

ESF Explore
英基探新

29 June - 7 August 2026

Summer Academy 2026

Suitable for Ages 12 - 14 Years

Follow Us



Contact Us

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About ESF Explore

Inspire and Explore: Learn. Create. Grow.

ESF Explore offers explorative extracurricular programmes that challenge students, spark their curiosity and help them uncover their unique strengths and interests. Open to all children.

Catering from infants to teens, we offer playgroups, sports, language classes, arts, drama, STEM learning, and more immersive English-based variety programmes for children of all ages.

Our classes are held at ESF schools and kindergartens located throughout Hong Kong Island, Kowloon and New Territories. All schools are equipped with excellent facilities and resources that support child development.

About Summer Academy

Empower Your Future: Unleash Your Potential!

Are you ready to take charge of your future? Summer Academy is an innovative programme designed for secondary students eager to develop essential skills for success. Dive into **creative expression**, where you'll explore the dynamic world of media, language, and public speaking. Build your **critical thinking** abilities through engaging debates and hands-on business and finance activities.

This programme isn't just about learning; it's about inspiring you to think critically and creatively. Whether you dream of becoming an entrepreneur, a journalist, or a public speaker, we provide the tools and guidance you need to shine. Join us to connect with peers, ignite your passions, and prepare for the career path that excites you the most.

Empower yourself today and step confidently into your future!

Contact Us

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Summer Academy Locations



Instructors from



香港大學
THE UNIVERSITY OF HONG KONG



UNIVERSITY OF
CAMBRIDGE



Imperial College
London



Loughborough
University



UNIVERSITY
OF WARWICK



UNIVERSITY OF
BATH

LAMDA

Cartier
WOMEN'S
INITIATIVE

Hogan
Lovells

Summer Academy Full Day Camp

This year, we provide two combo options for Summer Academy full day camp. Whether it's academic enrichment, career explorations or athletic development, we offer diverse full day programmes to accomodate your need.

9AM - 12PM

Athletic Development

Academic Enrichment / Career Exploration

1PM - 4PM

Academic Enrichment / Career Exploration

Academic Enrichment / Career Exploration



Full Day Camp Recommended Schedule

Morning Session 9am - 12pm	Afternoon Session 1pm - 4pm	Schedules	Week 0 22 - 26/6	Week 1 29/6 - 3/7	Week 2 6 - 10/7	Week 3 13 - 17/7	Week 4 20 - 24/7	Week 5 27 - 31/7	Week 6 3 - 7/8
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Hong Kong Island: Island School 港島中學 (20 Borrett Rd, Mid-Levels, with Bus Service option)

		Here	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Financial Literacy	Debate	Here	✓						
	Future Ready: Resumé & Interview Skills	Here		✓					
	Multi Industry Real World Experience	Here				✓			
	Public Speaking: Speak Your Truth	Here					✓		
	Multi Industry Real World Experience	Here						✓	
	Self by Design: Psychology of Self & Future Success	Here							✓
Multi-Sports	Debate	Here	✓						
	Future Ready: Resumé & Interview Skills	Here		✓					
	Multi Industry Real World Experience	Here				✓			
	Public Speaking: Speak Your Truth	Here					✓		
	Multi Industry Real World Experience	Here						✓	
	Self by Design: Psychology of Self & Future Success	Here							✓
Lunch (12pm - 1pm)*		First Steps in English*	✓	✓	✓	✓	✓	✓	✓

Kowloon: King George V School 英皇佐治五世學校 (2 Tin Kwong Road, Homantin, Kowloon)

		Here	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Financial Literacy	Debate	Here	✓						
	Deep Tech Lab Junior	Here	✓						
Multi Industry Real World Experience	Future Ready: Resumé & Interview Skills	Here		✓					
Media News and Me	Debate	Here			✓				
Multi Industry Real World Experience	Public Speaking: Speak Your Truth	Here				✓			
Future Ready: Resumé & Interview Skills	Media News and Me	Here					✓		
French Adventure	Media News and Me	Here					✓		
Teen Entrepreneur Launchpad	Debate	Here						✓	
Lunch*		First Steps in English* (1-4pm)	✓	✓	✓	✓	✓	✓	✓

New Territories: Renaissance College 啟新書院 (5 Hang Ming Street, Ma On Shan, New Territories)

