YOUR JOURNEY WITH ASIAMOTIONS

A.B.C.I.S

THE ANGLOPHONE BRITISH CURRICULUM INTERNATIONAL SCHOOL



YEAR

5

OUTDOOR EDUCATION SPECIALIST IN VIETNAM

Founded in 2013

International Multicultural

300 events up to date

Regular training

Safety first



OUR MISSION

ASIAMOTIONS provides

experiential outdoor programs

for children and adults

in Vietnam



Outdoor education

Environmental awareness

Team spirit

Social responsibility

Healthy lifestyle

OUR VALUES

AWARENESS + PREPARATION = SAFETY



TRIP LED BY QUALIFIED STAFF



EXPERIENCED AND FIRST-AID TRAINED STAFF
(CPR + Pool Lifeguard)

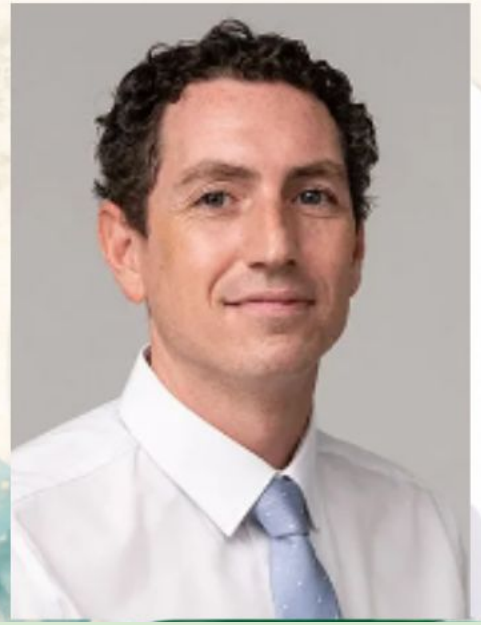


RISK ASSESSMENT
(Emergency procedure for each activity)



ABCIS Staff Attending

ABCIS staff will accompany and supervise pupils throughout the residential.



Mr Daniel - Head of Year 5 Trip Leader



Ms Caitlin - 5C Class Teacher

ABCIS teachers will accompany the trip and work alongside the AsiaMotions team throughout the residential.

The wider staffing team will be confirmed at a later date.

Safety & Supervision

ABCIS expectations sit alongside AsiaMotions' safety procedures.

✓ Risk assessment

A full risk assessment will be completed before the trip.

 Qualified staff

Activities are led and supported by trained AsiaMotions staff and ABCIS adults.

👀 Close supervision

Children will be carefully briefed and monitored during all activities.

🤝 Personal comfort

Children will not be forced to complete an activity they are uncomfortable with.

📍 Clear routines

Pupils will know where to go, who to speak to, and how to ask for help.

⭐ Safety first

If plans need to change to keep pupils safe, activities will be adapted.

ACCOMMODATION

OCEAN DUNES RESORT





ACCOMMODATION





OCEAN
DUNES
RESORT



ACCOMMODATION



OCEAN DUNES RESORT



Accommodation & Overnight Arrangements

Clear routines help children feel safe, settled and independent.

Sleeping arrangements

Boys will share with boys and girls will share with girls.
Children will know how to contact a teacher if they need help.
Staff will be located on the same floor as children.
Toilets and showers in rooms and located around the resort.

Evening routines

Children may only open their accommodation to school staff.
No child may leave their accommodation after bedtime without permission.
ABCIS adults will check pupils are settled and follow the agreed routines.

The exact grouping and accommodation details can be shared with pupils nearer the time once final numbers are confirmed.

YOUR TRIP WITH ASIAMOTIONS

March 24 – 26, 2027

	BREAKFAST	MORNING	LUNCH	AFTERNOON	SWIMMING POOL, FREE TIME & SHOWER TIME DINNER	NIGHT
DAY 1		Depart for Mui Ne S.U.P Discovery hike		Activities rotation Transfer to Ocean Dunes resort & Check-in		Just dance & Karaoke night
DAY 2		Ta Cu mountain: Buddha story telling & Mindfulness session		Sign language & Sand art Olympic games		Campfire & S'more
DAY 3		Archery Team building Treasure hunt Pack up & check-out		Depart for HCMC		

S.U.P

PHYSICAL FITNESS
& WATER SAFETY

DIFFICULTY



Benefits for children:

