

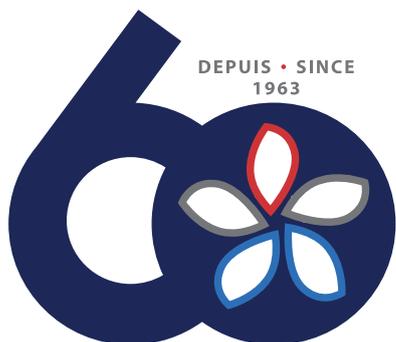
INTERNATIONAL STREAM

CAS ACTIVITIES PROGRAMME

YEARS 7, 8, 9, 10

2023

MONDAY 26 JUNE TO
THURSDAY 29 JUNE 2023



Lycée Français International
French International School
Hong Kong

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Introduction

This booklet outlines the activities that are currently on offer for all our International Stream students in years 7, 8, 9 & 10 from Monday 26 June to Thursday 29 June 2023. These 15 activities replace all scheduled lessons for those year groups during the week.

You will see that we have been able to organise one overseas trip to Borneo. It has been difficult to schedule more due to the lack of availability of flights as well as unreasonable costs. We hope that a full-range will be available for the 2024 CAS week.

Once you have had the chance to look through the range of CAS based activities, fill in [THIS FORM](#) to indicate the activities that you would like your child to take part in. **The cut off date for this is Tuesday 18 April 2023 at 17h00.** Please note the following:

- ✿ We will use a randomizer to offer places on oversubscribed activities. This will take place on 19 & 20 April 2023 and we hope to send out provisional sign up offers for activities on Friday 21 April 2023.
- ✿ **Once activity offers have been made, you will have 48 hours to sign up before a place is offered to the next person on the list.**
- ✿ Please keep an eye on Engage for correspondence about the activities and sign up dates.
- ✿ The school reserves the right to cancel published activities if they do not have sufficient numbers of students
- ✿ **The final day of term will be in school at BPR on Friday 30 June 2023 for all year groups**

Do I need to fill in the survey if I am not going to be in Hong Kong? Yes please. There is an option to let us know that you will not be attending. If you do not fill the form in by the deadline, we will assume that you will not be attending school activities that week.

I am leaving part way through the week. What should I do? Fill in the form accordingly, letting us know the activities that you wish to do when you are in HK

Am I expected to do something every session? No. We understand that there needs to be some flexibility, and so it is ok not to do something every session.

I want to know more about the activity. Please contact the member of staff down as the contact for more details. More will be sent to you once the groups have been finalised.

Our staff have worked hard to put on a full range of activities which will challenge your children in many different ways - physically, academically and socially. We would encourage you to get them involved in a range of activities to make the most of the week.



Mark Williams
Head of Secondary,
International Stream
French International School Hong Kong



Borneo

Date

Sunday 25 June -
Thursday 29 June

Time

All day

Venue

Kota Kinabalu, Borneo,
Malaysia

Cost

HK\$15,000 (approx, TBC)

Maximum Students

Minimum 20 students

Teacher in Charge

Helen Marshall
hmarshall@g.lfs.edu.hk

Activity Description

This trip is mainly an activities based trip, which includes the following:

- * Survival/Rafting
- * River Cruise
- * Zip lining
- * Snorkelling
- * Tree planting

Students will stay in the Shangri-La hotel in Kota Kinabalu, with all meals included.

More Information

- * https://drive.google.com/file/d/1jEA6Lv_wJsanbkWLOWDMmSka-j3w8Z0De/view?usp=sharing





World Scholars Cup

Date

Tuesday 22 June -
Wednesday 28 June

Time

All day

Venue

BPR Campus

Cost

Students will need to bring along their own lunch or purchase in the school canteen

Maximum Students

60

Teacher in Charge

Jason Chan
jchan@g.lfis.edu.hk

Activity Description

FIS internal World Scholars Cup

This 3 day academic competition will involve learning in a range of subject areas: History, Science & Technology, Arts, Music and Social Studies all based around the Theme of A World renewed. Students will be able to take part in team and individual events in the Scholar's Challenge, the Scholar's Bowl, the Team Debate and the Writing Challenge.

