

perma
vision

ripple of positive learning

Outdoor Camps Summer 2024

Chiang Mai Thailand

Go on Adventures

Outdoor Camps Summer 2024

Join us on an unforgettable journey of self-discovery and transformation at our outdoor Summer Camps. Our program challenges students to push beyond their limits, confront fears, and develop essential life skills such as teamwork, communication, leadership, and problem-solving. Through a diverse range of activities such as hiking, rock climbing, and kayaking, students can identify their comfort zones, explore new possibilities, and overcome obstacles that once seemed insurmountable.

Our Summer camps offer more than just personal growth. Students also develop a profound appreciation for the natural world and a sense of responsibility for preserving our planet's resources. By forging meaningful connections with like-minded individuals, they create lasting memories and gain the skills necessary to thrive in all aspects of their lives. So, come and discover a world of adventure and personal growth with us at our outdoor Summer camps.



Outdoor Camps Summer 2024



Activity Items

| Period | Theme | Activity Items | Place | Time |
|--------|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|-----------|
| Week 1 | Outdoor adventure | Orientation First Aid Course Rock Climbing Rappelling Kayaking Biking Caving Leadership and Teambuilding Navigation | Meang, Chaing Mai | Overnight |
| Week 2 | Become an Intellectual Adventure | Caving Thai Cookery Climbing Kayaking Archery High ropes And Rappelling Hiking Cultures | Fang, Chaing Mai | Overnight |
| Week 3 | Experience Cultural Outdoor Activities | Community Volunteer Service Cultures Kayaking Confidence Course High ropes River Kayaking Bushcraft skill Boat trip Archery Hiking Thai cookery | Fang, Chaing Mai | Overnight |
| Week 4 | Explore Mountain and Camping Skills | Perma Farming Culture Rock climbing Hiking Jungle Survival Cooking High ropes Organic Soap Making | Fang, Chaing Mai | Overnight |

★ Weeks 2 to 4 is an overnight itinerary thus the schedule won't be suitable for those only wanting daytime activities.

★ Week 2 + week 3 is a two-week program, the schedule won't be suitable for those only wanting 1 week.

Week 1

Outdoor Specialist Adventures



We introduce a variety of outdoor adventure skills to prepare students for their outdoor experience. By teaching students the skills they need to participate in outdoor activities safely and confidently, as well as helping them to develop a lifelong love for the outdoors.

| | | | | |
|-------|--------|------------------------------------------------------------|--------------------|-----------|
| DAY 1 | 1 July | Ice breaking Explore Thai Culture Team Building | Mueang, Chiang Mai | Overnight |
| DAY 2 | 2 July | Orientation Leadership Team Building First Aid Course | Mueang, Chiang Mai | Overnight |
| DAY 3 | 3 July | Rock Climbing Rappelling | Mueang, Chiang Mai | Overnight |
| DAY 4 | 4 July | Trekking Navigation | Mueang, Chiang Mai | Overnight |
| DAY 5 | 5 July | Caving San Kamphaeng Hot Springs | Mueang, Chiang Mai | Overnight |
| DAY 6 | 6 July | River Kayaking | Mueang, Chiang Mai | Overnight |
| DAY 7 | 7 July | Rain Forest and Lake Biking | Mueang, Chiang Mai | Overnight |



Learning Benefits

- 01 Understanding and bracing various leadership styles, team building models for framing experiences.
- 02 Basic knowledge of first aid which is a crucial life skill that can help students stay safe during outdoor adventures and respond to emergencies. Students can learn how to identify and treat common injuries, manage heat exhaustion or hypothermia, and perform CPR.
- 03 Basic rock climbing and rappelling skills including knot tying and climbing techniques.
- 04 Navigation: Learning how to navigate using a map and compass which can help students develop a sense of direction and spatial awareness, which can be useful in many outdoor and indoor settings.
- 05 Basic river kayaking skills including how to eddy in/eddy out, reading river conditions and paddling techniques.
- 06 Principles of cave surveying and cave geology which can help students understand the natural world and the complex geological processes that shape our planet.

