



DISCOVERY COLLEGE
智新書院

CORE

From Empathy to Compassion

Students will participate in an immersive Global X-perience with our local community partner Crossroads in Tuen Mun and take a few small steps in the shoes of those in need.

This moving experience often serves as a clarion call to act and make a difference to the lives of others.



Discover Hong Kong

A curated journey through lesser know areas of Hong Kong, to learn about the unsung heroes in the city who maintain their ancient practices and traditional industries in a rapidly modernising metropolis. Students will also explore sites of historical and cultural significance, and practice the "must know" local lingo.

Give It a Go

Building on the success of last year's NB programme, DC students and staff will share their hidden skills, interests or talents through offering highly engaging, hands-on workshops for others to enjoy. These will include a range of workshops focussing on local culture, arts, language and many more.

Feel Good and Do Good

Research has shown that it's not just the person on the receiving end who benefits – doing good feels good for the person 'doing good', too! It increases our happiness, satisfaction and self-esteem. During the workshop, students will learn how they can realise their potential in a way that nurtures uniqueness and serves the wellbeing of our entire community.

NO BOUNDARIES 15-19 NOVEMBER 2021

CERTIFICATION

(Optional)



Medical First Aid Course and Certification



Teen Mental Health First Aid courses

This year's programme will include a combination of **ON-CAMPUS AND OFF-CAMPUS EXPERIENCES** spread over five days. All Year 9-12 students will participate in the CORE activities of the programme and will choose any two of the Adventure activities. In addition, students will have the opportunity to take a certified Medical First Aid or Mental Health First Aid course and receive a qualification.



ADVENTURE

(Choose two from the list below)



EXPLORE THE NATURAL BEAUTY OF THE MACLEHOSE TRAIL



CANYONING



COASTTEERING



KAYAKING ADVENTURES



STAND UP PADDLE BOARDING



FROM ICE TO WATER- AN H O THEMED DAY



DRAGON'S BACK



TUNG CHUNG TO TAI O RAMBLE



TWO-WHEELED ADVENTURE



Programme Structure

1



CORE

(Completed by all students)

Cost: 700HKD

2



ADVENTURE

(Choose two)

Cost: Prices based on activity

3



Need more Options?

CERTIFICATION

Choose one of the optional certifications



1 EXPLORE THE NATURAL BEAUTY OF THE MACLEHOSE TRAIL

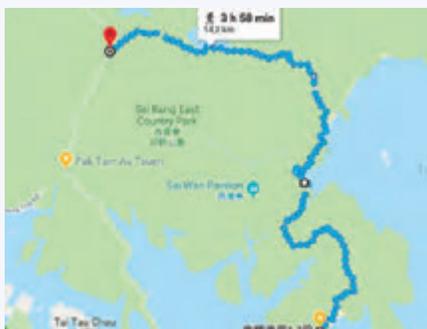


Cost: 200HKD (Including transportation)

Location: Sai Kung Country Park (Section 2)
DC Departure time: 8.30am
Return to DC: Between 4.30pm - 5.00pm (Traffic dependent)

Challenge Level: Moderate / Difficult

Relish in the peace and quiet and enjoy the stunning natural beauty on this challenging hike. We begin at High Island Reservoir East Dam in Sai Kung Country Park and walk along the High Island Geo Trail to see the hexagonal rock columns formed over 140 million years ago. Students will then descend into Long Ke Wan, a secluded bay protected by stunning cliffs. Cross the beach and start a steep climb and enjoy the panoramic views. Once at the top, we will follow a winding trail with views of Sharp Peak in the distance. Students will soon come to Sai Wan - The small village, nestled on a beautiful beach will provide the perfect place for a 20-minute rest before crossing the beach and climbing over a headland into Ham Tin. This is one of the most beautiful beaches in the world, with perfect white sand, turquoise water and lapping waves. The group will stop for packed lunch at Ham Tin for 1 hour, enjoy the peace and tranquility at the beach and participate in some planned team building activities before starting the steady climb up to the finish line at Pak Tam Au, where students can fill their water bottles and get on the bus to return to DC.



