Creativity

Activity

Service

CAS Week 2017
‘Ours is a culture where we take responsibility for fulfilling our own potential and that of others for the good of humanity.
<table>
<thead>
<tr>
<th>Date</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday 13\textsuperscript{th} December</td>
<td>CAS Week Brochure Launch</td>
</tr>
<tr>
<td>Tuesday 13\textsuperscript{th} December</td>
<td>Student sign up opens</td>
</tr>
<tr>
<td>14:30 Wednesday 4\textsuperscript{th} January</td>
<td>Student sign-up closes</td>
</tr>
<tr>
<td>Wednesday 11\textsuperscript{th} January</td>
<td>Student allocation announced</td>
</tr>
<tr>
<td>Wednesday 25\textsuperscript{th} January</td>
<td>Overseas activities only</td>
</tr>
<tr>
<td></td>
<td>First deposit payment</td>
</tr>
<tr>
<td>Friday 18\textsuperscript{th} March</td>
<td>Hong Kong Activities only</td>
</tr>
<tr>
<td></td>
<td>One single full payment</td>
</tr>
<tr>
<td>Friday 16\textsuperscript{th} June</td>
<td>Overseas activities</td>
</tr>
<tr>
<td></td>
<td>Final deposit payment</td>
</tr>
<tr>
<td>17:00 Friday 25\textsuperscript{th} September</td>
<td>First groups check-in</td>
</tr>
<tr>
<td>Monday 25\textsuperscript{th} September</td>
<td>CAS WEEK 2017</td>
</tr>
<tr>
<td>Friday 29\textsuperscript{th} September</td>
<td></td>
</tr>
<tr>
<td>Sunday 1\textsuperscript{st} October</td>
<td>Last overseas trip returns</td>
</tr>
</tbody>
</table>
Welcome to CAS Week 2017

Dear Students and Parents,

You only have to pick up a copy of the Explorer Yearbook to see how important and valued CAS Week is at Sha Tin College. The pages shine with the enjoyment and achievements of our students. Whether it’s achieving PADI Open Water SCUBA qualification or working as a team to teach English to younger students, CAS Week encapsulates everything that we believe in as a school. The week is built on partnership between students and all staff; provides exciting learning opportunities; encourages everyone to develop the spirit to meet great challenge head on and students gain a wonderful sense of personal achievement from their endeavours. All this from an education experience that develops the whole person through creative, active and empathetic engagement with the World around us.

Preparations for CAS Week 2017 are now in hand. This helps us to get the best deals on flights and accommodation. It helps us to secure places on activities overseas and in Hong Kong.

Students in the current Years 8, 9, 10 and 11 have 50 activities available to them. The sad thing is each student can still choose only three and participate in just one of these amazing experiences.

In response to feedback from students, the PTSA and colleagues, the average cost of overseas trips has dropped; there are more local options than ever before and more service options too. The conversation about how to improve the CAS Week experience for all students is always ongoing and I welcome your ideas and feedback.

Year 13 students will continue to look to their future in a Group 4 Project and Higher Education Week. Year 7 will immerse themselves in activity at Camp, which is an important bonding experience as they form new relationships as part of our community. Year 8 will work with the company, Scottish Opera, to create a truly magical performance.

I invite you now to look at the proposed activities for 2017 and make your options. I’m sure we are all looking forward to another year of personal success for all concerned.

Yours faithfully,

Mr G. Morgan, Senior Leader morgag1@stconline.edu.hk
CAS Week 2017
The small print

• CAS stands for Creativity, Activity and Service. It is an important part of the non-academic life of the school and we value contributions in each of these three areas highly. During CAS Week, lessons are suspended for five days and students have the opportunity to take part in a broad range of activities that are not normally available through the usual timetable. CAS Week is a compulsory part of our broader curriculum and attendance is therefore mandatory.

• The online CAS Week brochure contains all of the activities that are on offer to those of you who will be in Years 9, 10, 11 and 12 during CAS Week in September 2017 (this year’s Years 8, 9, 10 and 11). You should look at the range of opportunities which are available and plan to attempt to participate in each of the areas of creativity, action and service, over the four years that you are in Years 9, 10, 11 and 12.

• Options and costs should be discussed as a family then students will need to register their choices online. This must be completed by 16:00 Wednesday 4th January at the very latest. Some courses will be oversubscribed and others may be withdrawn if not enough people sign up. For this reason you are asked to give three choices and you must be prepared to accept any one of them. Please note that it is not possible to change your mind once you have made your choices.

• Students will be allocated to activities by Wednesday 11th January. Although we will attempt to allocate the majority of requests there may be, inevitably, a few students who will be disappointed in not getting their choice. This happens where a student picks three activities which do not get enough students to run at all. Once the groups have been sorted, you will be contacted with details of your allocation.

• Those who are assigned an overseas activity MUST return a parental permission slip along with a photocopy of your passport and ID card, and a non-refundable deposit by Friday 22nd January at the latest. Failure to return a deposit by this date may mean your place will be lost as we move to secure flights and hotel accommodation.

• Student passports must have at least 6 months validity, with an expiry date no earlier than 21st March 2018. Any passports with less then 6 months validity will need to be renewed in a timely manner. It is the responsibility of parents to provide all necessary visas for their children to travel. Copies of visas will also need to be sent into school where required.

• Those who are assigned to a local activity will be notified in writing. We will collect in parental permissions and a one off 100% payment to cover the full cost of their activity by Friday 18th March.

• Please note that all costs, especially for overseas trips, are provisional at this stage and may go up or down, depending on the number of students who finally sign up for an activity or trip. The actual number of students determines the number of discounted seats available on flights, and over the next eight months there are also likely to be changes in fuel surcharges and currency fluctuations which are out of our control.

• If you would like further information, please approach the teachers who are organising the activity.

• Out of the varied activities listed in the brochure, I hope there is something to challenge and engage everyone during CAS Week 2017.

• Full details of the activities available are shown in this brochure. Registration will begin on Tuesday 13th December. The closing date for registration is 16:00 Wednesday 4th January. Details of how to register online are on the next page.
1. Discuss your choices with your parents
2. Think carefully about your decision – you can only submit this form once
3. When you are ready, fill in your name and tutor group
4. Choose three different activities as your first, second and third choices. Be prepared to take part in any of the three that you choose
5. Click the submit button
6. Wait patiently until 11th January when student allocation will be posted

7. If you know you are likely to leave STC before next September, you only need to select ‘00 May be Leaving STC’ as your first choice. This selection will be shared with Section Heads and Heads of Year, but will not be made public.
Sad, every year, a number of students leave the Sha Tin College family to continue their education at other schools; often in different countries.

We wish everyone the very best of luck in their new endeavour.

To avoid paying a deposit on an activity you will not participate in, it’s best to let us know your intentions as soon as possible.

If you are thinking that you are likely to leave STC before September 2017, please choose option ‘00 May be leaving STC’.

