



YEAR 7

RESIDENTIAL
Yangshuo

Adventure
Camp

www.bisspuxi.com

Expedition
Programme
19-24 June 2016



THE BRITISH INTERNATIONAL SCHOOL
SHANGHAI, PUXI
A NORD ANGLIA EDUCATION SCHOOL



Be Ambitious

Follow us on our official
WeChat Account

By following BISS Puxi on WeChat, you'll be able to receive all the latest news and daily updates regarding the school, Monday to Friday.



You can follow our account by scanning the QR code or adding us via our WeChat ID:

BISS_ShanghaiPuxi



BISSPUXIOFFICIAL



@BISSPUXI



@BISSPUXI

An Introduction

Many of your sons and daughters will have experienced the excitement of a residential school trip before, while for a small number this might be the first time that they are going to be away from home for a few days at a time. In both cases, we wish to assure you that both you and they will survive the separation!

To allay any worries that you may have, we have prepared some answers to what we feel will be your most common questions. If we have missed any out please feel free to contact the trip leader Ms Holly Mitchell at any time.

1. WHERE IS THE TRIP DESTINATION?

The group will be visiting Guangxi Province and within this the area of Xingping and the town of Yangshuo. In the Xingping area, students will have a spectacular view of hills here and there, green bamboo nodding in the breeze and fishing boats drifting on the gentle water. This is the place whose delicate view has been printed on the 20 Yuan RMB note. We will stay in guesthouses in Dahebei Village in Xingping and at the Snow Lion Resort in Yangshuo, which is a beautiful scenic town. It is well known for its five wonderful characteristics: green hills, clear waters, fantastic caves, spectacular rocks and

the sweet scent of osmanthus. June is a great time to be in Yangshuo, and if we are lucky, we may still see fireflies at night.

2. WHEN AND WHERE DO THE STUDENTS GET DROPPED OFF AND PICKED UP AT THE START AND END OF THE TRIP?

Students should be dropped off at school and collected promptly at either end of the trip by their parents.

Students should arrive at the secondary campus by 12:45pm on Sunday 19 June. We will then travel to Pudong airport by coach. We expect to be back at the secondary campus by around 11:30pm on Friday 24 June. In order for you to check for delays on our return the flight number is FM9378.

3. WHAT ARE THE FLIGHT DETAILS?

Sunday 19 June

FM9369

Depart Shanghai-Pudong 16:45

Arrive Guilin 19:30

Friday 24 June

FM9378

Depart Guilin 19:10

Arrive Shanghai-Pudong 21:25

4. WHAT ACTIVITIES WILL THE STUDENTS BE DOING?

Over the course of the week, the students will have opportunities to participate in a range of outdoor activities. These include bamboo raft-making and racing, hiking, cycling, a river cruise, cormorant fishing, kayaking, cooking classes, rock climbing, BBQs, games and activities in Dahebei and abseiling. Students will be split into two groups and may work through the programme in different orders but they will all experience the same activities. Please bear in mind that these may change according to local conditions and perhaps even the weather!

5. WHAT WILL THE ACCOMMODATION BE LIKE?

We will all be staying at guesthouses in Dahebei village for three nights and two nights in the Snow Lion Resort in Yangshuo. Pupils will be sharing rooms and groups will be decided before the trip starts. Each accommodation consists of twin-shared rooms.

6. WHAT ABOUT THE FOOD?

We will have all breakfast and evening meals in the hotel and guesthouses. There will be a wide selection of Chinese food. On some days there will be a packed lunch provided, depending upon the activity for that particular day. Vegetarians will be catered for and all of the food will be nut free.

7. WHAT CLOTHES AND EQUIPMENT WILL THEY NEED?

A full packing list is included. Some clothes may get muddy during the outdoor activities so please do not pack anything that you cannot bear to see ruined.

8. CAN THE STUDENTS BRING THEIR MOBILE PHONES AND OTHER ELECTRONIC DEVICES?

Students will be able to bring electronic devices with them as they will no doubt wish to record their exciting experiences and to update parents after an eventful day of activities. Students need to be aware that electronic devices which are taken on the trip will be brought at the owner's risk. They may not be suitable for some of the water-based activities.

9. HOW MUCH SPENDING MONEY SHOULD STUDENTS TAKE?

There will be little time for shopping in our busy schedule of activities! It will not be necessary for students to bring any more money than they would normally spend on snacks and drinks. There is allocated time when students will have the opportunity to visit the shops in West Street, Yangshuo, where they will be able to purchase souvenirs or gifts if they wish to do so.

Adventure

Activities include bamboo raft-making and racing, hiking, cycling, a river cruise, cormorant fishing, kayaking, cooking classes, rock climbing, BBQs, games and activities in Dahebei and abseiling.



10. WHICH STAFF MEMBERS WILL BE GOING ON THE TRIP?

There will be eleven staff members supervising students on the trip:

Miss Holly Mitchell (Overall Trip Leader and Leader of Group A)

Mr Nick Lewis (Leader of Group B)

Mrs Irina Brannasch

Ms Leafy Yan

Miss Eimear Reen

Mr Frank Gale

Miss Rachel Rhodes

Mr Santhosh Manoharan

Ms Marie Ma

Miss Doirean Bragazzi-Nevin

Mr Jermaine Griffiths

11. WILL MY CHILD BE SAFE?

The risk management plan for the trip includes first aid training and evacuation procedures. It also considers the safety of students for each activity that they take part in, ensuring that thorough training is given to them before they begin and that plans are in place if accidents do occur. There is a safety boat when students are kayaking and pupils will wear life-vests for this activity, for raft-building and cormorant fishing. Helmets will be worn during rock-climbing, abseiling and cycling (there will also be a safety vehicle to support students if necessary).