- Boost water confidence and coordination
- Improve navigation and decision-making skills
- Learn key water safety skills

DISCOVERY HIKE

DIFFICULTY



Benefits for students

- Explore local ecosystems and wildlife
- Build physical strength and mental toughness
- Learn the mountain's history and improve navigation skills

JUST DANCE & KARAOKE NIGHT

NIGHT TIME



Benefits for students

Enjoy joyful dance moments & Foster social interaction and connections

TA CU MOUNTAIN

CULTURAL AWARENESS & MINDFULNESS

DIFFICULTY





Benefits for students

- Develop appreciation for local culture and history
- Encourage mindfulness, reflection and calm awareness
- Enjoy nature while building appreciation for the environment

SIGN LANGUAGE & SAND ART

CREATIVITY

DIFFICULTY



Benefits for students

- Express creativity through hands-on activities
- Develop communication, coordination and fine motor skills
- Enjoy a calming activity while exploring cultural traditions and inclusion

OLYMPIC GAMES

TEAMWORK

DIFFICULTY

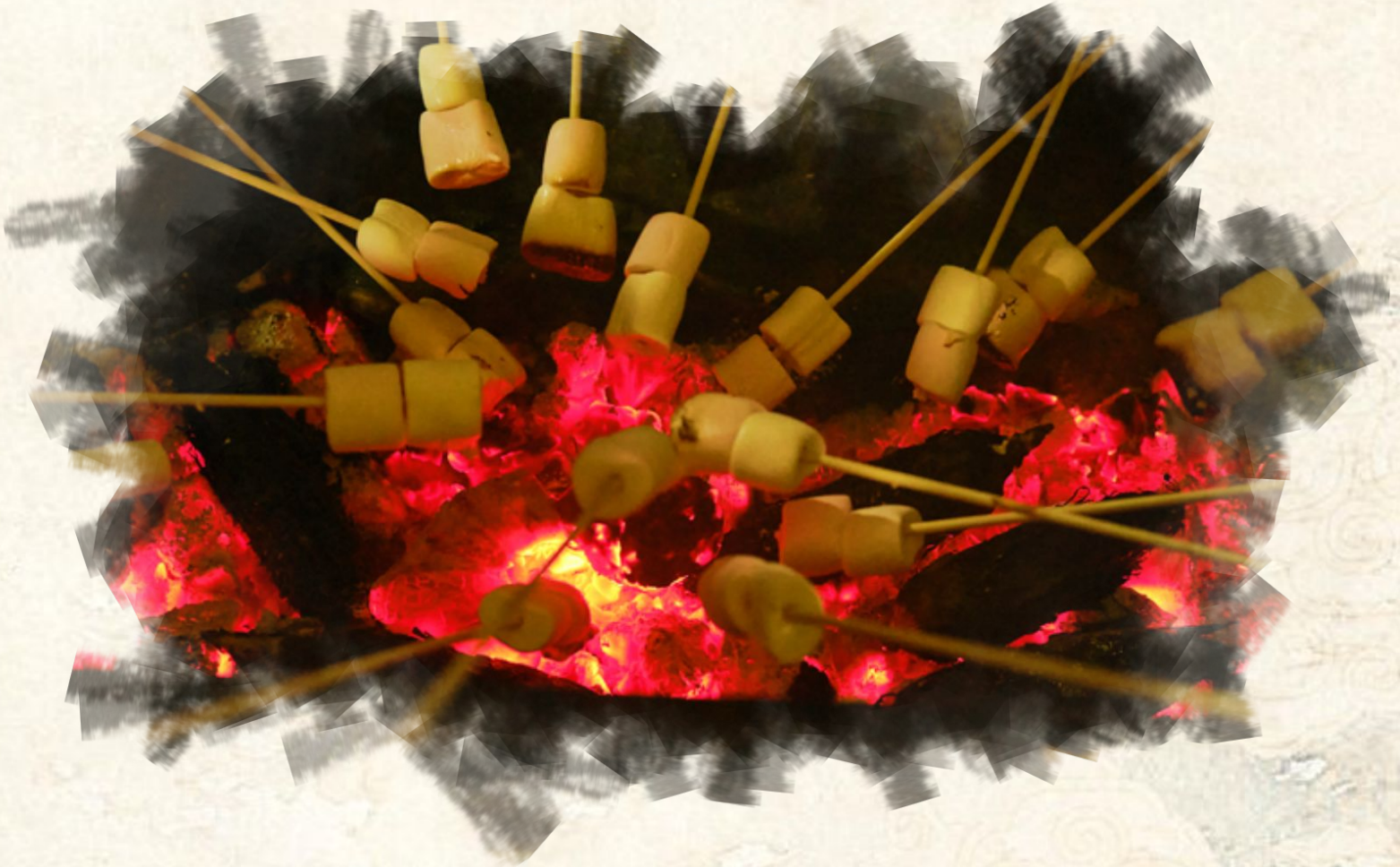


Benefits for students

- Enhance agility, coordination and quick reflexes
- Strengthen teamwork and strategic thinking
- Encourage active movement and overall fitness

CAMPFIRE & S’MORE

REFLECTION & BONDING



Benefits for students

- Build friendships and shared memories
- Reflection and group connection
- Relax and share experiences

ARCHERY

PRECISION SKILL

DIFFICULTY



Benefits for students

- Enhance focus, patience and concentration
- Strengthen coordination and precision skills
- Develop confidence and self-discipline through practice

TEAM BUILDING

TEAMWORK

DIFFICULTY



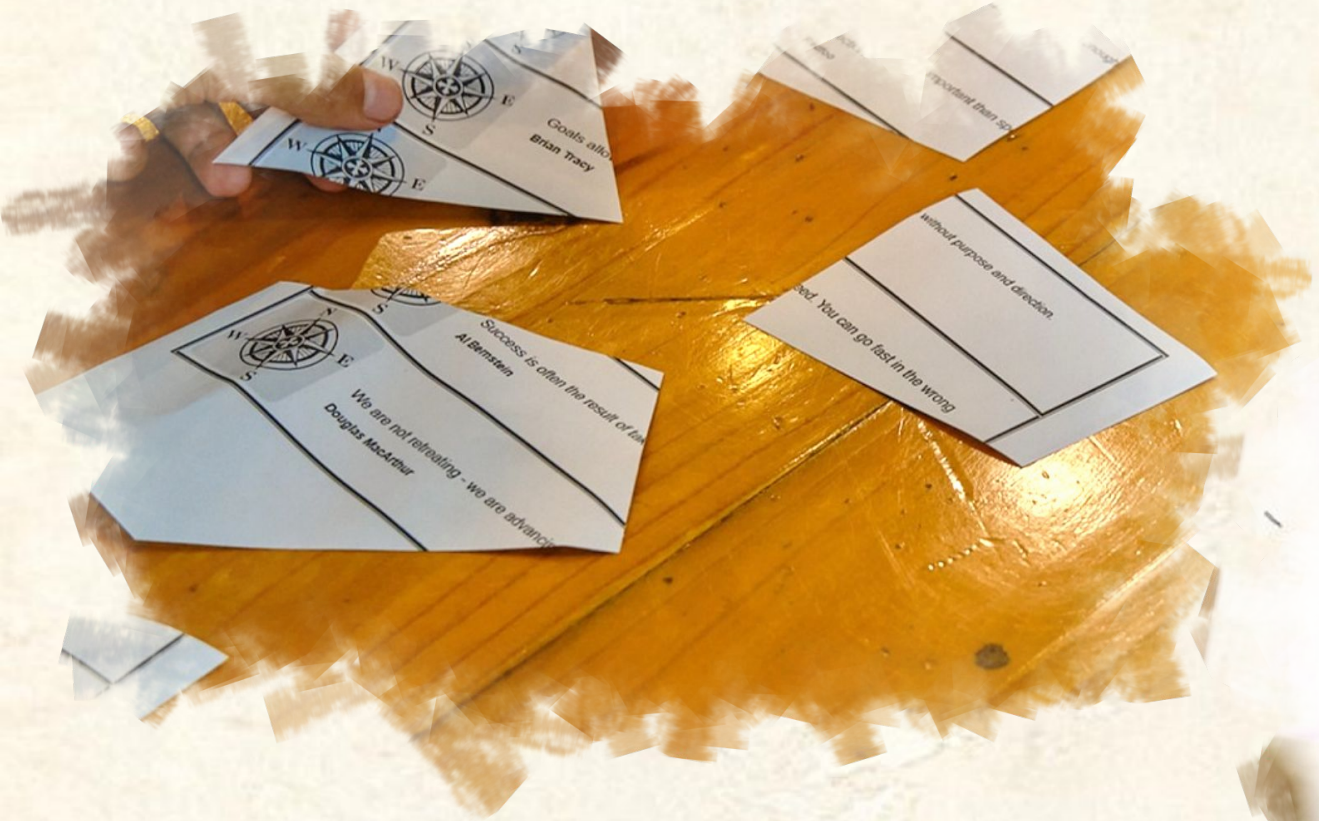
Benefits for students

- Build teamwork and trust through collaboration
- Improve coordination and problem-solving
- Enhance communication and group dynamics

