playing volleyball. Additionally, she is a **qualified tour escort under the Travel Industry Authority** and has been leading overseas exchange programmes for groups aged 10 - 16 for over four years. She is honoured to serve as the team leader, and truly believes this camp is set to be a fun and exciting experience for our future leaders. She can't wait to meet you all for this adventure! Queenie speaks **English, Cantonese, and Mandarin** fluently.



Phil Devereux - Adventure Guide

Phil is originally from England and has **over 18 years of coaching experience in Singapore and Hong Kong**. He has previously led numerous groups of students on various trips across Asia. As an adventure guide, he emphasises instilling values like hard work, trustworthiness, and reliability. He strives to support students' growth, fostering a positive environment where they can thrive.



Neetu Sharma - Adventure Guide

Neetu has been a **cornerstone of ESF Explore for over a decade**, shaping young minds. She passionately advocates for **holistic learning**, emphasising the vital role of outdoor education, especially through the **ESF Forest School programme**. Beyond her professional role, Neetu is a vibrant and active individual who thrives on hiking through scenic trails, exploring new travel destinations, and practising yoga and meditation for wellness. As a proud mother of a teenage boy, she brings energy, warmth, and enthusiasm to every aspect of her life. Neetu eagerly looks forward to this new adventure and is excited to meet and connect with everyone!

FUTURE LEADERS ADVENTURE OVERNIGHT CAMP

Registration Deadline: 27 June, 10AM

Time	Day 1 15/07/2025	Day 2 16/07/2025	Day 3 17/07/2025	Day 4 18/07/2025
08:00 - 08:45	Camp Arrival & Registration 營地抵達及登記	Breakfast 早餐	Breakfast 早餐	Breakfast & Pack Up 早餐和收拾行李
09:00 - 11:00	Ice Breakers & Quest for Knowledge 尋寶之旅	Raft Building Competition 木筏建造工程	Trailblazers Expedition 探險者遠足	Culinary Life Skills Exploration 烹飪生活技能工作坊
11:00 - 12:00	Unity Hub Social Time 友誼廣場			
12:00 - 12:45	Lunch Break 午餐			
12:45 - 14:00	Team Building Activities 團隊建立活動			Departure by 13:30 13:30 離開營地
14:00 - 16:00	Water Works Challenge 水流挑戰	Roman Catapult 羅馬投石機	Summit Climb Challenge 攀岩競技	
16:00 - 18:00	Hydration Relay 水球接力賽	Kayaking Adventure 獨木舟探險	Archery Quest 射箭挑戰	
18:00 - 18:45	Dinner (Day 2: BBQ & Campfire Night) 晚餐 (第二日晚餐為燒烤和營火晚會)			
Evening Activity	Creative Expressions Workshop 藝術創作坊	Movie Screening & Quiet Time 電影放映夜	Talents Showcase & Closing Ceremony 才藝表演和閉幕典禮	
21:30	Get Ready for Bed & Lights Out 準備就寢			



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*Schedule subject to changes

Activity Breakdown



Quest for Knowledge

Embark on an exciting treasure hunt where students collaborate to solve puzzles, enhancing their problem-solving abilities and fostering a sense of camaraderie while developing leadership skills.



Unity Hub

Join a vibrant social space where students can reflect on ideas and experiences, building strong relationships and enhancing their capacity for teamwork and collaboration.



Team Building Activities

Engage in fun and exciting activities which promote teamwork and communication. Diverse and engaging, the activities students participate in will develop their physical health, enhance their sporting capabilities, and foster their collaboration skills.



Water Works Challenge

Tackle the Leaky Water Pipe activity, where teams design solutions to manage water flow, promoting innovation, teamwork, and leadership as they navigate unexpected challenges.



Hydration Relay

Participate in the Water Ball Transfer, a fun and competitive relay that emphasises teamwork and strategic thinking, encouraging students to lead and support one another.



Creative Expressions Workshop

Join this fabric dyeing class, where students explore their creative sides while collaborating on projects, fostering teamwork and encouraging leadership in artistic expression.



Raft Building Competition

Work together to design and construct rafts, cultivating problem-solving skills and teamwork while igniting a sense of adventure as students prepare for the water challenge ahead.

