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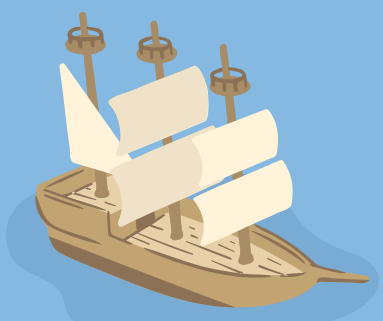




THE ISLAND ESCAPE

CAMPER INFORMATION BOOKLET





WELCOMING MESSAGE

Welcome to the Acme Pro Camp. We are committed to providing the best camp experience for each of you. We hope that this booklet will help to familiarize you with some of the important systems and procedures used with our camp. We believe that camp experiences can be greatly enhanced through communication and preparation before and after the camp session. Please take a few minutes to review the information contained!

Talking about the upcoming camp adventure will be a very important first step in preparing for camp. Life at camp will be different from the routines and patterns of home. Setting a positive tone, and clarifying expectations can help your kids to make easier adjustments.

As parents, you can help reinforce the value of their duties and the importance of taking a willing and cheerful attitude towards them. Here are few things that parents might do to keep your kid's anxiety low and anticipation high:

- Read this together with your kid
- Focus on the positive, all the news things they will learn and build confidence in skills they already have
- PLAY HARD, PLAY SAFE & HAVE FUN!

We hope that this booklet will serve to answer many of your questions. We are looking forward to meeting you in person and creating an unexpected experience that lasts a lifetime!

歡迎參加 Acme Pro Camp。我們致力為你提供最好的户外活動體驗。我們希望這本小冊子能幫助你了解活動。我們相信家長和小朋友在營前的溝通和準備可以讓小朋友在活動中有更好的體驗。請花數分鐘和你的孩子一起閱讀這本小冊子！

在營中，每位參加者都需要學習照顧自己及他人，各人均有不同的職責如管理個人物品、協助膳食等等。冒險活動即將到來，身為家長的你請以積極的態度鼓勵小朋友，並向小朋友分享你對他的期望，此舉有助小朋友在活動中作出心態的調整。

以下是父母可能採取的一些方法：

- 與你的小朋友一起閱讀
- 談談在活動中認識其他新朋友是什麼感覺
- 談論如何解決在活動中遇到的問題
- 告訴他們在活動將會學習的新事物
- 小朋友將會玩得很開心、安全！

我們期待與你和你的小朋友見面，
創造一個難忘的體驗！



The Acme Pro Team

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DISMISSAL & ASSEMBLY INFO

Please check your enrolled activity date and refer to the assembly & dismissal info below.
請家長留意已報名之活動日期及地點並參考以下各地點的相關資料。

Date & Destination 日期及目的地	Assembly & Dismissal Time 集合及解散時間	Transportation Time 班次	Assembly & Dismissal Point 集合及解散地點
23 Nov (Mon) Cheung Chau 長洲	08:30 & 16:30	09:00 & 15:45	Central Pier No.5 中環5號碼頭

The Acme Pro crew will do registration at the assembly location.

Acme Pro的工作人員將在集合地點進行登記及分組，請準時到來，讓小朋友先認識我們的哥哥姐姐，一起展開愉快的旅程。





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ACTIVITY SCHEDULE

	Activity 活動
	Assembly & Ferry to Island 集合 及 前往島嶼
AM	Ice-breakers, Problem Solving & Team Building I 破冰遊戲、 解難及合作挑戰I
NOON	Make Your Own Lunch 製作自己的午餐
PM	Problem Solving & Team Building II 解難及合作挑戰II
	Back To Town & Dismissal 返回市區及解散

*Activities may subject to change due to weather/ availability of facilities.
*由於天氣/設施的可用性，活動可能會有所變更。





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WHAT TO PREPARE

Gathering the proper clothing and equipment, and packing is an important part of each camper's experience. A well-prepared camper is a happy camper - even before arriving at camp. Here are some hints to make the task easier:

1. When packing, please do it together with your kid and make sure that your kid has a hand in the process, this will make them more aware of what was brought to camp, and will help when packing to go home. Pack old clothes that the camper will remember, not unfamiliar new ones.
2. Please put kid's full name (and session if desired), not just initials on all items that your kid(s) bring to camp. We try to return lost articles at the end of each session. If you would like to look for a lost item, please contact our crew. We are not responsible for items lost, so please DO NOT send valuables.
3. Please bring along your rain-gear and this is the most important piece of equipment your kid will bring. Camp programs continue despite any rainy days, so your kid needs rainwear in which he/she can be active. Rain suits are best. Tracksuit jackets are not waterproof and are ineffective as rain gear.

