

outward bound

day 1

goal setting / confidence building

Upon arrival at the base camp, we were divided into two smaller groups to set our goals for this particular course that we wanted to achieve or overcome. Overcoming height was one of the most common objectives.



rope course

We were confronted with the challenge of the largest rope course in the Southern Hemisphere! We overestimated our courage and we realized that only when we were up the rope course! There were different types of rope courses that we could choose according to our own ability, some required our balance while some required our physical strength. Each of us had a buddy to encourage and support us while we were on the rope course. Although there were a lot of screaming and sweating and frustration, their support was the only driving force to keep us moving. Emotional support can make miracles happen!!!



group tasks

One of our tasks was to line us up in alphabetical order according to our names and chronologically according to our birthdays. We had to do it in a single line without talking to each other. It tested our 'communication'

and organization skills. In situations where there is a total communication breakdown, a leader is always needed to instruct.

The other task was to work together as a team and to play dictionary. The letters were however hidden in the bush and one leader was needed to plan carefully who was going to get which letter to make a complete word. As one team had to compete with another, speed was important, as we need to put down the word on the word puzzle to get the points. This was a great test of our organization power, leadership skills, physical strength as well as English vocabulary!!!



barbecue dinner



After all the tiring activities of the day, we prepared dinner together. We had mutton and vegetables cooked in pots inside those burning sticks. We seldom set fire in this way in Hong Kong to barbecue, this traditional method of cooking was funny and we all had a very full dinner.

day 2



hiking

All of us woke up at 6am and was ready for our morning exercises (jogging and swimming) and packed up for our hiking. It took us about two hours to reach the destination, which was 5 hours less than we were told. There was a marvelous view up on the hill and we had our afternoon activities.



rock climbing & abseiling

For most of us this is the first time to rock climb and abseil. Many of us were also afraid of height but we were all willing to try. Jam and marmalade were the two paths of rock climbing with the former being more difficult. Some of us tried the jam and others' supports were also important in encouraging each other and to keep ourselves company. Although we all had bruises on our arms and legs, we were all happy to have tried them and we were amazed by our own ability too.



group tasks

This time we were blindfolded and was required to make a square out of a piece of rope. We used our voice and hearing to distinguish distance and location. The task was quite difficult as we had no idea how long the rope was and there were confusions at the beginning as whose method we should adopt. It was much better after we have acknowledged one leader and others just followed instructions.



The other task we had to do was to cross the 'acidic river' with small pieces of cardboard. Since we had only 9 cardboard and each could only accommodate two feet the maximum, cardboard with no feet would be dissolved by the acid too. Thus we had to devise a strategy so that all members could cross the river. Though we failed a few times wasting a few cardboard, after evaluation and revising our strategy, we were able to do it very efficiently and orderly



camping at Honeysuckle Creek



We set up our bivvys at the site and slept there for one night. The bivvy was basically only a piece of plastic cover like a big umbrella and plastic sheets to sleep on. We seldom get to sleep being so open in the wild but since all of us were tired after the day, we couldn't care anymore and were fast asleep!!! (despite the fact that we heard the jumping noise made by the Kangaroos)



day 3

back from the wild

After we had a good sleep, we started packing and going back to the base of Outward Bound. We had a very brief evaluation by writing comments and appreciations on pieces of paper on the back of others, followed by a certificate presentation. The staffs in the Outward bound were so great that every one of us wanted to take the chance to take photo with them. Last but not least, the souvenirs. The delegates seized the chance to shop around for souvenirs, let alone in the outward bound.

