

YOUR JOURNEY WITH ASIAMOTIONS



THE
ANGLOPHONE
BRITISH
CURRICULUM
INTERNATIONAL SCHOOL

YEAR 6



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

SCHOOL TRIP

LEARNING OUTSIDE
THE CLASSROOM



HOLIDAY CAMP

OUTDOOR ADVENTURE
FOR CHILDREN



TEAM BUILDING

EMPOWER YOUR TEAM



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 Dan

Head of Year 6 /
Trip Leader



Ms Amy

6A Class Teacher



Mr Iwan

6I 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.

AN ADVENTURE AT TRI AN

NAPY GARDEN

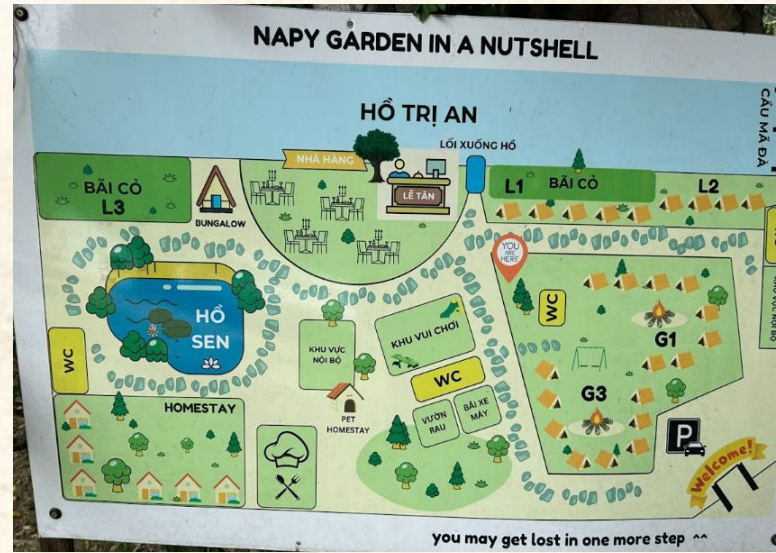


ACCOMMODATION

NAPY GARDEN



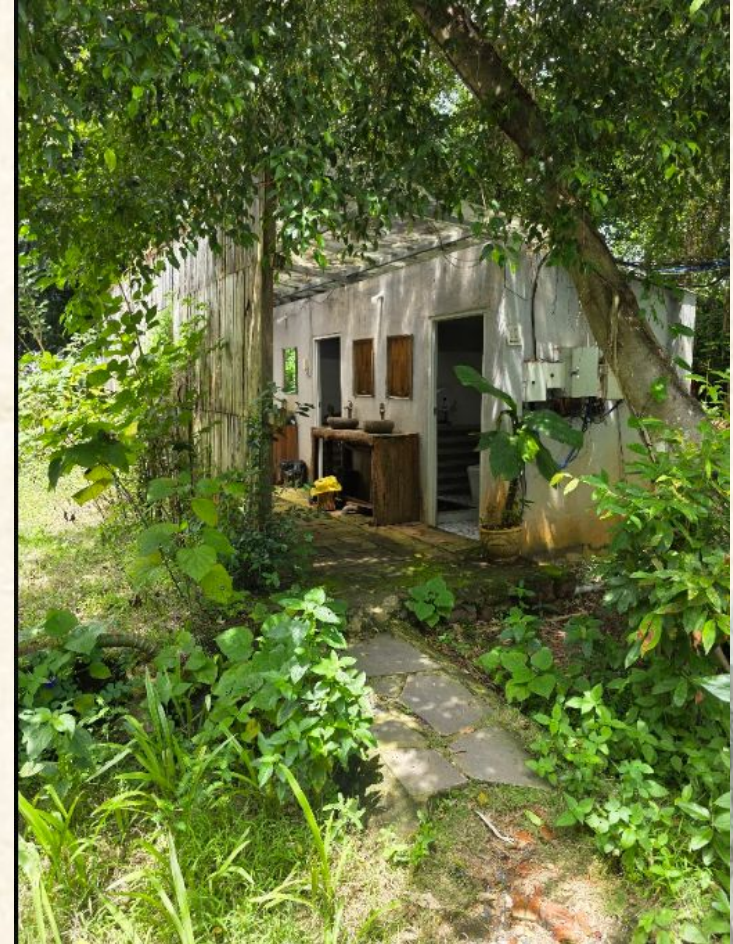
ACCOMMODATION



ACCOMMODATION



ACCOMMODATION



Toilet and shower facilities are located a couple of steps from student accommodation.

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 in separate accommodation but close enough to support pupils.

As stated on the previous slide, toilets and showers will be located in a secure building near our accommodation.