If you change your mind and stay at STC, you can sign up to a CAS Week trip later in the year. Your options will be limited to what is available at that time.
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<thead>
<tr>
<th>Creativity &amp; Service</th>
<th>Creativity &amp; Activity</th>
<th>Activity &amp; Service</th>
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</thead>
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<tr>
<td>01 App Design &amp; Coding</td>
<td>03 Barcelona</td>
<td>05 Borneo</td>
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<tr>
<td>08 Cambodia 2: Photography</td>
<td>24 Japan 2: Kansai</td>
<td>11 Chiang Mai 1: Elephant Conservation</td>
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<td>14 Global Feast</td>
<td>27 Moscow &amp; St Petersburg</td>
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<td>25 Jewellery Making</td>
<td>47 Wellness</td>
<td>29 Myanmar</td>
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<td>33 Photography</td>
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<td>30 New Zealand</td>
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<td>34 Pottery</td>
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<td>35 Puerto Galera 1: Adventure</td>
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<td>37 Robotics</td>
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<td>36 Puerto Galera 2: SCUBA Diving</td>
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<td>45 Ukulele Making</td>
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<td>39 Sri Lanka</td>
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<td>40 Tanzania</td>
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<td>44 Tree Planting</td>
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<td>46 Watersports</td>
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<td></td>
<td></td>
<td>50 Y12 Student Leaders: Y8 Scottish Opera</td>
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</tbody>
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Service

- 10 Chengdu
- 12 Chiang Mai 2: Medical Service
- 17 HK Service: Jockey Club Sarah Roe
- 18 HK Service: Sha Tin Junior School
- 19 HK Service: SPCA
- 41 Teaching English

Creativity Activity & Service

- 09 Cape Town
- 13 Fiji
- 32 OWN Inspiration Week
- 42 The Amazing Race
- 43 Tian Jing
- 49 Y12 Student Leaders: Y7 Camp

Activity

- 02 Austria Glacier Skiing
- 04 Bhutan
- 06 Boxing
- 16 Hike The Wilson Trail
- 20 Horse Riding
- 21 Ice Skating & Ice Hockey
- 22 Iceland
- 23 Japan 1: Fuji
- 26 Mad About Sport
- 28 Mountain Biking
- 31 Outward Bound Kayaking & Camping
- 38 Sailing
- 48 咏春拳 - Wing Chun Kuen
Creativity

Students will leave the course with their own portfolio website and a working game based on SWIFT / Java / JavaScript Frameworks.

Transport

Students are responsible for making their own way to and from the studio in Sheung Wan and for their own lunch.

What to expect on your app design coding course

Day 1 Students will begin creating a website that will host their game projects. This will create an initial portfolio and align the levels of all participants on the course.

Day 2 Introduction to logic using JavaScript in the morning and in the afternoon we will begin to introduce students to SWIFT / Java / JavaScript Frameworks.

Day 3 Continuation of the introduction of SWIFT / Java / JavaScript Frameworks in the morning and in the afternoon designing and storyboarding games.

Day 4 Finish designing their games and begin coding the game using SWIFT / Java / JavaScript Frameworks.

Day 5 Finish coding the game, launch to mobile and conduct demo presentations during the afternoon.
02 AUSTRIA
Hintertux Glacier
Ski & Snowboard Fun

$21,000
Friday 22nd Sept - Sunday 1st Oct
Who? All students
Number of students: 18 - 40

Activity
Learn to Ski at one of the largest year-round ski areas in Europe, the Hintertux Glacier offers runs to suit all abilities. Suitable for absolute beginners and more to more advanced skiers and snowboarders. Après-ski includes: Ice skating, adventure centre swimming and ten-pin bowling.

Transport
Plane, coach, gondola, cable car, chairlift & snowploughs!

Carbon Footprint
1.33 metric tonnes of CO₂e

One of the largest year-round ski areas in Europe, the Hintertux Glacier offers runs to suit all abilities. As most of the skiing is above 2300m to a breath taking 3250m, this is one of the most snow-sure resorts in Europe and offers a spectacular setting, surrounded by high mountains. The facilities are excellent, including the efficient lift-system and there is even a terrain park, which snowboarders will love!

The trip is a great opportunity for students to practice their German, experience a new environment, a different culture, have fun, make new friends, get fit and enjoy professional ski instruction in small groups of similar abilities from beginners to the more advanced skiers. Après-ski activities include ice skating, as well as indoor and outdoor swimming at the local water park and 10 pin bowling. Snowy action and adventure are the main attractions of this CAS Week trip.

The six day ski & snowboarding adventure includes 5 hours daily professional tuition in English, ski / snowboarding equipment hire including helmets, ski lift passes, 7 days accommodation and meals, après-ski activities, coach transfers from the airport and around the resort, and insurance. For more details about this trip please visit our website: https://goo.gl/gvbpcf
**03 BARCELONA**

The heart of Catalonia

Culture, History and Art

**$19,500**

Friday 22\(^{nd}\) - Saturday 30\(^{th}\) September

Who? All students

Number of students: 18 - 24

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**Creativity**

Students will make a film about their trip to Barcelona inspired by:
- The architecture of Gaudi
- Modernisme at the Caixa Forum
- The diversity of Picasso
- Cooking course in Spanish cuisine
- The drama of Flamenco
- The passion of the Camp Nou
- The language & culture of one of Europe’s most exciting cities

**Activity**

Cycling tour of the city

**Transport**

Plane, bicycle and on foot

**Carbon Footprint**

1.46 metric tons of CO\(_2\)e

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Barcelona: a cosmopolitan and bohemian city with a rich cultural history. From Gaudí’s surrealist buildings and Barcelona’s iconic Camp Nou stadium to museums, flamenco courses, the Paseo de Gracia, cooking or Spanish lessons, beautiful parks and unique sweet factories, Barcelona will capture your imagination.
Bhutan: Bhutan is no ordinary place and is described as the last great Himalayan kingdom, immersed and surrounded by mountains monasteries & magic. Buddhist culture in Bhutan carefully embraces global developments yet still measures it wealth in happiness rather than any economic indicator. This is truly a special place and a unique opportunity awaits you.

Activity: The trek lasts for approximately 6 days, and is considered to be moderately strenuous. The trek route passes through some beautiful high altitude lakes, stunning Himalayan peaks and high passes. The highest point reached is approx 4300m.

Cultural: Taktshang (Tiger’s Nest) falls in top 20 places to visit in the world. Paro is a valley of religion and myth. The most famous landmark, Taktshang Monastery (Tiger’s Nest), stands on a granite cliff about 1000 m above the valley.

Transport: Plane, bus and by foot   Carbon Footprint: 0.86 m tonnes of CO$_2$e
In a world that is ever expanding, the pressure humans put on the planet is immense. Borneo is one of the most diverse islands in the world, yet, due to deforestation and human impact, over 1200 species are either endangered or critically endangered. On this trip you will be able to encounter and learn about some of these rare animals while visiting the most densely populated habitats in South East Asia.

Firstly, you will get to encounter the only Asian Great Ape - the orang-utan. You will witness these amazing creatures in the wild jungles of Borneo before visiting a renowned rehabilitation centre. While hiking and taking a boat safari, there is also a chance to see: pygmy elephants, sun bears, clouded leopards, crocodiles, eagles, proboscis monkeys and so much more...

Next, under the cover of darkness, we will visit a turtle nesting site to see the reptiles laying their eggs with a chance to release the hatchlings into the wild. During the day, enjoy the tropical beach with opportunities to snorkel or relax in the sand.

Along the way you will get a change to learn about the threats to Borneo’s endangered creatures in an authentic setting and have the opportunity to make a difference through helping in a reforestation program in a local village.
Manny Pacquiao? Mohammed Ali? Nicola Adams? Rocky? Ever wondered what it would be like to get in a ring and box? This week-long intensive introductory course is perfect for anybody who is interested in learning about, and trying, orthodox boxing. We will train at DEF Boxing Gym, home to Rex Tso - Hong Kong's first professional boxer and current WBC AMCO Asia Continental super flyweight champion, ranked 5th globally.

During the week, professional trainers will lead you through technique, basic boxing skills, strategies, rules, scoring and styles. We will watch videos of famous fights and fighters and look at the difference between amateur and professional competition. The trainers will help you to develop the fitness and conditioning necessary to apply all of this in the ring. Safe sparring trainers is optional.

