Welcome letter

Dear Applicant,

I am delighted that you have enrolled in one of our courses. The experience will prove to be challenging, but you will learn a huge amount – about your own abilities, about your colleagues and team-mates and about individual and group effectiveness.

An Outward Bound course is designed to be challenging and to put participants in environments and situations which are unfamiliar. These experiences allow us to discover our true potential and to develop elements of our character that we would not normally test. Our participants report that through these experiences they leave the course ready to accept new challenges and to perform at a higher level – and having had fun!

During the course, under the guidance of your experienced instructors, you will be given opportunities to test your physical and mental abilities. You should come to the course expecting to challenge yourself and to work with your team mates to overcome these challenges. You will need to be willing to test yourself as this is where the greatest rewards can be attained. While the staff will provide the opportunities and keep you safe, you will need to bring a positive attitude and determination.

It would help if you began to slowly and steadily prepare yourself before the course. This may be as simple as taking the stairs rather than the lift or taking a regular walk in the evenings. While our courses are accessible to all, this preparation will help you enjoy the course more and be able to focus on the learning opportunities.

Your course will be carefully designed in order to meet the desired outcomes and ensure you grow as much as possible while you are here. However, you may well be expected to get wet, carry your equipment in a backpack, hike, rock climb, kayak or sail and to leave behind many of the comforts of normal life. In addition, you will be expected to do this in whatever conditions we experience on that day – it may be cold in the winter or hot during the summer.

I hope that you are looking forward to your course, even if you are not sure of what lies ahead and how you will perform – this is all part of the experience. However, you should take comfort from the fact that since OBHK has been providing these courses for the people of Hong Kong well over 100,000 people – people just like you - have successfully completed the courses and consistently report that they have not only learned a great deal about themselves and others, but that they have enjoyed themselves! For many it is an experience that has a lasting impact on their lives and creates lasting and precious memories. We look forward to meeting you soon and creating those memories.

Yours sincerely,

Nick Cotton
Executive Director
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General information

Outward Bound® objectives

Outward Bound® helps people discover and develop their potential to care for themselves, others and the world around them through challenging experiences in unfamiliar settings.

Outward Bound® aims to stimulate personal development and generate understanding between people by:

- Encouraging participants to venture out of their comfort zone
- Setting new challenges in a demanding adventure programme and
- Providing an experience which inspires responsibility, self-reliance, teamwork, confidence, compassion and community service.

Further to this, each course has specific learning outcomes that the facilitators will actively help you to achieve.

Mental attitude

A positive attitude is essential. You will be expected to:

- Demonstrate a commitment to the course and a willingness to try new and challenging things
- Push yourself and encourage your team-mates when engaging in challenging activities
- Make choices, take on responsibilities and learn new skills
- Test your self-imposed limitations

Outward Bound® training conditions and rules

To promote a healthy lifestyle, maintain a high safety standard and ensure that all participants focus solely on their training, the use of the following substances or devices is **strictly forbidden** on any Outward Bound® course.

- Alcohol, tobacco, illegal drugs
- Radios, personal audio items (MP3)
- Camcorders (video cameras) CD/MD/VCD players
- Electronic Games
- Mobile phones, pagers or any form of electronic communication devices.

Note: Anyone found using any of these may be asked to leave the course. The course fees will not be refunded.

Insurance

OBHK carries third party liability insurance. In the event of an accident or illness during the course requiring external treatment, government hospitals or clinics will be utilised, unless in the case of minor illness or accidents whereby private clinics may be used. Participants will be required to pay all private clinical costs. Participants can arrange their own personal insurance or join through the scheme offered by Zurich Insurance Company Limited to participants aged between 8 and 65 years. The scheme carries a maximum of HK$500,000 in the event of accidental death or permanent disablement during any OBHK course, and HK$20,000 for accidental medical expenses. For full details, please visit www.outwardbound.org.hk

Follow these three steps: ➔ Why Outward Bound? ➔ How to Enrol ➔: Insurance
Dormitory Allocation

Outward Bound® Hong Kong provides dormitory-style accommodation which participants will be expected to keep clean and tidy. Separate rooms are assigned for male and female participants.

