



Program Title: **Cooking, Camping & Navigating.**
Client:
Duration: **5 Day 4 Night**



Planet Scuba and the Wild Planet Co. Ltd. have over the last 15 years built a reputation for offering safe, fun and exciting adventure programs for Schools, colleges and corporate groups all over Thailand. Our intention with the Wild Lodge is to continue that reputation creating a location that offers first class programs, first class instruction and first class equipment within a relaxing and pleasant and ecologically sustainable environment.

We operate the Wild lodge in a way that promotes the active stewardship of our natural resources and surroundings and encourages current and future generations to protect it, but at the same time get out into nature and enjoy it. We realize that this involves individual commitment and may not be embraced by all, but if we can have all of our guests leave us with a better appreciation of the outdoors then we are some way forwards to making a difference.



Prior to arrival

The department head and student welfare representative can be taken on a pre visit to the site prior to the finalization of the programs to address any supervisory or safety issues and to discuss program customization and optimization. If a number of teaching staff are involved in developing the curricular content, it is suggested all attend the pre visit.

As all of our activities are provided in house our program and activities can be customized as to the particular requirements of each student group.

A Wild Planet staff member can also visit the School if required and give a short audio visual presentation to the students regarding what to expect on the residential, this can be fitted into a normal school assembly/lesson. We are also happy to conduct a presentation/Q & A session for parents to outline our code of practice and safety procedures, if required.

A full copy of our code of practice along with risk assessments will be provided for the program.

Teaching staff will receive a packing list for the students and depending on curricular based activities we have, if required study sheets and general information that can be utilized by teaching staff for preparation of students prior to arrival.

Equipment

Full equipment is provided for each student and accompanying school staff members for all activities. This will include PPE for water activities and harness and helmets for climbing activities, full details are provided in our activity risk assessments. No student or staff member requires any previous experience, as full instruction will be given before any activity commences. Wild Planet guides are trained in first aid and a full medical kit is present during all activities. All students and school staff members are covered under our accident program.

ADVENTURE ACTIVITIES.

Students are split into small adventure groups and students will move through all adventures during the program.

Adventure Groups and Competition

The adventure groups will all be encouraged to develop a group identity and work together as a team during the program. The groups will be given marks by each activity leader at the end of each session and these marks will go forward into a group competition that runs for the duration of the schools stay.

The marks take into account a number of values within the group, competence at the activity being only one criteria. Equally important are teamwork, enthusiasm and perseverance.

Challenge by Choice

Our challenge-by-choice approach enables each student to achieve their own successful adventure in the context of their own aspirations free from peer or instructors pressure. We have found during adventure activities, the greatest achievements are never in terms of the distance leapt or the height climbed and that in all our adventure activities everyone has a role to play.



1. Khao Ito Orienteering /Trek

A short distance from the lodge is Khao Ito a forestry reserve situated around the Khao Ito mountain.

Students will be taken here and given maps compass and basic directions.

Within given teams they will be required to set their own route and navigate the trails of Khao Ito to arrive at a number of control points during the day.

Students will carry snacks, lunch and water with them and in addition there will be the chance to re fill bottles etc at the control points.

The students groups will be operating independently during this activity and be encouraged to move and work together as a team. The importance of planning and pacing is emphasized during this activity. Although not accompanied the terrain is such that groups can be easily monitored and remain communication with instructors.

2. Archery

Within the grounds of The Wild lodge we have a 3 butt archery range and have a number of recurve bows to suit all sizes of archer.

Students will shoot a number of arrows at the range and compete as a team in the overall team competition.

Our staff are on hand to supervise the range and provide guidance and instruction for those that have never used a bow before.

Archery is a sport that requires concentration and the ability to relax and focus. The archery sessions are a good contrast to the more active adventures at the lodge.



3. Waterfall Ascent

Flowing into Wang Bon reservoir is Than Rattana Waterfall directly from Khao Yai National Park. During this activity the students will ascend the tributary that leads to the foot of the 100m-tiered main fall. The river is not flood prone and in the season that we ascend is virtually dry. After attaining the foot of the falls we descend and take a swim in the reservoir to cool down. Instructors lead the group and hand cables are in place for difficult sections.

Although strenuous this activity enables us to access the National Park in an unorthodox way and students will experience the feeling of being completely immersed within the forest. Guides will also be pointing out the unique flora, fauna and wildlife as we move into the park.



4. Aerial Challenge Course

Our challenge course is a combination of high and low elements which are intended to offer students the chance to participate in a series of tailor made activities involving the taking of perceived mental, physical and emotional risks in a safe environment.

Students will be given a full safety briefing and belayed by an instructor whilst moving along the elements. Some of the elements are individual and some require group participation. The exact format of the course can be infinitely varied to suit the group.

This is a fun and exciting adventure that

will challenge the students. Groups are encouraged to work together as the exercise is intended to be a group effort.

5. Lake Kayaking/Canoeing

Instruction and practical application of kayaking/Canoeing skills. Students will be taught basic forward and reverse strokes, turning strokes and rescue techniques. A number of games will be played through out the session to practice the skills. All students will practice exiting and remounting the kayak/canoe. During the adventure session the students will complete a short journey. The students are under close supervision of instructors at all times and the wearing of life jackets is mandatory.