All kit (gloves, wraps, skipping ropes & water bottle) and equipment is included – just bring yourselves and the willingness to box.
07 CAMBODIA 1
Changing Lives
Teaching English & Creativity

$13,000
Saturday 23rd - Saturday 30th Sept
Year Groups: All students
Number of students: 18 - 30

Staff TBD

Creativity
- Explore the spectacular ancient sites of Angkor Wat in Siem Reap.
- Watch the exciting Phare circus
- Visit the Royal Palace
- Visit Tuol Sleng genocide museum in Phnom Penh

Service
- Visit orphanages in Siem Reap and Phnom Penh
- Spend 2 days in a local school teaching English
- Working on art projects

Transport
- Direct flight, domestic flight and short bus rides

Carbon Footprint
- 0.21 metric tonnes of CO₂e

This is a full and exciting CAS week. A jam-packed itinerary begins with a flight into Phnom Penh where we will stay for the first 4 days. On our first day we will be visiting the famous Tuol Sleng genocide museum which tells the story of the political struggles that faced Cambodia several decades ago with the Khmer Rouge. This will be followed by a visit to the Norodom Dynasty Royal Palace for a tour of its impressive palace and gardens. The day will end with a visit to a local orphanage to play with the children. For the next two days we will be taking part in a service project working at a local primary school, which is the main focus of this CAS week trip. For those students who took part in the trip last year they felt that the time spent at the local school was the highlight of their week.

On day 5, we will fly to Siem Reap city. Over 2 days we will be exploring the spectacular world heritage sites of Angkor Wat and the temples of Bayon and Ta Phrom of Tomb Raider fame. There will also be a visit to The War Museum and artisans’ workshops to see local craftsmen at work.

In the evenings we will visit a variety of restaurants and on one evening watch the famous Phare Circus which features amazing dance and acrobatics. There will be occasions too to explore the night markets for souvenir shopping.

All in all this trip promises to be a rewarding, active and stimulating CAS experience.
Perfect your photography skills in this week-long exploration of Cambodia’s urban and rural wonders.

You will spend four days in the cities of Phnom Penh, Battambang and Siem Reap where you will explore Cambodia’s past and present history through the medium of photography. You can sample the delights of Cambodian cuisine, such as snake on a stick! The week will end with a two-day trip to Angkor Wat, plenty of time to explore the largest religious complex in the world.

You will need your own DSLR camera and throughout the trip you’ll be guided by professional photographers who will challenge you with tough assignments and help you improve by providing expert advice.
You have to be brave to do this trip!

Cape Town is a beautiful city on the southern coast of South Africa. We will visit historic places relating to it’s most famous citizen, Nelson Mandela. After 360 degree views from a revolving cable car we will have fantastic views from Table Mountain.

There will be a safari game drive where we hope to see the BIG 5 and more – rhinoceros, lions, cheetahs, elephants, buffalo and leopards in their natural environment! You will literally come to face to face with a great white shark, nose to nose with a cheetah, and get up close and personal with a Meerkat.

We will also go on a township tour and visit a community project reaching children through dance. You will be required to fundraise for both this project and the Cheetah Outreach project.
## 10 CHENGDU
### Panda Conservation
Meet China’s iconic symbol

<table>
<thead>
<tr>
<th>Service</th>
<th>3 day volunteering at a Panda Conservation Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Feeding pandas and monitoring their diet</td>
</tr>
<tr>
<td></td>
<td>Cleaning and maintaining Panda living space</td>
</tr>
<tr>
<td></td>
<td>Observing Panda behaviour to contribute to ongoing research work</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>R&amp;R</th>
<th>Chengdu city tour</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Visit UNESCO world Heritage site, Mount Qingcheng park</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Transport</th>
<th>Plane, bus and by foot</th>
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</table>

| Carbon Footprint | 0.47 metric tons of CO$_2$e |

**Sunday 25th – 29th September**

**Who?** All students

**Number of students: 18 - 24**

| **$12,900** | **R. Liu** |

**Donate your time to adorable, endangered Giant Pandas by helping staff at a Panda Conservation Centre in Sichuan.**

You will spend three days working directly with Pandas at a conservation centre near Chengdu. This will involve you feeding and monitoring the diet of Pandas. You will get hands on experience of cleaning and maintaining the living space of the Panda and your observations will contribute to ongoing research at the Centre. You will also visit Shenshuping Panda center and learn about an array of other endangered species in the region.

You can sample the delights of Sichuan cuisine and practice your Putonghua. The week include visits to some of the most famous sites in Chengdu including a visit to UNESCO world heritage site Mount Qicheng. You will also have the opportunity to visit an Earthquake research center and learn about some other endangered animals in this region.
11 CHIANG MAI 1
Elephant Conservation
Adopt an elephant for CAS week

$17,800
Sunday 24th – Friday 30th September
Who? All students
Number of students: 18 - 24
S. Geraghty

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hike to the scenic Doi Sutep Temple, perched in the Thai hills. Soar through the jungle treetops on the world’s longest zipline.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service</td>
<td>Spend 4 days feeding, bathing and learning to communicate with these incredible creatures. Explore their habitat and trek into the jungle alongside your elephant. Assist at an elephant hospital. Learn about conservation issues facing elephants in Thailand</td>
</tr>
<tr>
<td>Transport</td>
<td>Plane, bus and by foot</td>
</tr>
<tr>
<td>Carbon Footprint</td>
<td>0.23 metric tonnes of CO$_2$e</td>
</tr>
</tbody>
</table>

This unique opportunity will allow you to build a meaningful relationship with majestic Thai elephants and work to conserve these beautiful creatures.

You will spend four days working directly with and learning about elephants in the world’s largest Elephant Conservation Centre. You will be able to feed, ride and swim with these creatures, and will be shocked as you learn to read their body language and communicate with them. The institute prides itself on its ethical treatment of elephants.

You will spend an evening around the campfire in the Thai jungle, and have the chance to assist sick elephants at an elephant hospital. At the end of the trip you will spend a day on an exhilarating set of ropes, trapezes and zip wires at ‘The Flight of the Gibbons’ experience.
Service
Undertake 3 days intense Wilderness First Aid training, resulting in a nationally accredited qualification.
Apply your biological knowledge in a practical First Aid setting
Run health clinics in poor, mountainous villages
Understand current health provision in a developing country

R&R
Explore the renowned Chiang Mai Night Market

Transport
Plane, bus and by foot

Carbon Footprint
0.23 metric tonnes of CO$_2$e

Are you interested in a career in medicine? Do you want to make a meaningful difference to the health of Thai villagers? This trip will enhance the CV and broaden the thinking of any aspiring health care professional.

3 days of this trip will be spent studying Wilderness First Aid in a tranquil retreat amongst the paddy fields of Northern Thailand. You will live in a Children’s Home and socialise with other local teenagers, widening your understanding of the local culture and opening your eyes to life beyond Hong Kong.

Once you have received your qualification, you will utilise your new knowledge by spending 2 days running health clinics in remote mountain villages, supporting the work of local professionals. Your impact will be meaningful and thought-provoking. It’s impossible to leave the ‘Land of Smiles’ without reciprocating.
13 FIJI
Highlands Adventure
Service and Adventure trip

$24,000

Saturday 22nd – Saturday 30th Sept
Year Groups: This year’s 9 - 11
Number of students: 18 - 24

M. Astill

Service
Three days in the highlands building, teaching and planning village activities whilst living with local families.

Activity
2 hour trek over the Sigatoka sand dunes, kayaking, swimming and snorkeling.

Creativity
Participating in local cultural activities.

Transport
Plane, 4 wheel drive, kayak, boat.

Carbon footprint:
1.19 metric tonnes of CO₂e

This is a once in a lifetime South Pacific island experience.

Spend a week fully immersed in Fijian culture, working and playing alongside local Fijians. We will stay in the Nausori highlands in a remote village, sleep for a few nights in local homestays and spend our day helping construct a local school. In the evenings we will participate in local cultural entertainment.

