



LEADERSHIP ADVENTURE CAMP IN MALAYSIA

*There is more in you
than you think*

- Kurt Hahn

LEADERSHIP ADVENTURE CAMP



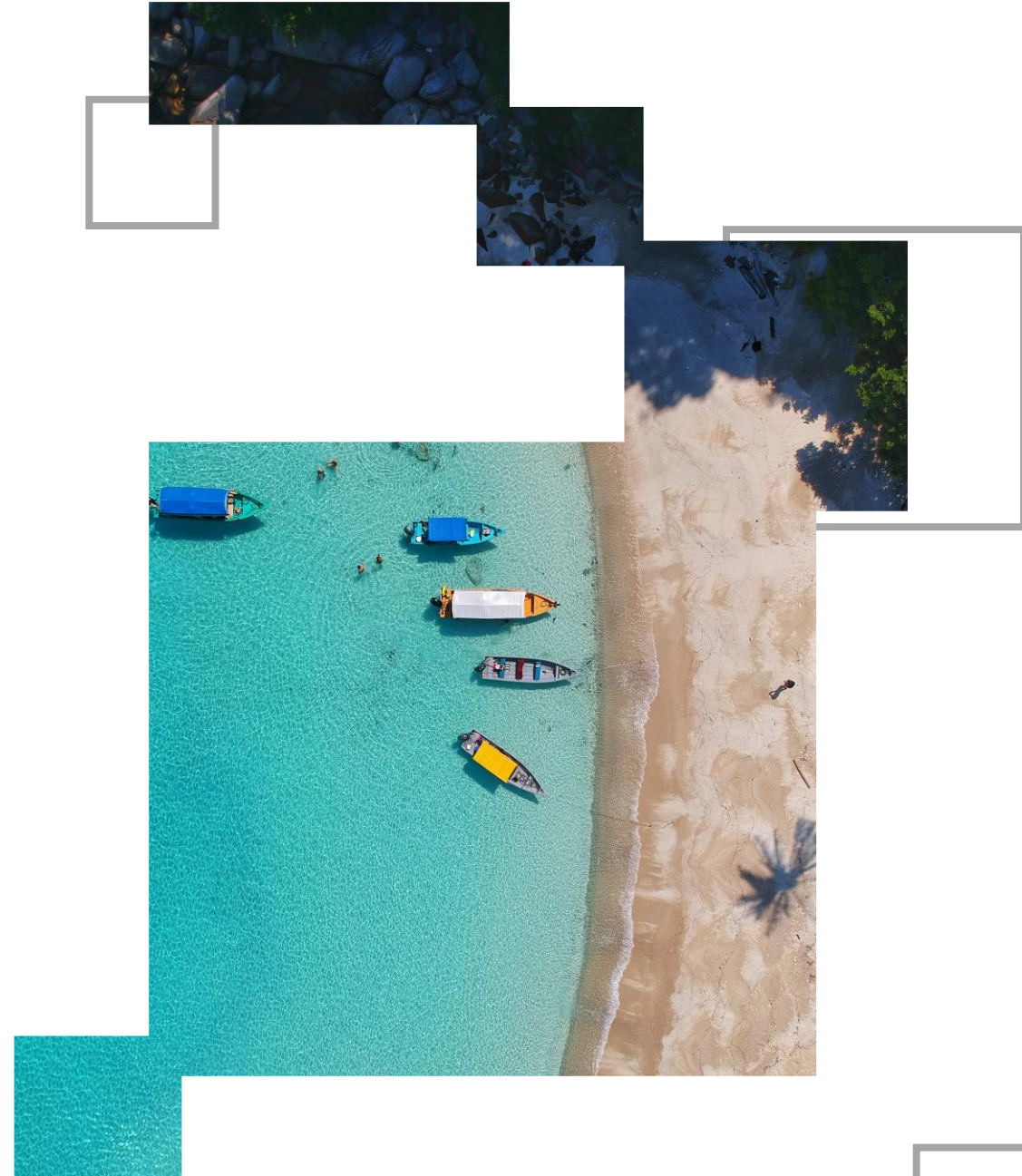
MALAYSIA

MALAYSIA, TRULY ASIA!

Located in the heart of Southeast Asia, Malaysia is the melting pot of cultures and religions with a diverse population consisting of different ethnic groups such as Malay, Indian, Chinese and other ethnic minorities.

Malaysia is composed of Peninsular Malaysia and the states of Sabah and Sarawak on the north coast of the island of Borneo, 640 kilometers (400 miles) across the South China Sea.

The exotic, tropical islands and lands of Malaysia holds some of nature's treasures with some of the most beautiful beaches on the planet and a collection of unrivalled rainforests and national parks. With a population of over 30 million, multiculturalism has made Malaysia a gastronomical paradise and home to hundreds of colourful festivals.



PROGRAM OVERVIEW – NH20

DURATION:	2 Weeks
PROGRAM DATE:	10 - 22 August 2020
AGE REQUIREMENT:	15 - 17 years old
TRANSFER PRICE:	USD1500 (negotiable)
VENUE:	Outward Bound Malaysia, Lumut
APPLICATION DEADLINE:	26 June 2020



PROGRAM DESCRIPTION

AFS Malaysia is pleased to present an outdoor experiential education with Outward Bound School Malaysia. This Global Prep program will enroll students between 15-17 years in a 13-day adventure-based education program.

The program exposes participants to Malaysia's multiculturalism and at the same time unlock the true potentials of participants through outdoor experiential activities.

