



The Boys Brigade, Hong Kong  
**ANCHOR HOUSE**  
香港基督少年軍 鐘訓中心

香港大學專業進修學院  
社會科學・人文及法律學院  
歷奇為本：領袖培訓高等文憑

# **ADVANCED DIPLOMA IN ADVENTURE-BASED LEADERSHIP**

簡介會

課程編號 PROGRAMME CODE : CS042A





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# 1. 課程細則

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# 1.1 課程概覽

- 單元一： **Theoretical Foundations of Experiential Learning and Adventure-based Education**  
體驗式學習與歷奇教育的基礎理論
- 單元二： **Principles and Practice of Adventure-based Leadership** 歷奇為本領袖培訓的概念及實踐
- 單元三： **Debriefing and Facilitation of Adventure-based Experiences** 活動解說與引導的概念及實踐
- 單元四： **Enhancing Personal Growth and Leadership Skills**  
個人成長與領導力
- 單元五： **Outdoor Education and Environmental Awareness**  
環保與戶外教育
- 單元六： **Advanced Technical Skills in Adventure-based Programming** 歷奇活動技巧進階

## 1.2 入學要求及報名方法

申請人需符合以下條件：

- ▶ 香港中學文憑考試五科成績達第二級或以上，包括英國語文、中國語文、數學、通識教育及一科選修科目；**或**
- ▶ 香港中學會考五科成績達E級或以上，包括英國語文（課程乙）及中國語文，另有三年工作經驗；**或**
- ▶ 香港高級程度會考一科AL或 兩科AS成績達E級或以上，或同等學歷；**或**
- ▶ 年滿25歲或以上，擁有三年工作經驗。

報名方法：

- ▶ 填妥申請表格，並交回臻訓中心。
- ▶ 截止報名日期：10月7日。
- ▶ 審批時間約1個月，本會將安排個別面試。
- ▶ 審批結果將10月尾通知申請人。
- ▶ 9月7日將上載最新資料並開始接受報名。

## 1.2 課程內容

### 單元一：Theoretical Foundations of Experiential Learning and Adventure-based Education 體驗式學習與歷奇教育的基礎理論

#### Types of Assessment:

- Group presentation
- Individual report on group presentation
- Individual term paper
- 2-hour examination

This module (40 hours) introduces to students the philosophical and theoretical bases of experiential learning and adventure training as powerful vehicles to personal development and change.

#### Topics to be covered:

1. Historical background of adventure Education
2. Philosophical roots of adventure education
3. Psychological foundations of adventure education
4. Theories of experiential learning & liberal education
5. Experiential learning cycle
6. Theories of adventure
7. Applications of adventure concepts
8. Issues and limitations of adventure practice and experiential learning



## 1.2 課程內容

### 單元二： Principles and Practice of Adventure-based Leadership 歷奇為本領袖培訓的概念及實踐

#### Types of Assessment:

- Group presentation
- Group report on group presentation
- Field experience
- 2-hour examination

**This module (44 hours) aims to engage students in the process of putting experiential learning and adventure education into practice by identifying the essential concepts and principles.**

#### Topics to be covered:

1. Essential elements of adventure-base education programmes
2. Categories of adventure activities and selection criteria
3. Assessment tools and task planning
4. Curriculum sequencing and adventure wave plan
5. Accident theory and risk assessment
6. Emergency procedure – scene control, patients handling

## 1.2 課程內容

### 單元三：Debriefing and Facilitation of Adventure-based Experiences 活動解說與引導的概念及實踐

#### Types of Assessment:

- Individual paper
- Group facilitation skill test
- Debriefing skill test
- Examination

**This module (40 hours) aims to equip students with coaching (including briefing, leading and debriefing) skills in order to facilitate individual personal growth and interpersonal relationships.**

#### Topics to be covered:

1. Nature of debriefing
2. Six generations of adventure facilitation
3. Models of debriefing and facilitation skills
4. Principles and practice of coaching
5. Different levels of learners' motivation
6. Strategies for influencing and managing change
7. Principles of teambuilding
8. Group dynamics and intervention skills
9. Coaching with technology



## 1.2 課程內容

### 單元四：Enhancing Personal Growth and Leadership Skills 個人成長與領導力

#### Types of Assessment:

- Case study
- Quiz
- Individual paper
- Examination

This module (46 hours) aims to facilitate students to understand the psychological aspects of human behaviors with particular emphasis on self enhancement and leadership.

#### Topics to be covered:

1. Understanding human growth through developmental perspectives
2. Risks and protective factors of human development and personal growth e.g. CDF
3. Concepts of self-efficacy and self-esteem
4. Psychology of motivation and change, e.g. Everything DiSC
5. Evaluation of current leadership theories, e.g. TLC
6. Interpersonal communication process and skills



## 1.2 課程內容

### 單元五：Outdoor Education and Environmental Awareness 環保與戶外教育

#### Types of Assessment:

- Log writing
- Individual presentation
- Field trip planning

**This module (36 hours) aims to enable students to design, plan, and implement environmental education activities so that they as activity planners can acquire the basic knowledge, skills and attitudes towards environmental protection and outdoors education.**

#### Topics to be covered:

1. Natural resources of Hong Kong
2. Hong Kong biodiversity
3. Planning and leading skill of environmental education
4. Field trip 1: Tai Tam Tuk Wetland – Outdoor learning activity to the largest wetland in the Island with focus on the wild life and mangroves
5. Field trip 2: Luk Keng – Study the natural and man-made wetland system
6. Field trip 3: Tai Po Kau Special Area – Study the ecosystem including insects, fireflies, etc.



