Year 5 Residential Trip
Nanbeihu
Wednesday 10 June - Friday 12 June 2015
Exciting Experiences

We would like to inform you about the “Nanbeihu Residential Adventure Trip” programme which has been organised for the students in Year 5. Students are being given the opportunity to spend 3 days (2 nights), away from school and home and take part in a wide range of challenging and fun activities.

Nanbeihu is the only scenic area in China integrating mountain, sea and lake. It is located in the Haiyan County on the northern shore of Hangzhou Bay, and was one of the first provincial scenic areas in Zhejiang. Nanbei Lake, also called Yong’an Lake, became a famous tourist place in the Song Dynasty. Nanbeihu is located in the central area of the Yangtze River Delta. Shanghai-Hangzhou Highway.

We are using an external tour company that we have successfully used before called “Terratribes” that specialises in outdoor educational programmes for school groups. Terratribes’ mission is to provide the highest quality outdoor experiences in China, promoting our commitment to adventure values and environmental ethics. Terratribes was founded in 2008 by two of China’s most experienced and passionate outdoor educators, Qin Qing Xiang and Sun Lingye. They have worked together since 2004, organising and facilitating a range of adventure trips in China and internationally.

Terratribes are very experienced with coordinating activities and trips for young people, including school and university groups from China and European countries. Together we have planned a varied and fun schedule which we feel will challenge and motivate all the students. The specialist activities will be led by qualified instructors who all speak English and who are employed on a regular basis by Terratribes. They are all experienced and ensure that extensive safety precautions are taken during all activities. If you require more information please visit the website: www.terratribes.com. Comprehensive risk assessments will be completed in advance. Mrs Elizabeth Westwood will lead this trip and students will be supervised at all times by the qualified instructors and staff from BISS.

The trip will take place from Wednesday 10 June until Friday 12 June 2015. We really hope that all students will be able to take part as so much can be gained from residential programmes like this. As a staff team, collectively, we have many years of experience of taking students on residential/adventure camps. Students will also be encouraged to socialise as an entire year group community. We feel very confident that this trip will be a great learning experience for all Year 5 students.

The emphasis of the trip is personal growth and development with a strong focus on social skills and team work. Students will have the chance to take part in a wide range of outdoor activities and team building exercises which will help them to develop their independence. We are confident that everyone will have a great time!
For most students, the full cost of this residential trip has already been paid with your school fees for 2014-15 (as this Adventure Camp is considered to be a compulsory part of the curriculum). We will contact parents directly where the trip costs have not been paid with school fees and let you know the arrangements for payment.

**THE COSTS COVER**

- transport to and from BISS by coach
- transport to and from certain activities
- accommodation x 2 nights
- all food and drinks
- specialist instruction and equipment
- social activities programme
- other essential supplies
- camp T-shirt
- health and accident insurance

In order that we can fully plan for this trip there is specific information that we need to collect from you. Please return this information and documentation to school as soon as possible and before Monday 4 May 2015. Please can you provide:

- completed consent form which includes passport and contact details
- medical information and medical insurance details
- a copy of the student’s passport and visa

PLEASE NOTE THAT STUDENTS SHOULD BRING THEIR ORIGINAL PASSPORTS WITH THEM ON THE TRIP.

We will be hosting a ‘Question and Answer’ session on Monday 27 April 2014 at 3.45pm in Stage One. This will allow parents to ask any questions and have any concerns addressed in an informal environment.

**DATES AND TRAVEL ARRANGEMENTS**

**Depart**

Children are asked to be at school for 8:15am on Wednesday 10 June so that they can join their group leader and their luggage placed onto the coach. We aim to depart at 8.45am

**Return**

We expect to return to school at approximately 4:00pm on Friday 12 June.

Students can be met by parents from this time onwards.

**Coach**

We will be travelling by coach to and from Nanbeihu.
**Adventure in Nanbeihu**

**ACCOMMODATION**

We will be staying at the Arcadia Resort. The children will be staying 2 or 3 to a room with teachers in nearby rooms. Children will have showers and toilets in each room and also be near to the dining room facilities for meals. Students will adhere to the routines and schedules outlined in the itinerary and will be expected to adhere to the BISS school expectations, rules and guidelines.

**MEALS**

All meals will be eaten in the dining room on site and will begin with lunch on day 1. All meals are prepared freshly on site and mainly include a range of local Chinese cuisine, some western options and fresh fruit. On the last night we will have a BBQ with meat kebabs, vegetables, fried rice, and fruit platters. Snacks and drinks will also be provided, but students are allowed and may wish to bring their own drinks and snacks for their trip. Provision will be made for children with special dietary requirements, including vegetarians. Please inform us of any specific requirements or allergies on the form attached.

**ORGANISATION**

Throughout the week the children will be divided into groups with one BISS staff supervisor assigned to each group as group leader. All specialist activities will be organised and led by Terratribes Instructors and some non-specialist sports and recreational activities will be led and supervised by BISS staff. The BISS teachers will take overall responsibility for student care, discipline and pastoral needs of the students.

**ACTIVITIES**

We hope that this trip will be the best yet. The children will be able to take part in a variety of activities led by a qualified Terratribes instructor and supported by a member of BISS staff. All students are positively encouraged and supported to participate fully in all activities but no child will be forced to participate in any activity if they are reluctant. Most activities are within walking distance of the accommodation. All children will be provided with the necessary safety equipment and be under close supervision at all times.

