



Iron-Gifted #8 Discovery @ Lai Chi Wo (PGSSM0008)

Introduction

Success = Wit + Grit (Prof Howard Gardner, Harvard University)
Grit = courage + conscientiousness + endurance + resilience + excellence (Forbes)

Lai Chi Wo is located at the Yan Chau Tong Marine Park and it was one of the wealthiest villages among the villages in North East New Territories. The place was abounded with lychees and that was how it was named. Lai Chi Wo has a long history that pirates were rampant there. Villagers built tens of cannons in front of the village as to defend themselves, and by now there are still two cannons remain in front of the square. Lai Chi Wo is also an important habitat for eight types of true mangroves and the highest coverage of Japanese eel grass in Hong Kong. Spending a day with your gifted peers in Lai Chi Wo and visiting a place with traditions, culture, history and ecological value would definitely make a memorable weekend for you.

Programme Type / Level

Training Camp, Introductory

Instructors

Mr Albert Hong, Associate Director (Academic Programme Development), the 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 strength, 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



Schedule



24 December 2016 (Saturday)

Gathering: 08:30 at Tai Po Market MTR Station

Dismissal: 17:00 at Tai Po Market MTR Station

Application Deadline

9 December 2016

Remarks

Individual materials and equipment needed:

1. backpack (20-30L)
2. sportswear (no jeans), jacket
3. hiking shoes/boots
4. 1L drinking water
5. portable snack
6. emergency food (800 kcal, e.g. energy bars)
7. emergency drinking water (500 ml)
8. raincoat/umbrella
9. spare clothes (1 set of dry and properly wrapped clothes)
10. watch, ID card, HK\$100 cash, octopus card with positive remaining value at least HK\$50
11. mobile phone
12. pen/pencil, notebook

Enquiries



For enquiries, please contact us on 3940 0104.