

Mount Everest Outdoor Leadership Programme

The programme aims at developing students' leadership skills in challenging outdoor environment through a mountaineering expedition to the ridge of the world: Tibet, China. The programme will provide training on outdoor skills, environmental ethics, leadership and judgement. Students completed with full attendance and satisfactory assessment results will be awarded an **Outdoor Leader Certificate** from the Institute of Human Performance and a **Leave No Trace Trainer Certificate** from the Leave No Trace Center for Outdoor Ethics (US).

Programme training includes:

- Basic camping skills;
- Leave No Trace training;
- Leadership and communication skills;
- Basic wilderness first aid;
- Team management.



Students completed the training with outstanding performance will be invited to lead a group of Hong Kong secondary students in a 15-days expedition to the Base-camp of **Mount Everest** in August 2012.*



*Remarks: 3 students with outstanding performance will be offered free of charge to join Mount Everest Expedition on 31 July- 14 August 2012 as the student helper of the programme. For **details of the expedition, please refer to the appendix below.**

Details of the Programme:

Title:	Mount Everest Outdoor Leadership Programme
Objectives:	<ol style="list-style-type: none"> 1. To develop students' leadership and skills in the challenging outdoor environment. 2. To raise the awareness of environmental conservation. 3. To improve self-esteem and responsibility by group adhesion and dynamics.
Official:	Mr Matthew Fung, Sport and Recreation Officer, IHP, HKU
Who should apply:	<ul style="list-style-type: none"> ▪ Some hiking experience and physical fit ▪ Eager to develop leadership and apply it ▪ Passionate about the nature ▪ Willing to work in a team ▪ Committed
No. of Participants	12 persons
Fees:	Full time undergraduate HK\$ 1,200
Fee includes:	All camping equipment. Training workshops
Fee not includes:	Personal Clothing Transportation Certificate fee

Traning Workshops

Training Session	Date / Day	Time	Content
Training Camp	18 – 19 February 2012	2D1N	Programme overview/ Basic camping skills
Evening Class	6 March 2012	1900-2100	Navigation / Map reading
Hiking	10 March 2012	0900-1800	Navigation / Map reading practice
Training Camp	14 – 15 April 2012	2D1N	Leave No Trace training
Rock Climbing	2 June 2012	0900-1800	Rock climbing
Evening Class	5 June 2012	1900-2200	Outdoor leadership/ night hike
Training Camp	9 – 10 June 2012	2D1N	Risk and crisis management

Enrollment

Enrolment Procedure	<p>Fill the application form attached below and send it with the cheque payable to “The University of Hong Kong” to Flora Ho Sports Centre, 111-113 Pokfulam Road, Hong Kong (attn: Matthew Fung)</p> <p><i>Remarks:</i> Applicants are required to write a brief autobiography and a paragraph telling why you are interested in the programme. Short-listed applicants will be invited to an interview by 17 February</p>
Refund Policy	The refund will be made to the applicants who are not shortlisted.
Deadline	15 February 2012
Inquiries	Matthew Fung matfung@hku.hk or 2819-8117

The University of Hong Kong
Institute of Human Performance
Mount Everest Outdoor Leadership Programme 2012

Application & Medical Form

The programme/ course you applied is strenuous and requires physical exertion. We do not want you to engage in activities that could be detrimental to your health or which would be opposed by your doctor because of recent illness or surgery. The following information helps us to be aware of potential problems so we will be better able to help you enjoy the programme of HKU.

PART I. GENERAL INFORMATION

Name _____ University/ Staff/ Membership No.: _____

Gender: M ___ F ___ Date of Birth: ____/____/____ Passport No. _____

I.D Card No. _____ Email: _____

Address: _____

Phone: (____) _____

Outdoor skills & experience:

Mission and objectives of joining the programme:

Any other personal qualities?

PART II. MEDICAL HISTORY

Please check the appropriate column.

Have you ever had any of the following?

YES	NO		
___	___	Allergies	If yes please explain _____
___	___	Diabetes	
___	___	Heart Disease or Cardiac conditions	_____
___	___	Epilepsy	
___	___	Asthma	If yes, do you carry an inhaler? _____
___	___	High Blood Pressure	
___	___	Back Problems	
___	___	Dislocations	If yes, where? _____
___	___	Do you get cold easily?	
___	___	Do you currently smoke?	
___	___	Are you a former smoker?	When did you Quit? _____
___	___	Are you pregnant?	
___	___	Are you currently under a doctor's care?	
___	___	For what reasons?	_____
___	___	Are you currently taking any medications?	
___	___	If yes what type?	_____
___	___	Have you ever had an allergic reaction to insect bites or stings?	
___	___	If so, do you carry medication?	_____
___	___	Are there any limitations on your physical activities?	
___	___	If so, what are they?	_____
Any special dietary requirements? _____			

Please list all drugs or foods you are allergic to: _____

PART III. EMERGENCY CONTACT

In the event of an injury or illness, please indicate who should be contacted:

Name: _____ Relationship: _____

Address: _____

Home phone: (____) _____ Work phone: (____) _____

PLEASE READ AND SIGN

I affirm that the confidential medical information that has been provided is accurate and complete. I understand that failure to disclose this information could affect my own safety and those around me, and I agree to hold The University of Hong Kong harmless if full disclosure of a pre-existing medical condition has not been provided. In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization or other treatment that may become necessary.

PARTICIPANT'S SIGNATURE _____ DATE _____

Any additional information you think we should know, List below:

Yan Oi Tong Green Adventure - Mount Everest 2012

Everest- top of the Word- is the dream of all adventurers!

The Everest Mountain Range consists of the ultimate peaks that adventurers around all the world set their sights on, but only ever conquered by a selected few. In this expedition project, the students will have chance to reach the Base Camp (5600m) of the highest peak of the world.

The aim of the expedition is to raise environmental awareness amongst the youth of Hong Kong partnership with one of non governmental organization-- Yan Oi Tong. Our destination this year is Mount Qomolangma (Mount Everest),Tibet. At the highest peak and the third pole on Earth, the Hong Kong secondary students will be experiencing not only the change in environment at altitude but also the local communities and cultures. The University of Hong Kong will provide pre-trip training to prepare our ambassadors for their expedition.

Students are going to help cleaning up the Everest and to promote the concept of “Leave No Trace” for Tibetan. The expedition will start off with a stay at a Tibetan Mountaineering School at Lhasa to acclimatize the altitude and to prepare for the mountaineering expedition. During this part of the course, participants will engage in community services organized by a local charity organization to serve the local amenities, and and share our experience in environmental protection with the local Tibetan people. The final expedition will be to the base camp of the Everest which is 5600 metres high. For details, please visit <http://greenadventure.yot.org.hk/>



Objectives

1. To build up a strong team by working together in challenging environment and to serve the community by cleaning up the mountain trail between Base Camp (5600m) to Camp 1 (6200m) of Mount Qomolangma (Mt. Everest).
2. To enhance the development of self-understanding, responsibility and leadership through group adhesion and group dynamics.



Place: Everest Base Camp, Tibet, China

Day: 15 Days

Date: 31 July-14 August 2012

Activity: Social services, trekking, clean up services, home stay at Tibetan monastery