

# CAS WEEK 2011

Hong Kong activities

# CROSSROADS

\* Service and Simulation 'Life X-perience' programme (approximately 15 places)

\*\*\* This runs from **Tuesday 15th November - Saturday 19th November** as Crossroads is closed on Mondays\*\*\*

\* gain insight into the lives of people for whom Crossroads provides services

\* Blind X-perience simulation exercise costs \$30HK and students are free to provide donations to Crossroads if they wish (or possibly fund-raise at School Fair if they prefer - this needs to be approved before the end of October)

# HKAPA - COSTUMES OR PROPS

\* only a few spaces

\* working with Lorraine Naylor at the Hong Kong Academy of Performing Arts in the theatrical costumes department or with Jeremy Blackwell in the props department

# MOUNTAIN BIKING SUPER CAMP

- \* 5-day mountain bike skills development
- \* takes you through every aspect of mountain biking in HK
- \* basic bike skills, slow speed skills, maintenance, gears, braking and standing, group games, challenges then onto more advanced skills like cornering, drops, pump track, posture and clearing obstacles...then you get to transfer these to tracks around HK
- \* \$3000 (all equipment and bus transfer)- not an overnight camp
- \* minimum of 6 students and maximum of 25

# NESBITT CENTRE

- \* 3 - 5 students only
- \* working with adults with learning disabilities
- \* The Nesbitt Centre provides an English-speaking educational programme for adults with learning disabilities, which helps to achieve independence and development of their own potential and opportunities within the community

<http://www.hkvc.org.hk/>

# PHOTOGRAPHY PROJECT

- \* 10 - 20 students working with Darren Lebeuf, one of HK's leading photographers
- \* You will use photography to explore an idea or theme, of your choosing, using light, colour, abstraction and your own creative eye.
- \* Any type of camera can be used and you will work with Photoshop
- \* Cost \$750 - \$1500 (depends on number of students)

# SAILING

- \* HK Sailing Federation National certificates for Level 2 Beginner course at Hebe Haven Yacht Club
- \* by the end of the week, you should be able to sail a dinghy on your own, in light winds, with basic sailing knowledge and safety awareness on the water
- \* 2 types of courses - Keelboats or Dinghys
- \* \$3 000 per person - includes certificates and logbooks
- \*minimum - 5 students, maximum - 50

# BLUE SKY WATER FUN PROGRAMME

- \* 1 day each of Stand Up Paddle Boarding, Dragon Boating, Surfing Camp, Kayak Trip, and Wakeboarding Camp
- \* instructor:student ratio of 1:5
- \* \$3 500 - includes lunch each day and also camp t-shirt, certificates and photos/videos available for download after the camp (BYO water wear e.g. wetsuits)
- \* minimum of 12 students

# ARK EDEN

- \* Environmental workshops and activities, service work, cooking, hiking and more...all on Lantau!
- \* Also 3 nights with overnight stays in eco-lodge, stilt houses and mountain cabin
- \* \$2 850 - includes most meals
- \* minimum of 15 students and maximum of 20 students

# JOCKEY CLUB SARAH ROE SCHOOL

- \* working with primary and secondary students with severe to profound learning difficulties
- \* MUST attend an induction on Tuesday 9th November at 12.30pm (will be accompanied by a teacher)
- \* minimum of 3 students and maximum of 6 students

# VISION FIRST

- \* assisting the NGO with their voluntary work for refugees and asylum seekers
  - \* 2 - 5 students