

香港女童軍 百年童創新紀元國際大露營

營內體能挑戰活動簡介及須知

Hong Kong Girl Guides Centenary International Camp  
Introduction and points to note for Onsite Physical Challenge Activities



一般須知：出席營內體能挑戰活動時，請穿著輕便服飾及運動鞋，並帶備飲用水。

General Note: Please dress in Sport Casual with Sports Shoes in attending the Onsite Physical Challenge Activities, and bring a bottle of drink water.

B01	星際導航 Navigating in the sky	指南針，有！地圖，有！好朋友，有！有齊哩3寶，最好一定係玩野外定向啦！如果你夠勁夠醒，可能有機會贏到神秘禮物！  When you have compass, map and good buddies, what is the best activity to have? Orienteering! You will have a chance to win a special gift if you are smart enough!
B02	宇宙特工隊 Spiderman	先鋒工程是童軍活動不可缺少的。要成為宇宙特工隊的隊員，征服海盜船、馬騮橋，並與隊員一同建造自己的羅馬炮架，會甚有難度!!  Pioneering is fundamental in our guiding experience. Come and try the Monkey Bridge and the Viking Ship. You may even have a chance to build a catapult with your friends.
B03	飛越太陽系 Over the solar system	先鋒工程是童軍活動不可缺少的。要成功飛越太陽系，你當然有能力征服千揪架、並與隊員一同建造自己的高射炮架。太陽系正等待著你，加油呀！  Pioneering is fundamental in our guiding experience. Come and try the swing. You may even have a chance to construct a ballista with your friends.
B04	雷霆傘兵 Paratrooper	從斜坡上方安全地自行下降到地面，究竟有幾難？你有沒有資格成為一位出色的雷霆傘兵，還看你的膽量！來挑戰吧！  How difficult is to abseil down the slope? Come and be a paratrooper and challenge yourself.
B05	星空結伴行 Space walk in pairs	這是一個需要膽量、合作、溝通的活動。如果你自問有齊上述的特質，歡迎你來體驗一下行走星空感覺。  This low-event challenge requires courage, collaboration and communication. Come and challenge yourself physically and mentally with these trilling rope courses.
B06	齊天奪勝 Jack and the Beanstalk	攀樹並非馬騮的專利。歡迎一眾身手敏捷的你來嘗試一下。  Tree climbing is not only fun, but it's also an excellent workout. See if you are a good climber with physical strength and agility.
B07	星際挑戰 Sky Challenge  注意： 出席活動時請帶備拖鞋 Note: Please bring a pair of flip flop or slippers	這是一個需要膽量、合作、溝通的活動。如果你自問有齊上述的特質，歡迎你來體驗一下行走星空感覺。  This low-event challenge requires courage, collaboration and communication. Come and challenge yourself physically and mentally with these trilling rope courses.
B08	太空*弓*防戰 Star War is on!	有弓有箭不一定玩射箭。在太空，我們一反傳統。快來體驗下另類的弓箭活動。  Let's have some new ideas with an ordinary arrow & bow! Come and experience a new way of archery.