



2012 WINTER CAMP
冬令營 HANDBOOK

TABLE OF CONTENTS

About Camp Taiwan	3	關於 Camp Taiwan	3
Directors and Staff	4	營地主任與工作團隊	4
Philosophy	5	我們的價值觀	5
The Campers	6	營地學員	6
Living Accommodation	7	住宿設備	7
Dining/Food	8	飲食	8
Health/Medication	9	健康/醫療	9
Camper Hygiene	9	衛生	9
Daily Schedule	CampTaiwan.com	日常作息表	CampTaiwan.com
Transportation	10	交通	10
Mail at Camp	10	營地通訊	10
Homesickness	11	想家	11
Camp Clothes	12	服裝	12
Behavior and Appearance	13	行為和儀容	14
Safety and Security	15	安全和保護措施	15
Mid Camp	16	想在營地裡留久一點？	16

Camp Gives Kids a World of Good!

"I have conviction that a few weeks spent in a well-organized summer camp may be of more value educationally than a whole year of formal school work".

“在與一整年的學校生活相較之下，在一個體制完善的夏令營中待上幾個禮拜，我相信會體驗到更多的教育價值。”

- Charles Eliot, former president of Harvard University 哈佛大學前校長

Camp Taiwan is nestled on 80 acres on the North-Coast in the foothills between Jin Shan and Wan-Li approximately 45 minutes from Taipei. We offer stunning scenery in our terraced-fields, mountain trails, forests, ponds, streams and waterfalls.

We have specialized programs for school groups and corporate groups. Each summer we run a residential North American style summer camp for children ages 6-15. We offer eight one-week sessions during the months of July and August. (Please check camptaiwan.com for exact session dates).

Camp Taiwan endeavors to create a unique camping experience for its participants. We bring the activities, songs, traditions, and spirit that embody North American camping to Taiwan's Beautiful and diverse natural environment.

In doing so we create programs that bring together the best of both cultures. Though culturally diverse, everybody who participates will share a love for the outdoors and some connection to Taiwan.

Camp Taiwan 座落於北海岸的金山與萬里山麓間，共有 88,000 坪的林地，距離台北市約四十五分鐘車程。Camp Taiwan 有梯田、山林步道、森林、池塘、溪流和瀑布，處處皆可發現令您驚奇的美景。

Camp Taiwan 針對不同的學校以及企業團隊提供專業的課程。今年寒假，我們為 9-14 歲的孩子們安排了五個為期三天的傳統北美式冬令營課程(詳細課程時間請上我們的網站 www.camptaiwan.com.tw)。

我們所設計的活動課程能帶出兩種文化中最棒的一面，雖然營地學員的文化背景不同，但藉由 Camp Taiwan 的凝聚，每個人都能共享對戶外生活的熱愛及對台灣這片土地的熱情。



DIRECTORS AND STAFF

Camp Taiwan was co-founded by Tom McDonald and Morty Chu-Langslow. Morty is the Chairman of the Lenton group, an international Logistics Company; she is also a longtime supporter of outdoor education in Taiwan. Before helping build Camp Taiwan, Tom McDonald was the greater China Regional Director for an international HR consulting and staffing company. Tom is the Managing Director of Camp Taiwan and is supported by his wife and co-director Nara McDonald. Nara has over 15 years of camping experience. Before joining the Camp Taiwan team, she was the director of an international preschool in Taipei. Approximately 10 dedicated, energetic individuals make up Camp Taiwan's staff. Our diverse staff, like our campers, adds a unique flavor to our camp community. As a team, our staff works together toward the common goal: to providing a positive, fun and nurturing camp experience for our clients.



營地主任與工作團隊

Camp Taiwan 是由 Tom McDonald 和 Morty Chu-Langslow 共同創立。Morty 是一家國際物流公司 Lenton 集團的董事長，同時也是台灣戶外教育的長期支持者。在籌組 Camp Taiwan 之前，Tom 於全球最大人力資源顧問公司擔任大中華區總經理。目前 Tom 與他的夫人 Nara McDonald 皆為 Camp Taiwan 的營地主任。Nara 擁有超過 15 年的營地經驗，加入 Camp Taiwan 團隊之前，她服務於台北一所國際幼稚園擔任校長一職。Camp Taiwan 的工作伙伴是由大約 10 位專職且充滿活力的伙伴所組成。Camp Taiwan 不同國籍的輔導員團隊為 Camp Taiwan 社群關係中最獨特的教學特色，然而所有的工作伙伴都有一個共同的目標，就是為我們的顧客提供一個正向、有趣且富教育意義的營地學習經驗。

OUR PHILOSOPHY

At Camp Taiwan we aim to create a community founded on respect for self, others and nature. We endeavor to give every participant an experience that opens his or her minds, encourages personal growth, and inspires cultural, social and environmental awareness. In our fun, safe and supportive environment, campers are free to participate fully, make friends and have a memorable experience. We will know that we have had a successful session if each of our campers has tried something new, made friends and had fun.