收拾適當的衣服和裝備有助提升活動體驗。以下是一些令收拾變得更容易的方法：

1. 與您的孩子一起預備活動所需物資，並確保您的孩子有參與收拾物件的過程。這將使他們更加了解自己帶到活動的東西，並在有助他們在活動完結後收拾自己所屬的物品回家。
2. 所有的物品上請標記孩子的全名（以及活動名稱，如有需要）。每次活動結束時，我們會嘗試歸還所有小朋友丟失的物品。如果您想尋找丟失的物品，請聯繫我們的工作人員。我們不對丟失的物品負責，請勿帶備貴重物品。
3. 雨具，這是您孩子最重要的裝備。儘管有雨天，活動仍會繼續，所以你的孩子需要雨衣，使他/她可以積極參與活動。





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WHAT TO PREPARE

Recommended to wear 建議穿著

- [ ] 1 top
  1件上衣
- [ ] 1 pair of pants
  1條褲子
- [ ] 1 hat (with brim)
  1頂帽子(有帽邊)
- [ ] 1 pair of running shoes
  1雙跑鞋

Must-have items 必備物品

- [ ] 1 pair of spare socks
  1雙後備襪子
- [ ] 1 waterproof raincoat
  1件防水雨衣
- [ ] 1 jacket
  1件風褸
- [ ] 1 water bottle (>750ml)
  1個水樽(>750毫升)
- [ ] 1 spare towel
  1條備用毛巾
- [ ] 1 pack of tissue
  1包紙巾
- [ ] 1 set of spare clothes and underwear
  1套後備衣服及內衣褲
- [ ] Sunscreen (Min 30 SPF)
  防曬霜(最少SPF30)
- [ ] Insect repellent
  驅蟲劑(或可穿長袖衫褲以作物理防蚊用途)
- [ ] Octopus card/ watch
  八達通 (最少$30餘額, 只用於乘船)

Optional 可選的

- [ ] Hand sanitizer
  消毒搓手液
- [ ] Camera (NO phone!)
  相機(不要電話!)
- [ ] Spare Masks if needed
  備用口罩
- [ ] Books
  書籍





*Acme Pro will provide pragram related material & gear if needed.
*團隊將會提供與活動相關的裝備。

OTHER INFORMATION

Camper Learning & Experience
學習及體驗

Camp is an exciting and fun-filled place: new friends, new adventures, new skills, stories, songs, games, campfires and many other new things. Our camp program engages kids in the nature, with hands on program of discovery and exploration in the fields, forests, shorelines and hillsides at camp. Camper will develop an appreciation for nature and a greater awareness of it around them.

戶外是一個令人興奮和充滿樂趣的地方：新朋友、新冒險、新技能、故事、歌曲、遊戲、 營火（晚間活動）和許多其他新事物。我們的活動計劃讓孩子們認識大自然，他們親身體驗野外的田野、森林、海岸線和山坡上的探索。參加者將學習培養對大自然的欣賞， 並提高對周圍環境的認識。





Meals 膳食

Light lunch will be provided by the Acme Pro. Campers may have to learn and make their own lunch under the guidance of the Acme Pro crew. There are also drinks provided. Participants who wish to may bring their own lunch, snacks and drinks. Please contact our crew if you have any special food arrangement or preference.

Acme Pro將提供輕便的午餐及飲品。參加者有機會在Acme Pro工作人員的指導下學習製作午餐。參加者也可自備午餐、零食。如果你需要有任何特殊的食物安排， 請聯繫我們作出安排。

Homesickness 思鄉

When young people are away from home for the first time, it is reasonable to assume that until they become adjusted to the camp situation, they might go through several days of homesickness, either mild or severe. Camp crews are trained to detect early symptoms of homesickness. The group leaders receive training on how to help children become comfortable at camp and how to respond to their individual needs.

