



GuangDong - Palm Island 廣東 - 棕櫚島

Jan 23 - 27, 2014 (Thursday - Monday) 二零一四年一月二十三至二十七日 (星期四至星期一)



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Itinerary 行程表

Date 日期	Day 1 第一天 (23 Jan)	Day 2 第二天 (24 Jan)	Day 3 第三天 (25 Jan)	Day 4 第四天 (26 Jan)	Day 5 第五天 (27 Jan)
08:00-09:00		Wake up call	Wake up call	Wake up call	Wake up call
09:00-10:00	Gather in Central Pier #3 Report to group leader / check documents/ medicine	Breakfast (at Lotus Pond Restaurant)	Breakfast (at Lotus Pond Restaurant)	Breakfast (at Lotus Pond Restaurant)	Breakfast (at Lotus Pond Restaurant)
10:00-11:00	Departure from Central Pier #3 to Palm Island	Teaching & playing interaction games with students	Departure from Palm Island to Huizhou West Lake Tour 惠州西湖一天遊 West Lake Scenery 遊西湖風景區 (泗洲塔、 蘇東坡紀念館、九曲橋) Walking Pickled Mustard in West Lake 梅菜一條街*	Team Building Section - Wargame	Departure for Elderly Centre (www.yeehong.org.cn)
11:00-12:00		Review the service			Elderly Center site visit
12:00-13:00		Arrival & Welcome Speech			CNY decoration at the elderly center
13:00-14:00	LUNCH	LUNCH	LUNCH (Chinese food at West Lake Hotel)	LUNCH	LUNCH (at the elderly center)
14:00-15:00	Preparation for teaching program (service for the Primary students)	Service at Assault Course/ Wargame / Shooting Court	Feng Zgu Garden 豐渚園 (孤桐館區、流香聽瀑區、 東塢荷香區等六大景區)	Lucky Bag painting for Elders	Playing interactive games / performance
15:00-16:00	Learn Kung Fu Dance (service for the Elderly)				Teaching & playing interaction games with students
16:00-17:00	Check-in & fresh up	Review the service	Departure to Palm Island Resort	DIY cookies for Elderly	Departure for Hong Kong
17:00-18:00	Learn Kung Fu Dance (service for the Elderly)	Practice for performance /games (for elderly)		Introduction to Golf	Introduction to Golf
18:00-19:00	Little Chef - Pizza making	Refresh	Practice for performance /games (for elderly)	Fresh up	
19:00-20:00	Dinner - pizza night	Dinner	Dinner	BBQ Buffet Dinner	
20:00-21:00	Reflection/Journal	Reflection/Journal	Reflection/Journal	Rehearsal for performance /games (for elderly)	
	Relax for night	Relax for night	Relax for night	Reflection/Journal	
21:00-22:00	Light out	Light out	Light out	Pack Luggage	
				Light out	

Remarks: The visit will base on the availability of the institution, schedule maybe changed with advance notice.

Students successful perform all service activities for the trip will gain 20 CS hours.

Extra CS hours will be given to students who plan for special service / performance before the trip.