

ITINERARY FOR LEADERSHIP ADVENTURE PROGRAMME

Day 1

1100-1215 Transfer group to Pang Soong Lodge
1215-1300 Welcome and check in, room allocation
1300-1400 Buffet lunch, Thai cuisine
1400-1415 What is leadership?
Team roles. Key concepts
1415-1530 Team creation, flags, slogans, names etc
1530-1730 Pang Soong Team Challenge
1730-1830 Clean up
1830-1930 Buffet dinner, Thai cuisine
1930-2030 Evening games
2030-2130 Free time
2130 Lights out and overnight at PSL

Day 2

0700-0800 Buffet breakfast, Thai and western cuisine
0800-0815 Safety briefing
0815-1300 Piney Knoll Trail – trekking with team roles
Teams depart at 10min intervals
1300-1400 Buffet lunch, Thai cuisine
1400-1800 Survival Team Challenge
1800-1900 Clean up
1900-2000 Buffet dinner, Thai cuisine
2000-2100 Evening games
2100-2130 Free time
2130 Lights out and overnight at PSL

Day 3

0700-0800 Buffet breakfast, Thai and western cuisine
0800-0900 Clean up and depart PSL
0900-1030 Transfer to Huay Hon Krai Royal Project
1030-1100 Introduction to the Lanna Treasure Challenge
1100-1600 Teams set off, following clues and
navigating to the treasure site
Picnic lunch on-route
Bamboo raft building on route
1600-1800 Teams set-up camp
1800-1900 Clean up
1900-2000 BBQ dinner, Thai and Western cuisine
2000-2100 Evening games
2100-2200 Free time
2200 Lights out and overnight in tents

Day 4

0730-0830 Simple breakfast, Thai and western cuisine
0830-0930 Clean up, pack up
0930-1000 Awards
1000-1130 Return to Chiang Mai



ACCOMMODATION (days 1 and 2): Pang Soong Lodge

Track of the Tiger highly recommends its own Pang Soong Lodge Outdoor Education and research Centre as an adventurous, school retreat. It is targeted towards school groups and has a focus on outdoor activities, as well as outdoor education, team building and other activities.

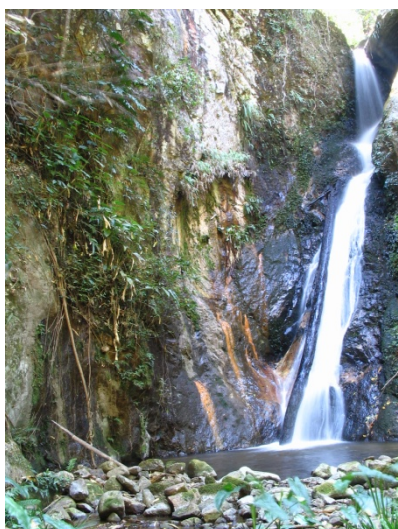
Located 50km east of Chiang Mai and at 1,000 metres above sea level it is accessible from Chiang Mai but also remote, located in a natural jungle environment 10km away from any other developments except local villages.

The journey to the Lodge starts on a highway, but the road gets progressively smaller as the trip continues up the winding mountain roads. It is an excellent way to start an adventurous corporate retreat.

Accommodation at the Lodge is bunk style (see photos) with separate rooms and bathrooms for men and women.

Hot water showers are available, and beds include mattresses, blankets, towels, pillows and sheets – providing comfort in the jungle environment. The Lodge is constructed of wood and includes a small restaurant/bar area, a games field and a natural swimming pool.

It is located at the base of the Mae Lai streams and the Pang Soong Nature Trail, which itself contains more than 17 waterfalls of varying sizes. Guests of the lodge enjoy the sound of water running in the nearby stream, birds chirping and the roar of the campfire at night.



Additionally, two small seminar areas are available. One indoors and one outdoors (covered), providing options for lessons and discussion. Tables, chairs, whiteboards and marker pens can be made available to ensure a quality set up.

Meals at the Lodge are served as a buffet. Cuisine is generally Thai, and can be catered for vegetarians or any other requirements.

Note* Pang Soong Lodge has NO MOBILE PHONE RECEPTION. One internet line is available at a cost and is located at reception. A satellite phone is always available however, and land lines are available in the local village just 300m down the road.