當兒童第一次離家參與活動，他們可能會經歷短暫的思鄉情緒。這是他們的自然反應。Acme Pro工作人員已接受培訓，以發現思鄉情緒的早期症狀。我們了解如何幫助兒童在活動中感到舒適，以及如何滿足他們個人需求。





Safety 安全

Safety is always our concern. All camp leaders have passed the sexual conviction check and have first aid certificates. If a trip to the hospital or a doctor is necessary, your camper will be accompanied by a crew member. The Acme Pro will contact parents prior to departure for the health facilities and invite parents to join the crew and camper. In the event of a serious injury or illness, parents will be contacted as soon as possible.

While camp offers opportunities for close friendships and new group skills, young people can react to these changes in many ways. The goal is to provide a safe, comfortable, and supportive environment for every individual. The staff are trained and experienced in providing high quality care for our campers, and ensuring that the needs of everyone are met. If a situation arises where a camper threatens the safety or security of another camper, or if a camper shows disregard for camp guidelines, we will make every appropriate effort to inform the parents involved, and to correct the behavior and provide a positive camp experience for everyone. However, should disruptive behavior continue, the child may be dismissed from camp at the discretion of the camp manager. Acme Pro will not be held responsible for any costs associated with a camper's dismissal on the grounds of disruptive behavior.



安全是我們的首要考慮。活動工作人員均通過性罪行定罪紀錄查核並擁有急救證書。如有需要前往醫療中心，小朋友將由一名工作人員陪同，並在出發前聯絡家長，邀請家長一同前往。如果發生嚴重受傷或疾病，我們將第一時間聯絡家長。

我們活動的目標是為每位小朋友提供一個安全、舒適和有樂趣的戶外環境下學習。如參加者有行為問題，我們會盡一切努力糾正其不當行為並通知家長。如行為嚴重，我們有機會通知家長馬上接小朋友離營。Acme Pro將不會因其破壞行為而承擔任何責任。

Health 健康

Camper's continuing good health is important to us. Besides following careful safety provisions, we try to anticipate and prevent illness. The best way to stay healthy is to wash hands before every meal and not to share food or drinks. Parents should also check their body temperature before their stay at camp. If you have health concern prior to camp, please write directly to the camp crew. We will collect medications on the first day of camp registration and review comments you have noted on the health and medical forms. Important items will be discussed with the leader.

Please have your family doctor advise the Acme Pro written clearly of any required medications and their use. Except as a first aid procedure prior to and after communication with a doctor, the Acme Pro will NOT provide antihistamines or any medication such as paracetamol, not authorized by a parent. If your camper requires or uses any medication, please be sure you send a sufficient quantity. It will be kept at the crew office and will be accessible when it is needed.

參加者的健康對我們非常重要。除了活動安全考慮外，我們還會嘗試預防疾病，家長在參加活動前請為你的小朋友作身體檢查及探測體溫，如你有任何健康資訊或小朋友有任何特別情況需要注意，請通知我們的職員。我們會在第一天向家長收集小朋友的健康狀況及所需的藥物，如有需要也會詳細向家長查詢。

如有需要服用藥物，請先向你的家庭醫生查詢，清楚寫明參加者所需服用的藥物及其使用方法，並在集合時交給我們的職員。除了在與醫生溝通之前和之後，在未經父母的授權下，Acme Pro 不會提供任何藥物予小朋友。如果參加者需要或使用任何藥物，請務必帶備足夠數量的藥物。藥物將保存在工作人員的辦公室，我們會在家長的指示下安排小朋友準時服用藥物。







Technology Use 電子產品

Please leave technology behind in camp! Please DO NOT phone your camper unless there is an emergency. Campers are seldom near the telephone and are often involved in programming. The camp does not have a public phone or call-home session in the program.

活動時間非常緊湊，沒有設立使用電子用品的時間。請勿攜帶手提電話以及在活動中聯絡你的孩子。如有緊急情況發生，可聯絡我們的職員。

Photograph Policy 照片政策

We will try our best to photograph your kids during activity. However, activity experience, safety, your child's willingness will be our first concern. Please be understood. Any photographs taken of your child while at camp by an employee or representative of the Acme Pro will become the property of the Acme Pro, and may be used for various promotional purposes. If you or your family wish otherwise, please inform the camp crew before the beginning of camp.