Itinerary:

- Depart DC on a private bus at 8.30am
- Arrive at High Island Reservoir East Dam at approx 9.45am
- Start Section 2 of the Maclehose Trail
- Lunch in Ham Tin Beach at approx 12.30 pm
- Continue hike to Pak Tam Au for bus pick up at 3.30pm
- Coach returns to school between 4.30 - 5.00pm (traffic dependent)

What to Bring:

- Sportswear (Breathable t-shirt and shorts)
- Trail shoes / comfortable sports shoes (not thin-soled shoes)
- Good quality cotton socks to avoid blisters
- Light backpack
- Plenty of water (~1/2 liter bottle which can be refilled)
- Sunscreen
- Hat
- Packed lunch and snacks
- Optional extra change of clothes and socks

2 CANYONING (DRAGONFLY)



Cost: 1,050HKD (Including transportation)

Location: Sai Kung/Lantau (TBC)
DC Departure time: 8.30am
Return to DC: Between 4.30pm - 5.00pm (Traffic dependent)

Hong Kong has truly gorgeous environments for a day of canyoning, offering natural pools, waterfalls, an abundance of scenic country hiking trails and breathtaking views. The natural beauty and grandeur of these two parks combine for a memorable and active day in the great outdoors!

Participants in our canyoning hikes will navigate their way through rugged riverbeds, scramble over rocks, splash through pools and streams, and hike along dirt trails, as they traverse these beautiful natural environments.

Our canyoning adventure begins with a safety briefing including a harness/helmet demonstration from one of our experienced guides, and participants will learn to safely spot one another, help each other over obstacles and use equipment correctly. Other activities in our canyoning experience may include abseiling, hand-line traversing, swimming, rock jumping (seasonally dependent) and Tyrolean traversing.

What to Bring:

- Quick drying sportswear (long sleeves/trousers recommended for sun protection)
- Swimwear (worn underneath clothes)
- Sturdy trainers or hiking shoes (must cover the whole foot - no sandals)

- Light backpack (no string bags) to carry the following:
 - 2x1L bottles filled with water
 - High SPF waterproof sunscreen
 - Insect repellent
 - Wide-brimmed hat
 - Lightweight hooded rain jacket
 - Packed lunch and snacks
 - Spare face masks
 - Closed toe water shoes/Change of sports shoes
 - Extra change of clothes and socks
 - Towel

3 KAYAKING ADVENTURES (DRAGONFLY)



Cost: 1,050HKD (Including transportation)

Location: Sai Kung/Cheung Chau/Lantau (TBC)
DC Departure time: 8.30 am
Return to DC: Between 4.30 pm - 5.00 pm (Traffic dependent)

Options available: Beginner/ Intermediate/ Advance

Hong Kong and the surrounding islands are home to some charming coastal environments that provide the magnificent vistas and ideal conditions for Dragonfly's scenic kayaking excursions. Participants will encounter wave-cut sea cliffs, sea caves, sea arches, geos, sea stacks, notches and blowholes, lying alongside white-sand beaches and alluvial plains. Hong Kong's protected marine environments are home to over 60 kinds of coral and 100 species of fish and substantial mangrove communities, all of which combine for a perfect venue for kayaking.

Dragonfly has kayaking adventures for participants at all levels of experience. Beginners will engage in activities to learn basic skills and water safety, while more experienced paddlers will master more sophisticated techniques. Participants at all levels will venture out on voyages appropriate to their skill level and experience, and put their kayaking skills to the test.

What to Bring:

- Quick drying sportswear (long sleeves/trousers recommended for sun protection)
- Swimwear (worn underneath clothes)
- Sturdy trainers or hiking shoes (must cover the whole foot - no sandals)

- Light backpack (no string bags) to carry the following:
 - 2x1L bottles filled with water
 - High SPF waterproof sunscreen
 - Insect repellent
 - Wide-brimmed hat
 - Lightweight hooded rain jacket
 - Packed lunch and snacks
 - Spare face masks
 - Closed toe water shoes/Change of sports shoes
 - Extra change of clothes and socks
 - Towel

4 COASTEERING (DRAGONFLY)



Cost: 1,050HKD (Including transportation)

Location: Sai Kung/Cheung Chau/Lantau (TBC)
DC Departure time: 8.30am
Return to DC: Between 4.30pm - 5.00pm (Traffic dependent)

Coasteering is a challenging activity that capitalizes on Hong Kong's beautiful marine landscapes, as participants traverse the rugged rocky coastline. Our coasteering adventure begins with a safety briefing including a harness/helmet demonstration from one of our experienced guides, and participants will learn to safely spot one another, help each other over obstacles and use equipment correctly. Other activities in our coasteering adventure may include abseiling, hand-line traversing, rock jumping (seasonally dependent) and ziplining.