		Here	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Media News and Me	Future Ready: Resumé & Interview Skills	Here	✓						
Public Speaking: Speak Your Truth	Debate	Here		✓					
Teen Entrepreneur Launchpad	Multi Industry Real World Experience	Here				✓			
Debate	Media News and Me	Here					✓		
Financial Literacy	Multi Industry Real World Experience	Here						✓	
Multi-Sports	Future Ready: Resumé & Interview Skills	Here	✓						
	Debate	Here		✓					
	Multi Industry Real World Experience	Here				✓			
	Media News and Me	Here					✓		
	Multi Industry Real World Experience	Here						✓	
Lunch*		First Steps in English*	✓	✓	✓	✓	✓	✓	✓

*Students are expected to pack food to bring to class every day, and will have lunch in a designated area supervised by teachers from 12 - 1PM.

*First Steps in English Full Day camp is only suitable for English beginners or those at a very basic level of English. Course materials are on a 4-week rotation, meaning Weeks 1 - 4 are different every week and Week 5 starts the rotation again.

Academic Enrichment Courses



Game Changers

ENROL HERE

Our Multi-Sports Camp provides a comprehensive introduction to essential motor skills and their specific roles in competitive play. By exploring a diverse range of sports categories throughout the week, we ensure students enhance both their **physical literacy** and their **strategic awareness**. Beyond the game, we prioritise the development of sportsmanship and collaborative communication. Our objective is for every participant to exit the programme with measurable gains in agility and a deeper understanding of the principles of sport.

A daily water session (wet camp) is included.

Category	Primary Goal	Sample Activities
Teambuilding & Cooperative Play	Beyond competition, we foster "Social IQ." Through games like Crossing the Lava, children practice active listening, patience, and verbal communication .	<ul style="list-style-type: none"> The Human Knot Parachute Games The Floor is Lava
Agility & Spatial Awareness	Chasing and fleeing games are essential for developing " deceleration " and " dodging " skills—the physical foundations of safety and athletic performance.	<ul style="list-style-type: none"> Tag / Touch Stuck in the Mud Bulldogs / Octopus / Run the Gauntlet
Tactical Awareness (Invasion)	By playing games like basketball, football or handball, students learn the core concepts of "attacking and defending," improving their ability to read a game.	<ul style="list-style-type: none"> Benchball Endball Capture the Flag
Reaction & Coordination (Net/Wall)	These activities sharpen hand-eye coordination and racquet control, teaching students to anticipate an opponent's move .	<ul style="list-style-type: none"> Newcomb Ball / Catchball Knockout Tennis
Technical Execution (Striking & Fielding)	Students refine the mechanics of bowling, catching, and striking with a bat, building confidence through repetitive, high-success play .	<ul style="list-style-type: none"> Tee-ball Kickball
Focus & Control (Target)	We teach the " fine motor " side of sports, focusing on the controlled release of objects and the ability to judge distance and force .	<ul style="list-style-type: none"> Beanbag Toss / Bucketball / Cornhole Beanbag Boccia / Lawn Balls / Curling

**Activities subject to change*

What Does Wet Camp Look Like?

Multi-Sports wet camp includes a **30-minute water play session** everyday. **Previous swimming experience is not required**, students will only engage in fun activities in the pool with the support of underwater platforms.

Wet camp is available at:

- ✓ Island School
- ✓ Renaissance College



Joe Tuohy

- 10+ years of teaching experience
- BSc, Sports Science with Management (Loughborough University)

**Instructor subject to change.*

Academic Enrichment Courses

First Steps in English

ENROL HERE

✔ Completion Certificate

This programme is ideal for students **just starting their English language journey**. Our interactive classes emphasise real-life communication, empowering students to speak confidently with others. By engaging in games, role-playing, and group activities, learners will acquire essential vocabulary and phrases in a vibrant setting. Each week, we explore different topics – such as travel, food, and celebrations – helping students **deepen their understanding of the language and gain the confidence** to use it effectively.