我們的價值觀

Camp Taiwan 的目的在於建立一個尊重自我、敬愛他人及重視大自然的社群，我們致力於敞開每一位參與者的胸懷、鼓勵個人成長、啟發對文化、社會及環境的重視，讓營地學員能在我們有趣安全且充滿支持的環境下，以無拘無束的心情充分參與活動、結交新朋友且獲得難忘的體驗。

我們的成功來自於每位營地學員在露營的過程中嚐試新的事物、交到新朋友並且獲得樂趣。



Boys and girls have their own separate living areas, but they will participate in camp activities together. Camp Taiwan operates in English, which means that children attending will have to have a functional level of English to attend. It is imperative that your child knows that they will be expected to speak some English every day. Half of our counselors are native English speakers, half are bilingual or native Mandarin speakers. However our daily language is English so, if your child is a non-English speaker or has a limited English ability their stay may be challenging.



營地學員

所有的學員將會一同參與活動，但在生活作息方面，男女生會有不同的起居空間。在 Camp Taiwan 的生活語言以英語為主，因此我們期待每個孩子都能具備基本的英語能力，請務必讓您的孩子知道在營地以英語溝通是生活的一部分，雖然我們有一半的英語輔導員及一半的中英雙語輔導員，但如果您的孩子不具或僅有基本的英文能力，也許不易融入營地課程並且盡情享受活動樂趣。

LIVING ACCOMMODATION

Winter Campers will be staying in the Camp Taiwan Lodge. The first floor of the lodge holds the breakfast room, activity room, one dorm-style room and the shower rooms. The second story has two dorm-style rooms and more bathrooms. Campers will stay 10-15 per room and the counselors will be living in rooms adjacent to the campers. We feel that the day-to-day living experience is as important for the campers as the recreational activities the camp offers.

Counselors will be responsible for overseeing the overall wellbeing, health and hygiene of campers, but campers are expected to have the self-help skills and autonomy to manage daily living tasks on their own with some supervision. If your child has never had to dress or bathe him or herself then this is something they will have to practice before going to camp. Similarly if your child has never spent the night away from you or family before this summer, please do arrange for a sleep-over so that you can determine if a 3-day-away from home is a realistic goal for your child this winter.



住宿設備

冬令營的學員將會住在Camp Taiwan的民宿裡，一樓內有餐廳、活動室、宿舍和淋浴間，二樓內有兩間宿舍和洗手間。每間房有10至15位小朋友並有一位輔導員相鄰而居。我們認為Camp Taiwan所提供的生活教育與戶外教育有著相同的重要性。

輔導員負責協助與管理每位學員的生活、健康及衛生，但學員必須擁有打理自己的基本生活能力，若您的孩子尚未試過自己整理儀容及沐浴，請您務必讓您的孩子來營地之前練習過。同樣的，若您的孩子從未在外獨立過夜，請您安排一次外宿機會，確定您的孩子可以適應三天的冬天營地生活。

Breakfast will be served in the Lodge's breakfast room. All other meals are served buffet style in our pavilion. Assigned table seating will be designed so that campers will meet others. Counselors will sit at the head of each table to make sure campers are eating well both in terms of diet and table manners. Campers will take turns setting tables, serving meals and clearing the tables.

Parents of campers with food allergies or other special dietary needs must discuss these arrangements with the directors prior to registration.

Camp Taiwan 為學員們提供自助式的健康營地飲食，而用餐時的座位都經過設計，所以大家會被安排與其他不同小組或寢室的學員同桌用餐。輔導員會與學員同桌，確認小朋友都有足夠的食物且遵守用餐禮儀。用完餐後，也會請小朋友輪流收拾桌面。

患有食物過敏或特殊飲食需求的參與者，請在報名表上詳細註明，若有需要請與我們聯絡，討論飲食上的需求，確保參與者在飲食上的安全。



HEALTH/MEDICATION

Camp Taiwan employs staff who are first aid or wilderness first aid trained. A copy of the campers Health form must be faxed or sent to the camp office 7 days before to the camper's arrival date. We will not allow campers to camp who have not provided all necessary forms.* Campers who are Taiwan residents must bring their NHI card, which will be kept locked in the infirmary safe until the last day of camp.