There are Alpacas for everyone, and medals/cups to teams and individuals.

Ideally enter in a team of 3, but we will place you in a team if needed.

This is a great opportunity to get a taste of the real thing before we hopefully start to enter global rounds in 2024!

More Information

* <https://www.scholarscup.org/>



Sai Kung Activity Camp

Date

Monday 26 June -
Thursday 29 June

Time

Residential - stay over in Sai
Kung for the week

Venue

Sai Kung, Hong Kong

Cost

HK\$7,000 (approx, TBC)

Maximum Students

30

Teacher in Charge

Helen Marshall
hmarshall@g.lfis.edu.hk

Activity Description

A Hong Kong based residential activities week which includes:

- * Kayaking
- * Raft building
- * Trekking
- * Wall climbing
- * Archery
- * Survival cooking

Students stay in accommodation at the camp for the 4 days with experienced guides and FIS staff.

More Information

- * https://docs.google.com/document/d/1q-8eKKSXnpQaW_Sc7x-Eb_EUyf4KPGJ5q/edit



The Shed - 4 day food challenge

Date

Monday 26 June -
Thursday 29 June

Time

09:00 - 16:00

Venue

Chai Wan

Cost

HK\$3800

Maximum Students

24

Teacher in Charge

Drew Wilson
dwilson@g.lfis.edu.hk

Activity Description

A 4 day challenge week in which Throughout the week, learners will be challenged to think about the food insecurity issue in Hong Kong and how they can contribute to solutions for this problem. Students will go on a Rock Climbing trip to push their personal boundaries (ME). Students will learn and prepare 550 meals throughout the week for those in need in Hong Kong (WE).

More Information

* <https://drive.google.com/drive/folders/1Xp-M1HfgkqOPRp-fj9kr3o5v8tPYylc7s>

SUSTAINABLE DEVELOPMENT GOALS



Conservation and Research

Date

Monday 26 June -
Thursday 29 June

Time

09:00 - 16:00

Venue

Day 1 & 4: in school;
Day 2 & 3: on site

Cost

HK\$600

Maximum Students

20

Teacher in Charge

Karen Byrne
kbyrne@g.lfis.edu.hk

Activity Description

Programme run in conjunction with TAMEE (Education and social network platform that promotes the adoption and implementation of UN SDGs through youth volunteerism)

This project is in collaboration with Ocean Park Conservation Foundation / CFarm / Mr. Matthew Friedman / Mr. Harry Chan M.H.

Day 1

- * 0900-1200: Icebreaking, Briefing1 & UN-SDGs training
- * 1300-1400: Training on Design Thinking and how to use Powtoon to create animation video

Day 2

- * 0900-1600:
Team A: Field Trip - Data Collection of Ecological Research - OPCF

Team B: Organic Farm Volunteer Work

Day 3

- * 0900-1600:
Team A: Organic Farm Volunteer Work

Team B: Field Trip - Data Collection of Ecological Research - OPCF

Day 4

- * 0900-1200: Student work together to create Animation Video for Presentation and Social Media 2
- * 1300-1600: Debriefing

Everyday

- * 1200-1300: Lunch

Learning outcomes:

- * Promote youth volunteerism and crowdsourcing
- * Raise awareness of conservation
- * Practice data collection
- * Create animated videos for presentation
- * Introduce impact measurement and management
- * Certificate of Youth Ambassador

More Information

- * <https://www.tamee.cc/>
- * <http://www.opcf.org.hk/en/community-education/horseshoe-crab-population-survey#horseshoe-crab>



Industry Intern experience (Year 10 only)

Date

Monday 26 June -
Thursday 29 June

Time

09:00 - 15:00

Venue

Offsite

Cost

\$6,300

Maximum Students

20 - Year 10 only

Teacher in Charge

Mark Williams
mwilliams@g.lfis.edu.hk

Activity Description

We have teamed up with [Own Academy](#) to offer three different industry experiences :

- * Entrepreneurship
- * F&B Hospitality
- * Event Planning and Production

These industry experiences are designed as a career taster, a pre-internship stage, that provides insight into the world of that industry.