Then we’ll move on to travel across the coastal vistas, hiking over the Sigatoka sand dunes, relax on beaches, chill with beach volleyball and kayaking whilst soaking up the Fijian sun (in the dry season).

After island hopping, visiting white sandy beaches, and swimming and snorkeling off the Viti Levu coast, we’ll enjoy some hot springs and idyllic beaches.

Finally in the town of Nadi we will celebrate our week together at a fine restaurant, before saying goodbye to our hosts.
14 Global Feast
Cook the week away!
A Culinary Extravaganza

$1,200
J. Letters

Monday 25th - Friday 29th September
Who? All students
Number of students: 12 - 22

Creativity
Learning new techniques in the kitchen to create dishes from around the world

Transport
Based at STC, school buses will run to their usual schedule. For trips out, using local public transport and/or coaches

Learn to create taste sensations from around the world. Activities include visits to international restaurants, watching chefs in action and planning and preparing your own gastronomic feasts. Every day you will be given the opportunity to make and sample the flavours, aromas and diverse delights of exotic cuisine. Who knows, you could be the next Jamie Oliver, Madhur Jaffrey or Kylie Kwong! This course was heavily over-subscribed last year.
### 15 Golf in Sai Kung

**Golf and conservation**

**Kau Sai Chau island**

<table>
<thead>
<tr>
<th><strong>$3,900</strong></th>
<th><strong>Monday 25th - Friday 29th September</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Who? All students</strong></td>
<td><strong>Who? All students</strong></td>
</tr>
<tr>
<td><strong>Number of students: 10 -30 Max</strong></td>
<td><strong>Number of students: 10 -30 Max</strong></td>
</tr>
<tr>
<td><strong>Staff TBD</strong></td>
<td><strong>Staff TBD</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Activity</strong></th>
<th>Lesson from golf professional on the driving range and on the course.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Service</strong></td>
<td>Look at a help with some environmental and green-keeping work.</td>
</tr>
<tr>
<td><strong>Transport</strong></td>
<td>Students make their own way to and from Sai Kung ferry pier each day. Ferry to KSC included in the price.</td>
</tr>
</tbody>
</table>

This activity is a fantastic opportunity to enjoy a week developing your golfing skills in the beautiful and peaceful surroundings of Kau Sai Chau, Sai Kung. The lessons are ideal for complete beginners, or those who have hit a few balls at the driving range or existing players who want to improve their game. You can take advantage of expert tuition from the professional coaches before going out on the golf course to practise the skills you have developed. The cost will be around $3000. This will cover the golf tuition, use of clubs and ferry transport.

We will also have a break on one day to look at the conservation work going on at Kau Sai Chau. This involves looking at the mangrove planting, water desalination and management & wild boar management etc.
Activity
Hiking 78km in 5 days is a tough physical challenge

Transport
Coaches, MTR, Local buses and on foot.
You will provide your own packed lunch each day

The Wilson Trail's route lies almost entirely within the park system. Indeed, along its entire 78 kilometres, only 15 kilometres run through non-park countryside or other areas.

In all, the Wilson Trail traverses eight of the Country Parks. Taking the trail in reverse, to begin the journey we explore some abandoned villages and the trail climbs into the majestic Pat Sin Leng Country Park. In the central New Territories, the Wilson Trail heads south through Tai Mo Shan Country Park and Shing Mun Country Park. Then come the three parks named Kam Shan, Lion Rock and Ma On Shan. On Hong Kong Island, we hike from Quarry Bay through Tai Tam Country Park over The Twins and down to Stanley for a well-deserved celebratory lunch together. After 78km, the sense of achievement in walking from the mainland to the South of Hong Kong Island will be great!

Each of the Country Parks the Wilson Trail traverses has its individual character and appeal - offering, as one proceeds from north to south, changing settings with much of interest. The fee will cover coaches where required.
17 Hong Kong Service
Jockey Club Sarah Roe
Support children with specific learning needs

$0

Monday 25\textsuperscript{th} - Friday 29\textsuperscript{th} September
Who? This year’s Year 11
Number of students: 2 - 4

C. Imeson

Service
See below

Transport
There is no cost for this trip apart from personal travel costs. You will make your own way to and from JCSR.

This promises to be a hugely exciting and worthwhile activity and should appeal to anybody considering a career in Education.

The activities you will be taking part in include:

- Helping students with classroom-based activities.
- Helping with the production of resources.
- Interacting with students during breaks.
Monday 25th - Friday 29th September
Who? This year’s Year 11
Number of students: 2 - 12

Transport: There is no cost for this trip apart from personal travel costs. Sha Tin College School buses will run to their usual schedule.

This promises to be a hugely exciting and worthwhile activity and should appeal to anybody considering a career in Education.

The activities you will be taking part in include:

• Helping students with classroom-based activities.
• Helping with the production of resources.
• Interacting with students during breaks.
The SPCA – Society for the Prevention of Cruelty to Animals works with vulnerable animals in Hong Kong.

This promises to be a hugely exciting and worthwhile activity and should appeal to anybody considering a career working with animals.

The activities you will be taking part in include:

• Helping care for the animals at the SPCA.
• Helping with paperwork and other tasks

Be warned that you will get very dirty and tired doing this activity

You must be at least 16 years old to do this activity
20 Horse Riding School
Heaven is horses!
Riding and stable management

$4,450
Staff TBD

Monday 25th – Friday 29th September
Who? All students but would best suit beginner riders
Number of students: 12-30

Activity
Spend a challenging, but enjoyable week learning to ride and care for beautiful and amazing horses!

Transport
Make your own way every day, to and from the Tuen Mun Public Riding School

In 2008, Hong Kong hosted the Equestrian events in the Olympic Games and since 2009 young riders from more than 17 schools have competed in the Hong Kong Equestrian Federation Inter-School Challenge. Teams from Sha Tin College have participated since the competition began.

Now it’s your chance to get involved by signing up for the CAS Week Equestrian Challenge! Tuen Mun Public Riding School is home to more than 60 wonderful horses and ponies and during our week there, you will receive expert instruction and learn how to mount, walk and trot correctly. Your new found skills will be put to the test on the final day when we will have Mounted Games with rosettes to be won. We can then all enjoy a well-earned pizza lunch!

As well as having two daily lessons in the saddle, you will also learn how to groom your horse or pony, tack up properly and be taught how these lovely animals should be cared for. There will be daily quizzes and opportunities to have plenty of hands-on experience. Who knows? You might turn out to be a future member of the Sha Tin Equestrian team or even a budding Olympic champion!

Any surplus funds will be donated to Riding for the Disabled.
21 Ice Is Nice
Blades of Glory
Figure skating & ice hockey lessons

$3,500
Monday 25th - Friday 29th Sept
Who? All students
Number of students: 12-30
Staff TBD

Activity
Lessons in figure skating
Lessons in ice hockey skills and strategy
Practice and create routines and play games

Transport
Provide your own transport to and from the venue every day

This activity is for Year 9 to 12 students who are interested in learning how to ice-skate or improving their ice-skating skills. This could include figure skating and or ice hockey.

We will have lessons and practicing time from Monday to Friday.

The venue is yet to be decided according to the number of participants but most likely to be either at Festival Walk, Kowloon Tong or Mega Box, Kowloon Bay.
Iceland lies just below the Arctic circle with its sprawling glaciers, active volcanoes, magnificent waterfalls and giant geysers. It is staggeringly beautiful with an ever-changing landscape. Some highlights of this trip will include: hiking in Skaftafell National Park where Europe's largest glacier “Vatnajokull” is located, we will have to put on crampons to walk on the glacier, for those more adventurous there's an opportunity to climb on glacier ice. In Thingvellir National Park we can witness the spot where the Earth's giant tectonic plates shift and pull apart, where the European and North American plates meet. In the southern peninsula Vik where the eerie black beach is located we will see its famous basalt columns as well as stop at the spectacular Skógafoss waterfall.