Care of Outward Bound® equipment

Training equipment is provided free of charge. If, through blatant misuse or carelessness, a piece of equipment is lost or damaged, the person or team responsible will be liable to pay for the replacement cost.

Medical matters

Participants must complete the Confidential Medical History and Physical Examination Record. You must declare any pre-existing medical and psychological conditions, allergies and your recent medical history. Those who do declare any such conditions could be asked to submit a Medical Clearance Form that has been completed by a doctor. This is for the safety of everyone.

If a participant is taking any prescribed medication, such information should be declared on the Enrolment Form, and should also be given to the group instructor at the beginning of the course. This medication should be in its original packaging and accompanied by the doctor or pharmacist’s instructions regarding dosage and frequency.

Participants with a history of asthma should bring two current inhalers with them.

Warning!

If during the course a participant is found to have wilfully withheld any information regarding pre-existing medical or psychological conditions from Outward Bound® Hong Kong, he or she may be asked to leave the course, and the course fees will not be refunded.

Valuables

You are discouraged from bringing valuables to the course. Your valuables (money, mobile phone, wallets, etc) will be collected for safekeeping at the beginning of the course and returned to you on the last day. Cameras (not video cameras) may be brought at your own risk. Outward Bound® Hong Kong will not accept responsibility for the loss of, or damage to personal belongings not handed in for safekeeping.

Weather

Please check the 9-Day Weather Forecast at the Hong Kong observatory before arriving at Outward Bound®.

http://www.weather.gov.hk/wxinfo/currwx/fnd.htm

What to do if the following weather warnings are hoisted on the first day of your course:

If the Hong Kong Observatory at 7:00am announces that a red or black rainstorm warning or typhoon signal No.8 is hoisted, the courses that start at 9:15am will be postponed to 1:30pm. Participants should report to Outward Bound® at 1:30pm on the same day.

If the Hong Kong Observatory at 12:00pm (noon) announces that a red or black rainstorm warning or typhoon signal No.8 is hoisted, all courses will be cancelled on that day. Participants should report to Outward Bound® at 9:15 a.m. on the following day.

We will try our best not to cancel or postpone courses due to bad weather, but sections of the
course may change due to unforeseen circumstances.

While a course is in progress, participants WILL NOT be sent home but will be accommodated at the training bases.

**Emergencies**

An important part of the Outward Bound® experience is to get the participants away from city life. Therefore, it is our policy that participants DO NOT MAKE OR RECEIVE TELEPHONE CALLS whilst attending a course. Please make sure your family, friends and colleagues are aware of this.

In the event of an EMERGENCY ONLY, please call:
- During office hours (Monday to Friday: 8:30 am - 5:00 pm):
  Outward Bound® Headquarters - 2792 4333
- After office hours:
  Duty Co-ordinator – 9212 0632

Please be ready to provide the following information:

<table>
<thead>
<tr>
<th>1. Participant’s name</th>
<th>4. Caller’s company, school or organisation (if applicable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Course code</td>
<td></td>
</tr>
<tr>
<td>3. Caller’s name</td>
<td>5. Caller’s contact number</td>
</tr>
</tbody>
</table>

**Pre-course preparation**

Your course will be much more enjoyable if you have done some physical preparation beforehand. We suggest that you try to incorporate 3 x 30 minutes of active exercise into your weekly routine. Walking, swimming, cycling, aerobics, running or other active sports are good; these together with some strengthening exercises will make a big difference. We recommend that a minimum conditioning program should be carried out for at least two weeks, preferably longer, prior to the start of your course.