Please see attachment for all the program description. Kindly note that slight changes will occur to the agenda depending on the professional we bring in. And there is at least 1 day of field trip for each industry track.

More Information

- * [Event Production](#)
- * [Entrepreneurship](#)
- * [Food & Beverage Hospitality](#)



Exploring the West Kowloon Cultural District

Date

Tuesday 27 June -
Thursday 29 June

Time

TBC

Venue

West Kowloon Cultural
District, Hong Kong

Cost

HK\$1500

Maximum Students

20

Teacher in Charge

Sandy Pescod
spescod@g.lfis.edu.hk

Activity Description

An opportunity to learn more about the West Kowloon Cultural District to include visits to the M+, Palace Museum, Xiqu Centre, Art Park. Students will be encouraged to take pictures, make sketches, ask questions and keep a journal as they engage with the wide range of cultural experiences available.

More Information

* <https://www.westkowloon.hk/en/>





The Art of Mindful Calligraphy

Date

2 Day programme:
Monday 26 June &
Wednesday 28 June

Time

10:00am - 3:00pm both days

Venue

Central

Cost

HK\$2,200

Maximum Students

Minimum 10 students
Maximum 20 students

Teacher in Charge

Jonathan Hamilton
jhamilton@g.lfis.edu.hk

Activity Description

Students will learn a combination of handwriting and penmanship skills. Skills such as dip pen calligraphy, off hand flourish drawing, brush pen lettering, and watercolour painting.

Cost includes instruction by a western calligraphy educator in Hong Kong, at a calligraphy studio in Central. ALL materials and a Calligraphy Starter Kit is included.

This calligraphy workshop will help students to:

- * enhance patience and use writing as mindful practice;
- * confidently express ideas through a wide range of writing techniques;
- * develop motor skills and improve memory retention;
- * appreciate the craftsmanship of handwriting and penmanship.

More Information

- * <https://drive.google.com/file/d/1XS5KFDSyRJUT6ekKCMUj9YbsY-wLz1RqO/view?usp=sharing>



Elderlies Community Service (Chinese YMCA)

Date

Monday 26 June

Time

9:30 - 15:30;
Meet at 9:00 at Quarry Bay

Venue

1/F, 18 Hong On Street,
Kornhill Garden, Quarry Bay

Cost

HK\$150

Maximum Students

20

Teacher in Charge

Justin Cheong
jcheong@g.lfis.edu.hk

Activity Description

Students will spend the day organizing an activities program for an elderly centre in Hong Kong, before then actually visiting them and conducting activities for them. This may include purchasing food, gifts and props in the morning before then a visit in the afternoon.

More Information

* <https://www.ymca.org.hk/en>





Soap (re)Cycling

Date

Wednesday 28 June

Time

9:30 - 15:30

Meet at 9:00am at Kwai
Chung MTR Station

Venue

1704-1705, World Peace
Centre, 55 Wo Tong Tsui St,
Kwai Chung

Cost

HK\$500

Maximum Students

20

Teacher in Charge

Justin Cheong
jcheong@g.lfis.edu.hk

Activity Description

Soap Cycling is a WASH (water, sanitation, hygiene) social enterprise with operations in Hong Kong, Singapore, Philippines and China. They support disadvantaged communities across Asia through a combination of empowerment programs and corporate team building events. Soap Cycling was Asia's first soap recycling organisation. They collect lightly used soap and bottled amenities from hotels that would otherwise go to waste, recycle it, and distribute it to those who need it the most.

Activities include:

* **Soap Recycling Workshop**

At this event, participants will help to reprocess lightly used soaps collected from local and Asian hotels, which will later be distributed to disadvantaged communities in Hong Kong and throughout Asia. Your help in recycling soaps also prevents a significant amount of pollution to our landfills, which means an impact on environmental protection. Volunteers will help with recycling soaps including soap scrapping and hygiene kit packing.