Activity Breakdown



Roman Catapult

In this activity, team members use limited materials (bamboo and ropes) to collaboratively build a catapult, fostering leadership skills and resilience as they strategise and adapt to overcome challenges while launching water balloons in a fun competition.



Kayaking Adventure

Experience the thrill of kayaking as students navigate waters together, enhancing their leadership skills and building trust through shared challenges and teamwork.



Trailblazers Expedition

Embark on a Hiking & Orienteering adventure where students develop navigation skills and teamwork, encouraging leadership as they explore the great outdoors together.



Summit Climb Challenge

Conquer the Indoor Rock Climbing walls, fostering teamwork and personal growth as students support each other in overcoming challenges and reaching new heights.



Archery Quest

Hone focus and precision in Indoor Archery, where students learn to lead by example and work collaboratively to improve their skills and boost team morale.



Culinary Life Skills Exploration

Participants learn essential cooking techniques and nutrition while developing teamwork and confidence in the kitchen, empowering them to make healthier food choices.



Talents Showcase

Participate in the Talents Showcase, a platform for students to shine individually while supporting one another, fostering a community of encouragement, leadership, and shared passion for the arts.

Camp Site Features

Before diving into the packing list, here are some fantastic features of the **HKFYG Jockey Club Sai Kung Outdoor Training Camp** that will enhance your child's overnight experience:

- **Drinking Fountains:** Conveniently located to refill water bottles throughout the camp.
- **Modern Dormitory Facilities:** Comfortable bunk beds with clean sheets, pillows, and blankets provided.
- **Bathrooms:** Equipped with private toilets and showers, ensuring privacy and comfort.
- **Hot & Cold Water:** Available for showers and other needs.
- **Modern A/C Units:** To keep the dormitories cool during the hot summer months.
- **Common Living Room Area:** A cosy space for relaxation and socialising with fellow campers.
- **Gender Segregated Facilities:** Girls and boys will be separated into their respective campsite dormitories.

*Please note that there are **no laundry facilities** on site.



Meals Arrangement

Nutrition is a key component of a successful camp experience. We strive to provide balanced, nutritious meals that cater to a variety of dietary needs. Here's what parents can expect regarding meals at the camp:

Meal Schedule

- **Breakfast, Lunch, and Dinner:** All meals will be provided during the camp, with a schedule that accommodates the daily activities.
- **Snack Time:** Although we will not provide snacks within our camp, snacks will be available at the cafe on site, and we will have allotted times in the schedule for students to self-purchase via Octopus Card or small change. Please note that Alipay and WeChat Pay are **not** accepted.

Dietary Restrictions

We understand that campers may have specific dietary needs or allergies. **Parents must inform us of any dietary restrictions during registration via our Medical Form.**

Meal Variety

Our menu will feature a variety of options, including vegetarian and non-vegetarian dishes, ensuring that all campers have satisfying and enjoyable meals. We aim to introduce campers to new foods while still providing familiar favourites.



Packing List

As we prepare for an exciting overnight camp during the hottest time of year in Hong Kong, please ensure your child packs the following essentials to stay comfortable and safe.

Due to dormitory spacing, each child is only allowed 1 suitcase.

Clothing

- ☐ T-shirts
- ☐ Long-sleeves shirts
- ☐ Shorts
- ☐ Pants
- ☐ Sweater / hoodie
- ☐ Waterproof jacket
- ☐ Underwear
- ☐ Socks
- ☐ Swimsuit
- ☐ Water shoes
- ☐ Pajamas
- ☐ Hat

Toiletries

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Shampoo
- ☐ Conditioner
- ☐ Body wash / soap
- ☐ Deodorant
- ☐ Hairdryer
- ☐ Sunscreen
- ☐ Mosquito repellent
- ☐ Towel
- ☐ Washcloth
- ☐ Sanitary items

Footwear

- ☐ Sturdy shoes
- ☐ Hiking boots
- ☐ Sandals / flip-flops

Overnight Gear

- ☐ Torch / flashlight
- ☐ Reusable water bottle
- ☐ Backpack
- ☐ Notebook and pen