During the thirteen-day program, participants will be put together in a group and will be involved in activities that will help to develop their survival and leadership skills. From engaging with others, learning the knotting techniques, building a raft, learning the climbing and belaying techniques, and many more.

This program also encourages participants to be tolerant and accept differences, learn how to cope with pressure and acquiring leadership and teamwork under changing, demanding and unfamiliar circumstances.



PROGRAM OBJECTIVE

- Learning how to cope with pressure and acquiring leadership and teamwork under changing, demanding, and unfamiliar circumstances
- Cultivate sportsmanship and consistency through transferable and non-transferable skills; confidence, trust, respect, initiative, and creativity
- To foster awareness of the team spirit and to reinforce commitment to the team's shared goals and objective
- Building a culture of support, risk-taking, and compassion in each challenge
- To increase appreciation of roles, purpose, and group-established expectations.



DESIRED OUTCOMES

LEADERSHIP

- Demonstrating the ability to set goals, inspire, and guide others to achieve them.
- Demonstrating the ability to collaborate, communicate, solve problems, and resolve conflicts effectively.

CHARACTER DEVELOPMENT

- Demonstrating increased self-confidence and self actualization
- Demonstrating compassion toward others and living a healthy and balanced life

SERVICE

- Demonstrating social and environmental responsibility
- Actively engaging in service to others



ABOUT OUTWARD BOUND MALAYSIA, LUMUT

Outward Bound Malaysia, Lumut was established on 30 October 1954. The facility is the oldest centre outside the United Kingdom. From its inception 1955, more than 100,000 participants have passed through their hands, have camped in the jungle, built a raft, or sped down a wire for the first time. For the greater part of the last half century, Outward Bound Malaysia, Lumut has been run by Malaysians who cherish the ideals and have preserved the ethos of the original school in Aberdovey, United Kingdom founded by Dr. Kurt Hahn.



**OUTWARD BOUND
MALAYSIA™**

PROGRAM HIGHLIGHTS

- AFS Introduction to Global Competence
- Kayak Expedition
- Campcraft and Camping
- Wall Climbing
- Maps & Compass Lesson
- Trekking Expedition
- Rafting
- Overnight Stay with Local Host Family
- Community Service Project



Accommodation & Facilities



Accommodation

- Accommodation for participants will be in dormitories set around the slopes, from where one obtains a fabulous view of the sea below and island of Pangkor across.
- Students will be placed in a dormitory that is equipped with pillow, bed sheets, blanket, and a shared bathroom

Facilities

- Medical Centre
- Training Room
- Boathouse
- Dining hall with full catering facilities

PROPOSED ITINERARY

LEADERSHIP ADVENTURE CAMP

DAY	MORNING SESSION 0630hrs – 1200hrs	AFTERNOON SESSION 1200hrs – 1800hrs	EVENING SESSION 1800hrs – 2200 hrs
1	International Arrival	International Arrival	Welcome Session by AFS
2	Introduction to Malaysia Depart to Camp Site	Arrival at Camp Site Administration Lunch Opening Ceremony Ground Orientation Ice Breaking Games Team Dynamic games	Dinner Tone Setting Night Cap
3	Morning Parade Physical Exercise Breakfast Team Dynamic Exercise Knotting & Campcraft Kayak Lesson Expedition Briefing	Lunch Kayak Expedition to Teluk Sekadih Camp Setup Prepare Dinner	Dinner Debrief Night Cap Overnight Camping
4	Breakfast Map & Compass Trekking Peak 905 Prepare Lunch	Lunch Break Camp Kayak Return Clean & Clear Equipment	Dinner School Song/Initiative Games Night Cap
5	Morning Parade Physical Exercise Breakfast Whaler Lesson	Lunch Sailing Practice Restore Equipment	Dinner Expedition Briefing Night Cap
6	Morning Parade Breakfast Whaler Expedition round Island Pangkor to Syawal Beach Campsite	Setup Camo Prepare Dinner	Dinner Debrief Night Cap Overnight Camping

DAY	MORNING SESSION 0630hrs – 1200hrs	AFTERNOON SESSION 1200hrs – 1800hrs	EVENING SESSION 1800hrs – 2200 hrs
7	Breakfast Break Camp Whaler Return Clean & Clear Equipment	Lunch Wall Climbing Initiative Games	Dinner First Week Discussion Solo Briefing Night Cap
8	Morning Parade Breakfast Hot Seat	Solo Camping/Self Reflection	Dinner Solo Night/Self Reflection Overnight
9	Breakfast Break Camp Solo Return Group Sharing Session (Solo Experience)	Lunch Rafting Restore Equipment	Dinner Culture Visit Brief Night Cap
10	Morning Parade Breakfast Depart to Culture Visit Village Cultural Event	Lunch Visit Local Family Depart to Foster Family House	Dinner Staying at Host Family House Overnight
11	Breakfast Follow Host Family to work day /Help Cleaning	Lunch Gather at Meeting place/ Say Goodbye to Host Family Depart back to Base	Dinner Sharing Session (Experience with Host Family) Night Cap
12	Morning Parade Breakfast Blue Peter Challenge	Lunch Final Discussion Farewell Dinner Prep (BBQ Prep)	Farewell Dinner (BBQ Night) Watch Performance
13	Morning Parade Breakfast Feedback Session Final Admins Closing Ceremony (9AM) Program End	Student to return to KL and depart to home country	

WHAT'S INCLUDED



Airport transfer
service (pick-up &
drop off)



Dorm stay



Meals



24/7
emergency
support



12-day worth of
activities that includes,
kayaking, rafting, wall
climbing, and many
more.




On-site
orientation






**CONTACT US FOR
MORE INFORMATION!**

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