What to Bring:

- Quick drying sportswear (long sleeves/trousers recommended for sun protection)
- Swimwear (worn underneath clothes)
- Sturdy trainers or hiking shoes (must cover the whole foot - no sandals)
- Light backpack (no string bags) to carry the following:
 - 2x1L bottles filled with water
 - High SPF waterproof sunscreen
 - Insect repellent
 - Wide-brimmed hat
 - Lightweight hooded rain jacket
 - Packed lunch and snacks
 - Spare face masks
 - Closed toe water shoes/Change of sports shoes
 - Extra change of clothes and socks
 - Towel

ADVENTURE
(Choose two from the list below)

5 STAND UP PADDLE BOARDING (DRAGONFLY)



Cost: 1,050HKD (Including transportation)

Location: Sai Kung/Cheung Chau/Lantau (TBC)
DC Departure time: 8.30am
Return to DC: Between 4.30pm - 5.00pm
(Traffic dependent)

The coastal village of Hoi Ha Wan and Silvermine Beach on Lantau island, provide the magnificent backdrop and ideal conditions for Dragonfly's fantastic paddleboarding excursions. Participants in our excursions will learn the basics of water safety, balancing techniques, and some essential paddleboarding skills like j-strokes and sweep turns. With a little practice, participants will soon be gliding across the water!

Located in the quaint Lantau village of Mui Wo, Silvermine Bay provides paddleboarders with gorgeous mountain views and white-sand beaches as the backdrop for their day on the water.

Hoi Ha Wan is one of Hong Kong's protected marine parks, home to over 60 kinds of coral and 100 species of fish, with a shoreline marked by sandy beaches and a substantial mangrove community. The bay's natural beauty makes it a perfect environment for paddleboarding. Regardless of the location, Dragonfly's paddleboarding excursions are a wonderful merger of natural beauty and exercise!

What to Bring:

- Quick drying sportswear (long sleeves/trousers recommended for sun protection)
- Swimwear (worn underneath clothes)
- Sturdy trainers or hiking shoes (must cover the whole foot - no sandals)
- Light backpack (no string bags) to carry the following:
 - 2x1L bottles filled with water
 - High SPF waterproof sunscreen
 - Insect repellent
 - Wide-brimmed hat
 - Lightweight hooded rain jacket
 - Packed lunch and snacks
 - Spare face masks
 - Closed toe water shoes/Change of sports shoes
 - Extra change of clothes and socks
 - Towel

6 FROM ICE TO WATER- AN H₂O THEMED DAY



Cost: 350HKD plus Octopus payment for DB ferry

Location: DB Ice Rink and Aberdeen Country Park
DC Departure time: 9.30am
Return to DC: 5.00pm

A day learning new skills on the ice to learning the history of Hong Kong's hidden waterworks treasures in Aberdeen Country Park.

This is very much a day of two parts.

Figure skating has developed from a practical way to get around on ice into the elegant mix of art and sport it is today. The Dutch were arguably the earliest pioneers of skating. They began using canals to maintain communication by skating from village to village as far back as the 13th century. Skating eventually spread across the channel to England, and soon the first clubs and artificial rinks began to form. Passionate skaters included several kings of England, Marie Antoinette, Napoleon III and German writer Johann Wolfgang von Goethe. DB now has its very own ice rink and No Boundaries presents a great opportunity for students to take on the challenge of figure skating, ranging from the absolute beginner to the advanced.

During the morning, students will leave school and make their way to the DB Ice Rink for a private group lesson with one of the rink's senior coaches. Based on ability/experience the coaching will be tailored to support students in developing new skills and improving their technique on the ice. Following the coaching session, the students will have the opportunity to apply their new learning on the ice.