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

		MORNING		AFTERNOON		NIGHT
DAY 1	BR EA KFA ST	Depart for Napy Garden & Check-in (Leaving School at 8am) <u>Mango salad making</u>	LU NC H	<u>Mosquito repellent & insect trap making</u> Group 1,2 <u>Gaga ball</u> <u>Shuttlecock making</u> Group 3,4 <u>Kayaking</u> <u>Lawn game</u>	SWIM MING POOL, FREE TIME & SHOW ER TIME DINNE R	<u>Quiz night</u>
DAY 2		Group 1,2 <u>Ma Da Forest Nature Walk</u> <u>Lawn game</u> Group 3,4 <u>Survival hunt</u> <u>Gaga ball</u> <u>Shuttlecock making</u>		Group 1,2 <u>Survival hunt</u> <u>Kayaking</u> Group 3,4 <u>Ma Da Forest stream hiking</u> <u>Gaga ball</u> <u>Shuttlecock making</u>		<u>Campfire</u>
Day 3		<u>Cardboard boat regatta design and race</u>		Depart for HCMC Packed lunch on the way <u>Estimated Arrival: 2pm</u>		



Departure and arrival times are subject to change and will be confirmed sooner the time.

MANGO SALAD MAKING



FOOD SYSTEMS
& CULTURE

DIFFICULTY



Benefits for students

- Prepare a healthy dish using locally sourced ingredients
- Explore how food choices connect to sustainability and wellbeing
- Practice safe and mindful food preparation techniques

MOSQUITO REPELLENT & INSECT TRAP MAKING



SUSTAINABLE
HABITS

DIFFICULTY



Benefits for students

- Make natural, eco-friendly mosquito repellents and traps
- Explore the environmental impact of chemical and natural solutions
- Strengthen creativity and problem-solving

KAYAKING



ADVENTURE



OUTDOOR
SKILLS



DIFFICULTY



Benefits for students

- Build confidence and body coordination on the water
- Develop paddling, navigation and decision-making skills
- Strengthen water awareness and essential safety skill

GAGA BALL



TEAMWORK



DIFFICULTY



Benefits for students

- Improve flexibility and quick decision-making
- Build teamwork and encourages friendly competition
- An active way to boost fitness and energy

SHUTTLECOCK MAKING



CRAFT SKILL



DIFFICULTY



Benefits for students

- Develop practical crafting and fine motor skills
- Encourage creativity through making and testing the shuttlecock
- Learn about a traditional local craft

LAWN GAMES



TEAMWORK



DIFFICULTY



Benefits for students

- Develop teamwork, cooperation and communication skills
- Encourage physical activity, coordination and active participation
- Build confidence and social interaction through group games

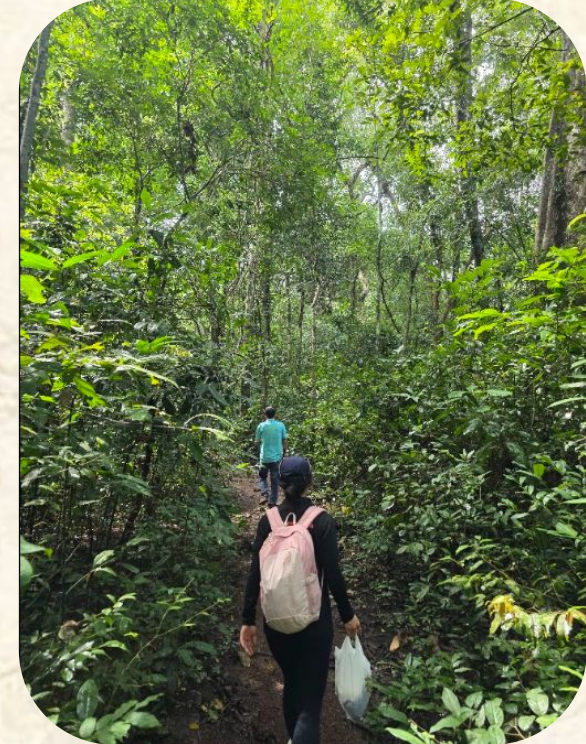
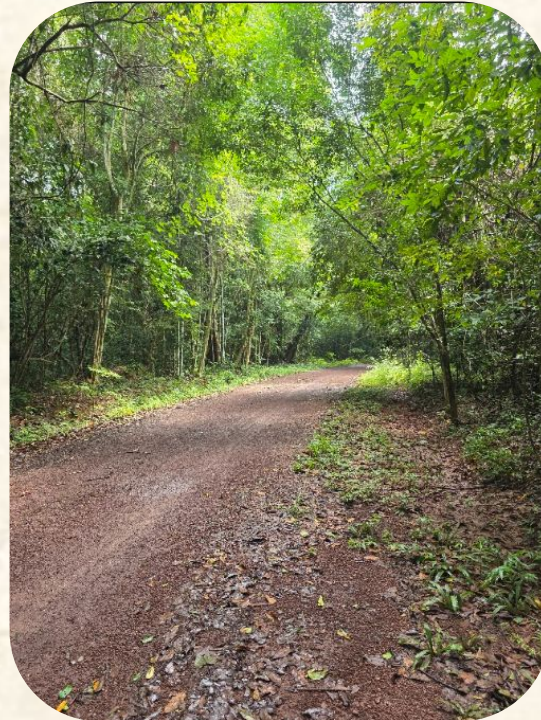
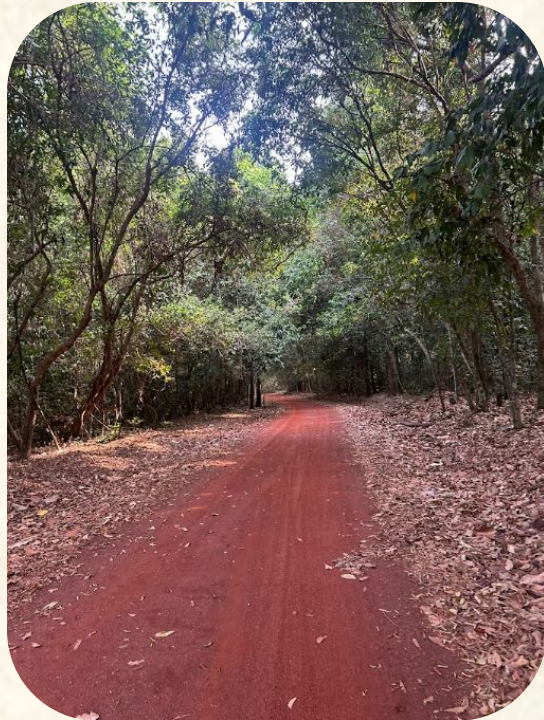
MA DA FOREST NATURE WALK



