



DISCOVERY
COLLEGE
智新書院

Discover

Students will get the opportunity to discover Hong Kong (Central) and Lantau by exploring locations that have significant meaning. Some of these are off the "beaten track" and some are well known sites.

Sense of Belonging and Teamwork

Students will be given roles and responsibilities in a team environment and have to show both leadership and communication skills in order to be a successful team player.

Enhance Wellbeing

Students will participate in a wellbeing carousel to look at the fundamentals of total wellbeing. Wellbeing is balanced in that it must look at all aspects such as Emotional, Mental, Social and Physical. Students will partake in activities that look into how we are able to enhance our wellbeing and therefore impact the wellbeing of the entire community.

Being Sustainable

Students will explore ways that will help with being more sustainable in the future. This will occur through fun and exciting experiences to have a more deep and knowledgeable understanding.

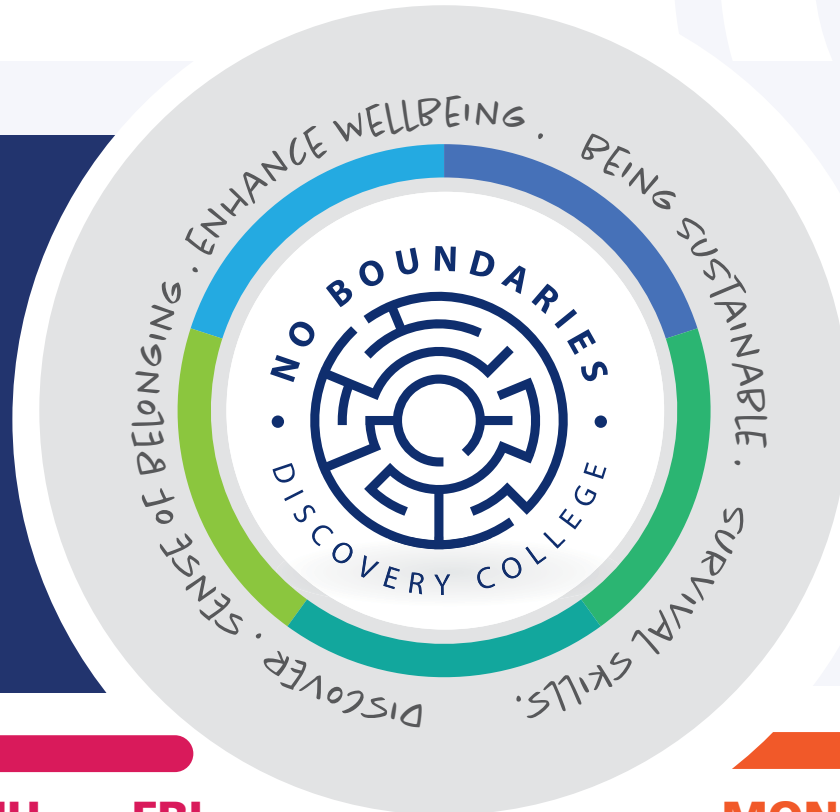
Survival skills

Students will learn survival skills such as protecting themselves from the elements. These activities will focus on developing self-reliance, self-awareness, creative thinking, and problem-solving.

NO BOUNDARIES 15-19 NOVEMBER 2021

This year's No Boundaries Programme will include a combination of ON-CAMPUS AND OFF-CAMPUS EXPERIENCES spread over five days between the 15th-19th of November. The Year 7 and 8 students will be experiencing the Hong Kong Hustle, hands-on experiences at the Ark Eden site in Mui Wo and a wellbeing carousel here on campus.

Throughout the Programme, students will participate in a variety of activities designed to build confidence, resilience, teamwork, communication, independence, leadership skills and outdoor technical skills.



