

YEAR

10

Week on the Wild Side

CHIANG MAI, THAILAND

Saturday, 13 - Thursday, 18 December 2014



PROGRAMME OVERVIEW

This programme has three major elements: a day of rock climbing and high ropes adventures at Crazy Horse Butress, a day of exploring tools for personal leadership in the great outdoors and a two-day International Award training trek through Mae On Valley. The three elements can be experienced in any order and will build on each other to create a truly outstanding Week on the Wild Side experience. Three pre-assigned groups of students will rotate through the programme elements. Facilitation will be adjusted such that each group of up to 34 students feels a sense of true success at the completion of their week. Key themes of challenge, leadership, adventure, teamwork and personal growth will be interwoven throughout the different activities. The combination of outdoor adventure sports with focused leadership development and the full experience of a training trek will leave students exhilarated, empowered and prepared to take on their own Adventurous Journeys.

Ultimate Rope and Rock Adventure

The Ultimate Rock and Rope Adventure is CMRCA's signature exhilarating outdoor adventure experience. It combines challenging rock climbing, adventure caving, and wild high rope adventures. Students will be challenged to identify their comfort zone, set personal goals and work to achieve them throughout the day with the support of their teammates. Every CMRCA programme begins with the question, "What kind of day do you want to create?" Students are challenged to create and take ownership of their own experiences through the adventure elements facilitated by CMRCA. Rock climbing provides students with an opportunity to climb to new heights. Our experienced instructors facilitate an incredible rock climbing learning experience where students will climb, belay and backup belay. Students develop trust among the group and cheer each other throughout the activity, while experiencing the amazing world of limestone and the caves that tunnel through it. Our introduction to the geology curriculum provides an exciting and real scientific education experience that they can relate to back to the classroom. The Tyrolean traverse is one of the oldest techniques used in rock climbing. It allows climbers and mountaineers to successfully travel from the top of one peak to another without climbing down and back up again. In this cliffhanger-style element, students attach to a 30-meter long bridge made of rope and pull themselves across an enormous and stunning cave. This requires both physical and mental concentration. Once arriving on the far side, students experience a breathtaking 50-meter, free-hanging rappel as they return to the ground. The Tyrolean traverse and rappel elements round out a truly amazing personal growth, leadership and adventure experience.

Lead on the Wild Side! Personal Exploration and Team Building

Great leadership begins with personal awareness. This full-day experience is designed to introduce students to personal reflection and teach them to recognize leadership skills within themselves and within others. CMRCA facilitators introduce tools and models that provide a framework for understanding leadership as something we can choose to engage in every day. Challenging initiatives and group activities keep the energy high while allowing students to apply their learning. We also review key debriefing and discussion tools that students can use to manage group dynamics on their Adventurous Journeys.

International Award Bronze Training Trek

The International Award Bronze training trek will open students to the world of outdoor living in an immersive two-day, one-night experience. From packing a backpack to pace setting, and route planning to lighting a camp stove, an independent journey in the wilderness requires a large portfolio of skills. CMRCA facilitators will guide students through the entire process of planning and executing a trek. Students will have a chance to practice skills both independently and in small groups. Where necessary, CMRCA facilitators will provide demonstrations and additional instruction. Emphasis will be on allowing the students to solidify their learning through experience. The training trek will incorporate review and practice of the following skills:



Required Skills	Additional Skills
Packing a backpack	Environmental considerations for trekking (Leave No Trace)
Reading a topographic map	River crossing
Navigation with map and compass	Pace setting and group management
Selecting a campsite	Wildlife considerations and procedures
Setting up a tent	Adverse weather considerations
Using a camp stove	Foot care
Basic wilderness first aid	

DETAILED ITINERARY

Saturday, 13 Dec.	4:00 PM	Depart NIST. Overnight train to Chiang Mai
Sunday, 14 Dec.	8:00 AM 8:00 AM - 6:00 PM	Arrive in Chiang Mai Split off into groups and undertake activity (rock climbing, leadership or two-day trek)
15-18 Dec. Wednesday, 17 Dec.	5:55 PM	Rotate through activities Depart on overnight train from Chiang Mai
Thursday, 18 Dec.	7:00 AM	Arrive at NIST in the morning. Dismiss from school, returning on Friday, 19 December 7:25 - 11:00 AM. Begin 3-week winter holiday.