After an adventurous week we will relax and bathe in Iceland's famous Blue Lagoon, the world's largest geothermal pool that's surrounded by mysterious black lava fields. During our time in Iceland we might even be lucky enough to see the elusive Northern lights Aurora Borealis.
23 JAPAN 1: FUJI
Climbing Mt Fuji
Trek to the summit of Japan

$17,500

Sunday 24th - Friday 29th September
Who? All students
Number of students: 16 - 30

C. Taylor

Activity
Two day trek to the summit of the highest mountain in Japan
3776 metres above sea level. Sleep in mountain hut.

Two nights in Tokyo exploring the sights of this exciting city
One day tour of Mt Fuji area –
Cruise on lake Aksi
Cable car and practice trek at Hakone
Climb to summit of Fuji

Transport
Plane, bus and by foot

Carbon Footprint
0.42 metric tonnes of CO₂e
Kansai Express

Our exciting trip will take us to Kansai, the heart of Japan. We will visit Osaka, Kobe, Kyoto and Nara and take in the sights and sounds of what they have to offer, from the traditional to the modern. We will focus on creativity on this trip with activities that include: Making wagashi, calligraphy and fan-painting. We will also be watching Geishas performing traditional arts in beautiful Kyoto.

Japan is also famous for its quirky nature, and a visit to Denden town, and having a dessert at a themed café, is a must. The area is also famous for its manga, anime and electronic games. There will also be time to shop in Shinsaibashi, and Amerikamura, the birthplace of street culture in Japan.

Other highlights include: Feeding deer at Nara park; a boat ride; hiking in Kobe and Kyoto to see views of the city; visiting an earthquake simulator; Osaka castle; the Golden pavilion; walking through bamboo forests; visiting a local school and farm.
25 Jewellery Making
Design & Create
Silver smithery in Sheung Wan

$5,500

Monday 25th - Friday 29th September
Who? All students
Number of students: 5 - 12

Creativity
Work with copper to practice metalworking
Use silver to create your own bespoke jewellery
Develop skills in silversmithery such as soldering, filing & polishing

Transport
Students must make their own way to Hatton Studios in Sheung Wan every day.

Based in the heart of Sheung Wan, Hong Kong, Hatton Studios offers courses to learn the art of fine jewellery-making and design. Students will spend the week learning skills such as saw piercing, soldering, filing, and polishing techniques. The cost covers tuition and the cost of copper and silver. Students will develop their skills using copper and progress to create their own silver jewellery.

- Students spend a week in a creative space.
- Learn how to make jewellery.
- Develop creativity and other skills.
**Activity**  Coaching and games in a wide variety of sports, such as squash, tennis, golf, hockey, football, and ten pin bowling. Plus a casual swim.

**Transport**  Students make their own way to and from the venue in Happy Valley

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**Love sport? Or want to gain more passion for it?**

*A week of immersion can lead to a lifetime passion... and health.*

During the week you will get a taste of range of sports you may not have tried before. Our focus will primarily be on small ball sports such as squash, tennis and golf. Each sport will be led by qualified coaches. You will receive intensive instruction in a range of sports in Asia's premier club venue, The Hong Kong Football Club. The week will culminate in a multisport tournament.

Price includes buffet lunches and snacks. If you don’t already have them, you will be expected to wear plain white or light brown soled indoor sporting shoes. You can buy these for around $350.
27 MOSCOW & ST PETERSBURG
Experience Russia
Cultural and historic immersion and adventure

$23,000
Saturday 23rd - Sunday 1st October
Who? All students
Number of students: 18 - 24

Creativity
Experience Russian culture, food, architecture and history
Watch world class Bolshoi Ballet
Photograph Moscow underground stations
Try your hand at cooking Russian cuisine

Activity
Take part in a school cultural exchange program and forge links with Russian students
Experience what’s it like to be a soldier and even a ride in a tank at Putin’s Patriot Park
Interactive Russian cultural folk show

Transport
Plane, overnight sleeper train, coach, Moscow Metro, on foot

Carbon Footprint
1.03 metric tonnes of CO₂e

This is a once-in-a-lifetime opportunity to be part of the 100th anniversary of the 1917 October Revolution!

Moscow highlights:
UNESCO listed Red Square including Lenin’s Mausoleum, the Kremlin, St Basil’s Cathedral,
The Museum of Cosmonautics, the Gulag Museum
Vladimir Putin’s “Patriot Park”
The Bolshoi Ballet

UNESCO listed St Petersburg highlights:
Peter and Paul Fortress, the Church of Spilled Blood
The Hermitage Museum
Traditional Russian Matreshka Doll Painting
Gorodki Gaming (Traditional Russian Games)
Russian Pie tasting with hot tea
Russian cooking class
Activity
Learn to mountain bike – Hong Kong’s fastest growing sport
Trail ride, jump obstacles
Gain confidence and proficiency
Explore and discover trails all over HK
Learn basic bike maintenance
Set camp and BBQ your dinner on an overnight trail expedition

Transport
Bicycle!

Mountain Biking is Hong Kong’s fastest growing participation sport. Find out why! You will start on day one by achieving the Bikeability Level 1 qualification in cycling proficiency. After two days building skills and confidence, you will end the week with a one night trail biking expedition, complete with camping out and BBQ dinner!

Learning from your mistakes is one way to start but as with any sport involving high speed and balance, it’s much better to be told where you’re about to go wrong in the first place. Having an instructor ensures a focus on your safety and developing the right skills to a good standard. We take training back to the absolute basics of bike riding starting with a proven framework of balance skills taught by experienced & qualified MTB instructors.

Not every trail in HK is geared up for beginners. So we make sure we take you to areas suitably challenging but not overly intimidating in terms of your personal skills development.

Lessons using hired bikes and equipment is also a great way to get a taste of Hong Kong’s fastest growing outdoors activity. Students will have both Full Suspension models and Hardtail bikes in a variety of sizes, plus body armor available to them.
Form connections with students of Myanmar as you lead English-language activities and run a day camp in a village along the Irrawaddy River.

Immerse yourself in village life with a three day stay, meeting the service needs of your hosts. Make friends from another culture, discover the cuisine of Myanmar.

Admire the splendor of Bagan’s ancient temples as you bike through a dazzling landscape at sunset.

Immerse yourself in Buddhist traditions and learn about Myanmar’s rich history from local monks.
Activity
Your week will be jam packed full of outdoor adventurous activities designed to challenge you and have fun!

Service
You will learn about the endangered Kiwi and assist in the efforts to re-establish this icon.

Transport
Plane, Bus

Carbon footprint
1.33 metric tonnes of CO$_2$e

Friday 22nd – Saturday 30$^{th}$ Sept
Year Groups: All Students
Number of students: 18 - 36

$25,000
E. Shields & G. Thornton

You will take part in adventure highlights that will create life-long memories. Challenge yourself and extend your comfort zone while at the same time leaving a positive environmental footprint in this pristine environment.

Your week in New Zealand will be filled with opportunities to experience surfing, mountain biking, fishing, bone carving, cultural exchange with the indigenous people of New Zealand, paintball, Luge, visit Hot Water Beach and dig your own hot pool in the sand, complete a two day hike through the beautiful and historic Coromandel Peninsula and sea kayak down some of New Zealand’s very best coastline.

Most importantly, the New Zealand adventure is a chance to make new friends, build independence and have the time of your life in a safe and beautiful setting.
Activity
This five day inspirational adventure will use expeditionary sea-kayaks to navigate throughout the waters of Double Haven Marine Park and the surrounding area. Each group size is limited to 12 students and two qualified instructors. Students will kayak to remote parts of Sai Kung and camp overnight, building a wide range of skills as they go.

Transport  Kayak!