ADVENTURES INVOLVED



HONG KONG
HUSTLE



HONG KONG
HUSTLE
PLANNING



ARK EDEN
PLANT POWER

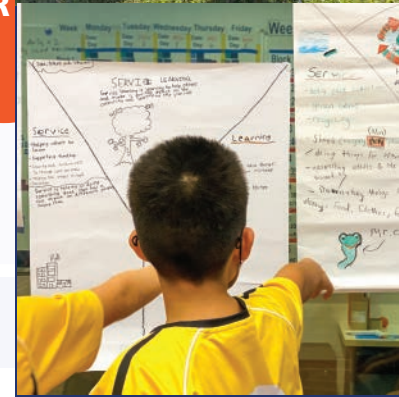


ARK EDEN
ALIEN SURVIVAL



WELLBEING
CAROUSEL

COST
\$670HKD
5 days



YEAR 7

MON	TUE	WED	THU	FRI
Hustle planning day	Lantau & HK Island Hustle	Lantau & HK Island Hustle	Wellbeing Carousel	Ark Eden
8.20am 3.30pm	8.00am 5.00pm	8.00am 5.00pm	8.20am 3.30pm	8.00am 5.30pm

YEAR 8

MON	TUE	WED	THU	FRI
Wellbeing Carousel	Ark Eden	Hustle planning day	Lantau & HK Island Hustle	Lantau & HK Island Hustle
8.20am 3.30pm	8.00am 5.30pm	8.20am 3.30pm	8.00am 5.00pm	8.00am 5.00pm

Hong Kong Hustle Planning

Location: Discovery College
Start of day time: 8.20am
End of day time: 3.30pm

- Team roles and responsibilities
- Planning your route that will help you be most successful
- Team bonding games and learning experiences
- Creating a Full Value Contract” which looks into the values of each team member and what they want to achieve.

Itinerary

Students will meet at school at 8.20am in their LT Rooms. The timetable will be similar to a normal school day with break and lunch. Students will be released at the normal school time of 3.30pm

What to bring

- Come to school in PE Uniform/House colours as there will be some physical activities during the day
- Drink Bottles
- Packed snack and lunch

Hong Kong Hustle- Lantau

Location: Lantau Island
Start of day time: 8.00am
End of day time: 5.00pm

The Hong Kong Hustle is a two day navigational outdoor extravaganza and race which involves you using a map to navigate your way through Hong Kong (Central and Lantau) in house teams with your supervising teacher. For this particular day you will explore Lantau by visiting checkpoints based around DB and Mui Wo and in between. Each checkpoint has a point value attached to it. Some check points are worth more than others, so there is a degree of strategy that needs to be thought about.

Itinerary

- Students will meet at school at 8.00am in the Theatre for a last minute briefing and motivation chat
- Race will start at 8.30am
- Students will have the choice of catching the 9.30am ferry to Mui Wo and then “hustling” back to DB or “Hustling” to Mui Wo and catching the 3.45pm Ferry back to DB
- Students will be back and ready to leave school by 5.00pm

What to bring

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|------------------------|----------------------------------|
| • Appropriate Footwear | • Lunch and Snacks |
| • PE Kit/House top | • Sun Screen |
| • Rain Jacket | • Team Dress up |
| • Warm Top | • Backpack |
| • Sun hat | • Personal Medication |
| • Water Bottle | • Octopus Card and \$100HKD cash |

Hong Kong Hustle- Central

Cost: Students will use their Octopus Card for the Ferry from DB to Central and back. Please kindly ensure their Octopus has sufficient funds for ferry payment.

Location: Central, Hong Kong
Start of day time: 8.00am
End of day time: 5.00pm

The Hong Kong Hustle is a two day navigational outdoor extravaganza and race which involves you using a map to navigate your way through Hong Kong (Central and Lantau) in house teams with your supervising teacher. For this particular day you will explore Central by visiting checkpoints based on HK Island from next to the Ferry Pier and up by the Peak. Each checkpoint has a point value attached to it. Some check points are worth more than others, so there is a degree of strategy that needs to be thought about.