## 1.2 課程內容

### 單元六：Advanced Technical Skills in Adventure-based Programming 歷奇活動技巧進階

#### Types of Assessment:

- Log writing
- Low-event examination
- High-event examination

**This module (64 hours) aims to enable participants to acquire the technical skills of setting up, briefing and leading low & high event challenge activities as required of an adventure trainer. Emphasis will be placed on the risk assessment, acquaintance of safety procedures and crisis management during training process.**

#### Topics to be covered:

##### Part A: Low Event

1. History and development of challenge course
2. Safety check of equipment and materials on low event elements
3. Safety procedure and leading skills of exercises
4. Categories of low event exercises
5. Spotting technique
6. Role and responsibility of instructor

## 1.2 課程內容

### 單元六：Advanced Technical Skills in Adventure-based Programming 歷奇活動技巧進階 (con't)

#### Types of Assessment:

- Log writing
- Low-event examination
- High-event examination

#### Topics to be covered:

##### Part B: High Event

1. Introduction to challenge course
2. Use and care of climbing equipment
3. Setting up and belaying methods and skills
4. Operation procedures of high event
5. High event rescue technique
6. Instruction procedure and skill
7. Skill and procedure on installation of equipment on high rope course
8. Site inspection of high event challenge

##### Part C: First Aid

1. Key points of first aid
2. ABC of first aid

## 1.3 學費及付款安排

- ▶ 全期學費：港幣\$45,000
- ▶ 分三期付款，首期款項須於開學前一星期繳付。其餘兩期學費於開學後第5個月及第12個月後繳付。

## 1.4 考畢証書安排

- ▶ 由香港大學校外進修部頒發的高等文憑証書（資歷架構認可四級資歷）
- ▶ 香港挑戰網陣總會簽發低結構技術証書
- ▶ 香港挑戰網陣總會簽發高結構技術証書
- ▶ 由香港基督少年軍臻訓中心頒發高級歷奇導師証書

## 2. 課程特色

- ▶ **香港大學專業進修學院首次開辦此課程**
- ▶ **學以致用**：臻訓中心將聘用合適學員為兼職訓練員，豐富學員的實踐經驗
- ▶ **回饋分隊/教會**：臻訓中心將安排學員籌劃活動予所屬分隊/教會，作為課程的部份內容
- ▶ **全人成長關顧**：課程附設Everything DiSC個人性格測試，以及職涯規劃導向等全人成長培育。另外，本中心牧者可按學員需要，提供合宜的靈命培育及轉介
- ▶ **考取相關歷奇專業證書**：臻訓中心將安排學員報考低結構及高結構繩網的相關技術證書









# 3. 課堂編排

Module 單元	2017						
	Jun	Jul	Aug	Sep	Oct	Nov	Dec
單元一：體驗式學習與歷奇教育的基礎理論							
單元二：歷奇為本領袖培訓的概念及實踐							
單元三：活動解說與引導的概念及實踐				授課: 5/6-21/8 (一), 6:30pm - 9:30pm (共12堂) 導修: 27/8 (日), 2pm - 6pm 考試: 31/8 (四), 7pm - 9pm			
單元四：個人成長與領導力							
單元五：環保與戶外教育					授課: 23/10 & 30/10, 13/11 & 27/11 (一), 6:30pm - 9:30pm (共4堂) 戶外考察: 28/10, 11/11 & 25/11 (六), 9am - 6pm (共3堂)		
單元六：歷奇活動技巧進階				授課及考核日期: 6/9, 20/9 & 27/9 (三) 2/9, 9/9 & 23/9, 14/10 (六) 2/10 (一) 時間: 9am - 9pm			



## 4. 資助計劃 : ANCHORER

### 簡介：

此項資助基金由臻訓中心訓練伙伴城網歷奇中心捐出，目的為資助有志在歷奇專業方面持續進修的本會導師及同工報讀此課程，讓他們通過學習相關知識及技術，更有效地服侍青少年。

### 基本申請資格：

#### 1. 本會同工

- ▶ 入職滿一年或以上
- ▶ 獲直屬上司推薦
- ▶ 對歷奇專業之青少年工作有承擔

#### 2. 本會義務導師

- ▶ 活躍參與分隊或總部事奉
- ▶ 獲直屬分隊隊長或教牧同工推薦
- ▶ 對歷奇專業及青少年工作有承擔



## 4. 資助計劃 : ANCHORER

### 申請方法及細則：

- ▶ 向臻訓中心索取相關表格，填妥後交回。
- ▶ 截止報名日期：2016年10月7日
- ▶ 審批時間約1個月，並於10月17-21日安排個別面見。
- ▶ 審批結果將於10月尾通知申請人及其推薦人。
- ▶ 9月7日將上載最新資料並開始接受報名。

# 4. 資助計劃： 擴展的免入息審查貸款計劃



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## 概要：

- ▶ 「擴展的免入息審查貸款計劃」提供貸款予在香港修讀指定的專上 / 持續進修及專業教育課程的學生，協助他們繳付學費。

## 申請方法及細則：

- ▶ 學生資助處網頁 <http://wfsfaa.gov.hk>

# 報名及查詢

市場及銷售主任 戴詩琳小姐 (**Stephenie Tai**)

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電郵：**[stephenie\\_tai@bbhk.org.hk](mailto:stephenie_tai@bbhk.org.hk)**