Non-resident campers must bring supplemental health insurance documentation.

*All medication-prescription or over the counter (including vitamins) is collected by staff upon arrival. These will be stored in the health center and administered by the camp staff as prescribed by your family physician. All medication must arrive in its original packaging and include detailed instructions for administering and use.

Campers must bring enough medication for the duration of their stay.

健康/醫療

Camp Taiwan 的輔導員都有接受過急救或野外急救專業訓練。在您的小朋友參加營地活動前一個禮拜，請務必將小朋友的健康檢查表填好並傳真或寄回 Camp Taiwan。學員如未完成健康檢查表或者表格填寫不完整，在營地收到完整的資料前將無法參加營地課程活動。居住於台灣的學員請攜帶個人健保卡，在學員離開營地前，健保卡會被保管於保健室；非台灣居民的學員請攜帶健康保險文件。

*所有的藥物（包括維他命）將統一由工作人員在學員來的第一天收集並存放在保健室裡，並且按照您家庭醫師的指示提醒服藥。所有藥物請您保留原包裝，包括詳細的使用說明，以供管理和使用。在營地活動期間，請確定學員有帶來足夠的個人藥物。

HYGIENE/衛生

Counselors accompany children for their morning and evening wash-up to supervise teeth brushing and basic grooming. Optional shower time is available to campers at specific times during the day. One mandatory shower will take place each day before dinner. Some of our campers are sensitive about privacy. These topics are discussed with counselors during training. But, forewarned is forearmed so any concerns your child has should be discussed with the camp directors during registration. This information will be passed on in confidence to your child's counselor so he or she can be particularly sensitive to your child's needs.

輔導員會督導及陪同孩子的早晚盥洗，除了固定的盥洗時間之外，若有需要也可在某些特定的時間梳洗，但在每天晚餐之前為固定的淋浴時間。我們瞭解某些學員在青春時期對個人衛生和隱私特別敏感，這些敏感問題也會在輔導員培訓課程中，與所有的工作人員做完整的討論。若您的孩子有特別的需求，請在報名時與我們聯絡，所獲得的私人資訊只會讓您孩子的輔導員更了解孩子的需求，如此一來，輔導員對您孩子的需求會審慎處理。

All campers are expected to take the Camp Bus to and from camp. Camp buses will depart for camp at 8:00am from Dr. Sun Yat Sen Memorial Hall. Details of departure time and location will accompany your registration form. Buses will return to Taipei (traffic depending) around 6pm on the final day. Camp Tuition includes the transportation fee; however there will not be refunds if you choose to pick your child up.

每位學員都將統一由營地巴士接送往返營地。營地巴士出發的時間為每個梯次的第一天早上 8 點，出發地點為台北市國父紀念館，確切的位置以及時間請您參考報名表內的說明。營地巴士將會在每梯次最後一天約下午 6 點（視交通情況而定）抵達國父紀念館，營隊費用將包含學員的往返交通費，但若您選擇親自來營地接小孩回家，交通費則無法退還。



MAIL AT CAMP

營地通訊

You will receive a call from your camper's counselor on the first evening of camp to let you know how your camper is doing. If you would like to send your child an email please send it to info@camptaiwan.com and **please write your child's English name in the subject section of the email.** If your child is staying for two consecutive sessions, your child will call you on the third evening.

在每一梯次的第一天傍晚，輔導員會親自撥電話給您讓您瞭解小朋友的情況，如果您想寫 email 給您家的小朋友，請寫到 info@camptaiwan.com，並於 **主旨註明小朋友的英文名字。** 如果您的小朋友連續參加兩個梯次的營隊，小朋友會在第三天的傍晚打電話給您報平安。

Camp is wonderful, but it doesn't always feel wonderful for everybody right away. Some, particularly those who have not spent much time away from parents, will experience a few days of homesickness before settling into the camp routine. THIS IS NORMAL and our counselors are trained to recognize the signs and give these campers individual attention until they are settled. Parents can help with the transition to camp by talking openly about camp and homesickness before coming to camp.

What to do/say

Speak openly; if your child knows that it can happen to him/her, it will cause less anxiety. Don't say: "If you don't like camp you can come home." Do say: "If you feel homesick, tell your counselor - don't hide it." Children who are having difficulty adjusting to camp will not make an effort to get involved. Instead they will focus on going home since you offered that option. Help your camper know that we want to support him/her. Before your child goes to camp, explain that camp life and home life are different. Your child should know he or she will sleep in a room with 6-12 others. There will not be a chance for campers to speak to parents on the phone. This makes homesickness worse, so please do not tell your child that they can call you from camp! The more your child knows what to expect, the less likely he or she is to be nervous.