Itinerary

- Students will meet at school at 8.00am in the Theatre for a last minute briefing and motivation chat
- Race will start at 8.30am
- Students will need to catch the ferry to Central to start scoring points and then try to score as many points as possible before coming back to DB via the 3.30pm or 3.50pm ferry. Students will be back and ready to leave school by 5pm after the prize giving

What to bring

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|------------------------|--------------------|----------------------------------|
| • Appropriate Footwear | • Water Bottle | • Personal Medication |
| • PE Kit/House top | • Lunch and Snacks | • Octopus Card and \$100HKD cash |
| • Rain Jacket | • Sun Screen | |
| • Warm Top | • Team Dress up | |
| • Sun hat | • Backpack | |

Wellbeing Carousel

Location: Discovery College
Start of day time: 8.00am
End of day time: 3.30pm

The day will consist of four sessions that will have a particular focus on all aspects of Wellbeing that includes Physical, Emotional, Mental and Social settings. Through these sessions, students will get a better grasp on how they can develop and improve their Wellbeing through learning vital life skills. Students will experience real life situations and get given ways to deal with the issues that arise with confidence. The students will enjoy fun games, team building activities and social experiences that will help them relate to real life.

Itinerary

- Students will meet at school at 8.20am in their LT Rooms. The timetable will be similar to a normal school day with break and lunch. Students will be released at the normal school time of 3.30pm

What to bring

- Come to school in PE Uniform/House colours as there will be some physical activities during the day
- Drink Bottles
- Packed snack and lunch

Ark Eden- Mui Wo

Location: Mui Wo
Start of day time: 8.00am
End of day time: 5.30pm

Itinerary

Students will meet at school at 8.00am in their LT Rooms. This will give the students the opportunity to get ready and organised for the bus that will promptly leave DC at 8.30am. Students will arrive in Mui Wo at 9.15am and make their way via a short walk to the Ark Eden Location. The students will partake in two sessions called Plant Power and Alien Invasion. There will be the opportunity to have a snack half way through each session and then a lunch break between each activity. Students will be back on the bus at 4.45pm for a 5.30pm arrival at DC.

Students will be involved in two different sessions: Plant Power and Alien Invasion.

In plant power students will explore: why plants are powerful, what are the benefits of plants to us and the natural world? How can we help plants? There will be four different sessions in Plant power including:

- | | |
|-----------------------|----------------------|
| • Plant Power | • Veggie Power |
| • Plant Product Power | • Biodiversity Power |

These sessions will be conducted through hands-on experiences including treasure hunts, learning how to plant seeds and how to look after a garden, making a product from plants and look how nature can have a positive impact on our Wellbeing using mindfulness techniques.

What to bring

- Appropriate Footwear
- Change of clothes for the end of the Ark Eden Visit
- PE Kit/House top
- Rain Jacket
- Warm Top

In the Alien invasion session, there will be a drama introduction where aliens take over Ark Eden and the surrounding areas. Do the students have what it takes to survive? Can they learn the skills to defend the precious resources of our planet? Students will split into groups. With each group taking their fair share of resources, they head to their own station on the Ark Eden site to hone their survival skills. There are three survival activities that the students will complete, taking roughly 45 minutes each.

Shelter – We need to consider how we can protect ourselves from the elements. We discuss the importance of shelter and that having a place of refuge, safety and retreat is recognised as a fundamental human need. We will look at our available resources and, working as a team, set up and decorate a shelter for our group. This activity will develop creative thinking, cooperation, problem solving and time management.

- Sun hat
- Water Bottle
- Lunch and Snacks
- Sun Screen
- Team Dress up
- Backpack
- Personal Medication

Build fire – The aliens have taken the resources that we relied on so we need to boil water and cook our food and keep ourselves warm. We need to learn the life skill of creating our own fire, using immediately available resources. We will learn about fire safety and etiquette, the types and sizes of fuel needed for a fire, lighting and building techniques, and safe extinguishing. This activity will develop responsibility, self-awareness, cooperation and communication skills.

Forage and cook – Oh no! - The aliens took over Fusion and Wellcome and no one has any idea what to do! We need to eat off the land! We explore the area around us and learn what plants we can forage and learn about some we should definitely not eat! We take our foraged ingredients back to our fire and cook our own special food. This activity will develop self-reliance, connection with nature, and self-awareness.