OUTDOOR
SKILLS



DIFFICULTY



Benefits for students

- Practise outdoor skills in a real forest setting
- Learn simple navigation along the stream trail
- Build confidence through nature exploration

SURVIVAL HUNT



OUTDOOR
SKILLS



DIFFICULTY



Benefits for students

- Develop navigation, problem-solving & outdoor survival skills
- Strengthen teamwork and leadership skills
- Build confidence and environmental awareness

QUIZ NIGHT



NIGHT TIME



Benefits for students

- Strengthen teamwork and collaboration
- Expand general knowledge
- Engaging and educational experience

CAMPFIRE



NIGHT TIME



Benefits for students

- Build friendships and create shared memories
- Encourage reflection and group connection
- Help students relax and unwind

CARDBOARD BOAT REGATTA



TEAMWORK



DIFFICULTY



Benefits for students

- Apply teamwork while building and testing their design
- Build resilience by learning from mistakes and adapting
- Understand how materials and resource use support sustainability

FOOD

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

Our meals comprise 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 residential site.



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 **a link with a password** to access the photos.

<https://www.smugmug.com/>

2

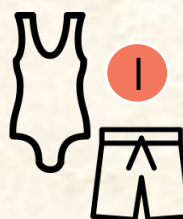
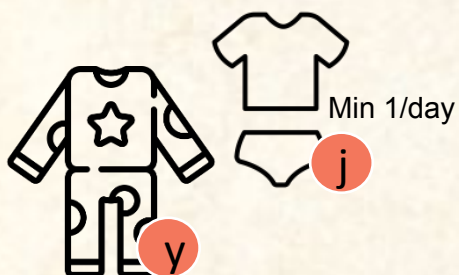
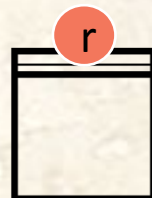
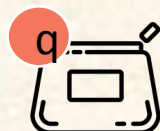
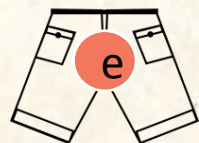
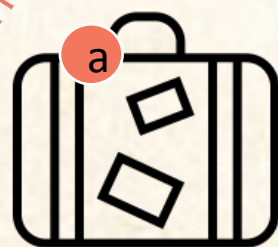
DURING THE TRIP

From 9pm to 12am (after activities), photographers upload the pictures.