Students will be covered by medical insurance for the duration of the trip and International SOS will coordinate the medical care and evacuation

in the unlikely event of a serious injury. This means that your child is in good hands.

12. WHAT DO I NEED TO DO IF MY CHILD IS TAKING ANY MEDICATION?

Please ensure any medication your son or daughter needs to take on the trip is given to their group leader before the trip leaves school. It is vital that, along with the medication itself, clear instructions are also handed over. On these instructions, please specify how often the medication should be taken, whether it needs to be taken with food or water, or in a certain order.

These instructions should clearly be placed with the medication in a sealed plastic bag, and handed to the trip leader – Holly Mitchell for Group A, and Nick Lewis for Group B.

13. HOW WILL I KNOW IF THE TRIP IS GOING WELL?

We will publish trip updates on the 'News and Events' section of the school website regularly and via WeChat and Facebook.

14. IS THERE A PHONE NUMBER IN CASE OF EMERGENCY?

Staff will have mobile phones, which you can ring in case of emergency. Holly Mitchell can be contacted on 13917642404 and Nick Lewis can be contacted on 183 21099094.

Health & Safety

Students will be covered by medical insurance for the duration of the trip and International SOS will coordinate the medical care and evacuation in the unlikely event of a serious injury.



15. HOW CLOSELY WILL THE STUDENTS BE SUPERVISED?

The supervision ratio will vary according to the activity the students are doing, but will always be in line with health and safety recommendations.

Girls and boys will sleep in separate rooms at the hotel and guesthouses. They will be expected to go to bed at the specified times and to stay in their rooms until the morning. Male members of staff will supervise the areas that the boys are sleeping in and the female staff will supervise the girls' areas.

16. WILL THE STUDENTS NEED THEIR PASSPORTS OR ID CARDS?

Yes they will. It is the responsibility of parents to ensure that students bring their own passports and that they are up to date. In the situation where students hold two passports, please make sure that they bring the one which contains the details that you gave us to book the flights. Students who have Hong Kong or Taiwanese ID cards must bring these with them. The passports will be looked after by the trip leaders while we are away for the week.

17. HOW DO YOU DECIDE HOW MUCH THE TRIP WILL COST?

All of our trips are run on a not-for-profit basis. The vast majority of the cost for this trip goes towards the payment to P&E Class, the company

which is facilitating the trip, and covers flights and other transport, accommodation, activities and their specialist staffing, food and other expenses.

18. WHAT IF I HAVE MORE QUESTIONS?

We hope that this answers most, if not all of your questions. Please feel free to contact Ms Holly Mitchell by email if you have any further queries at h-mitchell@bisspuxi.com.

Contact Information

Staff will have mobile phones, which you can ring in case of emergency. Holly Mitchell can be contacted on 13917642404 and Nick Lewis can be contacted on 183 21099094.





Equipment

A change of clean clothes for the final trip home should be kept dry in a separate plastic bag. All of the above should fit into a rucksack.

Any personal medication must be given to the appropriate leader at the start of the trip. These should be in sealed plastic bags (zip lock) with the child's name clearly printed and full instructions as to when and how often the medication should be taken. It is vital these instructions are clear and if the medication needs to be given with food or water, or in a specific order this should also be recorded.

Students will have to carry their own bags so please make sure that they are neither too big nor too heavy! For flights, the limit for checked-in baggage is 20kg and 5kg for carry-on. We advise students to bring rucksacks or trek bags rather than suitcases.

Packing List

- Passport
- Sunscreen - SPF 50+, waterproof
- Sun hat
- Sunglasses
- 6 t-shirts (synthetic is preferable)
- 1 long sleeve surf shirt/rash guard
- 1 thin waterproof jacket
- 6 changes of underwear
- 3 pairs of socks
- Swim suit
- 2 pairs of loose trousers – not denim jeans
- 1 pair of shorts
- Thin, waterproof jacket
- 1 pair of sturdy closed toe shoes/boots you can hike in or for walking in
- 1 pair of sandals / flip-flops
- 1 towel
- 1 pack of personal tissues
- Band-aids & hand sanitizer
- Insect repellent
- Water bottle (re-usable, preferably metal with a securable screw top)
- Toiletries, including toothbrush and toothpaste
- Torch, with batteries
- Plastic bags for dirty clothes
- A daypack which can fit a change of clothes, water bottle and a towel
- Reading book

Contact us

The British International School, Puxi, Shanghai
111 Jinguang Road, Huacao Town, Minhang
Shanghai, 201107

上海英国学校浦西校区
上海市闵行区华漕镇金光路111号, 201107

Email

admissions@bisspuxi.com

School Website

www.bisspuxi.com

General Enquiries

+86 021 5226 3211



[BISSPUXIOFFICIAL](#)



[@BISSPUXI](#)



[@BISSPUXI](#)

Stay Connected
www.bisspuxi.com



NORD
ANGLIA
EDUCATION

Be Ambitious