

# SPARTAN TALENTED PROGRAMME

**WEEKEND CAMP** 



## **Schedule**

## Day 1

Time	Contents
Morning	• 07:00: Gather
	• 07:15: Start off
	<ul> <li>09:00: Arrive, short break</li> </ul>
	<ul> <li>09:10 - 09:40: Opening ceremony</li> </ul>
	<ul> <li>09:50 - 11:30: Group, physical fitness</li> </ul>
Noon	• 11:40 - 12:40: Lunch
Afternoon	• 12:50 - 13:30: Check in, short break
	• 13:40 - 14: <mark>00: Warm up</mark>
	<ul> <li>14:10 - 17:10: An orienteering with Spartan designed</li> </ul>
	tasks
Night	• 17:20 - 18 <mark>:50: Dinner</mark>
	• 19:00 - 20:30: A mountaineering training
	• 20:00 - 20:30: A first aid knowledge leaning

## Day 2

Time	Contents
Morning	• 06:30 - 07:00: Get up
	• 07:10 - 07:50: Breakfast
	<ul> <li>08:00 - 08:30: Preparation, warm up</li> </ul>
	• 08:40 - 11:30: Hiking
Noon	• 1 <mark>1:40 - 12:50</mark> : Encamp, lunch
	• 13:00 - 14:30: Going down
Afternoon	• 14:40 - 16:20: Activity - a special edition Rope Climb
	• 16:30 - 17:00: Closing ceremony
	• 17:10 - 17:30: Return

#### Location



YanYue Tai is located in Duanshuling Village, Huaibei Town, Huairou District, Beijing.
YanYue Tai is about 80KM away from central Beijing.
YanYue Tai is nearly 10,000 m², surrounded by mountains and rivers

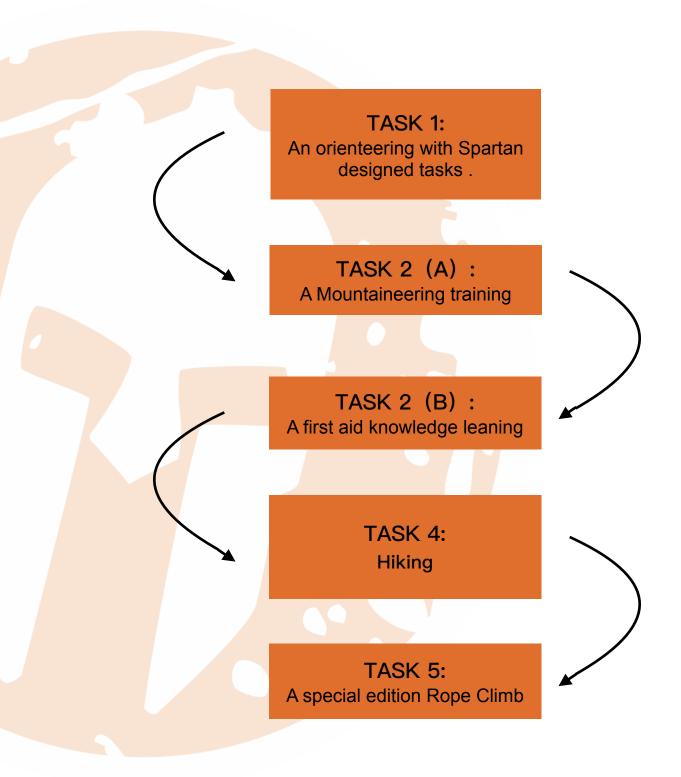
with beautiful scenery. It's about 3 Km away from Huaibei International Ski Resort, 1 km away from ShiMen Shan Park. Xia Great Wall is located in away 5 km and the distance from Yankee Tai to Yanqi Hu Lake is 14km.

STP weekend camp has arranged a comfortable living condition for campers, ensuring sufficient rest after training activities and enjoying the scenery outside the window.

The daily meals are customised for campers to ensure that they have a balanced diet while replenishing energy.



## **Tasks**



## Fit out

Free	Self-prepared
Spartan Hoodie	Jacket
Trousers	Caravan shoes
Knee cap	Granola bar / Energy gel
Elbow pads	
Gloves	
Hat	
Coverchief	
Insulation blanket	
Bag	

## **FAQs**

### 1. Safety precaution

- Full time close off management
- Campers are accompanied with counselors in all activities
- Strict epidemic prevention policies
- Hight ratios of teachers to students
- Insurance is provided

#### 2. Accommodation

• Two same gender kids share a room with two beds

#### 3. Medical

Medical services are provided in the camp

#### 4. Photos and the Video

- A Photographer is responsible for taking photos for each individual
- A fine video will be produced for campers
- Photos and videos of participants will be used as official photos and may be used in official media publicity

#### 5. Prophylactic measures

- Students and staff measure their body temperature every day
- An isolation observation room is set
- Daily hygiene measures (e.g. hand washing, disinfection, etc.)
- Scan health kit, parents ensure that students are healthy before entering the camp and aren't from high-risk people

#### 6. The package include:

- All activities
- Fine rooms
- Balanced diet
- Spartan official merchandise valued at RMB 2000
- A fine produced video worth RMB 20000
- Official photos
- Camp bus
- RMB 200 thousand to 500 thousand insurance



Spartan Talented Programme