This is a fun activity that is enjoyed by the students, they work together in teams of two as all of the kayaks/canoes are doubles. They acquire basic kayak/canoe skills and safety knowledge and achieve a short kayak journey



Additional Adventures.

Night Navigation

Students first receive a training session enabling them to confidently use a compass and to follow a heading and return on a reciprocal bearing.

Within the Wild Lodge and surrounding area a course is laid out consisting of a number of navigational checkpoints. The students are split into teams and each team starts a few minutes apart, navigating between the stations until the Challenge is finished.

Basic map reading and navigational skills are used to move between stations and checkpoints. Each checkpoint has either a stamp or observational check.

The whole of the course is timed with time penalties being given for failed challenges or missed checkpoints.

The entire exercise takes place at night meaning that students are required to trust their navigation and have confidence in their map reading to have any chance of completing the checkpoints.



Team Games

This is something that is supervised by the Wild Planet staff and includes a number of activities some 'old school' some new, that encourage the group as a whole to participate and mingle outside their normal friendship groups. Some games are initiative based whilst others are pure fun.

These games are used at the start of the residential to encourage ice breaking and team building and also as fillers during do time throughout the program. Teaching staff are encouraged to join in.



Free Camping Challenge

Above the Wild lodge in the lee of the park is our free camp area. On the last night of their stay students will be taken here early evening and provided with all necessary equipment, food and water to enable them to pitch camp, cook an evening meal and spend the night outdoors under canvas.

Instructors will be on hand to provide some guidance and to set up an evening campfire, but primarily the aim of the exercise is for the students to look after themselves.

For some students this is the biggest

challenge, never having cooked or needed to be self sufficient before. We find however than in hindsight for most students this tends to be the most memorable adventure of all.

SAMPLE ITINERARY

NOTE :All activities and sessions run by Wild Planet staff except sections highlighted which are supervised by School staff with assistance (if required) by Wild Planet staff.

Day One

09.00 Depart St Andrews International School. Transfer via coach to Wild Lodge.

12.00 Arrive Wild lodge, Lunch at the Sala

13.00 Orientation and group assignment, splitting into activity groups

13.30 – 15.30

Icebreaking and team games/challenges

17.30 Back to lodges.

19.00 Debrief of afternoon session, next day briefing +Dinner

20.00 Night navigation challenge

22.00 Lights Out

Day Two (Tuesday)

07.30 Breakfast

08.30 Activity session 1

Archery- Group A

Aerial Challenge – Group B

Waterfall Ascent - Group C

Kayak/Canoe – Group D

12.00 Lunch

13.00 Activity Session 2

Archery- Group B

Aerial Challenge – Group A

Waterfall Ascent - Group D

Kayak/Canoe – Group C

17.30 Return to lodges end of session

19.00 Debrief/scoring of afternoon session +Dinner

20.00 Quiz night

22.00 Lights out

Day Three

07.00 Wake up

07.30 Breakfast

08.00 Activity Session 3 :

Archery- Group C

Aerial Challenge – Group D

Waterfall Ascent - Group A

Kayak/Canoe – Group B

12.00 Lunch

13.00 Activity Session 4 :
 Archery- Group D
 Aerial Challenge – Group C
 Waterfall Ascent - Group B
 Kayak/Canoe – Group A
 17.30 Return to lodges end of session
 19.00 Debrief/Scoring of afternoon session +Dinner
 20.00 Freestyle music evening/BBQ.
 22.00 **Lights Out**

Day Four

07.00 Wake up
 07.30 Breakfast
 08.00 All groups transfer to Khao Ito
 Briefing and depart for Khao Ito Orienteering/Trek challenge.
 16.00 Return to lodge
 17.00 Briefing and kit issue for camping challenge
 17.30 Begin trek in to camping challenge
 Overnight free camping.

Day Five

07.30 Wake up
 08.00 Breakfast
 09.00 Return to Wild Lodge, check in equipment.
 Free time/ activities/ swimming etc
 11.00 **Check out and leave Wild lodge for return journey to Bangkok.**



Accommodation

We have a number of individual lodges each lodge has a front balcony, main room and rear anti room with an en suite bathroom and rain shower. The main room is large and can be set up with beds for up to 8 students dormitory style. All of the lodges are screened against insects.
 In addition we have a separate lodge and some individual rooms within the main lodge building that can be used for teaching staff.
 All bedding and linen is provided for the group.

Type	No. of Beds	No. of Rooms	Total Rooms
Lodge	Up to 8	8	64
Lodge w/kitchen	4	1	4
Siam Rooms	1 dbl	2	4
Camping Lodge	2	2	4
Camp facilities	3/4	30 + tents	90+



Meals

Food will be Thai style buffet, with the exception of breakfast, which will include toast and cereal. Specific western food can be arranged if required. Please give prior notice of vegetarian requirements or any specific needs.
 Meals will be taken in the main Hornbill sala, water will be provided with meals.

Throughout the day, water will be available during all activities,

students are also required to carry their own water bottle (given to them at the start of the program), which can be refilled on demand within the lodge. All activity locations will also have a 'drink station'

Snacks Etc

A small 'tuck' shop is run by the resort staff, selling snacks and drinks at reasonable prices. The exact requirements and any control of purchasing required can be discussed during the pre visit.

Note: Details of other lodge facilities can be found in our main brochure.