* **Recycled Soap Art Workshop**

At this event, participants will help to make colourful upcycled soaps using soap powders shredded from used soap bars collected from hotels, water and food colorings.

More Information

* <https://soapcycling.org/>



Theatre Workshop

Date

Tuesday 27 June

Time

8:30am - 4:30pm

Venue

BPR Salle Polyvalente

Cost

HK\$350

Maximum Students

20

Teacher in Charge

Juliette O'Brien

jobrien@g.lfis.edu.hk

Activity Description

Full day working with a professional theatre artist using drama games to explore a theme and collaboratively create an original piece of performance work.

This activity is about devising as an ensemble.

Games are used to explore a particular theme and develop a collaborative working practice. Students share their own ideas and work together to develop their work. The work is shaped under the guidance of the professional artist into something that effectively communicates the students ideas in an original and creative way.

This way of creating drama is about developing agency and voice. You don't need to be a performer to enjoy this process and play based experience.

More Information

* <https://ista.co.uk/what-we-do/artist-in-residence/>

TASKMASTER



Taskmaster

Date

Monday 26 June,
Tuesday 27 June,
Wednesday 28 June,
Thursday 29 June

Time

9:00 - 14:00 (1 hour lunch)

Venue

BPR campus

Cost

Students will need to bring along their own lunch or purchase in the school canteen

Maximum Students

Unlimited

Teacher in Charge

Hannah Wright
hwright@g.lfis.edu.hk

Activity Description

A series of challenges based on the TV show 'Taskmaster', including fun active challenges and practical tasks to earn points for your house! See here for an idea of this kind of games and challenges!

You will be in teams of 3-5, so join with your friends as a team, or individually.

We will get you into teams if you join individually so don't worry, there will be plenty of people to team up with!

More Information

* <https://www.youtube.com/watch?v=dmXtuYuxlUM>

* <https://www.youtube.com/watch?v=2RBUv32hZdk>



Crossroads

Date

Tuesday 27 June

Time

All day (9:45 - 16:00)

Venue

Crossroads,
2 Castle Peak Road, Tuen
Mun - near the Gold Coast

Cost

HK\$200

Maximum Students

16

Teacher in Charge

Simon Tilbrook
stilbrook@g.lfs.edu.hk

Activity Description

Helping refurbish and repackage donated goods to be sent on to charities and needy households in Hong Kong and abroad. Students will discover more about what Crossroads does as a charitable organisation before doing practical tasks assigned by Crossroads personnel.

More Information

* <https://www.crossroads.org.hk/>



Beach Clean up

Date

Thursday 29 June

Time

9:00 to 11:00 at the beach
with a media production
activity in the afternoon

Venue

Shek O Rocky Bay Beach

Cost

\$150 - donated to charity

Maximum Students

50

Teacher in Charge

Drew Wilson

dwilson@g.lfis.edu.hk

Activity Description

A Plastic Ocean Foundation is a charitable organisation registered in Hong Kong, dedicated to creating a wave of change to stop plastic pollution and to be part of the solution through science, education and policy advocacy.

They are a group of dedicated scientists, educators, social entrepreneurs, scholars and journalists who are concerned about the fragile state of our ocean and are working together with other NGOs and the community to change attitudes towards plastic in one generation.

More Information

* <https://www.aplasticocean.foundation/>



Aviation Services Research Centre Tour

Date

Tuesday 27 June

Time

Tour: 10:00 am - 12:00 noon

Lunch: 12:00 - 1:00 onsite

Venue

Hong Kong PolyU

Cost

HK\$100 (for dim sum lunch)

Maximum Students

15

Teachers in Charge

Thomas Tauts &

Jonathan Hamilton

ttauts@g.lfis.edu.hk

jhamilton@g.lfis.edu.hk

Activity Description

We would be given a guided tour of the aviation research centre based at the Poly U campus. Their facilities include cutting edge manufacturing processes, and the use of robotics. This activity would suit students who are interested in aviation and robotics, computer aided design and research in general.

* [Itinerary poster](#)

More Information

* <https://www.asrc.hk/>

