

YOUR JOURNEY WITH **ASIAMOTIONS**



THE
**ANGLOPHONE
BRITISH
CURRICULUM**
INTERNATIONAL SCHOOL

YEAR

8



OUTDOOR EDUCATION SPECIALIST IN VIETNAM



Founded
in 2013



International
Multicultural



300 events
up to date



Regular
training



Safety
first



OUR MISSION

ASIAMOTIONS is providing
experiential outdoor programs
for children and adults
in Vietnam



Outdoor
education



Environmental
awareness



Team
spirit



Social
responsibility



Healthy
lifestyle

OUR VALUES

SCHOOL TRIP

LEARNING OUTSIDE
THE CLASSROOM



TEAM BUILDING

EMPOWER YOUR TEAM



HOLIDAY CAMP

OUTDOOR ADVENTURE
FOR CHILDREN



AWARENESS + PREPARATION = SAFETY

TRIP LED BY QUALIFIED STAFF



EXPERIENCED AND FIRST-AID
TRAINED STAFF
(CPR + Pool Lifeguard)



RISK ASSESSMENT
(Emergency procedure
for each activity)



Ms Courtney



Ms Celine



Mr Joe



Mr Stuart



Mr Rob



STAFF



ACHIEVING **C**ARING
BELONGING

Departure Date/Time: Monday
9th December 2024

Meet Time: 7:30am

**Meeting Place: Main gates of
ABCIS Secondary Campus**

Please ensure that all students arrive on time. We want to arrive on time, as this will harm the itinerary.

As we are taking flights to and from Dalat, we will leave promptly. No refunds can be issued due to late arrival at school. Flight is at 11:05

Return Date/Time at
ABCIS: Thursday 12th
December 2024

Collection Time: 4:30pm

**Collection Point: Main
gates of ABCIS Secondary
Campus**

Please be at the school at
4:30 pm to collect your
child.

Flight is at 12:35



ACCOMMODATION



LA SAPINETTE
HOTEL



YOUR TRIP WITH ASIAMOTIONS



DECEMBER 9TH - 12TH

	BREAKFAST	MORNING	LUNCH	AFTERNOON	FREE TIME & SHOWER TIME DINNER	NIGHT
DAY 1		TRANSFER BY PLANE TO DALAT		DA LAT AMAZING RACE		NIGHT WALK IN DA LAT
DAY 2		<p><u>GROUP 1: HIKING CHALLENGE AT NAM QUA ISLAND</u></p> <p><u>GROUP 2: CANYONING</u></p>		<p><u>GROUP 1: MULTI-SPORT RACE</u></p> <p><u>GROUP 2: HIGH ROPES COURSE</u></p>		QUIZ NIGHT
DAY 3		<p><u>GROUP 1: CANYONING</u></p> <p><u>GROUP 2: HIKING CHALLENGE AT NAM QUA ISLAND</u></p>		<p><u>GROUP 1: HIGH ROPE COURSE</u></p> <p><u>GROUP 2: MULTI-SPORT RACE</u></p>		BOARD GAMES NIGHT COMPETITION
DAY 4		FREE CHOICE ACTIVITIES		TRANSFER TO AIRPORT FLIGHT BACK TO HCMC		



DALAT AMAZING RACE



TEAM GAME



DIFFICULTY



Benefits for students

1. Learn navigation skills
2. Improves analytical and logical reasoning

NIGHT WALK IN DALAT



NIGHT TIME



DIFFICULTY



Benefits for students

1. Discovery local lifestyle and try different specialties in Da Lat

HIKING IN NAM QUA



ADVENTURE



OUTDOOR
SKILLS



DIFFICULTY



Benefits for students

1. Team work
2. Skill building
3. Understanding group dynamics
4. Roles and responsibilities

MULTI-SPORT RACE



ADVENTURE



OUTDOOR
SKILLS



DIFFICULTY



Benefits for students

1. Skill development
2. Better understanding of river hydrology

CANYONING



OUTDOOR
SKILLS



DIFFICULTY



Benefits for students

1. Adventure activity
2. Understanding basics of rope mechanisms
3. Enhancing confidence
4. Broadening comfort levels

HIGH ROPES COURSE



OUTDOOR
SKILLS



DIFFICULTY



Benefits for students

1. Outdoor skill knowledge
2. Team morale
3. Pushing personal boundaries

QUIZ NIGHT



NIGHT TIME



DIFFICULTY



Benefits for children:

1. Reflection time
2. Strengthen relationships
3. Build the communication skills

BOARD GAME NIGHT COMPETITION



NIGHT TIME



DIFFICULTY



Benefits for children

1. Reflection activity
2. Bonding time
3. Relax and unwind

FOOD

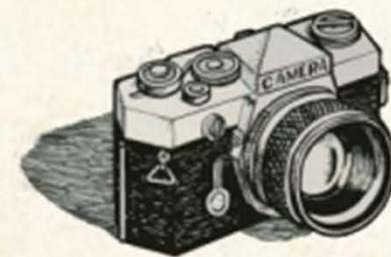
AsiaMotions ensures that the students get **healthy, wholesome and nutritious meals** during the trip. We also collect **diet requirements & allergies** prior to the trip to fit to each and every student's needs.

Our meals comprise of:

Wholesome grains (cereals)
Meat/Poultry (proteins)
Beans/Vegetables (greens)
Fruits (dietary Fiber)
Dairy (calcium)



ACCESSING THE PICTURES



1

BEFORE THE TRIP

The school will send you 1 link with a password to access the pictures

<https://www.smugmug.com/>

2

DURING THE TRIP

From 9pm to 12am (after activities)
Photographers upload pictures

On the following day
You can access pictures via the link





Packing List



- a. 1 bergen/rucksack/bag for all clothes & belongings
- b. 1 day bag/backpack (bus trip, hiking)
- c. 2 T-shirts/day
- d. 2 long sleeved T-shirts
- e. 2 or 3 pairs of shorts or skorts
- f. 1 warm jumper
- g. Some light trousers
- h. 2 pairs of closed comfortable shoes/sneakers (TWO PAIRS)
- i. Sandals/flip flops for your room
- j. 1 pair of underwear/day (minimum)
- k. 1 pair of socks/day (minimum)
- l. 1 swimming suit
- m. 1 rain coat/poncho
- n. 1 cap/hat
- o. 1 bathing towel
- p. 1 swimming pool towel
- q. Toiletries
- r. Plastic bag for wet clothes
- s. Water bottle (min 1 litre)
- t. Sunscreen
- u. Insect repellent / Insect bite cream
- v. Sunglasses
- w. 1 flashlight/head torch
- x. 1 small hand sanitizer

PHONES
Discouraged
but allowed.
No SIM card,
please.

Luggage

Pupils luggage should not exceed 1 x 20kg bag for checked luggage and 1 small bag for carry-on luggage.



THE
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Contact

Staff on the trip will have a school phone with them. Please only call this in case of an absolute emergency. See the number below:

0775 149 620



THANKS



www.asiamotions.com.vn



[asiamotionsofficial](https://www.facebook.com/asiamotionsofficial)



[@asiamotions](https://www.instagram.com/asiamotions)



Keep Moving 