TREASURE HUNT

OUTDOOR SKILLS

DIFFICULTY





Benefits for students

- Enhance navigation and map-reading skills
- Build teamwork and communication
- Encourage problem-solving and strategic thinking

FOOD

AsiaMotions ensures that students receive healthy, wholesome, and nutritious meals during the trip. We also collect dietary requirements & allergies prior to the trip to cater to each and every student's needs.



Our meals are comprised of:

Wholesome grains (cereals)
Meat/Poultry (proteins)
Beans/Vegetables (greens) Fruits (dietary Fiber)
Dairy (calcium)



What is Included?



Transport

All planned transfers for the residential.



Accommodation

Two nights at the resort.



Meals

Breakfasts, lunches,dinners and snacks during the trip. You may also provide your child with some snacks for the trip.



Activities

Activity facilitation, equipment and programme delivery.



Safety support

First-aid trained guides and suitable first-aid kits.



Photos

A password-protected photo link will be shared by school.

ACCESSING THE PICTURES









1 BEFORE THE TRIP

The school will send you **1 link with password** to access the pictures

https://www.smugmug.com/

2 DURING THE TRIP

From 9pm to 12am (after activities)
Photographers upload pictures

On the following day
You can access pictures with link and password

Packing List



- ❑ a. 1 small suitcase/bag for clothes
- ❑ b. 1 small backpack (bus trip, hiking)
- ❑ c. 2 T-shirts/day (NOT 100% Cotton, Dri-fit recommended!)
- ❑ d. 2 long sleeved T-shirts
- ❑ e. 2 or 3 pairs of shorts or skorts
- ❑ f. 1 warm jumper
- ❑ g. Some light trousers
- ❑ h. 2 pairs of closed toed shoes /sneakers (details to follow)
- ❑ i. Sandals/flip flops for the evening
- ❑ j. 1 pair of underwear/day (minimum)
- ❑ k. 1 pair of socks/day (minimum)
- ❑ l. 1 swimming suit &1 long sleeve swimming suit
- ❑ m. 1 raincoat/poncho
- ❑ n. 1 cap/hat
- ❑ o. 1 bathing towel
- ❑ p. 1 swimming pool towel
- ❑ q Toilet kit
- ❑ r. Plastic bag for wet clothes
- ❑ s. Water bottle
- ❑ t. Sunscreen
- ❑ u. Insect repellent / Insect bite cream
- ❑ v. Sunglasses
- ❑ w. 1 flashlight/torch
- ❑ x. 1 small hand sanitizer
- ❑ y. 1 set of pyjamas/ sleeping clothes

Ready for Activities??

Before going to the Meeting Area for activities, make sure you are fully prepared with:

