

THE UNIVERSITY OF HONG KONG
INSTITUTE OF HUMAN PERFORMANCE

Uni-Adventure



2011-2012

First Semester

The objectives of Uni-Adventure are:

- To provide participants with an appreciation of the nature, personal breakthrough and health;
- To introduce and develop lifelong leisure-time activities and skills;
- To provide opportunities for leisure-time physical activity.
- To improve participants' 'life skills' through adventure based experiences.

Explore new and dynamic educational experiences through team performance and challenge in the Uni-Adventure!

PROGRAMME DETAILS

Expedition and Overseas Trips

Overseas Diving Trip and Open Water Course

More detail information will be disclosed on <http://www3.hku.hk/iohp/uni-adventure/courses.php> soon

Africa Mountaineering Expedition in December 2011

Wildlife, culture and mountains. This 11-day adventure course is based at Tanzania, at the foot of Mount Kilimanjaro. The programme will start off with a stay at a local school at Tanzania 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 help build a local school, various amenities, and to teach students



Mathematics and English. The final expedition will be to Mount Meru, a mountain environment of deep valleys and beautiful ridges that may have snow cover all year round. The summit – Socialist peak at 4565m- the fourth highest mountain in Africa. The climb will present a strenuous physical and mental challenge for participants and a true adventure for everyone!

More detail information will be disclosed on <http://www3.hku.hk/iohp/uni-adventure/courses.php> soon

Scuba Diving Course (PADI/ NAUI Open Water Certification)

This course will cover all fundamental knowledge and skills of scuba diving including dive techniques and use of dive equipment. Participants will start to dive in Stanley Smith Pool and progress to the open water in Sai Kung. After successful completion of the course, participants will obtain open water diver certification which is international recognition and continue diving in any fabulous dive sites in Hong Kong or overseas.



Prerequisites: reasonable fit and comfort in the water

Point to note: 1) Participants must attend all the lectures and training to complete the assessment for certification.

- 2) The IHP provides all the diving equipment including buoyancy compensator and regulator; weight belt, fins, masks, snorkel, wetsuit and tanks.

Course Code	Session	Date / Day	Time	Venue
OW 01	Lecture	20 & 22 September 2011 (Tue & Thurs)	1830-2230	FHSC G 15
	Pool Training	25 September 2011 (Sun)	0900-1700	SSSP, FHSC
	Open Water Training	1 & 8 October 2011 (Sat)	0900-1400	Sai Kung
OW 02	Lecture	11 & 13 October 2011 (Tue & Thurs)	1830-2230	FHSC G 15
	Pool Training	16 October 2011 (Sun)	0900-1700	SSSP, FHSC
	Open Water Training	22 & 29 October 2011 (Sat)	0900-1400	Sai Kung

Fee: Students \$2,700
 Staff with valid IHP Membership \$2,900
 Community Member and Alumni \$3,300

Scuba Diving Advance Open Water Diver Course (PADI/ NAUI Certification)

Participants step beyond the beginner level of scuba diving and have opportunity of trying some specialty activities of diving including altitude diving, AWARE-fish identification, boat diving, deep diving, diver propulsion vehicle use, drift diving, dry suit diving, multilevel and computer diving, night diving, peak performance buoyancy, search and recovery, underwater nature study, underwater navigation, underwater photography, underwater videography and wreck diving.

Prerequisites: Must be a PADI/ NAUI Open Water Diver

Point to note: 1) Participants must attend all the lectures and training and pass the assessment for certification.

- 2) The IHP will provide most of the diving equipment including buoyancy compensator and regulator; weight belt, fins, masks, snorkel, wetsuit and tanks but not **torch**.

Course Code	Session	Date / Day	Time	Venue
AOW 01	Lecture	2 November 2011 (Wed)	1830-2230	FHSC G 15
	Open Water Training	5 November 2011 (Sat)	1400-2000	Sai Kung
		6 November (Sun)	0900-1400	

Fee: Students \$2,000
 Staff with valid IHP Membership \$2,100
 Others \$2,300

Kayaking / Canoeing (Three Star Award Training Course)

This course specially designed for beginners. It is intended to get you started on sheltered waters and introduce to you the basic paddling strokes, rescue as well as capsize training.