Day 1

1100-1215	Transfer to Pang Soong Lodge
1215-1300	Welcome and check in, room allocation
1300-1400	Buffet lunch, Thai cuisine
1400-1415	What is leadership?
	Team roles. Key concepts
1415-1530	Team creation, flags, slogans, names etc
1530-1730	Pang Soong Team Challenge
1730-1830	Clean up
1830-1930	Buffet dinner, Thai cuisine
1930-2030	Evening games
2030-2130	Free time
2130	Lights out and overnight at PSL

Travelling to Pang Soong Lodge, welcome and lunch

The group will be collected at 11am and transferred by airconditioned 12-seat minibuses and accompanied by a separate vehicle for luggage.

Upon arrival at the Pang Soong Lodge, the group will be welcomed by the Track of the Tiger team and provided with an outline of some of the rules of the trip. They will then be assigned rooms. Male and female students will be provided separate dormitories, and also utilise separate bathroom facilities.

A buffet lunch will be served consisting of 4 Thai dishes.

'What is leadership?' introduction – 15 minutes

The group will attend an introductory talk where the basic concepts of leadership will be presented.

Team creation, flags, slogans, names

Much of the programme will involve the group working in teams. Track of the Tiger suggests that teams are created on day one, with 3 teams (red, blue and yellow) consisting of an even number of students (teachers should try to create these teams based on age, physical prowess, intellectual ability and other factors in an effort to keep the teams as even as possible).



For one hour, these new teams will be provided the task of:

1. Coming up with a team name
2. Creating a team slogan/cheer
3. Creating a team flag, from materials provided
4. Creating the team history, background and key abilities
5. Coming up with team member nicknames - optional

Following the end of this period, each team will present their team to the others, and the team flag will be placed on the communal notice board at the restaurant.

Points will be awarded for creativity, humor and quality of their creations.

PSL Team Building Challenge

This team building challenge will provide a chance for teams to earn points and will test their planning, communication and problem solving skills – importantly, it also provides the chance for teams to settle down, learn about each-others skills and to ‘break the ice’. During the challenge, each team is accompanied by a Facilitator. Participation of teachers is also encouraged.



The challenge takes place in the areas surrounding the Pang Soong Lodge, including the river, jungle, field and buildings, where 8 different challenges await the teams. The goal of PSL Team Challenge is to simply complete as many challenges as possible in the allotted time (2.5 hours).

It is up to the team to select the order in which they undertake the challenges, which are located in the river, in waterfalls, in the forest and more.

Challenges include:

1. The famous/infamous leaky pipe – the team’s goal is to fill a 2m high pipe with water to collect the ping pong ball at the bottom of the pipe. Unfortunately, the pipe is full of holes which must be covered to ensure the water level rises.
2. Ravine cross – the teams goal is to cross from one platform to another one 1.5m away. Between the two platforms is water and rocks and the team only has two planks of wood they can use.
3. Spiderweb – teams must cross from one side of the web to another keeping in mind that once one hole in the web is used, it is ‘closed’.
4. Minefield – teams must cross the minefield, remembering (as a team) where the bombs are to find the right path.

Teams will be awarded points for each challenge, and bonus points for additional elements (finishing all challenges, completing a challenge on their first attempt etc).

Evening

After team building the teams have a period of time to clean up before dinner. Restrictions on hot water usage will be communicated to the students (5-7 minute showers only).

Dinner will be enjoyed by the group, consisting of a Thai cuisine buffet.

After dinner, the score update will be provided and posted on the notice board.

This will be followed by some evening games that are just for fun and run by Track of the Tiger.

After the games, the group is allowed some free time before lights out, proposed for 9.30pm, but this can be changed as per teacher requests.

Day 2 – Team trek and survival challenge

0700-0800	Buffet breakfast, Thai and western cuisine
0800-0815	Safety briefing
0815-1300	Piney Knoll Trail – trekking with team roles Teams depart at 10min intervals
1300-1400	Buffet lunch, Thai cuisine
1400-1800	Survival Team Challenge
1800-1900	Clean up
1900-2000	Buffet dinner, Thai cuisine
2000-2100	Evening games
2100-2130	Free time
2130	Lights out and overnight at PSL

Morning – breakfast and ‘team trek’

The group will receive a 7am wake up call and a buffet breakfast of mixed Thai and Western cuisine will be served at 7.30am. After breakfast the group will be told what the morning plan is and asked to dress accordingly.

Piney Knoll Team Walk

Teams will depart at intervals of 10 minutes and have to walk a long and challenging trek through pristine primary forest and up some very steep slopes.