In 2009, 41 historic waterworks facilities within the Tai Tam Group of Reservoirs were preserved under the Antiquities and Monuments Ordinance to ensure that the important waterworks heritage would be protected and preserved. The Tai Tam Waterworks Heritage Trail covers 21 historic waterworks structures which have been declared monuments. The trail



is 5 Km long and can be completed within 2 hours.

During the afternoon, students will embark on an amazing heritage race around the stunning backdrop of Aberdeen Country Park to learn about the history and significance of the 21 pre-war monuments/structures in the park crossing dams and bridges, visiting pumping stations, and learning from the many memorial stones that predate WWII. It's set to be an action-packed day.

What to Bring:

- Long trousers and long sleeves for the morning ice rink session
- Sportswear for the afternoon (Breathable t-shirt and shorts)
- Trail shoes / comfortable sports shoes (not thin-soled shoes)
- Good quality cotton socks to avoid blisters
- Light backpack
- Plenty of water (~1.5L bottle) which can be refilled)
- Sunscreen
- Hat
- Packed lunch and snacks for afternoon
- Optional extra change of clothes and socks

7 DRAGON'S BACK



Cost: 200HKD (Including transportation)

Location: Shek' O
DC Departure time: 8.3am
Return to DC: Between 4.30pm - 5.00pm
(Traffic dependent)

Challenge Level: Easy/Moderate

One of Hong Kong's most popular hikes

The last leg of the Hong Kong Trail, the most popular and well-known hiking route in Hong Kong is without a doubt the Dragon's Back. This stunning hiking route promises incredible views of mountains, ocean and beach, and is not too challenging for even a novice hiker. From Shek O Road, students will first walk through a shaded path onto the Hong Kong Trail. The group will hike up to the Shek O Peninsula Viewing Point and enjoy the uninterrupted vista, overlooking Shek O Beach on the foot of the hill, and the two isles off Shek O Peninsula. The group will stay on the rolling ridge to trace the "dragon" while they climb uphill and stop at the Dragon's Back Hike Viewing Point for a great view of the Tai Tam Bay west of Shek O Peninsula. On a clear day, even Lamma Island, to the southwest of Hong Kong Island is visible from the deck. Once over the ridge, the group will arrive at Pottinger Gap. Here they get a view of Chai Wan's urban high-rises against a forested landscape. After passing a pavilion, the group will begin a sharp descent into Big Wave Bay, where they will be greeted by shimmering white waves against the clear blue sky.

At Big Wave Bay, students will enjoy a late packed lunch and a fun-filled afternoon or team-based challenges on the beach. The bus will pick students up at 3.30pm to return to DC.

Itinerary:

- Depart DC on a private bus at 8.30 am
- Arrive at Shek O Road at approx 9.45 am
- Start Dragon's back trail hike
- Packed lunch at Big Wave Bay at approx 12.30pm
- An afternoon of team-based challenges at the beach
- Private bus leaves Big Wave Bay at 3.0pm
- Coach returns to school between 4.00 - 4.30pm (Traffic dependent)



What to Bring:

- Sportswear (Breathable t-shirt and shorts)
- Trail shoes / comfortable sports shoes (not thin-soled shoes)
- Good quality cotton socks to avoid blisters
- Light backpack
- Plenty of water (~1.5L bottle) which can be refilled)
- Sunscreen
- Hat
- Packed lunch and snacks
- Optional extra change of clothes and socks



Cost: 200HKD (Including transportation)

Location: Tung Chung - Tai O Village
DC Departure time: 8.30am
Return to DC: Between 4.00 - 4.30pm
(Traffic dependent)

Challenge Level: Moderate

Follow the coastline to explore the ancient fishing village of Tai O

Tai O fishing village is a picturesque and popular tourist destination in Hong Kong. It attracts numerous visitors who come to spend their day and soak in the village's idyllic life, admire the traditional stilt-houses, and savour local treats. It's a great place to discover a very different part of Hong Kong. The fishing village is located on an islet by the same name on the southwest side of Lantau Island. The Tai O River splits and engulfs this tiny islet before flowing into the sea. The old fishing village is built on the banks of this river, and that's how it gets its name – Tai O meaning large inlet.

