

## **Gold Coast Nature Kids Autumn Adventures Programme & Itinerary:**

### **黃金海岸秋日兒童歷奇體驗計劃行程**

<b>Check in Date</b> 入住日期：	<b>Activity Dates</b> 活動日期：
8/10	9/10-10/10
15/10	16/10-17/10
22/10	23/10-24/10
29/10	30/10-31/10

### **Day 1 活動第一天**

<b>Time</b> 時間	<b>Activity</b> 活動	
	<b>Group 1</b> 第一組	<b>Group 2</b> 第二組
8:45am	Meet at the Hotel lobby and take the coach to Bride's Pool 於酒店大堂集合及乘坐旅遊巴前往新娘潭	
10:00am	Arrive at Bride's Pool, and enjoy a water break and freshen up 抵達新娘潭及小休	
10:10am	Ice-breaker activities 破冰遊戲	
10:30am	Gear up and safety briefing 領取裝備及安全講解	
10:45am	Stream trekking 溯溪	Bushcraft – wilderness and survival skills 野地技藝-荒野生存技能
12:30pm – 1:30pm	Light Picnic Lunch 輕便野餐	
1:30pm	Bushcraft – wilderness and survival skills 野地技藝-荒野生存技能	Stream trekking 溯溪
3:30pm	Change clothes 更衣	
4:00pm	Take coach back to the Hotel 乘坐旅遊巴返回酒店	
5:00pm	Arrive at the Hotel 抵達酒店	

## Day 2 活動第二天

Time 時間	Activity 活動	
	Group 1 第一組	Group 2 第二組
8:45am	Meet at the Hotel lobby 於酒店大堂集合	
9:15am	Warmup activity on Golden Beach 於黃金泳灘熱身活動	
9:30am	Coasteer and intertidal exploration 海岸攀岩	Beach challenge activity 沙灘歷奇活動 (Includes water and land activities 包括水上及陸上活動)
10:30am	Water and snack break 小休	
10:45am	Beach challenge activity 沙灘歷奇活動 (Includes water and land activities 包括水上及陸上活動)	Coasteer and intertidal exploration 海岸攀岩
11:45am	Recap of the entire programme's activities 活動檢討	
12:00 noon	Arrive at the Hotel 返回酒店	

### Icebreaker games and introductions 破冰遊戲及介紹

A few short fun activities to break the ice and get to know the members of the group.

透過簡短有趣的破冰遊戲打破人與人之間的隔膜及認識其他組員。

### Bushcraft – wilderness and survival skills 野地技藝 – 荒野生存技能

Bushcraft teaches about vital life skills and all the things nature can provide for us. It is the art of using the resources a natural environment provides us with to live and thrive outdoors. We will learn how to find water, food and shelter in the wilderness. This activity also involves a hike in the woodland area all the way to a freshwater stream where we will explore the nearby ecosystem and habitat. We'll also find out the best ways to build a fire, if the government BBQ sites are re-opened to the public. 野地技藝教授重要的生活技能及如何善用大自然供給我們資源於戶外環境生存。我們將學習如何在荒野中尋找水源、食物、住所，在林地徒步走到淡水溪流，探索淡水生態系統和棲息地。若政府燒烤場重新向公眾開放，我們將一併學習如何生火。



### **Stream trekking 溯溪**

Stream trekking involves climbing over rocks and boulders, wading through rockpools, and hiking up freshwater streams. Participants will work in pairs and as a group to help each other balance on uneven surfaces while traversing over different terrains, climbing over rocks and maneuvering over obstacles up and down the stream.

溯溪包括攀越岩石和巨石，涉水穿過岩石池，以及在淡水溪流中徒步而行。參加者將以兩人一組在不平坦的地面上互相幫助保持平衡，穿越不同地形，攀越岩石及在溪流間進行活動。

### **Team-bonding and collaboration games on the beach (including water and land activities) 團隊沙灘歷奇遊戲(包括水上及陸上活動)**

These are designed to be fun, interactive and engaging activities for everyone. The benefits include: enhancing cooperation and gaining a better understanding of yourself, and your teammates. These activities will take place on a beach, in the water, at the hotel site, or in any available open area. Items such as tarps, strings, ropes, balls, poles, etc. may also be used. It's all designed to enhance your balance and strength together with activities that help develop motor skills, hand-eye coordination, plus develop closer communication and collaboration skills.

這些有趣互動的歷奇遊戲供所有隊員參與，能促進組員間的合作外，更能增進對自己及隊友的了解。活動將利用各式防水布、繩子、球及桿子等工具在沙灘、水中、酒店或任何開放區域進行，藉以有助於發展運動技能、手眼協調能力以及更密切的溝通和協作技能的活動來增強您的平衡和力量。

### **Coasteering 海岸攀岩**

Participants will get a chance to explore the coastline by traversing over uneven surfaces, learning to balance themselves, climbing over rocks, swimming and closely examining the fascinating life in and around the rocky, sandy shore. There will also be a guided habitat study, collecting and identifying specimens and learning how creatures here adapt and survive.

小朋友將學習如何平衡，爬上嶙峋的岩石上，游泳以及探索沙灘及海岸邊的水上生物。他們將對岩石和沙質進行研究，收集及分析標本，並了解這些動物如何適應海岸環境及生存。

Hong Kong Gold Coast Hotel  
1 Castle Peak Road, Hong Kong  
香港黃金海岸酒店 香港青山公路一號  
[www.goldcoasthotel.com.hk](http://www.goldcoasthotel.com.hk)

Member of Sino Hotels 信和酒店成員