Week 2

Become an Intellectual Adventurer



Becoming an intellectual adventurer involves stepping outside of one's comfort zone and embracing new challenges and experiences. In an outdoor adventure program, students can learn to take calculated risks and develop a growth, which can help them succeed both inside and outside of the classroom. By cultivating a love of learning and developing key skills and traits such as resilience, perseverance, and self-awareness, students can become more confident, capable, and engaged learners. Outdoor adventure programs can provide a unique and valuable opportunity for students to explore their potential, discover their passions, and develop the skills and mindset they need to thrive in today's rapidly changing world.

| | | | | |
|-------|---------|-----------------------------------------------------------------------------------------------------|---------------------------|-----------|
| Day 1 | 8 July | Chiang Dao Cave | Chiang Dao, Chiang Mai | Overnight |
| Day 2 | 9 July | Team and Leadership challenges Thai Cookery | Fang, Chiang Mai | Overnight |
| Day 3 | 10 July | Kayaking : Thaton to Sob Fang Archery Climbing | Fang, Chiang Mai | Overnight |
| Day 4 | 11 July | Hiking to the Chinese Village of Ban Yang | Fang, Chiang Mai | Overnight |
| Day 5 | 12 July | High ropes abseiling Hill Tribe Temple Hike | Fang, Chiang Mai | Overnight |
| Day 6 | 13 July | Roi Jai Rak : Art and Craft Activities Rafting | Fang, Chiang Mai | Overnight |
| Day 7 | 14 July | Discover Chiang Rai Hiking to the Golden Triangle The Hall of Opium Museum The White Temple | Mueang, Chiang Mai | Overnight |



Learning Benefits

- 01 Principles of cave surveying and cave geology.
- 02 Understanding Thai Cultures. (In Thailand, temples are often the place where most Thai people meet to perform traditional religious and cultural rituals)
- 03 Learning about various leadership styles and team-building models, and gaining valuable experience in working collaboratively with others to solve problems and achieve common goals. Solving complex problems and developing effective problem solving strategies.
- 04 Learning basic rock climbing and rappelling skills, including knot tying and climbing techniques, can help students develop their physical coordination and strength, as well as their mental focus and concentration.
- 05 Understanding the proper paddle strokes, having a combination of technical skills, physical abilities, and mental focus is crucial for successful and safe rafting.
- 06 Overcoming obstacles and completing challenging tasks can boost self-confidence and self-esteem. High ropes and abseiling can help individuals feel a sense of accomplishment and improve their self-image.

Week 3

Experience Cultural Outdoor Activities



Experience the richness of diverse cultures, contribute to the community, and push beyond your limits with our outdoor programs. Our backcountry adventures offer a unique opportunity to develop skills for adapting to life in nature, fostering a deep appreciation and connection to the natural world. By overcoming challenges and working together with like-minded individuals, participants can gain a greater sense of self-awareness, confidence, and personal growth. Join us on an unforgettable journey of discovery and transformation, in a setting in which you can explore new possibilities, make lasting memories, and develop essential life skills.

| | | | | |
|-------|---------|--------------------------------------------------------------------------|----------------------|-----------|
| DAY 1 | 15 July | Community Volunteer Service The Blue Temple | Chiang Rai | Overnight |
| DAY 2 | 16 July | Community Volunteer Service Kayak: Sob Fang to Mae Salak | Fang, Chaing Mai | Overnight |
| DAY 3 | 17 July | Confidence Course Bushcraft skills | Fang, Chaing Mai | Overnight |
| DAY 4 | 18 July | Hiking to Gardens and Hill Tribe Market of Roi Jai Rak Tea Plantation | Chiang Rai | Overnight |
| DAY 5 | 19 July | Pha Khaem Hike and boat trip Thai Cookery | Fang, Chaing Mai | Overnight |
| DAY 6 | 20 July | Archery Confident Course High Rope | Fang, Chaing Mai | Overnight |
| DAY 7 | 21 July | Back country living skill course | Mueang Chaing Mai | Overnight |



Learning Benefits

- 01 Overcoming fears and developing effective leadership skills
- 02 A confident course is a training program designed to help individuals build self-confidence and develop the skills needed to overcome self-doubt and negative self-esteem.
- 03 Discovering what they are capable of and how it connects with the communities in which they live. Community service can provide opportunities to develop skills such as communication, teamwork, leadership, problem-solving, and time management. These skills can be helpful in academic, personal, and professional settings.
- 04 Back country living skills including: packing a backpack, shelter building, fire starting, water collection and purification, food procurement and preparation, practicing "Leave No Trace".
- 05 Working in a team environment & contributing in a selfless manner.
- 06 Understanding Thai Cultures. (In Thailand, temples are often the place where most Thai people meet to perform traditional religious and cultural rituals.)