Tung O Ancient Trail starts at Tung Chung Fort, which was built in 1832. The site became a naval headquarters in 1898, then turned into a police station and later a school. Following a short visit to learn more about the history of the Fort, the group will make its way along the gently undulating Tung O Ancient Trail, passing centuries-old villages, vestiges of Lantau's traditional agricultural and fishing life, where students may catch a whiff of incense from an old temple or of drying seafood and fermenting shrimp paste. The coastal trail eventually turns into a mountain trail as the distinct stilt houses of Tai O appear in the distance, sitting above the water as they have for generations. The group will venture deep into Tai O village and enjoy the sights and smells of its famous foods, such as salted fish, duck egg yolks and shrimp pastes. A couple of hundred metres later, the group will arrive at the end of the trail, the Tai O Heritage Hotel. Perched high on a lush hillside, this colonial-style building was originally a police station from 1902. Students will have the opportunity to explore the village sights and learn about local history and traditions before departing at 3.00pm



Itinerary:

- Depart DC on a private bus at 8.30 am
- Arrive at Tung Chung Fort at approx 9.00 am
- Following a short visit to the Fort, start the coastal hike
- Packed lunch along the way at 12.00 pm
- Arrive in Tai O Village at around 1.30 pm
- Cultural and historical exploration of the village until 3.00 pm
- Private bus departs at 3.00pm and returns to school between 4.00 - 4.30pm (Traffic dependent)

What to Bring:

- Sportswear (Breathable t-shirt and shorts)
- Trail shoes / comfortable sports shoes (not thin-soled shoes)
- Good quality cotton socks to avoid blisters
- Light backpack
- Plenty of water (~1.5L bottle which can be refilled)
- Sunscreen
- Hat
- Packed lunch and snacks
- Optional extra change of clothes and socks



Cost: 250HKD (Including transportation)

Location: Yuen Long - Butterfly Beach
DC Departure time: 8.30am
Return to DC: Between 4.00 - 4.30pm
(Traffic dependent)

Challenge Level: Easy

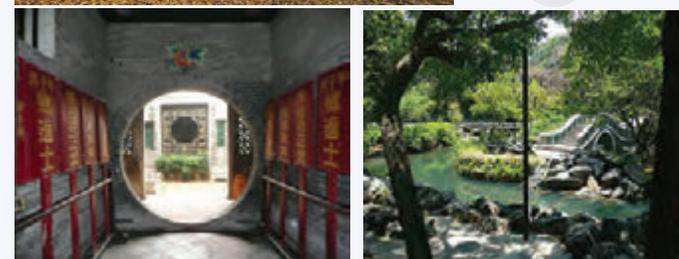
From Yuen Long to Butterfly Beach: take a leisurely bike ride through cultural and local recreation sites

From the centre of Yuen Long, this easy ride to the seaside at Tuen Mun offers an encounter with Hong Kong's countryside and new towns, taking in the area's cultural heritage on cycle tracks almost all the way.

Upon arrival in Yuen Long town centre, students will collect a reliable rental bike, which will be waiting for them, and join the cycle track in Yuen Long Town Centre. The group will head along the cycle path to **Ping Shan heritage trail**, where the Ping Shan Tang Clan Gallery / Heritage Trail Visitors Centre is located. Students will explore **the sites of historical and cultural importance**, learning about the local folk culture along the way.

A few kilometres later, the group will arrive at Tuen Mun Cycling Entry / Exit Hub, where they can rest and re-energise with a drink and a snack. The group will continue at a leisurely pace and arrive at Hau Kok Tin Hau Temple and Fa Pau Exhibition Hall where they can immerse themselves in local culture. The group will have the opportunity to take in the rituals and scents of this ancient temple site at Tin Hau Temple Plaza, as worshippers pay respect to the popular sea goddess Tin Hau. Students will also see the extravagant floral paper fa pau at the adjacent Fa Pau Exhibition Hall.

The group will head to Wu Shan Recreation Playground, which is a dedicated cycling circuit, inviting students to take a spin and grab a cold drink before the final stretch to Butterfly Beach. Beyond the beautiful Butterfly Beach Park lie the sands and rolling waves of Butterfly Beach itself. After the scenic ride, students will drop off their bikes and have the opportunity to explore the park highlights and to reflect on the day's cultural journey on the beach.