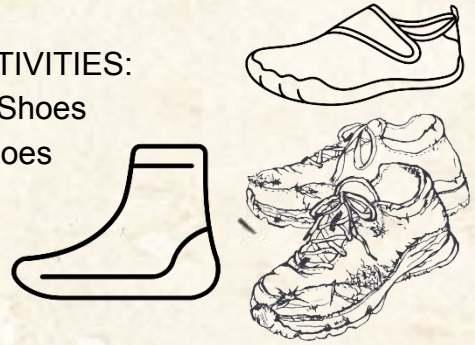
1. CORRECT CLOTHING FOR THE ACTIVITY & WEATHER

2. APPROPRIATE FOOTWEAR

LAND ACTIVITIES:
- ❑ Training Shoes
- ❑ Sneaker Shoes



WATER ACTIVITIES:
- ❑ Water Shoes
- ❑ Old Shoes

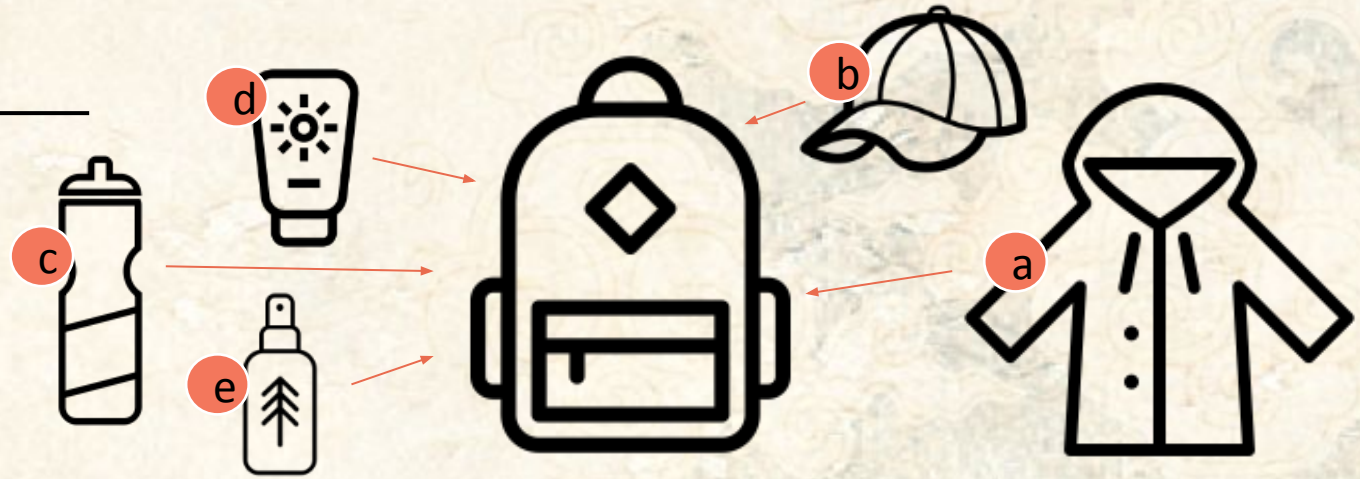


NOT:
- ❑ Crocs
- ❑ Flip flops
- ❑ Sandals
- ❑ Sliders



3. BACKPACK WITH THE “5 ESSENTIALS”

5 Essentials (inside your Backpack):
- ❑ a. Raincoat/Poncho
- ❑ b. Cap/hat
- ❑ c. Water bottle
- ❑ d. Sunscreen
- ❑ e. Insect repellent / Insect bite cream



Footwear - General Activities

For ALL Land based activities (Ropes Course, Archery, Rock Climbing, etc.) footwear must be:

- ❑ Securely fastened on feet
- ❑ Enclosed Toes
- ❑ Adequate grip & protection
- ❑ Adequate support for growing feet!



TRAINING SHOES

- ❑ Good Grip
- ❑ Snug fit

NB. May get wet/dirty!



SNEAKER SHOES

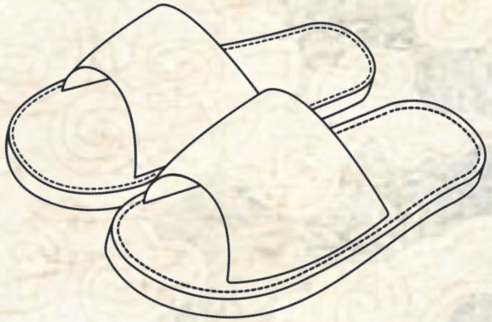
- ❑ Good Grip
- ❑ Snug fit

NB. May get wet/dirty!

NOT:

- ❑ Crocs
- ❑ Flip flops
- ❑ Sandals
- ❑ Sliders









Hiking Footwear

For Hiking, footwear must have:

- ❑ Good grip - for walking in muddy/slippery terrain!
- ❑ Securely fastened on feet
- ❑ Enclosed Toes (for protection!)
- ❑ Adequate support for growing feet!



IDEAL → ADEQUATE

a



b



c



d



a HIKING BOOTS
- ❑ Good Grip
- ❑ Ankle Support
- ❑ Snug fit

b HIKING SHOES
- ❑ Good Grip
- ❑ Snug fit

c TRAINING SHOES
- ❑ Good Grip
- ❑ Snug fit

d SNEAKER SHOES
- ❑ Good Grip
- ❑ Snug fit

NB. This footwear may get wet/dirty!

