

#### 團隊訓練課程

#### TEAM TRAINING COURSE

- ☆ 團隊課程 Team Building Course
- ☆ 野外歷奇訓練 Adventure-based Training
- ☆ 龍舟團隊合作訓練 Dragon Boating
- ☆ 木筏渡河 Rafting
- ☆ 獨木舟旅程 Canoeing Trip

#### ☆ 團隊課程 (初階-進階-挑戰)

內容：熱身活動  
合作精神和技巧  
領導的竅門  
解難的能力  
溝通和態度

#### 重點：

- 以調換角色的方法，讓管理人及前線員工明白大家所需
- 發揮團隊內的使命感
- 加強團隊的合作素質
- 探索領導的竅門
- 增強應變及解決問題的能力

#### 一日課程

名額：30人起  
時間：上午9時至下午5時  
費用：每位 \$400 (間日) / \$500 (假日)

#### 兩日一夜課程

名額：18人起  
時間：下午3時至翌日下午2時  
費用：每位 \$550 (間日) / \$700 (假日)

備註：以上兩項課程包營費、訓練費、膳食及紀錄光碟)



#### ☆ Team Building Course

Content : Ice-breaking  
Team Development  
Effective Leadership Skill  
Problem Solving  
Interpersonal Skill

#### Highlight :

- To improve cross-functional communication and understanding
- To develop high performance & energetic team
- To create open-minded leaders
- To facilitate conflict resolution within working team

#### One-day Course

Capacity: 30up  
Time: 9a.m. to 5 p.m.  
Course fee: \$400 (weekday) / \$500 (weekend)

#### Two-day One-night Course

Capacity: 18up  
Time: 3 p.m. to 2 p.m. (the following day)  
Course fee: \$550 (weekday) / \$700 (weekend)

Remark: Above two courses include Camp fee, Training fee, Meal & Photo CD included

#### ☆ 野外歷奇訓練

#### 重點：

- 引發生活反思
- 鼓勵和支持參與者共同決策
- 尋找出創意領袖
- 提昇個人承擔的責任感

費用：每項目\$500起/小時/教練  
備註：共35項訓練可供選擇  
訓練人數按項目各異  
請向營地查詢

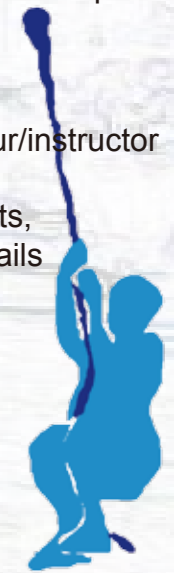
#### ☆ Adventure-based Training

#### Highlight :

- Stimulate life-thinking
- Improve interactive problem solving skill
- Explore different leadership techniques and analytical thinking
- Improve self responsibility

Course fee: \$500 up/event/hour/instructor

Remark: With 35 training events, please call us for details



查詢 Enquiry : 2792 4302

傳真 Fax : 2792 0917

電郵 e-mail: ptc@poleungkuk.org.hk

www.poleungkuk.org.hk/camp.html

### 3 龍舟團隊合作訓練

內容：

- 1) 龍舟划槳的協調方法及節拍
- 2) 安全須知及沉龍之應變

人數：以團隊為單位，  
每隊8-12人

費用：每隊\$1500 / 首兩小時，其後每小時\$900  
(包括教練及舵手)

租用龍舟費用：每隊\$600 / 首兩小時，其後每小時\$400  
(自備教練--必須由相關總會認可)

### 3 Dragon Boating

Highlight :

- 1) Raft method & rhythm
- 2) Safety notes and capsizing technique

Capacity: 8-12 person per boat

Course Fee: \$1500 per boat / first two hours  
Subsequent hours \$900  
(with instructor and helmsman)

Rental Charge: \$600 per boat / first two hours  
Subsequent hours \$400

(with your own instructor--recognised by relevant NSAs)

### 4 木筏渡河

內容：

各組從扎作的過程中，  
體驗群體合作的元素。



### 4 Rafting

Highlight : Learning by doing, explore different  
leadership style and techniques  
Improve interactive decision making  
and problem solving abilities



### 5 獨木舟旅程

內容：學習基本技術

認識獨木舟裝備

旅程路線：北潭涌出發，途經斬竹灣，  
往外前進，折返營地

參加資格：

- 1) 14歲或以上人士
- 2) 不需任何輔助器材游畢50米

費用：每位 \$120

每節：3小時

完成旅程可獲發完成證書乙張作證明

### 5 Canoeing Trip

Highlight : Elementary Level Skill  
Equipment-know-how

Route : From Pak Tam Chung to  
Bamboo Bay, turn around and  
back to the camp.

Requirement:

- 1) 14 years-old or above
- 2) Able to swim 50M without buoyancy

Course fee: \$120 / person

Duration: 3 hours

Award: "Certificate of Completion"



保良局賽馬會北潭涌度假營

團隊訓練課程申請表

Po Leung Kuk Jockey Club

Pak Tam Chung Holiday Camp

Team Training Course Application Form

請填妥下表後傳真給我們。

Please fill in the following and fax to us.

課程資料 (Course Information) :

1. 團隊課程 (Team Building Course)
  - 一日課程 (One-day Course)
  - 兩日一夜課程 (Two-day One-night Course)
2.  野外歷奇訓練 (Adventure-based Training)
3.  龍舟團隊合作訓練 (Dragon Boating)
4.  木筏渡河 (Rafting)
5.  獨木舟旅程 (Canoeing Trip)

團體/公司/機構名稱 (Name of Organisation) :

參加人數 (No of Participant) : \_\_\_\_\_

訓練日期 (Training Date) : \_\_\_\_\_

聯絡人姓名 (Name) : \_\_\_\_\_

聯絡電話 (Tel) : \_\_\_\_\_

傳真號碼 (Fax) : \_\_\_\_\_

電郵 (E-mail) : \_\_\_\_\_

備註 (Remark) : \_\_\_\_\_



保良局康樂服務

聲明：

訓練期內倘有參加者違反營規或不服從導師  
指導而導致意外，概由參加者及本團體自行  
負責。謹以本人簽名及團體印章證明本團體  
之申請。

Declaration :

We will comply with all regulations and condi-  
tions set out for the use of the camp and  
follow the instruction of the instructor. We will  
take full responsibility in the event of any  
violation of the regulations and conditions and  
any accidents howsoever caused.

負責人簽署 Signature :

團體印鑑 Organisation Chop:

日期 Date: \_\_\_\_\_

請傳真至 2792 0917 營地活動組收

Please fax to Programme Section at 2792 0917