**Please note that First Steps in English courses are only for beginners or those at a very basic level of English. If your child has a good grasp of English, please choose a different course.*

***Curriculum and materials are differentiated to suit the different needs of the students within a class. For the 12+ age group, age-appropriate learning materials will be provided to suit the needs and interests of secondary students.*

****The course materials are on a 4-week rotation, meaning Weeks 1 – 4 are different every week and Weeks 5 – 8 start the rotation again.*



Chris Lau

- 15+ years of teaching experience
- Educated in the UK (**University of Bath**)
- PGDE
- Diploma in TESOL



Ivy Wong

- 15+ years of experience teaching in **local and international school**
- PGDE
- Certificate in TESOL

**Instructor subject to change.*

Other programmes:

Secondary Debate

Media, News and Me

Future Ready

NEW!! French Adventure

Coming Soon

✔ Completion Certificate



The course aims to introduce students to the French language and culture through the inspiring persona of Antoine de Saint-Exupéry as an explorer and adventurer. Throughout this immersive programme, students will engage with essential vocabulary and phrases, enhancing their communication skills in a dynamic and interactive environment. **Cultural elements, such as French geography, history, and art, will also be incorporated, providing a well-rounded understanding of the French-speaking world.**

By the end of the course, students will have gained foundational language skills while fostering a love for the French culture, all inspired by the adventurous spirit of Saint-Exupéry.

***This course is for beginners only. No prior knowledge in French is required.*

Academic Enrichment Courses

Secondary Debate

ENROL HERE

✔ Completion Certificate



Join us for some lively discussions this Summer in our Secondary Debate programme. Globally, elections have evolved and politicians have changed their communication tactics. What styles would students take to convey their opinions?

Throughout the sessions, students will have plenty of opportunity to discuss and debate a range of topics.

- Analyse language and body language from real debates such as the presidential debates
- Construct arguments using persuasive language and engaging sentence openers
- Learn about tone of voice and vocal delivery during a debate
- Learn how to research for a debate in an effective manner
- Practise taking notes during a debate to form the basis of another argument
- Put skills into practice with small group and class debate

NEW!! Psychology of Self & Future Success

ENROL HERE

✔ Completion Certificate ✔ End-of-Course Open Day

Future success is not defined solely by academic excellence, but by students' ability to understand themselves, appreciate others, and know how to turn insight into action. This immersive programme guides students on a meaningful journey—from discovering who they are to learning how to collaborate and contribute positively to the world around them.

Students begin by exploring **foundational psychological ideas—emotions, strengths, values, and self-concept**—through engaging activities and age-appropriate tools. They uncover how people think and feel differently, why misunderstandings occur, and how empathy can transform relationships by deepening connection and trust.

As the programme progresses, students put their learning into action. Through collaborative design projects, they identify real challenges in school or community life and create thoughtful, practical solutions rooted in empathy and psychological insight.

Every session blends guided discovery, reflection, and teamwork to **nurture important mindsets and soft skills, such as emotional intelligence, adaptability, and purpose**. Students emerge with greater self-awareness and the mindset to thrive—confident, compassionate, and ready to shape both their future selves and the environments around them.



Dr. Rina Lai

- Founder of **SynergisED**, co-founder of the **Cambridge China Education Forum**
- PhD, Education and Psychology (**University of Cambridge**)
- Visiting Scholar, Department of Psychology (**University of Cambridge**)

**Instructor subject to change.*

Academic Enrichment Courses

Public Speaking: Speak Your Truth

ENROL HERE

- ✔ Completion Certificate ✔ End-of-Course Open Day



Transform your child's public speaking journey through our dual-focused programme that combines the prestigious LAMDA Speaking in Public foundation with the dynamic storytelling style of TED talks. This course helps students build confidence while mastering essential presentation skills, and empowers students to speak about what matters to them.

This programme empowers students to speak about what matters to them, whether it's climate change, technology, art, or social justice. They will learn to transform their interests into compelling presentations that can influence and inspire others.

Students will:

- **Craft compelling narratives that capture audience's attention**
- **Develop clear and structured presentations with purpose**
- **Use voice effectively through pitch, pace, and tone**
- **Handling impromptu speaking challenges with confidence**



Jan Brink

- **Award-winning theatre-maker**
- **Practitioner of LAMDA Speaking in Public foundation**

**Instructor subject to change.*

Media, News and Me

ENROL HERE

- ✔ Completion Certificate

Elon Musk Said "You Are the Media" – What Does It Mean?