Prerequisite: Able to swim 50 metres.

Points to note: Participants should wear heel-protected rubber shoes and bring spare clothes.

Course Code	Date / Day	Time
KTS 01	9, 16 & 23 October 2011 (Sun)	0900-1700

Venue: Stanley Ho Sports Centre

No. of participant: 8

Fee: Student \$200

Staff with valid IHP membership \$350

Windsurfing (Hong Kong Windsurfing Association Level 1 Award)

This is a 2-day course recognized by Hong Kong Windsurfing Association which will cover the syllabus of Level 1 Certificate of Windsurfing. After successfully completion of the course, participants will learn all the basic maneuvering techniques and can take the skills proficiency test for the certificate.



Prerequisite: Able to swim 50 metres.

Points to note: Participants should wear heel-protected rubber shoes and bring spare clothes.

Course Code	Date / Day	Time
WS 01	8 & 9 October (Sat & Sun)	0830-1730
WS 02	22 & 23 October (Sat & Sun)	0830-1730

Venue: St.Stephen's Beach Water Sports Centre, Stanley, Hong Kong

Max. No.: 5

Fee: Student \$350

Staff with valid IHP membership \$450

Dinghy Sailing Course (Hong Kong Yacht Association)



The course will cover the basic day boat maneuvering techniques that comprise the syllabus of Hong Kong Yacht Association. Participants with full attendance can take the skill proficiency test for certificate.

Prerequisite: Able to swim 50 metres.

Points to note: Participants should wear heel-protected rubber shoes and bring spare clothes.

Course Code	Date / Day	Time
DS 01	8 & 9 October (Sat & Sun)	0830-1730

Venue: St.Stephen's Beach Water Sports Centre, Stanley, Hong Kong

Max. No.: 6

Fee: Student \$300

Staff with valid IHP membership \$ 400

Sport Climbing Elementary Certificate Course

This course will follow the syllabus of Sport Climbing Elementary Course of Hong Kong Mountaineering Union. Course content includes basic climbing techniques and use of artificial climbing holds. Belaying method and safety measure will also be introduced. Participant will learn to use climbing equipment including climbing rope, harness, belaying device and karabiners. On successful completion of the course, the participant will receive the certificate from SCUHK.



Course Code	Date / Day	Time
SC 01	11, 13 & 18 & 20 October 2011 (Tue & Thurs)	1830-2130
SC 02	1, 3, 8, 10 November 2011 (Tue & Thurs)	1830-2130

Venue: Climbing Wall, SHSC.

No. of participant: 8

Fee: Student: \$150

Staff with valid IHP membership: \$280

“Leave No Trace” Trainer Course

The Trainer Course will introduce participants the skills and knowledge of minimizing the impacts on the environment while camping and hiking. Participants will learn and apply the principles of Leave No Trace such as how to dispose of waste properly and respect of wildlife in a 2-day camp.

The courses are designed for teachers, social workers, hikers, educators and outdoor-related workers. Successful graduates of the course will receive the certificate from Leave No Trace Centre, U.S.

Seven principles of “Leave No Trace”:

- Plan Ahead and Prepare
- Travel and Camp on Durable Surfaces
- Dispose of Waste Properly
- Leave What You Find
- Minimize Campfire Impacts
- Respect Wildlife
- Be Considerate of Other Visitors

Prerequisites: some hiking experience

Point to note: The course will be carried out by camping format and the IHP provides camping equipment.



Course Code	Session	Date / Day	Time	Venue
LNT 01	Lecture	15 November 2011 (Tue)	1900-2100	FHSC G 15
	Overnight Camping	19-20 November 2011 (Sat-Sun)	2D1N	Sai Kung

No. of participant: 8

Fee: Student: \$200

Staff with valid IHP membership: \$400

Mangrove Discovery

Mangrove is an inter-tidal wetland ecosystem located in sheltered tropical and subtropical shores. Many of us may have visited mangrove habitats before and yet only few people are aware of the abundant plant and animal distribution. This activity will be a great opportunity to learn more about the habitat and also the importance of mangrove conservation in Hong Kong. The programme will start off with learning the basic skill of hiking. Following this will be an exploration at the area of mangrove.

