



7 October 2015

RE: INTERNATIONAL AWARD SILVER ADVENTUROUS JOURNEY 29 OCTOBER – 1 NOVEMBER

Dear Parent/Guardian,

Your son/daughter is currently involved in the International Award programme. As part of the programme all students are required to successfully complete an 'adventurous journey'. To help them succeed with this, we have organised a Silver Adventurous Journey to the Ninghai National Trail System in Zhejiang Province, from Thursday 29 October until Sunday 1 November. Full details of the trip will follow, including transportation arrangements and emergency contact details.

The journey will involve the students trekking and camping in some of China's untouched wilderness. They will set up their own campsites, cook their own food, navigate and carry their own equipment.

The anticipated cost is 3080 RMB. This price includes train transport to Ninghai, chartered buses to the National Trail System, the first and last meals on arrival/ pre-departure, qualified instructors and insurance. If you wish your son or daughter to take part, please complete the permission slip below and transfer the money to our school bank account. Our payment procedures are attached to this letter. As reference you may use 'IA Silver Journey 2015'.

As part of the Award, students are also required to participate in planning aspects of the trip as well as attend a pre-expedition training session. For safety reasons, students without the required clothing or equipment, or those who do not participate in the training may not be able to attend the trip to Ninghai. The training will take place from Friday 23 October 16:00 pm until Saturday 24 October 16.00 pm at BISS Secondary school. I have attached a list of required equipment for your convenience.

Please feel free to contact me if you have any questions at: j-mager@bisspuxi.com

Your sincerely

Job Mager
International Award Co-ordinator



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Student name Form

Medical Information

Does your child suffer from any medical conditions that may require
any medical treatment during the visit? YES/NO
If yes, please provide details below:

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Has your child suffered from an infectious disease within the last 6 weeks? YES/NO
If yes, please give details below:

.....

Does your child have any allergies? YES/NO
If yes, please give details below:

.....

Is your child currently taking any medication? YES/NO
If yes, please give details below:

.....

I give my permission for my son/daughter to go to Ninghai on the International Award SILVER Adventurous Journey 29 October – 1 November 2015.

Signature.....

Date.....



PROCEDURE FOR COLLECTION OF MONIES FOR TRIPS, BISCAP, MUSIC LESSONS ETC.

For payments greater than RMB200, please use the following method:

1. Bank Transfer to The British International School Shanghai上海英国学校
 - o Bank province省市 : 上海市 - Shanghai
 - o Bank City城市 : 上海市 - Shanghai
 - o Bank Name银行名 : 中国建设银行 - China Construction Bank
 - o Bank sub branch银行支行 : 中国建设银行股份有限公司上海华漕支行
- CCB HUA CAO Branch
 - o Bank address银行地址 : 上海闵行区华漕镇金丰路492-50号- No. 492-500, Jinfeng Road, Huacao, Minhang, Shanghai
 - o Account Number账号 : 31001628616050003155
 - Name of child and to what it relates should be put on the reference (e.g. RJohnson – FOB13) or a copy of the bank remittance should be provided to k-yao@bisspuxi.com . On receipt of funds an email acknowledgement will be provided.
2. Credit Card or Debit card at either the Finance office at 158 Baole Road or in the Uniform Shop. A receipt will be provided.



SILVER ADVENTUROUS JOURNEY EQUIPMENT CHECKLIST

EACH STUDENT

- Flashlight and extra batteries (a headtorch is strongly recommended instead of a handheld torch)
- Hat to provide sun protection
- Waterproof jacket with hood
- Wool or fleece sweater
- Shirts – long sleeved, light weight
- T-shirts/undershirts/base layer - synthetic is preferable.
- Trousers, full-length leg - no jeans
- Socks - several pairs in case it rains
- Underwear
- Comfortable and sturdy/supportive shoes or boots with good grip
- Extra pair sandals or trainers - no flip-flops
- Water bottle 1.5L - 2L
- A heavy duty bin bag to line the inside of the backpack to keep all belongings dry.
- Sleeping bag (of correct temperature rating)
- Sleeping mat
- Food for meals and snacks for hiking
- Backpack, approximately 65L - capable of having all supplies inside the bag (**ONLY 1 backpack per student**)
- Gloves and warm hat
- Long underwear/thermals/base layer
- Extra prescription glasses, contact lens & solution, medication if needed
- Personal hygiene products and toiletries
- Pen or pencil

GROUP EQUIPMENT

(To be divided fairly amongst members of the expedition groups)

- Sunscreen SPF 30 or higher, insect repellent spray, sunglasses
- Toilet paper
- Cleaning materials for cooking pots
- Tent – 2, 3 or 4 people per tent ** Tents can be provided if needed**
- 2 cooking stoves per group and fuel (1.5 canisters per day)
- Cooking pots, eating utensils and cup/plate/bowl
- First Aid Kit - basic

OPTIONAL ITEMS

- Journal, reading book
- Camera in protective weather proof case
- Backpack rain cover
- Lip balm
- Mobile phones and iPods are strongly discouraged, but may be taken only to be used on bus/train trip. They are not permitted during activities.
- Swimsuit