Musk's proclamation reflects the shift in how we consume news in the age of social media, mobile phones and artificial intelligence. In a now 24/7 news cycle, this course teaches students to identify trends, patterns and biases in various media outlets, enhancing critical thinking and the ability to distinguish fact from opinion and fictional 'fake' news.

Students also learn the art of writing compelling headlines and engaging discussions, enhancing their ability to communicate effectively and thoughtfully about current events and articles. Students can find their voice and become 'Citizen' journalists to share their own compelling stories.

The programme will cover the following:

- **The Basics of Media**
- **Media Bias**
- **Media Narrative**
- **How to Regulate and Discern Social Media, Artificial Intelligence and Deep Fakes**
- **Citizen Journalism & What Makes an Eye-Catching Headline**
- **Media Discernment & Fake News**



**Students must be proficient in written and spoken English to join.*

Academic Enrichment Courses



Algorithm Adventures with Python

Coming Soon

✔ Completion Certificate

This is an engaging course designed to enhance students' **understanding of algorithm design and problem-solving through Python programming**. This course empowers students to dissect complex problems into manageable components, create and implement algorithms, and visualize their solutions using **flowcharts** and **pseudocode**. With a strong emphasis on practical application, students will participate in hands-on projects such as developing games and calculators, fostering critical thinking and creativity. By the end of the course, learners will have not only strengthened their Python skills but also gained valuable **insights into efficient problem-solving strategies** that will serve them well in future programming endeavors.

**Students are required to have a basic understanding of Python programming concepts.*

Code the Future with AI

Coming Soon

✔ Completion Certificate

From self-driving cars to entertainment recommendations, AI is a part of our future. There is no better time to start learning how AI works! Students will use machine learning and code to develop and **train their own vision recognition system**, and explore how machine learning can be applied to art, music, games, and digital assistants by programming AI projects. Students will also explore similarities between AI and how our own minds work by **studying the effects of bias and categorization of data**.



Code Your Own World with VR

Coming Soon

✔ Completion Certificate

From forests to Mars, students will bring their imaginations to life by **coding their own virtual reality world**. Developed with **HTML, CSS, JavaScript** and **A-Frame**, they will code and add their own customized textures, elements and interactions to complete their **realistic simulated 3D environments**. Students will also be able to easily share their work with friends and families, as well as immerse themselves into their creations.

AI Game Development Studio: From Prompt to Playable

Coming Soon

✔ Completion Certificate

Ever wanted to build your own video game? This is your chance to become a game developer. In this course, you'll **use powerful AI to generate all your game assets**—from heroes to villains—and then learn how to bring it all together in a **real game engine to build a playable prototype from scratch**.



Career Exploration Courses



Future Ready: Resumé & Interview Skills

ENROL HERE

✔ Completion Certificate

This course will offer vital real life skills for students which will prepare them for their eventual university and work careers. Students will learn how to draft their own **detail-oriented resumé**s as well as how to **prepare for oral interviews** so they are prepared and filled with confidence as they take the next steps in life.

Multi Industry Real World Experience

ENROL HERE

✔ Completion Certificate

This programme introduces students to five key industries: **STEM, Creative, Business, Health & Wellness, and Communication**. Each day focuses on a different industry, giving students a broad understanding of various career possibilities while helping them develop critical skills for future success. Each day begins with an overview of career opportunities within the featured industry, followed by engaging, interactive activities and hands-on skill-building workshops that provide real-world learning experiences.



Billy Tam - Entrepreneurship

- 10+ years of industry experience
- Built **5 startups from idea to exit**, including 4 first-to-market concepts in fitness, F&B, and retail



Shaik Abdullah Nawabjan - Science & Technology

- **Postdoctoral research at PhrmaSec Limited**, a biotech company that focuses on clinical situations associated with hormonal dysregulation
- Former research assistant and doctoral research fellow at **The University of Hong Kong**



Tiara Hoquee and Aileen Wong - Fitness & Wellness

- **Co-founders of Mindfit**, a mind and body coaching company that fuses fitness and self awareness to improve wellbeing
- **Fitness director** and **director of content of Fluid X**, a fitness company that creates aqua bag training equipment



Leanne Lam - Media & Communication

- Host of the podcast **Beyond The Label**, founder of the self-care brand **Blu Journal**, co-founder of event management company **Le Lumière Events**, a certified mindset coach
- Former social media manager for **Prestige HK** and **Lifestyle Asia HK**



Jessica Shing - Legal

- 10+ years of industry experience
- Senior associate at global law firm **Hogan Lovells**, specialising in corporate finance and capital markets

**Instructor subject to change.*

Career Exploration Courses



[Teen Entrepreneur Launchpad](#)

ENROL HERE

✔ Completion Certificate

This entrepreneurship programme fosters **critical thinking and creativity, empowering young minds to solve problems and innovate**. Through hands-on activities, students will learn essential financial literacy skills, helping them **understand money management from an early age**.