Miscellaneous

- ☐ Books or games
- ☐ Octopus card and / or small change
- ☐ Personal items (as needed)
- ☐ Medications

Notes:

- Ensure all items are clearly labelled with your child's name
- Check the camp's guidelines for any specific items to include or avoid
- Feel free to modify the list based on your child's specific needs

Pre-camp Online Orientation

After enrolling in the programmes, parents will have the opportunity to attend an online pre-camp orientation before the camp starts. It will be held on **6 July (Sunday)**, a week prior to the start of the camp. During this session, they can learn more about the camp in detail and meet our camp leaders and staff. This is a great opportunity for parents to ask any questions they may have about the camp.

Policies and Guidelines

1. Cancellations must be made in writing before 27 June, with a \$200 admin fee applied, and the remaining course fee will be refunded. No withdrawals will be allowed thereafter.
2. For students who miss more than 50% of the overnight camp due to illness, we are happy to offer an 80% credit voucher for future use, provided we receive a doctor's note within 7 days.
3. Should any inclement weather warnings, specifically Typhoon Signal No. 8 or above, or Red/Black Rainstorm warnings, be issued before the start of the programme on the first day, ESF Explore will make an announcement based on the situation. Once the programme has commenced, it will proceed as scheduled, regardless of weather conditions. Activities will be held indoors in a safe environment in the event of inclement weather, and our qualified and experienced instructors will be responsible for the safety of all attendees throughout the programme.



Q&A

1. Do I need to purchase traveller's insurance?

We will purchase group travel insurance for all campers, ensuring coverage for unexpected events such as medical emergencies or trip cancellations. Individual policies are not required.

2. What if my child experiences homesickness?

Our trained staff will provide support and encouragement, helping your child adjust to camp life. We encourage parents to discuss this with their child beforehand and reassure them that it's normal to miss home, especially for the first time away.

3. What if my child cannot swim?

We offer activities for all skill levels, including non-swimmers. Children who cannot swim will be placed in age-appropriate activities that do not involve water. Safety is our top priority, and staff will ensure all campers feel comfortable. All students are required to wear a life jacket.

4. What happens if it rains?

Camp activities are designed to be flexible. In the event of rain, we have alternative indoor activities planned to ensure that campers remain engaged and entertained, regardless of the weather. Please refer to our policies and guidelines found on the previous page.

5. Can my child have their own private room?

Campers will be accommodated in shared gender specific dormitory spaces to promote social interaction and teamwork. Unfortunately, private rooms are not available. If your child has specific needs, please contact us.

6. Can I, as a parent, join the camp?

For the safety and comfort of all campers, parents are not permitted to join the camp activities, and this site does not allow walk-in visitors. We encourage parents to help children prepare for independence during their time at camp.

Q&A

7. What is your Mobile Phone, Smart Watch & Tablet/Laptop Policy?

At our overnight camp, we recognise the importance of staying connected, so students are allowed to bring mobile phones and smart watches for emergency contact. However, this is a privilege that can be revoked if students use these devices excessively or for non-camp activities like gaming. Our staff may confiscate devices if necessary. We will provide designated times during breakfast and dinner for your child to contact you. Please note that tablets, laptops, and other electronics are not permitted to ensure a focused and immersive camp experience. Thank you for your understanding!

8. What if my child cannot communicate in English?

All activities at the camp will be conducted in English. However, for emergency communication and certain instructions, our team leader is fluent in Mandarin and Cantonese, ensuring that your child can receive the necessary support. We strive to create an inclusive environment for all campers, but do expect students to have strong conversational skills in English.

9. Do you provide daily updates and photos of my child at the camp?

Our team will be busy managing activities each day, but we will send a brief summary of the day's events along with a few photos to the group at the end of each day. Please note that, due to time constraints, not every student may be featured in every photograph.

10. What is your policy related to romance and dating?

Our camp focuses on fostering a positive and inclusive environment for all campers. We encourage friendships and teamwork, but we discourage romantic relationships during the camp session. This policy helps maintain a supportive atmosphere and ensures that all participants can fully engage in activities without distractions.

