

Program Schedule

Day 0	Morning Departing HK(9am)	Afternoon Arriving Japan(Narita) Bus trip to OBJ(7-8hours) Arriving OBJ(11pm)	Stay OBJ
Day 1	Program start(after breakfast) ORT/self-intro/ice-breaker	Cross-country Ski challenge Hot-spa Debriefing	OBJ
Day 2	Introduction of snow expedition Learning basic skills(map reading, camping in the snow, safety talk...)	Preparing for the expedition Packing and planning. Debriefing	OBJ
Day 3	Day 1 of Snow Expedition Approaching to the place where participants set their base-camp, and setting the base-camp.		Base-camp on the snow
Day 4	Day 2 Peak attack from the base-camp and back.		Base-camp on the snow
Day 5	Day 3 Snow cave solo(Building their own snow caves and stay alone overnight. Normally, they start solo from 3pm and finish next early morning.)		Base-camp on the snow
Day 6	Day 4 Clean-up the base-camp. Head back to OBJ	Clean-up and hot spa. Final debriefing Farewell party	OBJ
Day 7	Leaving OBJ at 8am.	Arriving Narita at 3pm. Flight to HK Arriving HK	

*We have debriefing everyday during the snow expedition.