On the following day, you can access the pictures with your 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
- ☐ 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 pajamas/ 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



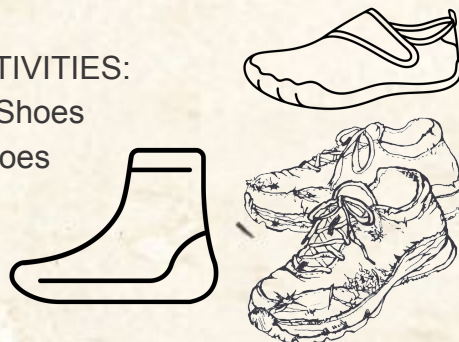
LAND ACTIVITIES:

- ☐ 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 footwear must be:

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



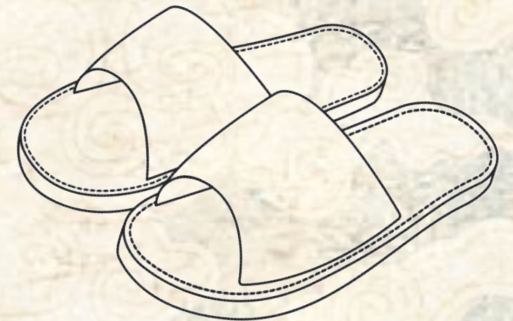
TRAINING SHOES

- ☐ 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

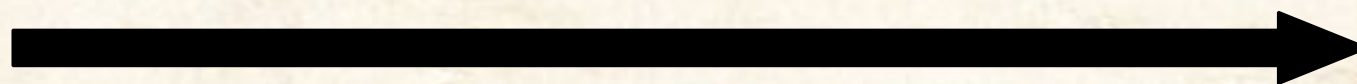


Watersports Footwear

For watersports (Kayak) footwear must be:

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

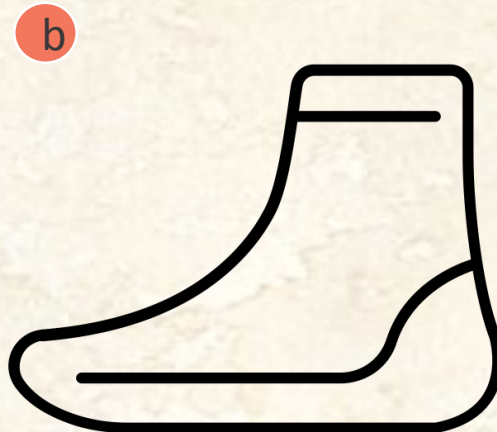
IDEAL



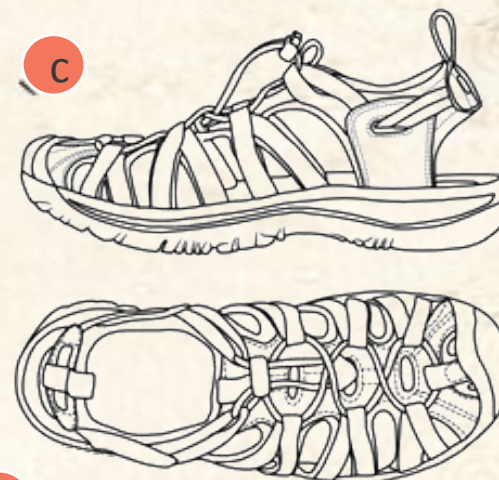
ADEQUATE



- a** WATER SHOES
- ☐ Good Grip
 - ☐ Ankle Support
 - ☐ Snug fit



- b** NEOPRENE BOOTS
- ☐ Good Grip
 - ☐ Snug fit



- c** CLOSED TOED SANDALS
- ☐ Good Grip
 - ☐ Snug fit



- d** OLD TRAINERS
- ☐ Old/Worn
 - ☐ A little small with socks, but will be fine without socks!

NB. This footwear will get wet!



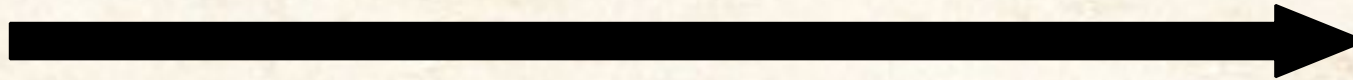
Hiking Footwear

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 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

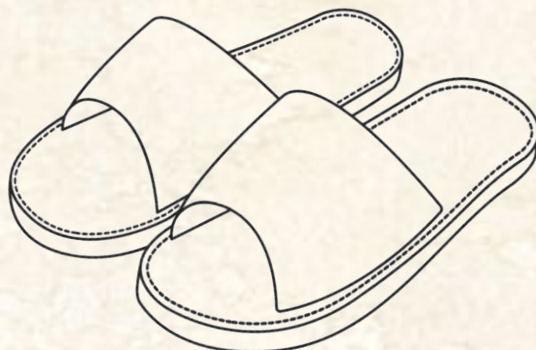
NB. This footwear may get wet/dirty!



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 Dan 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

THANKS



www.asiamotions.com.vn



[asiamotionsofficial](https://www.facebook.com/asiamotionsofficial)



[@asiamotions](https://www.instagram.com/asiamotions)



Keep Moving 