我們會盡力為每位參加者拍攝活動情況，讓家長及小朋友能重溫活動精彩時刻。惟活動的質素、小朋友安全及小朋友的拍攝意願均為Acme Pro團隊的優先考慮，團隊並不能確保每位小朋友都有特寫照片。敬請家長明白。請留意由Acme Pro員工或代表在營地中為您的小朋友拍攝的任何照片將成為Acme Pro的財產，並可用於各種宣傳用途。



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WEATHER ARRANGEMENT

There's no such thing as good weather or bad weather - there's just your attitude towards it! However, safety is always our first priority. Here are references for various situations:
沒有好天氣或壞天氣這樣的事情！只有你面對它的心態！ 然而， 安全始終是我們的首要任務。以下是各種情況的參考：

Rainstorm Warnings 暴雨警告信號

	Hoisted 2hrs before registration 活動前2小時發出	During activity 活動間發出
Amber 黃	Normal 如常進行	Normal 如常進行
Red 紅	Cancel 取消	Normal 如常進行#
Black 黑	Cancel 取消	Normal 如常進行#

2 hours before registration

- Amber Rainstorm Signal : Camp will operate as normal.
- Red or Black Rainstorm Signal : Camp will be cancelled.

During camp : We will stay indoors and continue the activities. Dismissal time remains unchanged, unless advised otherwise.

在集合時間前2小時

- 黃色暴雨警告信號：活動將如常進行。
- 紅色或黑色暴雨警告信號：活動將取消。

#在營期間懸掛： 活動將會安排於室內地方進行， 直至安全情況下於原定解散時間解散， 團隊會因應當時天氣情況，與家長保持聯絡。

Tropical Cyclones 熱帶氣旋

	Hoisted 2hrs before registration 活動前2小時發出	During activity 活動間發出
T1	Normal 如常進行	Normal 如常進行
⊥3	Normal 如常進行#	Normal 如常進行#
8	Cancel 取消	Normal 如常進行#

2 hours before registration

- Hoisting of No.1 /No.3 Signal : Camp will operate as normal unless advised otherwise.
- Hoisting of No.8 Signal or above : Camp will be cancelled.

#If typhoon signal is hoisted during camp, we will stay indoors and continue the activities. Dismissal time remains unchanged, unless advised otherwise.

在集合時間前2小時

- 1號戒備信號/3號強風信號 ： 活動將如常進行， 除非另行通知。
- 8號信號或以上： 活動將取消。

#在營期間懸掛： 活動將會安排於室內地方進行， 直至安全情況下於原定解散時間解散， 團隊會因應當時天氣情況， 與家長保持聯絡。

Other Warnings 其他警告

	Hoisted 2hrs before registration 活動前2小時發出	During activity 活動間發出
冷 COLD	如常進行 Normal	如常進行 Normal#
雷暴 Thunderstorm	如常進行 Normal	如常進行 Normal#
熱 VERY HOT	如常進行 Normal	如常進行 Normal#

#Camp will operate as normal. Depends on on-day weather, we will stay indoors and continue the activities.
#活動將會如常進行。團隊將會視乎當時情況，安排於有遮蔭或室內的地方進行活動。



No refunds will be given if you withdraw. If camp is cancelled due to weather situation, participants will be advised of rescheduled make up classes in the coming 24 months.
自行放棄參加， 並不設退款安排。 活動因天氣而取消， 參加者可於未來24個月內再次參加同樣活動。

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Follow Us On Facebook
在Facebook上關注我們

Photos during camp will be uploaded on our social media platforms. Stay tuned and see how happy they were at camp!

活動的照片將會上傳到我們的社交媒體平台上。敬請期待，
請慢慢欣賞小朋友們在活動中的笑臉！

Facebook: www.facebook.com/acmeprohk
Instagram: acmeprohk
Website: www.acmeprohk.com

Contact Us
聯絡我們

Any questions or concerns should be directed to
Acme Pro Tel: +852 5546 6463
or email: support@acmeprohk.com

如有任何問題或疑慮，請直接聯繫
Acme Pro電話：+852 5546 6463
或電子郵件：support@acmeprohk.com

