

DISCOVERY BAY
INTERNATIONAL SCHOOL
愉景灣國際學校

Discovery Bay
International School

Week Without Walls

11th – 15th November

2024

The session will begin at 6.30pm

- **Important dates and times**
- **Staffing**
- **Overview of the week and activities**
- **Accommodation**
- **What to bring**
- **Communication**
- **Questions**

Year 7 – Key Information

5 days of activities, 3 nights residential, last night sleep at home

Location:

PLK Pak Tam Chung

Accommodation:

Dormitories

Depart School (11th November):

Arrive at School 8.15am

AAS staff arrive 9am

Amazing Journey - starts from

DBIS, ends at PLK

Depart Sai Kung (14th November):

Bus leaves 4pm

Students will be dismissed on

arrival back to school approx

5pm

Friday 15th November

Arrive at School 8.15am

Leadership Day in Discovery Bay

3pm finish

Year 7 – Staffing



Dai Pugh - Secondary teacher



Temmy Mclean - 7B Tutor



Jamie Owen - 7I Tutor



Jess Hickling - Head of Wellbeing



Alexander Kilford - Assistant Head



Jack Piggott - 7D Tutor



Louise Tyrrell - Head of Year 7



Monique Filmater - EA

Year 7 Activities

Monday: Amazing Journey (Bring daypack,lunch and Octopus)

Tuesday: Canyon Adventure/Kayaking Journey/Hiking & Bushcraft

Wednesday: Canyon Adventure/Kayaking Journey /Hiking & Bushcraft

Thursday: Canyon Adventure/Kayaking Journey / Hiking & Bushcraft

Friday: Leadership Day in Discovery Bay



Year 7 Accommodation



Packing List

What to Wear (recommended daily attire) Please label/name all items

Long-sleeved shirt or T-shirt worn with arm sleeves	Lightweight and quick-drying fabric
Trousers or knee-length shorts	No denim – must be lightweight and quick-drying fabric
Sturdy trainers Water shoes (for kayaking activity)	No part of the feet should be exposed – must be closed toe, closed heel, with sturdy soles; no Crocs, no flip flops, no sandals
Wide-brimmed hat with neck cover and chin strap	To shade face, ears and neck
Swimwear/Rash Vests	For kayaking activity, sun protection

Packing List

What to Bring to Daily Activities (in a lightweight backpack with padded shoulder straps – no drawstring bags)

Two x 1-litre refillable water bottles	Filled with water (AAS will provide daily)
Sunscreen	SPF 30 or above, preferably waterproof and non-scented
Insect repellent	Preferably non-scented
Lightweight rain jacket	Hooded and shower proof, not disposable/poncho style
Hand sanitiser	
Prescription medicines (if needed)	Such as EpiPen (x2) or inhalers (x2) Please give labelled to staff for safekeeping

Packing List

What to Bring in Overnight Bag (large backpack or suitcase) Please label/name

Toiletry bag	Including toothbrush, toothpaste, soap, shampoo, sanitary products etc.
Bath towel	
1 set of clothes for each day of the programme	Please pack enough swimming clothes, including long-sleeved rash vests and water shoes, for each day the itinerary features water-based activities.
Two x quick-drying towels & a waterproof bag Plastic bags for wet clothes	For use after water-based activities.
Pyjamas and underwear	

Packing List

ASIA ADVENTURE SPORT



Packing Checklist

The items on this list are the minimum and essential. Please remember that it might seem tempting to add more and more to their bag to allow more changes of clothes, etc. But everything in their bag – they will need to carry – so less can be more!

Sturdy Trainers or Hiking Shoes



Long & Short Sleeve Sport Shirt
Light color, quick dry



Long & Short Pants



Underwear

Waterproof Jacket

Swim Suit

Should be wearing this on arrival if it's a water activity day, plus something on top to protect from the sun.

Water Shoes

e.g. Ba Fan Yue or Water-Sports Shoes
NOT Sandals, Flip-Flops or Crocs

Towel



Dry Bag

15-20L. Needs 2 straps for the shoulders



Water Bottles

2L or 2 x 1L minimum

Hat

One with a brim and preferably a cover at the back



Sun Cream

Recommended 30+ SPF

Spare Glasses and/or Contact Lenses

Swimming Goggles

Trash

If you bring it, then it goes back with you. There are trash receptacles that we can use at the beginning and end of the day, but during the day everything needs to stay with us – bring Ziplock bags or similar.



There you have it! If you have any questions or doubts of what to bring or not to bring, don't hesitate to send us a message thru +852 4611 6214

WE CAN'T WAIT TO SEE YOU IN THE AAS CAMP!

Phones and Communication

- We want the students to spend time with each other, in the outdoors, getting to know their peer group and teachers and most importantly having fun! Therefore we would like to limit their access to technology while we are away.
- Please do not bring any gaming devices, iPads etc. Card games are great!
- We will ask that students limit their phone usage to one hour maximum in the evenings after dinner and when activities are finished.
- Phones will be collected at bedtime and stored securely.
- Jason Broderick will be your main point of contact at school who will then contact us at the camp as necessary.

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Questions