Prerequisites: No

Point to note: The course will be carried out by hiking format.

Course Code	Date / Day
MD 01	13 November 2011 (Sunday)

Instructor: The staff of Lung Fu Shan Environmental Education Centre

No. of participant: 12

Fee: Student \$100

Rock Climbing Day

The course covers basic knowledge of rock climbing including use of equipment, knot, belaying technique, abseiling and rigging setting. Participant will learn basic techniques of climbing outdoors.

Point to note: The course will take place within countryside of Hong Kong and participant should wear sportswear and prepare packed lunch.



Course Code	Date / Day	Time
RC01	5 November 2011 (Sat)	0900-1700

Venue: Shek O

No. of participant: 12

Fee: Student: \$150

Staff with valid IHP membership: \$280

Mountain Bike Elementary Training Course

Mountain biking is cycling sport which is mainly off-road riding in the mountain trails. Participants will practice and learn at a well-developed BMX park with supervised by the qualified instructor. This course will follow the syllabus of Hong Kong Cycling Association. On successful completion of the course, the participant will receive the certificate from the association.

Prerequisite: Able to ride two-wheel bikes

Point to note: All equipment is included.

Course Code	Date / Day	Time
MB 01	22 & 29 October 2011 (Sat)	0900-1300

Venue: The Hong Kong Jockey Club International BMX Park. (Address: No.91, Kwai Hei Street, Gin Drinkers Bay, Kwai Chung, Hong Kong)

No. of participant: 12

Fee: Student: \$380

PROGRAMME INFORMATION

All currently registered HKU full time students are eligible to enroll the programmes. HKU staff (including family members aged 18 or above), alumni with valid HKU - IHP sports membership and the other types of members are also welcome to enroll some of the programmes.

Member Category

1. HKU full time students
2. HKU staff with valid HKU-IHP sports membership
3. Others— HKU staff without valid HKU-IHP sports membership/ Spouse or Family Members of HKU Staff* / HKU SPACE Community College Students / HKU Alumni*/ Community Membership and Tenant Membership

*who are with or without HKU-IHP sports membership

Course Level

Unless specified, all courses are at beginner's level. For courses at intermediate/improver level, participants should have some experience in the activity.

Venue

Most of the activities will take place in the Flora Ho Sports Centre (FHSC)/ Lindsay Ride Sports Centre (LRSC) and Stanley Smith Swimming Pool (SSSP) in Pokfulam Road. Others will be held at the Stanley Ho Sports Centre (SHSC) in Sha Wan Drive or St. Stephen's Beach Water Sports Centre in Stanley.

Clothing and Equipment

Suitable sportswear and footwear. Non-marking footwear must be worn for indoor sports and tennis. Equipment will be provided free of charge.

Changing Facilities

Most facilities have changing rooms and coin-operated locker. Please bring a five-dollars coin to insert into a locker. The coin will be refunded when you empty the locker.

Inclement weather

For courses conducted in the Flora Ho Sports Centre (FHSC), Lindsay Ride Sports Centre (LRSC), and Stanley Ho Sports Centre (SHSC):

- Classes will be cancelled if typhoon signal No. 8 or above is hoisted.
- If there is persistent heavy rain, classes involving outdoor activity will be cancelled.
- Swimming classes will be cancelled if lightning warning signal is hoisted.
- Course participants should call the IHP at 2817-4046, ninety minutes before the start of the class, to check whether the class has been cancelled.
- Courses cancelled because of the above scenarios **WOULD NOT** be made-up or refunded.

For courses conducted outside the FHSC, LRSC, and SHSC, please refer to the guidelines laid down by the concerned organization or instructors.

Cancellation of Courses

Refunds will not be made to participants who cannot attend the courses due to personal reason. A full refund will be granted if the course is cancelled due to inadequate enrollment.

ENROLLMENT PROCEDURES

All currently registered HKU full time students, HKU staff (including family members aged 18 or above) and alumni with valid HKU - IHP sports membership and the other types of members are eligible to enroll.

Enrollment should be completed either in person at the Flora Ho Sports Centre, or through online registration. Emails applications are not accepted. Participants can enroll in person and settle the FULL payment at the Reception Counter of the Flora Ho Sports Centre during opening hour. Unless courses are oversubscribed or canceled, successful applications will not be notified and should attend the first lesson at the specified place and time. If courses are oversubscribed or cancelled, unsuccessful applicants will be notified.