Itinerary:

- Depart DC on a private bus at 8.30 am
- Arrive at Yuen Long Town Centre at 9.30 am
- Cycle to the Ping Shan heritage trail to visit the local sites and learn about local folk culture
- Packed lunch along the way at 12.00 pm (Location depends on progress)
- The group should arrive at butterfly beach at around 1.30pm
- Exploration of Butterfly Beach Park and group activities
- Private bus departs at 3.00pm and returns to school between 4.00 - 4.30pm (Traffic dependent)

What to Bring:

- Sportswear (Breathable t-shirt and shorts)
- Trail shoes / comfortable sports shoes (not thin-soled shoes)
- Good quality cotton socks to avoid blisters
- Light backpack
- Plenty of water (~1.5L bottle which can be refilled)
- Sunscreen
- Hat
- Packed lunch and snacks
- Optional extra change of clothes and socks

10

MEDICAL FIRST AID COURSE AND CERTIFICATION



Cost: 550HKD

Location: DC Campus

DC is delighted to be able to offer all Year 9 to 12 students the opportunity to gain a First Aid Awards (FAA) Level 2 Award in Student First Aid (RQF). The qualification is available to learners from the age of 11 covering CPR and the safe use of an AED, choking and common injuries such as head injuries, bleeding control, broken bones and sprains/strains.

The Student First Aid course will provide learners with the skills and knowledge required to provide first aid treatment confidently and safely.

The course learning includes:

- What is first aid?
- Primary survey
- Recovery position
- Resuscitation and AED
- Choking
- Common Injuries

Other course information:

All instructors are nurses and also hold an award in teaching and education Nuco Training courses are accredited and regulated by Ofqual UK Certificates are valid for 3 years from the date of completion

Students receive a book to accompany the course and gloves and face shields are issued to each student. Manikins will either be one per person or one between two depending on the number of students who sign up on given days so there will be lots of time to practice safely, in compliance with current COVID guidelines.

AED trainers are used for simulated CPR scenarios so students get lots of practice in how to use the equipment.

11

TEEN MENTAL HEALTH FIRST AID COURSES



Cost: 250HKD

Location: DC Campus

Teen MHFA is an educational course that teaches students in year 8 and above to provide mental health first aid to their friends and get the help of an adult quickly if needed. Young people will often turn to each other when stressed or upset, try to help each other, and sometimes take too much on.

This course teaches students how to:

- Recognise the signs of a developing mental health problem
- Recognise the signs of a mental health crisis, particularly suicide
- Get a responsible and trusted adult to take over as necessary

The course is designed specifically to engage teenage students and delivered across three interactive sessions during the day. Course participants receive a copy of the teenMHFA Manual and certificate of completion.

Year 9-10 Programme overview:

- Session 1 discusses mental health problems in general and understanding how common and disabling these can be in young people.
- Session 2 - Students learn about professionals who can help, and explore the Action Plan ('Look, Ask, Listen, Help Your Friend') is introduced for the first time in this session. Students are taught that in a crisis situation it is important to get a responsible adult involved right away, and even when it's not a crisis, adult help is important.

Session 3 In session three the focus is on practising using the Action Plan. We don't teach students how to diagnose problems – it's advice about being a supportive friend, encouraging the friend to seek help, and knowing when it's time to get an adult involved and how to look after yourself.



Year 11-12 Programme overview:

Session 1 discusses mental health problems in general, and understanding how common and disabling these are in young people. Students also learn about professionals who can help.

Session 2 talks about helping a friend who is in crisis, whether because they are suicidal, engaging in non-suicidal self-injury, using alcohol or other drugs, or experiencing bullying or abuse. The Action Plan ('Look, Ask, Listen, Help Your Friend') is introduced for the first time and applied to a crisis situation. There is a video that shows a young man helping a friend who is experiencing suicidal thoughts. Participants are told that in a crisis situation it is important to get a responsible adult involved right away.

Session 3 takes a step back and discusses how to help if someone seems to be developing a mental health problem. We don't teach students how to diagnose problems – it's advice about being a supportive friend, encouraging the friend to seek help, and knowing when it's time to get an adult involved.



CERTIFICATION
(Optional)