As with all Outward Bound experiences, this course is physically and mentally challenging and will require full and total commitment from the team of 12 students whilst travelling on the ocean each day and camping on beaches each evening. Outward Bound courses are value-forming experiences, and by the end of the course the participants will be able to transfer these new skills and experiences back to their everyday lives and school.

<table>
<thead>
<tr>
<th>Phase</th>
<th>Training</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phase One</td>
<td>Training</td>
<td>This phase involves an intense period of engagement and input from the group instructors to establish all required standards and expectations for the remainder of the programme</td>
</tr>
<tr>
<td>Phase Two</td>
<td>Main Expedition</td>
<td>This is the consolidation phase, when the group can begin to cooperatively implement all that it has learned and can identify successes and failures</td>
</tr>
<tr>
<td>Phase Three</td>
<td>Adjustment</td>
<td>This short phase allows lessons to be learned from the review of performance thus far and make plans for the final stage</td>
</tr>
<tr>
<td>Phase Four</td>
<td>Implementation</td>
<td>This is the culmination of the course. Participants set achievable goals, becoming more autonomous and self-directed, employing effective team dynamics to achieve the shared objective. The course ends with a final review that looks to the ways the lessons learned will be transferred into ‘normal’ life. In this stage the role of the OBHK instructor is to take a step back, observe and facilitate and maintain safety whole the group takes lead.</td>
</tr>
</tbody>
</table>
OWN Inspiration Week by OWN Academy is a one-of-a-kind experience with overarching themes of Design Thinking, Connected Learning, Social & Environmental Citizenship and Career Life Planning. We believe the most effective learning happens outside a 4-walled classroom. So OWN Academy creates powerful learning environments all around the city. Each day will be an adventure to a different corner of Hong Kong, solving new challenges through hands on experiences. Students will be exposed to a diverse spectrum of life paths through meeting at least 6 passionate professionals who will be their instructors and mentors.

This camp focuses on development of 21st Century skills such as: Entrepreneurship, Creativity, Communication, Team Work, Mindfulness, Exploration, Risk Taking, Analytical Thinking, Reflection and more.

For more details about OWN Academy: www.ownacademy.co

<table>
<thead>
<tr>
<th>Creativity</th>
<th>Design Thinking, Connected Learning, Entrepreneurship, Craftsmanship</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity</td>
<td>Upcycling, Picnic, Carpentry, Factory and Store Visit, Permaculture, Kayaking, Coasteering</td>
</tr>
<tr>
<td>Transport</td>
<td>We meet at the same location everyday and travel out together. Students are required to bring their Octopus card for transportation and prepare lunch money on some days.</td>
</tr>
<tr>
<td>Transport</td>
<td>MTR, Bus, Ferry</td>
</tr>
</tbody>
</table>

$6,000

Mon 25th – Fri 29th September

Who? All Students

Number of students: 10 - 12

Staff TBD
Creativity
Learn to control your DSLR camera
Use photography to creatively explore and showcase the space and city around you

Transport
Based at Sha Tin College
School buses will run according to their usual schedule
Trips around Hong Kong will use public transport

$3,800
Monday 25th – Friday 29th September
Who? All students
Number of students: 10 – 20
Staff TBD

Do you have a DSLR camera... but always have it on automatic setting?

How about the light reader and ISO?
Do you want to learn what manual settings like TV and AV are and how to use them?
AND have FUN learning all these skills and more?!
If yes then this is the course for you

COURSE CONTENT COURSE STRUCTURE

• Camera controls and how to use them
• Exposure
• ISO
• Shutter Speed
• Aperture
• Focus settings
• Light Metering
• White balance
• Studio sessions in the mornings filled with activities, games & quizzes!
• Followed by mini field trips out and about in Hong Kong in the afternoons to consolidate skills learnt.
• Assembling portfolio
• Compiling exhibition

This CAS Week you can learn about camera controls and how to use them, whilst exploring Hong Kong and having loads of FUN!

A professional outside photographer will teach you all of the above whilst giving you time to absorb the information and practice the skills learnt. During the week you’ll have the opportunity to build a portfolio of work; some of which will be displayed in and around school.

This is a comprehensive course designed to give students a thorough understanding of their cameras and the fundamental principles of photography.
Creativity
Learn pottery skills
Create pieces by hand
Take the first steps to mastery of the Pottery Wheel
Produce at least three pieces of pottery artwork

Transport
Students are responsible for making their own way to and from the studio and for their own lunch.

If you like to get creative with your hands, why not take part in CAS Week’s Ceramic Arts Program, where you learn from a local artist how to make beautiful pieces of pottery.

Course Outline:

1. Gain basic knowledge of ceramics materials (clay and glaze)

2. Practical studies of clay work and creation of a set of ceramics artwork in functional and sculptural pottery

3. Basic knowledge on 3D form and texture effects in ceramics

4. Educational support in artistic idea and technique development in pottery making.

By the end of the week, you will produce at least 3 pieces of pottery artwork including:

- 4 inch thrown pot
- 4-5 inch hand built functional pot
- 6 inch sculpture in ceramics.

The studio is in Fo Tan- right down the hill from school, so it’s easy to get to!
35 PUERTO GALERA 1

Adventure
The jungle, sky and sea are waiting!

$10,800
Sunday 24th - Saturday 30th September
Who? Anyone aged 13 by 23rd Sept
Number of students: 18 - 26

Activity
Zip-line across the sky, above the jungle
Drive an ox cart to the jungle paintball station in search of zombies
Sailing on the crystal blue ocean
Soft-hike to swim under stunning waterfalls
Great accommodation, food and evening activities

Service
A one day school-based, building/teaching project

Transport
Plane, coach and boat

Carbon footprint
0.17 metric tonnes of CO$_2$e

With a stunning background of tropical jungles, cascading waterfalls and crystal blue sea, this week of adventure in Puerto Galera will be a trip to remember for ever.

Based at the El Galleon resort, each day will be a new adventure with highly qualified instructors and guides to lead you through a wide range of amazing experiences. From sailing in the warm, blue waters around the coast to hiking through the jungle across rope, sky bridges to discover the stunning Tukuran Falls; mountain top golf to snorkelling over the beautiful corals that can boast a wider variety of marine life than The Great Barrier Reef; drive an ox-cart to the jungle in search of zombies at the paintball station to discovering hidden villages. There will also be a visit to the Verde Island Elementary school to meet, teach and learn with local students whose school experiences are totally different from anything you will find in Hong Kong.

With great food and accommodation right next to the beach, this week of “Amazing Adventure” will stay with you for ever. Fully inclusive, anticipated cost will be HK$10,800 for the week.
36 PUERTO GALEREA 2
SCUBA Diving
It’s stunningly SCUBA-licious

$11,950 & up depending on the course taken

Sunday 24th - Saturday 30th Sept
Who? Anyone aged 13 by 23rd Sept
Number of students: 18 - 36

M. Wilson

<table>
<thead>
<tr>
<th>Activity</th>
<th>SCUBA dive with turtles, seahorses, dolphins and more</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Learn with some of the best instructors in the world</td>
</tr>
<tr>
<td>Courses</td>
<td>to suit every level of diving experience</td>
</tr>
<tr>
<td>Service</td>
<td>Great accommodation, food and evening activities</td>
</tr>
<tr>
<td>Transport</td>
<td>A one day school-based, building/teaching project</td>
</tr>
<tr>
<td>Carbon footprint</td>
<td>0.17 metric tonnes of CO2e</td>
</tr>
</tbody>
</table>

On this amazing trip you can learn to SCUBA dive or extend your SCUBA skills in the crystal clear waters of idyllic Puerto Galera in the Philippines.