**Technical equipment supplied by Outward Bound®**

<table>
<thead>
<tr>
<th>Backpack</th>
<th>Sleeping Bag</th>
<th>Sleeping mat</th>
<th>Bowl and eating utensils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking stove</td>
<td>Backpack (For Wild Camp)</td>
<td>Rain Jacket</td>
<td>1L Water bottle</td>
</tr>
</tbody>
</table>

**Required clothing and equipment list for courses**

The following list outlines the type and amount of clothing and equipment you should bring. The clothing items, such as sun hats and breathable long sleeve shirts and pants are used for protection from the sun and are essential to your safety and well-being; please ensure that you bring them. The instructors will screen all personal items very closely BEFORE you pack them into your rucksacks or bags for your journey.

Shower and washing facilities will be limited during journey courses.
<table>
<thead>
<tr>
<th>CLOTHING</th>
<th>Minimum quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun hat with wide brim and retaining strap (Essential)</td>
<td>1</td>
</tr>
<tr>
<td>A cap is ineffective in protecting the face and ears against sunburn. Choose light colours and ‘breathable’ materials.</td>
<td></td>
</tr>
<tr>
<td>Long-sleeved top (Essential)</td>
<td>2</td>
</tr>
<tr>
<td>Synthetic material is preferable. These are compulsory for water activities and sun protection.</td>
<td></td>
</tr>
<tr>
<td>Long Pants/Trousers (Essential)</td>
<td>2</td>
</tr>
<tr>
<td>Must be full length. NO JEANS - Jeans cause extensive chafing AND they become heavy and cold when wet</td>
<td></td>
</tr>
<tr>
<td>T-shirt</td>
<td>1</td>
</tr>
<tr>
<td>Must have sleeves, (no vest tops/singlets)</td>
<td></td>
</tr>
<tr>
<td>Shorts</td>
<td>1</td>
</tr>
<tr>
<td>Underwear (sets)</td>
<td>1</td>
</tr>
<tr>
<td>Lightweight rainproof jacket</td>
<td>1</td>
</tr>
<tr>
<td>Swimming costume</td>
<td>1</td>
</tr>
<tr>
<td>Bandana / BUFF / HAD type neck protector</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOOTWEAR</th>
<th>Minimum quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wet shoes for water activities</td>
<td>1</td>
</tr>
<tr>
<td>NO CROCS, SANDALS OR FLIP FLOPS – Shoes must provide full protection to the feet, including the heel, and no skin is to be exposed</td>
<td></td>
</tr>
<tr>
<td>Sports socks / Hiking socks (pair)</td>
<td>1 pair per day</td>
</tr>
<tr>
<td>Deep lugged high traction trail trainers or cross-training running shoes</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOILETRIES</th>
<th>Minimum quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunscreen (SPF 30 or higher)</td>
<td>1</td>
</tr>
<tr>
<td>After-sun lotion</td>
<td>1</td>
</tr>
<tr>
<td>Insect repellent</td>
<td>1</td>
</tr>
<tr>
<td>Pack a small non-aerosol plastic bottle; do not bring an aerosol spray can as they can spray inside luggage. Do not bring mosquito stickers to avoid producing excess trash.</td>
<td></td>
</tr>
<tr>
<td>Tooth brush / tooth paste</td>
<td>1</td>
</tr>
<tr>
<td>Talcum powder</td>
<td>1</td>
</tr>
<tr>
<td>Tampons / sanitary napkins</td>
<td>1</td>
</tr>
<tr>
<td>Wet wipes</td>
<td>Optional</td>
</tr>
<tr>
<td>Lip balm with sun block</td>
<td>Optional</td>
</tr>
<tr>
<td>Comb</td>
<td>Optional</td>
</tr>
<tr>
<td>Travel towel (Best if micro- or soft-fibre)</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>WINTER ADDITIONS</th>
<th>Minimum quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm long-sleeved shirt (polyester pile)</td>
<td>1</td>
</tr>
<tr>
<td>Fleece sweater (polyester)</td>
<td>1</td>
</tr>
<tr>
<td>Warm hat (polyester)</td>
<td>1</td>
</tr>
<tr>
<td>Gloves</td>
<td>Optional</td>
</tr>
<tr>
<td>Scarf</td>
<td>Optional</td>
</tr>
<tr>
<td>Warm outer jacket</td>
<td>Optional</td>
</tr>
</tbody>
</table>
**Essential clothing all Courses**

**A note on footwear and ankle injuries**

One of the most common injuries on an Outward Bound® course is an ankle twist or strain. Bringing appropriate footwear and using it correctly will help you to minimise your risk of such an injury. If you have a history of ankle injuries consider bringing sports wrap, tape or trekking poles. Discuss your history and concerns with your instructors at the start of the course, as they may have further recommendations.

