學校及非牟利機構活動

訓練營為兒童及青少年提供**領袖訓練、個人成長、生涯規劃、紀律訓練**及**團隊訓練**等。裝備兒童及青少年的責任心，自信心及同理心; 提升他們的自理能力，技能，創作力和解難能力，從而**增強抗逆力**。建立個人良好品格，學會與自己、朋輩、長輩及特殊需要人士相處，建立良好的人際關係，達至全人發展。好讓青年人面對將來，迎接各方挑戰。

🎯 流程範本

9:00-9:30	到達訓練營及簡介
9:30-10:30	熱身遊戲及訂立目標
10:30-12:30	**主題活動**
12:50-13:30	午餐
14:00-15:30	**主題活動**
15:30-16:00	經驗分享和總結

✓ 活動選項

我們可按活動目標**度身訂造活動內容及流程**或可從以下訓練營精選活動中選擇，

- 水上／陸上歷奇活動
- 中國傳統文化
- 行為風格主題活動
  (DiSC® / Personality Dimensions®)

- 獨木舟／立划板
- 定向活動
- 求生大作戰

活動地點
賽馬會赤柱訓練營或
可根據活動內容選擇合適地點

活動時間
9:00 – 16:00 或宿營

人數
至少 20人

基本套餐活動費用
S450 起／人

備註
活動費用包括：教練、場地、器材及一份餐食等。

餐食可升級至自助形式及客製化餐單或燒烤。

活動費用為參考價格，實際會以活動內容及時數以報價形式確認。

SCHOOL & NGO PROGRAM

How can we build strong character and resilience for our children & youth? We provide **training program with themes of leadership, teamwork, discipline, personal growth and more**, aiming to enhance their confidence, self-care, skills, creativity, and problem solving. By introducing positive values through experiencing the activities, we equip our children & youth for the unknown future, which is not only full of challenges but also chances.

Sample Schedule

9:00-9:30	Camp Welcome
9:30-10:30	Ice Breaking & Goal Setting
10:30-12:30	**Theme Activity**
12:50-13:30	Lunch
14:00-15:30	**Theme Activity**
15:30-16:00	De-briefing, Pack Up & End of the Day

✓ Choice of activity

We can **tailor-made activities** or you may choose from our signature activities below ,

- Water / Land -based Adventure Activity
- Chinese Culture
- Personality & Behavior model-themed Activity
  (DiSC® / Personality Dimensions®)
- Kayaking or SUP
- Orienteering/City-hunt
- Survival Challenge

• Venue

Jockey Club Stanley Outdoor Training Camp or any other location based on the program content

• Time

9:00 – 16:00 or overnight camp

• No. of people

Minimum 20 people

• Fees for Basic Package

from S450 / head

• Remarks

Fees include instructor, venue, basic equipment, and a meal, etc.

Meal can be upgraded into buffet style with tailor made menu or barbecue.

Fees are for reference only and may differ depending on the content and duration of the program. Details will be shown on the quotation.