The activities may include:

**Team Building**
Students will undertake a variety of challenges that require them to work collaboratively.

**Rock Climbing**
Students will have the opportunity to try basic rock climbing on a climbing wall.

**Low Ropes**
Students will cross a suspended 3-point rope bridge.

**Orienteering (Map reading)**
Students will have the opportunity to take part in a guided walk in the hills and forest around and learn skills such as compass-work and direction-finding.

**Leap of Faith**
This will test the students’ ‘head for heights’! Standing on the top of a pole, they need to jump and grab the trapeze before being lowered to the ground.
Broken Bridge
High up over the site, students will have to cross over from one side of the apparatus to the other.

Kayaking
Students will take part in a variety of activities in kayaks on one of the lakes which may include ball games and a race.

Evening Entertainment
Children will have the chance to enjoy a variety of activities during the evenings.

NO SPENDING MONEY
Children should not bring any spending money as there are no shops nearby.

PHOTOGRAPHS
We will provide the opportunity to acquire an official selection of photographs after the trip. Students will have access to a number of school cameras and will take responsibility for compiling an album of events. Students should not bring their own camera.

NO ELECTRONICS
We want to encourage children to really engage with each other and the environment and so we ask that children do NOT bring electronic devices such as MP3 players, I pads, or other electronic toys. BISS Puxi cannot be held responsible for the loss or damage of such property.

MOBILE PHONES
From past experience, we believe that the children become homesick whilst speaking on the telephone, and thus we strongly discourage excessive telephone calls. Students will be able to take mobile phones on the trip but these will be required to be switched off during the day. Each evening, children will have access to their phones at some point between 8:15pm and 9:00pm when they can make or receive calls. Students who do not have their own phone can have access to a school phone if they wish to call parents. All phones will be collected in during the day and night for security purposes.

CONTACT PROCEDURES AND PROTOCOL (MOBILE PHONES)
Please be aware that the BISS teachers will call the school office regularly to update the school about what is happening on the trip. Please do not hesitate to contact the office for up to date information during the week should you have any major concerns.

If you just have a general enquiry, then please call BISS on 52263211 ext. 1501 to speak with Ms Echo Li, who will contact one of the teaching staff at the guesthouse in Nanbei if necessary. In the event of an emergency you can contact Ms Meehan (+8615000175170) or Mrs Westwood (+8613651899610) or one of the emergency teacher contacts you will be given before trip departure. If you really feel you have to, you can talk to teaching staff but please be aware that every time a teacher is called to the telephone it will result in less supervision for the children.

Emergency Contact Information
Ms Meehan (+8615000175170) or Mrs Westwood (+8613651899610)
MEDICAL PROCEDURES AND INSURANCE INFORMATION

We will have 24 hour contact with SOS International and several BISS teachers have obtained up to date first aid training. Also the Terratribes staff are first aid and outdoor trained by Australian and Chinese accredited companies. A comprehensive first aid kit will be taken with us. For allergy/asthma sufferers, sufficient supplies for the week should be provided, and if possible also a small pack to take daily on excursions.

All parents are required to complete the medical form attached in advance and inform their child’s class teacher if any medication needs to be administered while on the camp. All medicines will be collected and administrated appropriately under the supervision of an adult. Please do not send your child with additional medication unless we are aware of it beforehand. We need to know what medication your child is taking in the event of an emergency.

HEALTH AND ACCIDENT INSURANCE

BISS Puxi and Terratribes will provide insurance that covers sickness and accidents and includes adventure sports. We have international medical advice from SOS. This provides us with immediate medical and evacuation instructions in the event of an emergency. We ask that parents provide details of medical insurance they may have for their children with the consent form.

If there is a medical emergency we will contact the Terratribes staff in the first instance, and then, if necessary, the SOS International hotline to receive immediate advice. We will then phone the parents and the school to advise of the situation. Terratribes have emergency transport available if necessary.

Please also provide information of your child’s medical insurance on the form attached, medical requirements and any medication needed. In order for us to provide your child with first class care, it is essential that we have completed all forms giving us full and complete details about your child.

Please do not hesitate to contact your child’s class teacher if you have anything you wish to discuss or clarify.
**EQUIPMENT LIST**

All students should bring the original copies of their passports. We cannot leave without them!

We will only be away for 3 days, but students will need clothes for the evening activities as well as spares for in case clothing gets really wet and dirty. Students will need to be able to lift and carry their own backpack or suitcase!

Due to the nature of the activities, some clothes will get very wet and muddy so please do not pack anything which you do not want to see ruined. A plastic ‘binbag’ for wet and muddy clothes is recommended! A spare pair of old shoes or trainers will also be necessary. Open toed shoes: sandals, flip flops, slippers, crocs, etc. cannot be worn for activities so please ensure children have sensible footwear.

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**ITEMS TO BRING**

Children should bring with them:

- Trainers
- Shorts, trousers, skirts
- Shirt and T-shirts
- Waterproof jacket and jumper
- Underwear
- Pyjamas
- Sunhat/sunglasses
- Suntan lotion/sun block
- Insect repellant
- Toiletries - shampoo, soap, shower gel
- Wet wipes, anti-bacterial gel, soap
- Small towel
- Reading book, magazines, puzzle book
- Day sack, rucksack (to hold a small snack, water, sun lotion)
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