Week 4

Explore Mountains and Camping Skills



Exploring mountains and developing camping skills can be a great way for students to gain exposure to advanced living skills and to challenge themselves with new experiences. Trekking can deepen one's connection to the natural world by experiencing the beauty and power of mountains, rivers, and other natural features. This can promote a greater appreciation for the environment and a desire to protect it, and also to reach new summits and experience the transformative nature of a wilderness journey.

| | | | | |
|-------|---------|----------------------------------------------------|-----------------------|-----------|
| DAY 1 | 22 July | Trekking Set Up Camp | Campsite | Overnight |
| DAY 2 | 23 July | Rock Climbing and High Rope Course | Campsite | Overnight |
| DAY 3 | 24 July | Hiking Observe Pha Dam Waterfall | Doi Inthanon Campsite | Overnight |
| DAY 4 | 25 July | Perma Farming Culture Team Building & Leadership | Doi Inthanon Campsite | Overnight |
| DAY 5 | 26 July | Hiking & Jungle Survival | Doi Inthanon Campsite | Overnight |
| DAY 6 | 27 July | Weaving Northern Hill Tribe Clothes | Doi Inthanon Campsite | Overnight |
| DAY 7 | 28 July | Making Organic Soap Nature Building | Mueang, Chiang Mai | Overnight |



Learning Benefits

- 01 Back country living skills including cooking and setting up a campsite.
- 02 Working out complex problems and developing problem solving strategies.
- 03 Overcoming fears and growing as a leader.
- 04 Low rope systems skills including advanced knot tying, 3:1 mechanical advantage system and using pulleys.
- 05 Principles of forest conservation.
- 06 Conducting science experiments and gaining practical experience.
- 07 Navigation skills using a map and compass including cardinal, ordinal, secondary intercardinal directions, finding a bearing, and measuring elevation.
- 08 Understanding Perma Farming Culture, it can be understood as the growth of agricultural ecosystems in a self-sufficient and sustainable way.

Accommodations

There are 2 types of accommodations



Room



Tents (in the middle of nature)

In week 1, 2 and 3 students will stay overnight in separate boy and girl rooms with en-suite bathroom and AC

In week 4 students will stay overnight in tents at a campsite.

Transportation

Student's safety is our #1 priority. The camp provides air-conditioned minivans that offer seating for 8 passengers in vehicles which have been inspected daily by professional drivers. Our staff ensure that all students are wearing seatbelts and follow all passenger safety rules and expectations.

餐食/Meals



Thai food is famous throughout the globe for its taste and creativity. The Chiang Mai region has a unique style for cooking and preparing local cuisine. Sampling the local food can be a great way to add to the experience of adventure. We provide meals for each activity as well as supplying students with necessary raw ingredients and utensils for camp cooking and specially tailored cooking classes. We work with local providers to minimize our environmental impact.

Costs & Details Summary Payment and Cancellation Policy

A–full payment is required upon registration. In the case of a cancellation, the payment is nonrefundable.
If the visa gets refused, the payment will be refunded in full.

| Period | Date | Days | Activities items | Days | Price |
|--------|-------------------|--------|----------------------------------------|-----------|------------|
| Week 1 | 1 July - 7 July | 7 days | Outdoor Specialist Adventures | Mon - Sun | USD 734 \$ |
| Week 2 | 8 July - 14 July | 7 days | Become and Intellectual Adventurer | Mon - Sun | USD 734 \$ |
| Week 3 | 14 July - 21 July | 7 days | Experience Cultural Outdoor Activities | Mon - Sun | USD 734 \$ |
| Week 4 | 22 July - 28 July | 7 days | Explore Mountains and Activities | Mon - Sun | USD 734 \$ |

★ weeks 2 to 4 is an overnight itinerary thus the schedule won't be suitable for those only wanting day time activities.