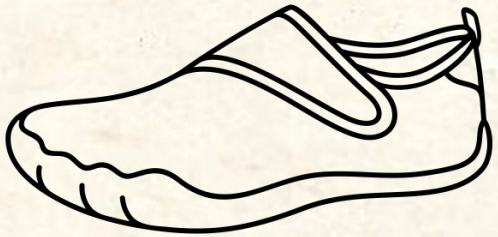
Watersports Footwear

For Watersports footwear must be:

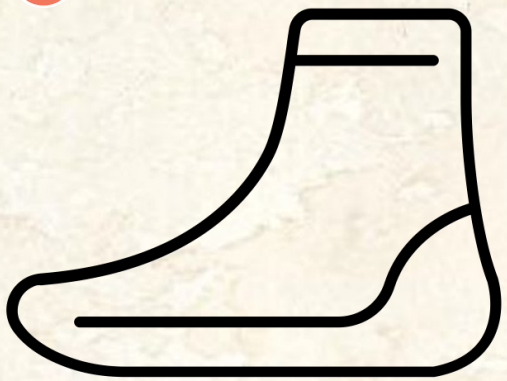
- ❑ Securely fastened on feet
- ❑ Enclosed Toes
- ❑ Adequate grip

IDEAL → ADEQUATE

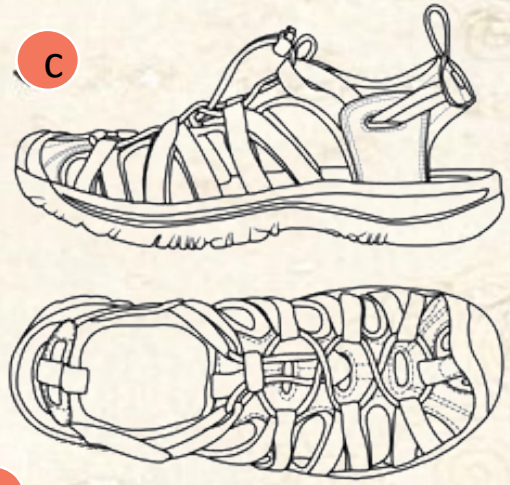
a



b



c



d



a WATER SHOES
- ❑ Good Grip
- ❑ Ankle Support
- ❑ Snug fit

b NEOPRENE BOOTS
- ❑ Good Grip
- ❑ Snug fit

c CLOSED TOED SANDLES
- ❑ Good Grip
- ❑ Snug fit

d OLD TRAINERS
- ❑ Old/Worn
- ❑ A little small with socks, but will fine <u>without</u> socks!

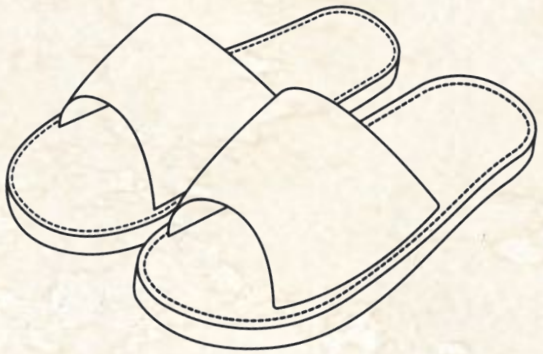
NB. This footwear <u>will</u> get wet!

Freetime Footwear

RELAX & CHILL:

- ❑ Crocs
- ❑ Flip flops
- ❑ Sandals
- ❑ Sliders









NO BARE FEET!!!



PLAY SPORTS GAMES, WE RECOMMEND:

- ❑ Training Shoes
- ❑ Sneaker Shoes





Medication, Devices & Weather

Medication

Please give the medication form and medication to the nurse before the trip.
The nurse will talk to Mr Daniel to make sure medication is used correctly.
Children should not bring medication that the nurse has not seen.

Electronic devices

Music devices may be brought as they are for the school bus.
Devices are the responsibility of the pupil.
Devices must not be used to contact parents, including smart watches.
Phones and cameras should not be brought; teachers and AsiaMotion staff will take photos.

Weather / changes

Student safety is always the priority.
If weather or other conditions require changes, activities will be altered.
School will communicate important updates as needed.

Questions

Is there a nearby hospital in case of an emergency?

Where will be the rooms for adults?
What is the protocol for handling emergencies?

THANKS

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