Enrolment fees of the courses can be paid at the following methods

1. by Cash in person at the reception counter of Flora Ho Sports Centre (please prepare the exact amount)
2. by Octopus (under \$500) in person at the reception counter of Flora Ho Sports Centre
3. by Credit Card (OVER \$200) in person at the reception counter of Flora Ho Sports Centre
4. by Online payment via HKUEMS HKU Event Management System

Certain courses require a minimum number of participants. For most courses, a decision to conduct or cancel the course will be made 3 working days prior to the course is due to begin.

ENROLLING and PAYING ONLINE

I. Introduction

HKU students and staff, alumni and community members of the IHP with valid IHP membership can enrol the courses under UNI-Adventure and make payments on the web through HKUEMS (HKU Event Management System) on a first-come-first-served basis.

II. Procedure for enrolling in Uni-Adventure online for HKU Students and Staff

Go to HKU Portal (<http://hkuportal.hku.hk>).

1. Login with your HKU Portal UID and PIN.
2. Click the 'HKUEMS HKU Event Management System' icon under 'HKU Today' tab.
3. Select 'Institute of Human Performance' under 'View events from'.
4. Click 'Go'.
5. Select the course you want to enroll in.
6. If the course is not yet full, click the 'Register' icon. If the course is full, you will find the message 'This event is full' and you should try other courses.
7. Fill in information in the required area.
8. Click 'Submit'.
9. Continue with the payment procedure by clicking 'Yes, I would like to pay by credit card now' if you want to pay online with your credit card at the same time.
10. You will receive email acknowledgements for successful registration and online payment. You can also retrieve your enrollment and payment status by revisiting your enrolled course on HKUEMS.
11. Repeat Steps 5-10 for other courses that you would like to enroll in.

Procedure for enrolling in Uni-Adventure online for alumni and other members

Go to HKUEMS (<http://hkuems1.hku.hk/hkuems/hkuevent.aspx?guest=Y&service=113>).

1. Select the course you want to enroll in.
2. If the course is not yet full, click the 'Register' icon. If the course is full, you will find the message 'This event is full' and you should try other courses.
3. Fill in information in the required area.
4. Click 'Submit'.
5. Continue with the payment by clicking 'Yes, I would like to pay by credit card now' if you want to pay online with your credit card at the same time.
6. You will receive email acknowledgements for successful registration and online payment. You can also retrieve your enrollment and payment status by revisiting the specific URL of your enrolled course shown on the email acknowledgements.
7. Repeat Steps 1-6 for other courses that you would like to enroll in.

Procedure for Paying Online

1. Revisit your enrolled course with the specific URL included in your email acknowledgement for successful enrolment.
2. Click 'Pay Online' and then 'Yes, I would like to pay by credit card now'.
3. Fill in your credit card information in the required area.
4. Click 'Proceed'.
5. You will receive email acknowledgements for successful online payment. You can also retrieve your enrollment and payment status by revisiting your enrolled course as in Step 1.
6. Repeat Steps 1-5 for other courses that you need to make payment for

III. Enquiries:

Enquiries regarding Uni-Adventure courses can be directed to Mr. Matthew Fung, Sport and Recreation Officer at 2819 8117 or matfung@hku.hk / Mrs. Rosa Chan at 2817 2133 or srycchan@hku.hk . Enquiries regarding the use of the HKU Portal or HKUEMS can be directed to the Computer Centre's Helpdesk at Run Run Shaw room 104, 2859 2480 or ccbox@hku.hk

Additional Information

FLORA HO SPORTS CENTRE (FHSC)

LINDSAY RIDE SPORTS CENTRE (LRSC)

111-113 Pokfulam Road, Hong Kong

Tel: 2817 4046

Fax: 2855 0344

STANLEY HO SPORTS CENTRE (SHSC)

HENRY FOK SWIMMING POOL (HFSP)

Sha Wan Drive, Sandy Bay, Hong Kong

Tel: 2819 5450/ 2872 6760

Web site: www.hku.hk/ihp