SCUBA diving takes place in a protected, marine national park where it is common to see everything from turtles to sea horses with amazing coral canyons and ancient wrecks. Puerto Galera offers some of the best scuba diving in all of Asia and can boast a wider variety of marine life than The Great Barrier Reef. Courses are run by Asia Divers, one of the most reputable and highly qualified teams of diving instructors in S.E. Asia using first class equipment and with an impeccable safety record. Whether it is your first time diving or you want to become an advanced diver, a wide range of courses are available. Extension courses include Nitrox, night diving and many more; whatever you choose, you will have an amazing time.

With great food and accommodation right next to the beach at the El Galleon resort and great evening activities, this will be a trip to remember for a long time. Prices will vary according to which one of the many diving courses you take or whether you are fully qualified and want to spend the week diving for fun and to extend your experience. Guide prices (fully inclusive for the week): HK$12,900 for full PADI Open Water (beginners) course, HK$11,950 for PADI Advanced Open Water course. E-learning courses that allow for extra diving are also available.
Creativity  Learn to build a robot
         Discover the engineering involved
         Learn how to program robots to be independent
         Take part in a challenge that could lead to international competitions

Transport  Workshops will take place at school

If you like to build things and are interested in learning some coding, then this is the workshop for you ... and it could lead you to taking part in international competitions

Course Outline:
1. Learn what is needed to make robots work
2. Learn to code, to control (ranging from basic to advanced ... all skill levels)
3. Learn to customize your robots to make them win the challenge
4. Take part in a final challenge that could lead you to international competitions

By the end of the week, you will have ... built a robot, learned how to write code to control it and taken part in a challenge competition that could lead on to international challenges in the future

Includes elements of:
Coding
Fun
Engineering
Teamwork
## Activity
- Discover how to rig, launch, crew and helm a dinghy or keel boat.
- Learn points of sail
- Learn how to sail in different conditions and wind directions
- Lots of teamwork
- Boat management skills
- Compete and race against your team mates in your first regatta!

## Transport
- You will be required to transport yourself to the activity each day.

---

After the fantastic success of CAS sailing 2016 at Hebe Haven Yacht Club, Sai Kung we will be offering a similar experience for students in 2017. Hebe Haven can offer us 3 possible sailing options leading to certification with a range of professional watersports organizations, an excellent opportunity for all students to have a really fun positive experience out on the water, gain some brilliant new skills and become officially qualified, another plus for the future cv. If you have sailed dinghies before and have a level 1 or 2 you can also use this course to advance to the next level.

Judging by feedback from 2016 CAS sailing participants it was a great experience and it is a pleasure to be able to offer the activity again. The activity will be operated by Hebe Haven’s own experienced sailing instructors, buoyancy aids are provided and safety is a priority. You will also receive a catered lunch each day and a SLAM sailing rash top and gloves, sailing logbook and HKSF certificates.

36 Places: Single handed dinghies are for 1-2 people, 1 main sail, everyone gets to helm
18 Places: Double handed dinghies are for 3-4 people, 1 main sail + Jib, everyone gets to crew & helm
10 Places: Keel boat up to 5 people per boat, much bigger boat with a cabin, many sails, winches, you will all get to crew and helm.

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## Cost
$4,500

## Dates
Monday 25th – Friday 29th September

## Who?
All students

## Number of students
12 - 64

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R. Atkinson
**39 SRI LANKA**
**Culture & Wildlife**
Explore this Indian Ocean jewel

**$13,500**

**Sunday, 24th – Saturday 30th Sept**
**Year Groups: All students**
**Number of students: 18 - 30**

<table>
<thead>
<tr>
<th>Activity</th>
<th>C</th>
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<tbody>
<tr>
<td>White water rafting in Kitugala (West Sri Lanka)</td>
<td></td>
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<tr>
<td>Tea plantation and a visit to a local tea factory in Nuwara Eliya</td>
<td></td>
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<tr>
<td>Hike and visit Horton’s Plain National Park in Ella</td>
<td></td>
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<tr>
<td>Visit Thanamlwila Village and service element at a local school</td>
<td></td>
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<tr>
<td>Cultural activities at a local village home and lunch</td>
<td></td>
</tr>
<tr>
<td>Safari at Udawalawe National Park in a 4X4</td>
<td></td>
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<tr>
<td>Galle Dutch Fort in Galle (UNESCO heritage site)</td>
<td></td>
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<tr>
<td>Tour of Colombo City</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Service</th>
<th>A</th>
</tr>
</thead>
<tbody>
<tr>
<td>A visit to the local school in Colombo</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Transport</th>
<th>CAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plane, bus, and plenty of walking</td>
<td></td>
</tr>
</tbody>
</table>

| Carbon footprint                          | 0.58 metric tonnes of CO₂e |

Sri Lanka (formerly Ceylon), a tiny island nation south of India in the Indian Ocean, is a rugged land of rainforest, diverse wildlife and endless beaches. **Nuwara Eliya** is a city in the hill country of Sri Lanka. Its name means "city on the plain (table land)" or "city of light". It is at an altitude of 1,868 m and is considered to be the most important location for tea production in Sri Lanka. **Udawalawe National Park** lies on the boundary of Sabaragamuwa and Uva Provinces, in Sri Lanka. The park is 165 kilometres from Colombo. Udawalawe is an important habitat for water birds and Sri Lankan elephants. It is a popular tourist destination and the third most visited park in the country. **Galle Fort**, in the Bay of Galle on the southwest coast of Sri Lanka, was built first in 1588 by the Portuguese, then extensively fortified by the Dutch in the 17th century. This CAS week will give the opportunity to explore the rugged beauty, Sri Lankan culture, wonderful cuisine and kind hospitality of Sri Lanka.
Experience a once in a lifetime opportunity to immerse yourself in African culture.

You will spend three days in a Tanzanian village taking part in a long-term service project. For example, building a dining hall, kitchen, or a community center that will serve as a sustainable resource for a local primary school and its village for years to come.

After the day’s work you can spend time playing with the primary school students, learning to make local dishes, milking cows, or hiking to a nearby waterfall.

You will also have the chance to visit the world’s densest wild elephant population at Tarangire National Park, camp overnight over the Rift Valley and descend into Ngorongoro Crater itself where zebra roam and lions lounge, for a scenic game drive.

We will also embark on an adventurous hike in the foothills of Mt. Kilimanjaro where, as you rest, you can see the lake that marks the border with Kenya.
Fancy teaching English to local children?  
This activity is for you!

Enjoy the opportunity to teach English to local secondary school children. The activity is suitable for those aspiring to become teachers and/or those who wish to give something back to the local community.

You’ll get plenty of time prepare your lessons and teach in teams. The activity is highly rewarding and provides many opportunities to meet and work with local children.

You may also have the opportunity to improve your Mandarin ability by joining their Chinese classes and activities.
42 The Amazing Race
Teamwork & tenacity
Anywhere & everywhere in Hong Kong!

Creativity  Definitely!
Activity    A lot!
Service     A little bit
Transport   Every possible type available!

$500
plus approx. $300 on an octopus card for the week

Monday 25th – Friday 29th September
Who? This year’s Years 9, 10 & 11
Number of students: 200 Max

J. Parry

This activity will take place all over Hong Kong. The students will work in teams, have to figure out clues, take part in challenges, make their way around HK on public transport and possibly make fools of themselves! It is a competition resulting in a winning team at the end of the week. Teams strive to arrive first at "pit stops" at the end of each leg of the race to avoid coming last, which carries a disadvantage for the following leg. The clues in each activity point the teams to the next destination or direct them to perform a task, either together or by a single member.

The students will hopefully find this an immensely fun week but also mentally and physically challenging which will improve many skills but particularly leadership and team work. Although the students will be travelling all over Hong Kong they will be monitored by teachers who will be meeting them at checkpoints throughout the day.
A holistic retreat in a magical fairy tale Chinese garden.

