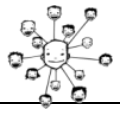
香 港 資 優 教 育 學 苑
The Hong Kong Academy for Gifted Education

Iron-Gifted #4 Camping at Kong Ha Au cum natural wonder

(PGSSM0004)

Introduction	Success = Wit + Grit (Prof Howard Gardner, Harvard University) Grit = courage + conscientiousness + endurance + resilience + excellence (Forbes) Develop your grit through wild camping cum natural wonder in Pak Sin Leng area. Enhance some important life skills in natural environment. Explore the ecological uniqueness in the Bride's Pool area. Uncover your strengths through team challenges and night walk. Have fun with intellectual peers, discover natural beauty and challenge yourself beyond your comfort zone. Can you wait?
Programme Type / Level	Camp, Introductory
Instructors	Mr Lam Hak Chung, Patrick, Associate Director (Affective Education), HKAGE Mr Chan Hon Tong, Vice President, MCC3 (highest-ranked coach), China Hong Kong Mountaineering and Climbing Union
Target Participants 	❖ S1 to S6 HKAGE student members ❖ Class size: 20
Medium of Instruction	Cantonese
Certificate	**Certificates** will be awarded to participants upon satisfactory completion.
Intended Learning Outcomes	Upon completion of the programme, participants should be able to: 1. Develop mental strengths, including self-confidence, persistence, resilience and can-do mentality 2. Enhance communication and collaborative skills 3. Develop basic survival skills and problem-solving skills
Screening	❖ No screening needed. All who want to challenge themselves to develop "grit" for success are welcome. ❖ First-come-first-served

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Schedule	**31 March 2016 (Thu)** Gathering: 15:00 at Kong Ha Au Campsite, Pak Sin Leng Country Park Camp setup, survival skills training, night walk **1 April 2016 (Fri)** Viewing sunrise, survival skills training, hiking, team challenge Dismissal: 15:00 at Kong Ha Au Campsite Briefing will be given via WhatsApp group from 14 March 2016. Grouping will also be decided in the WhatsApp group.
Application Deadline	**7 March 2016** Application Result Release Date **14 March 2016**
Remarks	Individual materials and equipment needed: 1. backpack (50-70L) 2. sportswear (no jeans), jacket 3. hiking shoes/boots 4. sleeping bag and mat 5. 2L drinking water 6. utensils: bowl, spoon, fork (reusable) 7. portable snack 8. emergency food (800 kcal, e.g. energy bars) 9. emergency drinking water (500 ml) 10. torch/headlamp 11. raincoat/umbrella 12. spare clothes (1 set of dry and properly wrapped clothes) 13. watch, ID card, HK$100 cash, octopus card with positive remaining value at least HK$50 14. mobile phone 15. pen/pencil, notebook Group materials and equipment needed (group of 4): 1. tent(s) 2. cook set 3. camping stove(s) with sufficient fuel 4. water bag (10-15L) 5. dinner (rice/spaghetti, a must), breakfast, lunch (competition) 6. Countryside Map (North East and Central New Territories) 7. compass
Enquiries	For enquiries, please contact us on 3940 0104.