During the walk, each team member will be assigned a special role, which they must undertake during the walk. These roles include:

- Navigator
- Motivator
- Health and Safety
- Environmentalist etc

Each team is accompanied by a Facilitator who is there to supervise only and to record observations with regards the team's roles and their success.

Check points will also be set up on the mountain to provide additional water, and compulsory breaks. They will also be used to ensure teams remain separated on the trek.

Facilitators will provide ratings for how well the teams did, which will be converted in to points.

Teams return to PSL for a buffet lunch.

Survival skills challenge

The group will begin walking the length of the Pang Soong Nature Trail, approximately 2.5km. The main trail runs through pristine jungle and around a series of 17 waterfalls of varying sizes, as it follows the stunning Mae Lai stream uphill. As they start walking, the main challenge then begins:



“The team has survived a plane crash and is lost in the jungle. The team must follow the trail to safety, completing the jungle survival scenarios along the way, communicating and working together as a team if they are to stay alive”.

As they complete various challenges, they will continue down the trail, finding envelopes along the way that provide new instructions and challenges:



- Passing the “Old Man of the Forest”
- Building a stretcher for an ‘injured’ team member
- Scavenging for food
- Using a slingshot for protection from predators
- Building a fire and a shelter
- Escaping killer bees
- Collecting water

Evening

After the challenge, the teams have a period of time to clean up before dinner. Restrictions on hot water usage will be communicated to the students (5-7 minute showers only).

Dinner will be enjoyed by the group, consisting of a Thai cuisine buffet.

After dinner, the teams will reflect on the day’s activities and then enjoy some evening games. After the games some free time is enjoyed before lights out, proposed for 9.30pm, but this can be changed as per teacher requests.

Day 3 – full day and overnight team leadership challenge

0700-0800	Buffet breakfast, Thai and western cuisine
0800-0900	Clean up and depart PSL
0900-1030	Transfer to Huay Hon Krai Royal Project
1030-1100	Introduction to the Lanna Treasure Challenge
1100-1600	Teams set off, following clues and navigating to the treasure site Picnic lunch on-route Bamboo raft building on route
1600-1800	Teams set-up camp
1800-1900	Clean up
1900-2000	BBQ dinner, Thai and Western cuisine
2000-2100	Evening games
2100-2200	Free time
2200	Lights out and overnight in tents

Morning and afternoon: breakfast , lunch and Lanna treasure hunt activities

The group will receive a 6.30am wake up call and a buffet breakfast of mixed Thai and Western cuisine will be served at 7.00am. After breakfast the group will be told what the morning plan is and asked to dress accordingly, and be provided an hour to pack their belongings.

At 9am, the group will be transferred by airconditioned 12-seat minibuses to Huay Hon Krai Royal Project, where they will be undertaking a full day of leadership-related team challenges. Huay Hon Krai is home to forests, royal project agriculture, lakes and more.

Each team will be provided with a map of the area and directional instructions to a base camp, as well as instructions as to what they must do upon arrival there. The day will follow the theme of hunting for a lost Lanna treasure.

For instance: the individual with the navigation skills (who will be the first to lead the project) would have to teach others the skills he/she has obtained to successfully complete his/her leadership role.

The challenge will require several hours of navigation and trekking to reach the base camp, and there will be various challenges presented along the route which will, again, test the teams leadership and team skills. This will include building a bamboo raft and paddling on to a lake to collect clues.

Upon arrival at the base camp, each team will need to set up their own camp area, with tents, fire etc.

All teams will be accompanied by a Track of the Tiger Facilitator who will not involve themselves, but will instead explain challenges and ensure safety.

Evening

After the challenge, and the group has set up camp (all three teams in the same area – although they reach the area via different routes), some reflection will take place and the group will enjoy a BBQ dinner under the stars.

This will be followed by some evening games that are just for fun and run by Track of the Tiger.

After the games, the group is allowed some free time before lights out, proposed for 10pm, but this can be changed as per teacher requests.

Day 4 – Programme reflection and departure

0730-0830 Simple breakfast, Thai and western cuisine
0830-0930 Clean up, pack up
0930-1000 Awards
1000-1130 Return to Chiang Mai

Morning – breakfast, awards and departure

The group will receive a 7.00am wake up call and a simple breakfast will be served at 7.30am. After breakfast the group will be asked to pack up their belongings, pack up their camp area, and to re-convene to leave the site at approximately 10am.

Before departure, the group will undertake a reflection of their entire programme and each contribute something they learned during the event, before travelling to Chiang Mai, arriving around 12.30pm.

END PROGRAMME