Teen-age years are often plagued by stresses stemming from anxiety, confusion, depression, and low self esteem.

Tai Chi and meditation unblocks the body's stagnant energies and helps regulates the "qi" to improve mental concentration and focus.

Escape to a 250 acre cultural preservation site in a 600 year-old historical town untouched by industries and development.

Learn to farm with seasonal planting, watering, tilling, and harvesting. Transform crops into local delicacies. Practice tachi, and detox the body with delicious organic home cooked meals. Experience taichi massage, tea ceremony, and meditation. Feel your body become relaxed and your mind become rejuvenated!

Treat yourself to a holistic mind body holiday, develop a new outlook on yourself and connect with traditional Chinese wisdom!
44 Tree Planting
Green Service
Sow the seeds of cleaner air

$1,500
Monday 25th – Friday 29th September
Who? All students
Number of students: 12 - 24
Staff TBD

Activity
Planting trees will be physically demanding and dirty work
Short hike every morning to the Ark Eden Project

Service
Plant a legacy of environmental hope for our future
Team building exercises

Transport
Ferry and on foot!

Ark Eden's **Forests of Lantau Project** is reforesting areas that have been devastated by fires and soil erosion. This year alone Ark Eden Foundation planted 1,400 native Hong Kong saplings and have established their own native tree nursery for next year's tree planting season.

You will spend each morning on Lantau Island, planting trees. Each afternoon will be spent participating in a range of different team building activities.

We will meet each day at the Central Pier. You will need to bring your own lunch and have enough money on your Octopus for the ferry to and from Lantau.

<table>
<thead>
<tr>
<th>Day</th>
<th>Team Building Activity</th>
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<td>Fear of image</td>
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<td>2 truths and 1 lie</td>
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<td>The Classification Game</td>
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<td>Sustainability</td>
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<td>Tuesday</td>
<td>Back to back drawing</td>
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<td>The shifting paradigms</td>
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<td>Wednesday</td>
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<td>Thursday</td>
<td>The keys to motivation</td>
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<td>Friday</td>
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45 Ukulele Making
Build an instrument
Learn the craft and skills to make music

$5,300
Monday 25th – Friday 29th September
Who? All students
Number of students: 6 - 12

Staff TBD

Creativity
Design and build your own ukulele!

Transport
This activity is based at STC
School buses will run to their usual schedule

This course will be led by Mr Kelvin Cheng a professionally qualified luthier, based locally in Fo Tan. The cost of the course includes tuition and all the necessary materials and equipment to build your first musical instrument.

We will be working with sapele wood, very much like mahogany to ensure that the final instrument produces an excellent musical tone. The more technical and challenging elements of instrument making will have been prepared for you: the neck will be roughly shaped ready for you to add your distinctive design and the sides of the instrument already bent in to shape.

During the week you will transform your basic kit in to a finished instrument. You will be able to use a range of basic tools required for musical instrument making with confidence, efficiency, and with due regard to health and safety. This process will introduce you to the following instrument making skills:
• An overview of ukulele making
• Operation of various hand tools and woodworking machines
• A step-by-step guide to ukulele production
• Surface finishing and Setup
These skills will enable students to develop their abilities with the following equipment:
• Band saws, drills, saws, planes, chisels, clamps, jigs, spindle sanders, flat sanders, dremel routers, sanding blocks, files and full scale technical plans.

Is this the right course for me?
Enthusiasm as opposed to expertise is what is required. There will be plenty of opportunity to practice the operations on prepared material before committing to your instrument. Kelvin will be there to support you throughout the process. If you require further information please see Mr Morris or have a look at Kelvin Cheng’s website at http://www.luthier.hk/
46 Watersports!
Watersports in Sai Kung
5 days, 5 sports, 1 amazing time!

$4,500
Monday 25th – Friday 29th September
Who? All students
Number of students: 12 - 60

Staff TBD

Activity
- Wake boarding
- Kayaking
- Surfing
- SUP - Stand Up Paddling
- Dragon Boating

Service
- Ocean and beach clean-up

Transport
You must make your way to and from the Blue Sky Sports Club in Sai Kung

Are you a proficient swimmer, keen to experience a wide range of different sporting activities in a short range of time? Wet & Wild! is for you.

Possible Itinerary

Monday    Surfing
Tuesday   Kayaking
Wednesday Stand Up Paddling
Thursday  Wake Boarding
Friday    Dragon Boat & SUP Regatta

You will work in groups of up to 15, and rotate through the same activities on different days depending on the numbers who sign up.
Do the things that make you happy without leaving the shores of Hong Kong. Discover some hidden places. Marvel at the stunning landscape. Challenge your body and your mind.

This CAS week will encourage you to explore certain aspects of wellbeing: awareness and connection to the natural environment by hiking through Hong Kong’s unique countryside; awareness and connection to one’s body through yoga and meditation; healthy eating and cooking under the guidance of a nutritionist. There is also a chance to sample some AcroYoga in a yoga studio in Central and have fun on two (or four!) wheels with some cycling for those of you who still have energy left.

This promises to be a exciting and meaningful CAS week, well-suited for those who are wanting some different forms of physical challenge and to develop a deeper connection between body and mind.

*Transport and food not included
Wing Chun Kuen is a world-wide Chinese martial art which is also a form of self-defense utilising both striking and grappling. In this activity, students will be able to learn the basic striking steps and how to do fitness exercises through Wing Chun Kuen.

The international Wing Chun Kuen instructor, Yeung Wai Kun, will design a set of maneuvers which will allow students to perform Wing Chun at the end of the course. Also, students will have an assignment on Wing Chun Kuen at the end of the course. Certificates will be also issued to all participants and the best performing students.

The teacher, Master Yeung, is a highly qualified exponent and teacher of Wing Chun Kuen and a judge of international competitions. The course will, along with the physical skills, include some information about the history and philosophical beliefs associated with Wing Chun.
Year 7 CAS Week will be a 5 day program including a 4 day 3 night residential experience which offers a diverse range of fantastic, stimulating, fun activities. Year 12 students will play a vital role in various leadership capacities each day. They are selected by the Year 7 CAS Week team on the basis of their enthusiasm, commitment and skills. Only those who will be in Year 12 next year are eligible for these posts.

We hope to see you there!
Creativity
There are several roles you can chose from:
Media Technician
Stage & Technical Theatre Technician
Cast & Orchestra Rehearsal Support
Publicity

Service
Support and lead Year 8 students

Transport
This activity is based at STC & King George V School buses will run to their usual schedule Coaches will run to KGV from STC on Wed & Thurs

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We are delighted to be welcoming back Scottish Opera to come and work with the whole of Year 8 for CAS Week 2016. All the Year 8 students will be working with the Scottish Opera team of artistes (opera singers and musicians, stage managers and digital media technicians) to produce a cross-curricular expressive arts project based on two short operas. As Y12 student leaders, you will have a jam-packed, creative week that will become one of your life-long memories and experiences!

**Media Technicians** – here you can work with the Scottish Opera media specialist and create live digital projections that happen during each opera. You get to work with a range of software, including Q-Lab (industry theatre lighting, visual and sound cue-ing software).

**Stage and Technical Theatre Technicians** – you can work with the company stage manager with lighting plots, cues, sound, props, buying of materials and making of props.

**Cast or Orchestra Rehearsal Support** – you can work directly with the casts in their rehearsals, learning their moves and songs, getting the students costumed. If you play a musical instrument, you can join the orchestra to play the live orchestral scores to accompany each opera.

**Publicity** – here you can work on daily filming footage of the rehearsals to circulate around the community, photography and video work, and you also work toward creating the digital program that projects to the audience before each performance.

All Year 12 Student Leaders help with daily administration duties and the all important task of “Front of House” support for the several shows that take place at the end of the week. You will be expected to stay on Thursday night for the only evening performance of the week.