Detailed Itinerary

Ultimate Rock and Rope Adventure

An unforgettable outdoor adventure with rock climbing, caving and mind-blowing high ropes elements.

6:30 AM - 8:00 AM	Wake up and breakfast
8:00 AM - 9:00 AM	Travel to rock climbing area
9:00 AM - 9:15 AM	Icebreaker, tone setting, team initiatives (large group)
9:15 AM - 9:20 AM	Split large group into groups of six to ten
9:20 AM - 9:40 AM	Safety briefing, goal setting, equipment distribution
9:40 AM - 11:40 AM	Introduction to rock climbing
11:40 AM - 12:10 PM	Lunch
12:10 PM - 12:30 PM	Energizers and resupply
12:30 PM - 1:00 PM	Small rappel (prepare for larger, more challenging element)
1:00 PM - 2:15 PM	Adventure caving geology introduction
2:15 PM - 3:45 PM	Tyrolean traverse and free hanging rappel
3:45 PM - 4:00 PM	Return to central area
4:00 PM - 4:30 PM	Closing activities and conclusion
4:30 PM - 5:30 PM	Return to base camp
5:30 PM - 6:30 PM	Shower and relax
6:30 PM - 7:30 PM	Dinner
7:30 PM - 9:00 PM	Campfire
9:30 PM	All students in tents and lights out



Lead on the Wild Side!

A full day personal and community exploration that employs tools, models and group challenges to lay the foundation for great leadership.

7:30 AM - 8:30 AM	Wake up and breakfast
8:30 AM - 9:00 AM	Energizers and tone setting
9:00 AM - 9:20 AM	Powers of community
9:20 AM - 9:50 AM	Tools and models for successful leadership
9:50 AM -10:30 AM	Personal leadership exploration
10:30 AM -10:45 AM	Break
10:45 AM -11:00 AM	Helium stick
11:00 AM -11:15 AM	Tuckman's stages of group development
11:15 AM -11:45 AM	Color blind (communication & shared mental models)
11:45 PM -12:00	Morning debriefing
12:00 - 1:00 PM	Lunch
1:00 PM - 1:15 PM	Large group energizer
1:15 PM - 2:45 PM	Team expedition (group rotate through challenges)
2:45 PM - 3:15 PM	Debrief and action planning for trek
3:15 PM - 4:30 PM	Bronze Award trek skills training
4:30 PM - 6:00 PM	Time to shower and relax
6:00 PM - 7:00 PM	Dinner
7:00 PM - 7:30 PM	Meeting to prepare for next day's activity
7:30 PM - 9:00 PM	Campfire
9:30 PM	All students in tents and lights out

International Award Bronze Training

An experiential training expedition, focused on learning and developing the skills necessary to undertake a Bronze Adventurous Journey.

DAY 1	6:30 AM - 8:00 AM	Wake up and breakfast
	8:00 AM - 8:30 AM	Break camp
	8:30 AM - 8:45 AM	Review: packing a backpack
	8:45 AM - 9:15 AM	Practice: packing a backpack
	9:15 AM - 4:00 PM	Trekking
	4:00 PM - 4:10 PM	Select a campsite
	4:10 PM - 5:00 PM	Set up camp and relax
	5:00 PM - 6:00 PM	Review environmental considerations (Leave No Trace)
	6:00 PM - 6:15 PM	Review using a camp stove
	6:15 PM - 7:45 PM	Cook and eat dinner in trekking groups
	7:45 PM - 8:30 PM	Debrief first day and prepare route cards for day two
	9:00 PM	All students in tents and lights out
DAY 2	6:30 AM - 7:30 AM	Wake up and breakfast
	7:30 AM - 9:30 AM	Review basic wilderness first aid
	9:30 AM -10:30 AM	Break camp and pack backpacks
	10:30 AM - 4:00 PM	Trekking to San Kamphaeng Hot Springs
	4:00 PM - 5:30 PM	Time to shower and relax
	5:30 PM - 6:30 PM	Debrief training expedition
	6:30 PM - 7:30 PM	Dinner
	7:30 PM - 3:00 PM	Campfire
	9:30 PM	All students in tents and lights out