營地生活是很棒的，但是不一定每個人都可以立即感受到。有些小朋友，特別是沒有露營經驗或不曾長時間離開父母的孩子，在習慣營地生活之前，有幾天會想家是正常的，我們的輔導員皆受過專業訓練，會給予想家的孩子適當的協助。來營地之前，家長可用開放的態度與孩子談論營地生活以及想家的問題，這對適應營地有一定的幫助。

如何溝通

請父母與小朋友討論溝通營地生活以及想家的問題，如果您的孩子能提早瞭解這些問題將有助於減低他們的焦慮。請不要說：「如果不喜歡露營，那就回家好了。」因為您提供這樣的選擇，將會使小朋友消極的面對營地生活，對於想家問題的處理上會更加困難。在營地生活期間，我們不提供小朋友直接與家長通電話，因為那只會使想家的念頭更形加劇，因此請不要告訴您的小孩可以打電話回家！

請告訴您的孩子：「如果想家可以告訴你的輔導員，不用隱瞞這種念頭。」幫助學員了解我們會支持陪伴著他/她。在您的孩子到營地之前，請解釋營地生活和家庭生活會有所不同，讓孩子了解他將會與其他 6-11 位學員同宿，野外生活會有昆蟲、蚊子的陪伴，當孩子了解得愈多，緊張感就愈少。



CAMP CLOTHES

All camper clothing must come labeled with their name on their clothes! (Yes, every sock, underwear, shoe and article of clothing). One system that works well is for clothes to be packed in zip-lock bags with the day of the week written on the outside of the bag. Extra clothes in a bag that reads "extra." Please have your child either help pack or watch you pack so that they know what is coming to camp!

Counselors will supervise the unpacking and repacking of clothes. The packing list includes a place for us to check that we are sending home everything that you sent. Things do have a tendency to get misplaced and we will do our best to recover anything that gets lost. Clothes will be stored under the camper's cots in plastic bins. We insist that you pack your child's things in a duffel bag and NOT a suitcase! We will assist campers taking their baggage to/from their rooms and suitcases are much harder to transport on our paths.



服裝

所有學員的衣服物品都必須標示姓名（是的，每一件衣服、每一隻襪子、內衣、鞋子和每一件物品），我們建議您依照日子將小朋友每一天的衣服用品分裝至夾鍊袋中，並且在袋外註明日期，額外準備的衣物可以打包在其他的夾鍊袋裡，並如附圖中於袋子外面寫上「額外衣物」。請讓您的小朋友一起參與打包行李，這個過程可以讓小朋友清楚知道自己帶了哪些物品。輔導員在活動開始及活動結束前，也會依小朋友所帶來的攜帶物品列表來確認所攜帶的物品。小朋友的物品也許會不小心遺失，但我們會竭盡所能尋回失物。

小朋友的衣物將會放在行軍床底下的收納箱。我們建議您為孩子準備旅行袋或大背包來打包行李而不是行李箱！我們會協助孩子搬運行李，但在小徑階梯上搬運行李箱對我們及孩子而言都相當吃力。

Camp can be a magical place. One of the most liberating aspects of camp is the feeling of “starting fresh”. Most campers will come to camp not knowing others - and more importantly not being known. Any labels or expectations are left behind “in the city.” Our behavior and appearance code is something we take very seriously; it applies to all campers and to all staff. Just as each family has their own expectations for behavior and rules about appropriate appearance, Camp Taiwan has one that takes into account the safety, social and emotional well being of the entire camp community. This code is strictly enforced; parents and campers are expected to sign that they have read and will support the code.

Camp Taiwan’s Behavior Code:

We expect all campers to treat peers and staff cordially with respect and in a polite manner. Personality conflicts with other campers may arise so too may differences of opinion with staff; both should be handled in a manner that focuses on the problem, not the person, and there must be a willingness to reach compromise or resolution. The following behaviors will not be tolerated at camp:

1. Teasing, taunting, threatening or discriminating comments, harassment or hazing of any kind.
2. Violence of any kind.
3. Use of foul language or discussion of inappropriate topics as determined by the Camp Directors.
4. Possession or use of tobacco, alcohol, or illegal drugs. All prescription and over the counter medications must be stored in the infirmary and administered under the supervision of our camp Health Personnel.
5. Sexual or intimate relationships.
6. Unauthorized absence from cabin or activity.
7. Abusive or disrespectful behavior towards any member of the camp community.
8. Inappropriate appearances or attire (see below)
9. Possession or the use of personal electronic equipment (cell phones, electronic games, portable stereo’s etc.)