A pair of deep lugged high traction trail trainers or cross-training running shoes are acceptable footwear; as seen in the pictures below.

Overly stiff boots along with motorcycle or industrial safety boots are not appropriate as these can cause blisters while hiking. Wearing tennis shoes, basketball shoes or other footwear that have shallow treads or do not offer adequate ankle support can lead to sprained ankles. If you already own a pair of hiking boots, please feel free to bring them with you, but please test them out prior to assure that they fit properly.

**Examples of appropriate clothing and footwear required for all courses**
Appropriate footwear **required** for Land Activities.

Appropriate footwear **required** for Water Activities.

Trekking poles are **recommended** for all participants on land expeditions, especially those who have a history of ankle injuries.

Sun Protective Gloves for Sea Kayak or Sailing expeditions are **recommended** especially in summer months to prevent sunburn.

### Tai Mong Tsai Courses

All courses scheduled to run at Tai Mong Tsai Base will start at our base in Tai Mong Tsai.

**Address:** 210 Tai Mong Tsai Road, Sai Kung, Hong Kong

**Start / Finish times**

<table>
<thead>
<tr>
<th>Course name</th>
<th>Start time</th>
<th>Ceremony time</th>
<th>End time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easter/Summer/Christmas 4Kidz Course</td>
<td>9:15am</td>
<td>3:00pm</td>
<td>3:30pm</td>
</tr>
<tr>
<td>Teens Explorer Course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary School Course</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*We will notify the participants if there are changes to the assembly time and/or place.

**Public transport**

From New Territories and Kowloon to Sai Kung Town:

<table>
<thead>
<tr>
<th>Transportation</th>
<th>Bus No.</th>
<th>Route</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus</td>
<td>92</td>
<td>Diamond Hill MTR Station to Sai Kung Town</td>
</tr>
<tr>
<td>Bus</td>
<td>94</td>
<td>Wong Shek Pier to Sai Kung Town</td>
</tr>
<tr>
<td>Bus</td>
<td>299X</td>
<td>Shatin New Town Plaza to Sai Kung Town</td>
</tr>
<tr>
<td>Bus</td>
<td>99</td>
<td>Ma On Shan, Heng On Estate to Sai Kung Town</td>
</tr>
<tr>
<td>Green Minibus</td>
<td>1A</td>
<td>Choi Hung MTR Station (Exit C) to Sai Kung Town</td>
</tr>
<tr>
<td>Green Minibus</td>
<td>1</td>
<td>Kowloon Bay (Telford Plaza) to Sai Kung Town</td>
</tr>
<tr>
<td>Green Minibus</td>
<td>101M</td>
<td>Hang Hau MTR Station (Exit B) to Sai Kung Town</td>
</tr>
<tr>
<td>Red Minibus</td>
<td>N/A - Sai Kung Pier</td>
<td>Dundas Street, Mong Kok to Sai Kung Town</td>
</tr>
</tbody>
</table>
From Sai Kung Town Centre to Tai Mong Tsai Base:

Bus No. 94 from Sai Kung Town to the Wong Shek Pier bus terminal (leaves every half hour and on the hour). Bus stop: Ah Kung Wan

Private Transport / Taxi

1. Via Sai Kung
   - Drive down Hiram’s Highway to Sai Kung Town Centre
   - When you come to a roundabout, follow signs for Pak Tam Chung
   - You will encounter 2 more roundabouts, follow signs for Pak Tam Chung
   - Follow Tai Mong Tsai Road when you reach Yan Yee Road (Crossroads). Take a right turn.
   - Follow the road for 500M and pass through the green gate; you will eventually reach our base.
   - It takes about 5 minutes from Sai Kung Town Centre to our base.

