

Multi Activity Week (upper primary to secondary schools)

Monday	Tuesday	Wednesday	Thursday	Friday
Arrive Kota Kinabalu	Trek to survival Camp	Pack up Camp	Bus Transfer to Sabah Indoor Climbing Centre	Zip Wire Activity
Bus Transfer to Adventure Centre in the Kiulu Valley	Put up hammocks and help to prepare camp	White Water Rafting on the Kiulu River (Grade II)	Introduction to Rock	
Safety Briefing				
Put up mosquito nets and prepare sleeping areas.				
Lunch	Lunch	Lunch	Lunch	Lunch
High Ropes Course	Survival Activities : Water Fire Shelter Food	Team building activity: Jackanory	Bus Transfer to Kironggu Outdoor Rock Climbing Site Climbing on real rock	Depart Adventure Camp
Dinner	Dinner	Dinner	Dinner	Dinner
Blow Pipe Competition	Talk on Borneo Tribes and Culture	Jackanory continued	Riverside Fire, toast marshmallows and cultural dancing.	
Overnight on stretcher hammocks at Adventure Centre	Overnight in jungle hammocks in survival camp	Overnight on stretcher hammocks at Adventure Centre	Overnight on stretcher hammocks at Adventure Centre	