Camp is a place for living outdoors and participating fully. This active lifestyle is compromised if clothing is too tight, loose or if apparel (including shoes, jewelry or other personal decorations) is simply unsuitable. Use of make up and / or wearing of expensive or trendy clothing is discouraged while at camp. A detailed clothing/ equipment and packing list will be sent with your confirmation of registration package.

營地是個很神奇的地方，最棒的就是一切都有「從新開始」的感覺。大多數來參加營地生活的學員並不認識其他人—更重要的是，也沒人認識他們，因此，丟下城市中所有的期待與包袱，盡情投入大自然的懷抱吧！Camp Taiwan 所建立的行為和規範，乃是希望我們會以嚴謹的心來看待事情，且這些準則適用於所有的營地學員與工作人員。就像每個家庭都有自己的規範跟期待，Camp Taiwan 考慮到整個營地生活的安全以及團隊和諧，我們會嚴格執行營地規定，請父母和營地學員在瞭解後同樣給予支持。

Camp Taiwan 的行為規範

我們期望所有的學員要以真誠、尊敬的心和有禮貌的方式對待其他同儕和工作人員。與其他學員的個性不合或和工作人員意見相左的情況都有可能發生，但都應以對事不對人的方式來處理，並且願意達成妥協或找出解決方法。在營地生活當中，下列行為是不被允許的：

1. 嘲笑、辱罵、恐嚇、帶有歧視的評論、騷擾或欺侮其他兒童。
2. 任何一種形式的暴力。
3. 使用髒話或討論不適當的話題，「不適當」的定義將會由營地主任來界定。
4. 持有或使用菸草製品、酒類或禁藥。任何處方藥或非處方藥都會存放在保健室，並會在營地保健人員的督導下使用。
5. 有性行為或親密關係。
6. 擅自離開營區/寢室或在活動中缺席。
7. 對任何營地相關人員表現出辱罵或不敬的行為。
8. 不適當的儀容或衣著（請見下方所述）。
9. 攜帶或使用個人電子用品（手機、遊戲機、隨身聽等等）。

營地是一個讓您享受戶外生活與充分參與的地方，如果衣服太緊、太鬆或裝飾品太多(包括鞋子、珠寶或其他個人飾品)都會影響您的營地活動。建議於營地生活期間不要化妝或是穿著昂貴時髦的服飾。詳盡的攜帶物品列表將會隨著寄給您的行前通知一併附上。



The safety and wellbeing of campers is our number one priority. To ensure that Camp Taiwan is a safe environment we consider safety and security as management issues. We have detailed procedures and policies for making sure each building, activity, piece of equipment, outing, trail and event is carefully planned, checked and inspected. We have written procedures for handling accidents or the unexpected. In building the camp and designing our program we have strictly adhered to the American Camping Association standards for safety and accreditation. We also follow the safety and security standard operation procedures of the highly recognized American adventure programs: NOLS and Project Adventure. Our staff members are first aid and CPR Trained. Jin Shan Hospital is 20 minutes from camp. Camp Taiwan Counselors receive training to become familiar with our operating and safety procedures. We also follow through with two practice evacuations according to our evacuation plan in the event of typhoon or earthquake. After camper lights-out, counselors stay present in the eco-lodge to help any camper in need.

營地學員的安全和健康是我們的第一考量，為了確保 Camp Taiwan 的環境安全，我們將安全與保護措施列為管理重點。我們的每棟建築物、活動、設備、外出、路線等都經過仔細的規劃、確認和檢查，並且列出意外事件的處理程序。在建造營地和設計活動的過程中，我們依照美國營地協會的標準以及美國探險課程(NOLS、Project Adventure Co.)所承認的安全標準作業程序，來考量營地設施的安全。我們的工作人員必須受過急救和 CPR 的專業訓練，最近的金山醫院距離營地僅 20 分鐘。Camp Taiwan 的每位輔導員必須接受訓練以熟悉我們的操作和安全程序，同時依據我們的颱風/地震疏散計劃實施兩次疏散演習。在晚間熄燈後，睡在民宿的輔導員能就近協助需要幫忙的學員。



Campers who stay for consecutive sessions are welcome to stay overnight between sessions. The mid-camp stay includes dinner and a movie night, then breakfast the next morning. There is no additional fee for the mid-camp stay.

我們非常歡迎報名兩個連續梯次的學員夜宿營地，我們將在晚上提供晚餐和電影之夜，早上則供應早餐，民宿及餐點都將免費提供喔！

Not available between sessions 1 and 2.