Pricing Includes

- All outdoor adventure activities and personal development programs.
- Transportation in vans between all program locations.
- Camping accommodation (where indicated)
- Local Thai meals and supplies for cooking.
- Applicable 7% government tax.
- Specialty equipment for outdoor activities (e.g. climbing gear, tents, sleeping bags).
- Drinking water. ● Insurance

Pricing does not include

- Personal outdoor equipment (backpacks, hiking shoes, trekking poles, headlamps, etc.)
- Costs associated with evacuation to medical facilities.
- Visa fee (the visa fees will NOT be refunded in all cases)
- Flight ticket (if any) ● Laundry services.

Who can join?

Perma Vision Outdoor Summer Camp is for any student between the ages between 8 to 23 who wants to gain more experiences participating in outdoor adventure activities and learning more about outdoor living skills. Each week we focus on helping students step out of their comfort zones, developing their leadership and teamwork skills, as well as participating in exciting and challenging outdoor activities.

Do I need previous experience?

Our camps are designed for students at any skill level, so no experience is required for any of the activities in our camps. For students who have some experience with certain activities we will find ways to help them progress in their skills and encourage them to act as mentors for less experienced campers. A general level of physical fitness for most activities is suggested.

While not required, it is strongly recommended that students complete at least 1 week of Adventure Camp before joining Week 4: Explore Mountains and Camping Skills so that they are familiar and comfortable with outdoor living.

Camps are divided into 2 age Groups

- 8 - 12 years old group
- 13+ years old group

We create appropriate activities by considering the age range so that students with a similar age can enjoy all programs.

Steps for Registration



- Fill out the registration form
- You will get a confirmation email with a camp information, packing list, waiver form, and payment receipt
- You must sign the waiver and make a payment to complete your registration.

Occupational Health & Safety Protocols

1. Team composition

Our staff exemplifies our core Perma Vision values. We put emphasis on training and safety, leading our staff to evolve professionally. Excellence is what we seek. We partner with fully qualified educators, as well as seasoned adventurers to ensure the best outdoor experience for our students. In the educational spirit of Perma Vision, our staff is mainly Thai nationals and foreign experts, leading to the intercultural exchange we envision for our participants.

2. Risk statement

Prior to their arrival at the camp, we provide information to all of our students, teachers and parents. Any potential risks are made explicit and discussed at length so that everyone is aware of the potential dangers and how to act in an emergency. We provide an emergency contact list to all participants so that they can easily contact us in case of an emergency, as well as a pre-camp safety briefing to ensure that everyone understands the safety measures that have been put in place.

3. Environmental investigation

Our team takes a pre-tour of the areas where we organize our activities, to ensure everyone is familiar with the layout, and to point out any areas of particular concern. We are constantly evaluating the safety of the environment and adapting our protocol to ensure the safety of all participants. Because our activities are set in Thailand, we pay specific attention to the weather, and post any safety warnings for activities that may be particularly dangerous in certain conditions. If the weather conditions are unfavorable, we immediately contact our service providers to find an alternate solution.

4. Professional team

Our staff is highly trained in conflict resolution and de-escalation, in order to respond to any potential conflicts that may occur during the camp. Our staff are also trained in group management, to ensure everyone's safety and that of their belongings. Every member of our team is also trained in basic first aid, such as bandaging scrapes and scratches. Additionally, all of our group activities are supervised by at least two Perma Vision staff members and all of our activities comply with the relevant health and safety regulations.

5. Advance training

We encourage all of our campers to wear appropriate gear, such as hats, closed toe shoes, a hiking backpack, water bottles, hand lamps. Participants will be educated on the appropriate gear they should bring to the camps, and they will be provided with the necessary equipment depending on the activities they'll participate in. All participants are also pre-screened for any potential health and safety risks and those that may be deemed too high risk are given alternative activities.

We have a 24/7 emergency contact available, in case of any medical emergency.



Company Overview

Perma Vision is an educational company that focuses on helping learners from different age groups to discover the world in ways that are beneficial to themselves, useful for society and sustainable over the long term. We have been providing quality and unique services since 2014 and our offerings include student programs, study abroad programs, camps and online classes. We are located in Chiang Mai, Thailand, a place in which the culture and environment encourage us to create unparalleled experiences. Through creative approaches to teaching, it is our mission to help learners discover new horizons and reach higher levels of understanding. Perma Vision strives to cultivate an environment that is holistic & all encompassing, we strongly believe education is a journey that requires a range of life skills and challenging experiences.

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