Contact Us



(852) 2711 1280



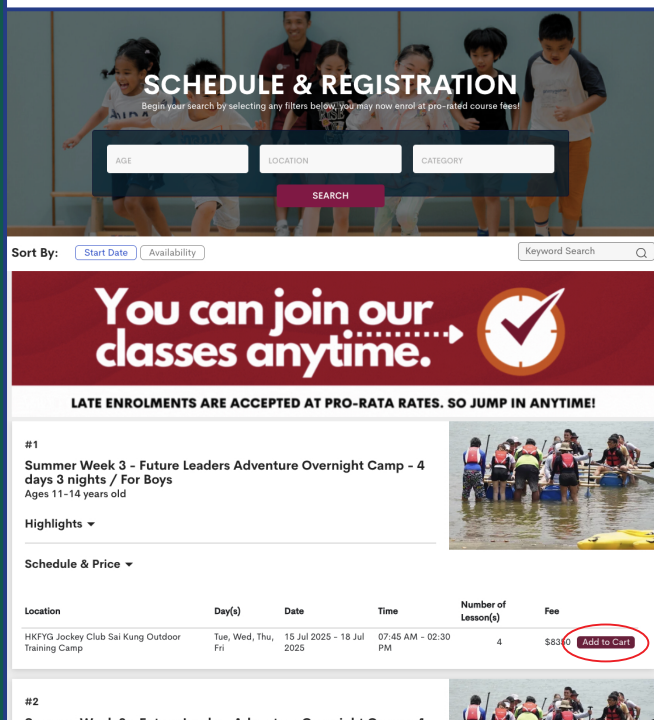
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How to Enrol (Online Only)

1

Locate the programme you could like to enrol for, and click "Add to Cart".



SCHEDULE & REGISTRATION
Begin your search by selecting any filters below. You may now enrol at pro-rated course fees!

AGE LOCATION CATEGORY

SEARCH

Sort By: Start Date Availability Keyword Search

You can join our classes anytime.

LATE ENROLMENTS ARE ACCEPTED AT PRO-RATA RATES. SO JUMP IN ANYTIME!

#1
Summer Week 3 - Future Leaders Adventure Overnight Camp - 4 days 3 nights / For Boys
Ages 11-14 years old

Highlights ▾

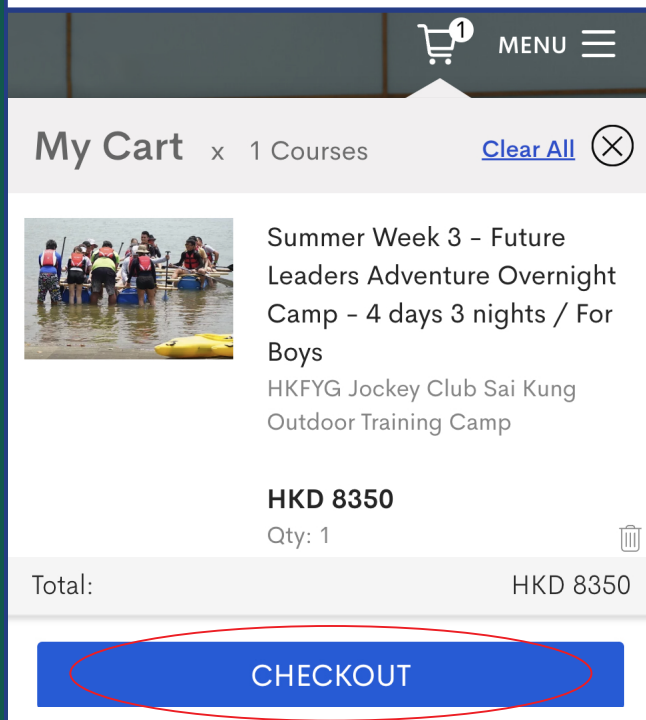
Schedule & Price ▾

Location	Day(s)	Date	Time	Number of Lesson(s)	Fee
HKFYG Jockey Club Sai Kung Outdoor Training Camp	Tue, Wed, Thu, Fri	15 Jul 2025 - 18 Jul 2025	07:45 AM - 02:30 PM	4	\$8350 Add to Cart


#2
Summer Week 3 - Future Leaders Adventure Overnight Camp - 4

2

Click shopping cart at the top right corner, then click "CHECKOUT".