Our supportive environment boosts confidence as students present their ideas and collaborate with peers. They'll enhance their communication skills, preparing them for future success in any field. With a focus on goal setting, children will experience the satisfaction of achieving their objectives.



Natalie Lau

**Instructor subject to change.*

- 10+ years of experience in the finance and start up industry
- LLM, International Corporate Governance and Financial Regulation (University of Warwick)
- Mentor 1st runner-up team at 100 Women In Finance (100WF) Investment Hackathon by J.P. Morgan

[Financial Literacy](#)

ENROL HERE

✔ Completion Certificate

This course empowers students with essential money management skills to make informed financial decisions throughout their lives. Covering critical areas like budgeting, saving, investing, credit, and financial planning, this course provides hands-on learning tailored to the realities of teenage and young adult finances.

Upon completion, students will receive:

- Role-specific simulation performance reports
- Certificate of completion
- Letter of Recommendation for top performers
- Level 4 Diploma from LIBF (London Institute of Banking and Finance)



Xiaoyu Zhang

**Instructor subject to change.*

- Ex-Morgan Stanley London Trader
- Trains talent for top financial institutions, including **Morgan Stanley, UBS** and **Citadel**
- Lecturer at universities such as **Imperial College, National University of Singapore, and Tsinghua University**

Useful Documents:



Full Day Camp Timetable

Ages 5 - 11 Years

[Download Here](#)



Half Day Camp Timetable

Ages 13 Months - 14 Years

[Download Here](#)



Summer Camp Brochure

Ages 13 Months - 14 Years

[Download Here](#)

Useful Links:

- [Weather Policy](#)
- [Summer Overview](#)

Frequently Asked Questions:

1. Are overseas students welcome to join?

Yes, we welcome students from all backgrounds. Please note that we only provide the camp programme itself; accommodation is not included, and we do not offer overnight supervision. All programmes are conducted in English only.

2. What is your withdrawal and refund policy?

- For **Weekly Camps**: The withdrawal deadline is the **Thursday before the registered week**.
- Each enrolment will be charged a **\$200 administration fee per week** per student for any withdrawal.
- After the deadline, **no withdrawals or changes can be made**.

Please refer to our [Withdrawal Policy](#) for detailed information on cancellation deadlines, refund eligibility, and applicable fees. For any withdrawal requests, please contact us in writing as soon as possible.

3. What happens in bad weather? Will camps be cancelled?

Please refer to our [Inclement Weather Policy](#). In the event of cancellation due to inclement weather, an update will be sent to the **registered email address** of all parents by the designated cutoff time.

- **Summer Academy classes** will be cancelled if **T8, T10, Red** or **Black** rainstorm signals are hoisted.

For full details, please refer to our [Weather Policy](#) according to the cutoff time.

4. Will food be provided at the camp?

No, we do not provide food. Please note that there is **no canteen, shop, or vending machine** on site. Food delivery is **not permitted**, and students are **not allowed to leave school premises** during lunch.

- **Full Day Camp**: Students must bring their own **lunch, snacks, and a water bottle**. Students will have lunch under **teacher supervision**. Please refer to our Full Day Camp lunch arrangement for details.
- **Half Day Camp**: Students should bring their own **snack and water bottle**.

5. Is transportation provided?

For camps held at Island School only, a paid [bus service](#) is available for both full day (9AM - 4PM) and half day camp (9AM - 12PM) sessions.

- **Booking**: The bus service can be booked during course registration.