2. Via Shatin
   - Go to the end of the Sai Sha Road following signs for Sai Kung until you reach the Mak Pin roundabout.
   - Take the first exit following signs for Pak Tam Chung and drive down the Tai Mong Tsai Road until you reach Yan Yee Road (Crossroads). Take a right turn.
   - Follow the road for 550M and pass through the green gate; you will eventually reach our base.
   - It takes about 3 minutes from Mak Pin roundabout to our base.

All courses held at Tai Mong Tsai Base end at 3:00pm. Parents and guests who wish to pick up participants are requested to arrive at the base no earlier than 2:30pm.

Presentation ceremony

All courses held at our Tai Mong Tsai base end with a presentation ceremony, which usually takes place at 3:00 pm. Parents and guests who wish to attend the presentation ceremony are requested to arrive at the base no earlier than 2:30 pm.

Souvenir shop

At our Tai Mong Tsai base we have a souvenir shop. The income from all souvenirs is used to subsidise deserving applicants in our community sector so that they can participate in courses. Please check with your instructors if you are interested. Outward Bound® merchandise can be found at www.outwardbound.org.hk. Your support is highly appreciated!!
Parking

There are no parking facilities at Outward Bound® Hong Kong. It is possible to drop participants at the entrance to 210 Tai Mong Tsai Road and then walk in for the remainder of the way.

There is also a public car park near Tai Mong Tsai village on the left-hand side of the road, approximately 100 metres past the turn-off to our base.

Attention:
For safety reasons, non-staff vehicles are prohibited from entering the base as a crowd-control measure. Please park and/or drop passengers off at the public car park nearby.

Map (From Sai Kung to Outward Bound®)

Additional Information

Introduction

An Outward Bound centre-based course is a simple introduction to later Outward Bound courses. The participants will engage in new activities, make new friends and learn new skills. We will encourage them to extend themselves and push them towards new levels of accomplishment. Our staff will carefully supervise all activities, making sure that all safety procedures are being followed.
Parent Accompaniment

Parent must accompany participants when they come to and depart from our base.

Supervision

Participants will be divided (by age and language ability as much as possible) into groups of up to 12. Each group has 3 adult leaders to take care of the participants. All groups are under the supervision of the 4kidz Coordinator. In the dormitory an adult will be sleeping in a room nearby.

Personal Items

We suggest that participants pack their own bags and make a list of contents. This reduces the likelihood of forgotten or mistaken items. All personal items and clothing should be clearly marked with their names. Outward Bound® Hong Kong will not accept responsibility for any lost or damaged belongings.

Money & Valuables

Participants over 11 years old must bring their identity cards.

Money is not needed during the course but at the end of the course participants may wish to purchase some souvenirs. We recommend that this should be done by parents on the last day. Parents should take the money, Octopus card and mobile phone that the participants have with them, along with any other valuables, or those will be collected for safe keeping on the first day of the course and returned on the last day. Cameras or watches may be brought, but Outward Bound® Hong Kong will not accept responsibility for the loss of or damage to any personal belongings not handed in for safekeeping.

Confectionary

Participants will be well fed during the course. Candies, chewing/bubble gum, chips, soft drinks and personal foodstuffs should not be brought to the course.

Homesickness

Early on in the course we might ask participants to write a letter home. They may tell you how much they miss their family and may even want to come home. This is to be expected and is usually a passing phase. However, in the event of prolonged homesickness we will call the parents and ask for their support in persuading their child to stay.

Stay connected after your course ends

There is a variety of ways you can either find out information about Outward Bound® Hong Kong, or continue to support us after your course.

Website  http://outwardbound.org.hk
Enquiry  info@outwardbound.org.hk
Facebook  Outward Bound Hong Kong
Instagram  Outward Bound Hong Kong
Twitter  http://twitter.com/Outwardboundhk