My Cart x 1 Courses [Clear All](#) (X)



Summer Week 3 - Future Leaders Adventure Overnight Camp - 4 days 3 nights / For Boys
HKFYG Jockey Club Sai Kung Outdoor Training Camp

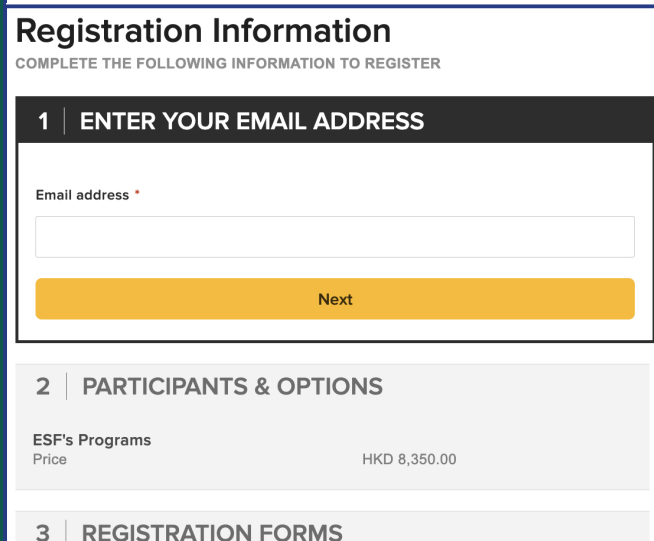
HKD 8350
Qty: 1

Total: HKD 8350

CHECKOUT

3

Follow through boxes 1 to 3 to fill in your enrolment information.



Registration Information
COMPLETE THE FOLLOWING INFORMATION TO REGISTER

1 | ENTER YOUR EMAIL ADDRESS

Email address *

Next

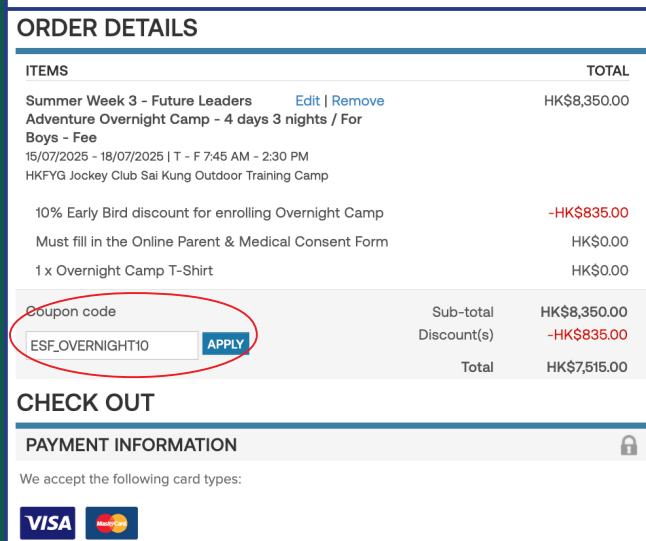
2 | PARTICIPANTS & OPTIONS

ESF's Programs Price HKD 8,350.00

3 | REGISTRATION FORMS

4

Enter coupon code, click apply. Follow the on-screen instruction to input your payment information, and click "COMPLETE".



ORDER DETAILS

ITEMS	TOTAL
Summer Week 3 - Future Leaders Adventure Overnight Camp - 4 days 3 nights / For Boys - Fee 15/07/2025 - 18/07/2025 T - F 7:45 AM - 2:30 PM HKFYG Jockey Club Sai Kung Outdoor Training Camp	HK\$8,350.00
10% Early Bird discount for enrolling Overnight Camp	-HK\$835.00
Must fill in the Online Parent & Medical Consent Form	HK\$0.00
1x Overnight Camp T-Shirt	HK\$0.00
Coupon code ESF_OVERNIGHT10 APPLY	Sub-total HK\$8,350.00 Discount(s) -HK\$835.00 Total HK\$7,515.00

CHECK OUT

PAYMENT INFORMATION

We accept the following card types:

VISA Mastercard