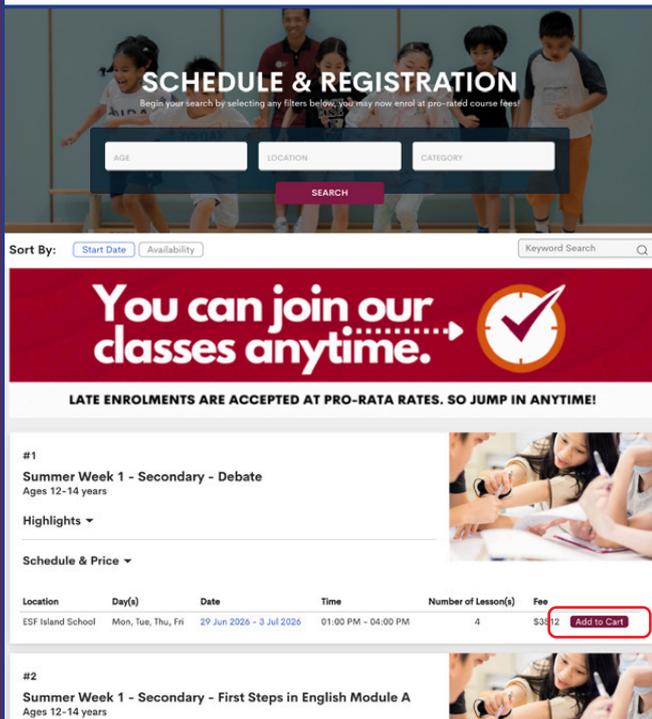
Bus Route: Please [click here](#) for detailed bus route information.



How to Enrol (Online Only)

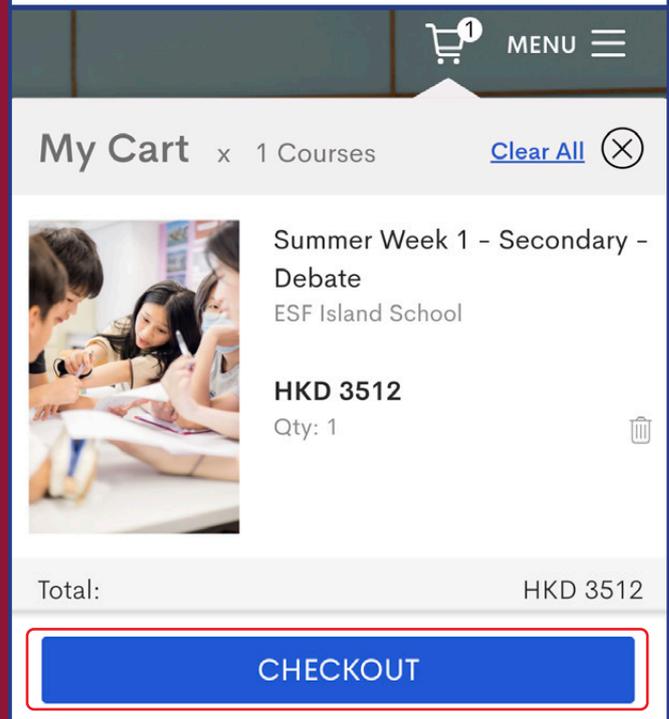
1

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



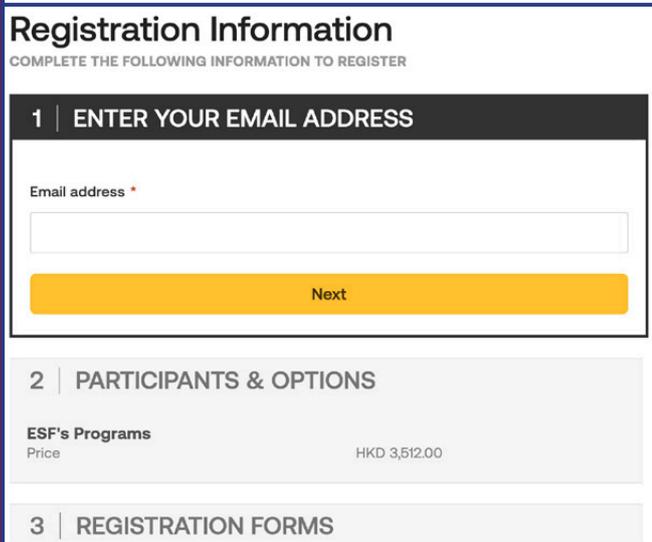
2

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



3

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



4

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