LOCATIONS

Chiang Mai

Thailand's Center for Experiential Education

Mae On

Mae On District is located just 40 minutes from downtown Chiang Mai. This relatively unknown district is home to some of Thailand's most exciting and professional adventure and service activities. Its rural location allows participants to experience and engage with Thailand's lush forests, karst landscape, breathtaking cliffs and caves, rich village culture, tantalizing hot springs, and exquisite river valleys. All NIST Week on the Wild Side programme elements will take place in Mae On, including the programme base camp at the San Kamphaeng Hot Springs.

Transport

Students will be transferred to and from the airports by coach. Thai Airways flights will be used to and from Chiang Mai. Transportation for most CMRCA experiential education programme is provided in local red trucks called song taew. The seating formation allows students to communicate with each other and minimizes the desire to sit back and sleep, setting the standard for students to stay engaged throughout the programme. Experienced facilitators ensure that time spent traveling to the programme site is productive and contributes to the experience. During this programme, red truck transportation will transport students between the Chiang Mai Airport, San Kamphaeng Hot Springs and Crazy Horse Buttrass.

Meals

Thailand's cuisine is some of the best in the world, and the Chiang Mai region has a style all its own. Sampling the local food can be a great way to add to the experience of adventure. CMRCA provides meals for each activity, as well as supplies for participant-prepared meals. We work with local providers to minimize our environmental impact and support the communities that support us.

Equipment

Students will provide their own personal camping and trekking equipment such as backpacks, hiking shoes, bowls, utensils, water bottles, and head lamps. NIST will provide group camping equipment such as tents, cooking materials, stoves and fuel. CMRCA imports and distributes Black Diamond, Mad Rock, Sterling, and Innate outdoor equipment. We practice the highest safety standards when using and maintaining our equipment. Harnesses, helmets, climbing shoes, belay devices, safety slings, chalk and all other necessary equipment will be provided by CMRCA during the rock climbing and caving activities.

Lodging

This is a camping based programme. Participants will sleep in tents and practice living and learning in the outdoors. Base camp will be an established campsite with bathroom facilities. Two groups will stay at base camp each night, while one group will camp at another location as part of their Bronze Award trek. The overnight on the Bronze Award trek may be in a wild area where participants will employ Leave No Trace principles to camp, cook and dispose of waste properly.

Packing List

Please follow these guidelines as you prepare for the trip. When selecting clothes to bring, keep in mind that you will likely be washing your clothes by hand and drying them. Light, quick-drying, wrinkle-free clothes are best.

Please Bring

- A backpack of around 40-50 liters.
- Sleeping bag rated to 10 degrees Celsius with stuff sack
- Re-usable water bottles (at least two liter capacity)
- Three pairs of shorts or knee-length trekking pants
- One pair of long pants (not jeans) for evenings
- Three shirts, preferably quick-dry
- Five pairs of underwear
- Two to three pairs of socks
- Clothes for sleeping (cotton or capilene)
- One sweatshirt and lightweight fleece (for cool nights)
- Rain jacket
- Sunscreen
- Mosquito repellent
- Sunglasses
- Bandana and/or sun hat
- Warm hat
- One pair of hiking shoes
(please ensure the soles are in good condition)
- One pair of flip flops or light non-hiking shoes
- Camping cup, fork and spoon
- Small Tupperware lunch box (with lid)
- Small travel toiletries such as shampoo, soap, toothbrush,
toothpaste and deodorant. Pack small bottles for only four days!
- Extra glasses or contacts if you wear them
- Small hand towel, lightweight quick dry towel or bathing cloth
- Camera and memory cards or film (inexpensive items)
- Small, lightweight headlamp and extra batteries.
- A diary or journal with pens (optional)

Please Do Not Bring

- Jeans
- Full size cotton towels
- Mobile phones
- Any sort of electronic entertainment
- Jewelry