



LIMITLESS

LEARNING THROUGH LIVING

SIX LIFE CHANGING WEEKS

DEPART DATE

11 May 2019

RETURN DATE

21 June 2019



ENGLISH SCHOOLS
FOUNDATION
英基學校協會

Limitless is a ground-breaking new programme for Year 9 students in ESF Schools. It takes our unique approach to Education Outside The Classroom (EOTC) into the dramatic and exciting environment of rural Queensland, Australia.

For six life-changing weeks during Term 3, students will live, work and learn together with experienced facilitators from Higher Ground who are highly trained in interpersonal and group management skills as well as the hard skills associated with outdoor adventure.

Students will learn to take the analytical skills they have learned so far in their school classroom - and apply them to solving real-life problems in a unique and unfamiliar environment.

Limitless will change lives. It will help your child grow in confidence, learn how to work individually and as part of a team - and it will challenge them in ways that will set them up for the remainder of their time in school and beyond.



APPLICATIONS NOW OPEN

www.limitless.esf.edu.hk



WHY CHOOSE LIMITLESS?

For six weeks, your child will be under the supervision of the fully trained leaders and counsellors based at the historical Kenilworth Homestead in Queensland, Australia.

Working at all times in a safe environment, your child will carry out a multitude of tasks that will test their ability to analyse and solve problems, live and work together with people from different schools and different backgrounds - and learn a variety of important life skills.

The experience will be rich and varied. There will be a 10 day expedition, short group and individual tasks and sessions that will ask your child to reflect on themselves, the way they work and the way that they view the world round about them.

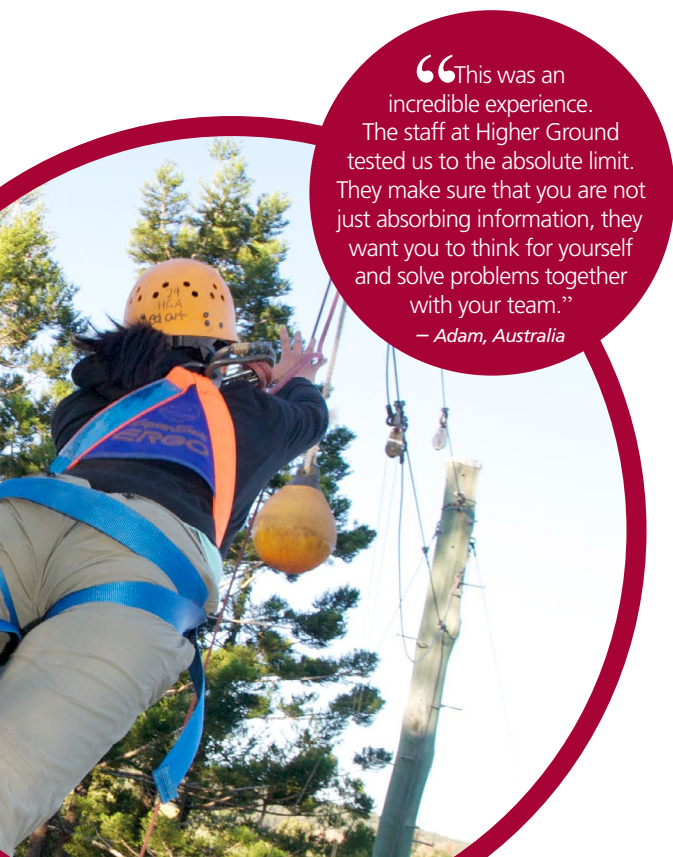
We've chosen to base **Limitless** at the Kenilworth Homestead, because we believe that it is the very best environment of its type anywhere in the world.

Our partner, Higher Ground, is a global leader in providing this type of experiential learning. Each year, thousands of students from Australia and across Asia benefit from the variety of experiences that operate from their campuses.

They share our mission and our approach to teaching. They want every student to be the best that they can be; they want to help develop exceptional young men and women - readying them to take their place as the global leaders of tomorrow.

“This was an incredible experience. The staff at Higher Ground tested us to the absolute limit. They make sure that you are not just absorbing information, they want you to think for yourself and solve problems together with your team.”

— Adam, Australia



Typical Expedition Day

| Time | Activity | Corresponding Programme layer/s |
|----------------|--|--|
| 6.00am | Rise and SHINE Students use the start of the day as personal journaling time to share hopes, intentions, needs and emotions (SHINE) of the day | Social Emotional (SE); Inquiry Based Learning (IBL) |
| 6.30am | Breakfast | |
| 7.00am | Pack up camp | |
| 8.00am | Small group time Daily goal setting and route planning. Choose leaders for the day | Social Emotional (SE); Inquiry Based Learning (IBL) |
| 8.30am | Using the daily plan, students navigate to their destination Students are provided a progressive level of autonomy across the three expeditions | |
| | Lunch Lunch (and breaks) are determined by the students each day | |
| 4.00 - 5.00 pm | Arrive at planned destination and set up camp The plan is to always be in camp between these times. However, this will depend on how the students work together in the execution of the daily plan | |
| 5.00pm | Prepare dinner Daily reflection and journaling | Community Living (CL) |
| 6.00pm | Group time Daily debrief and journaling | Social Emotional (SE); Inquiry Based Learning (IBL) |
| 6.30pm | Free time/ campfire/ planning if needed | Community Living (CL) |
| 8.30pm | Return to tents Programme group and personal goal setting | |
| 9.30pm | Lights Out | |

Limitless is not a break from school; if it were it would take place during the holidays. This is very much part of the curriculum. It may not look like one, but the Higher Ground campus at Kenilworth Homestead is definitely a classroom.

During their six weeks, students will develop their ability to be:



Active and engaged learners



Collaborative contributors



Responsible global citizen



Critical and creative thinkers



Effective communicators



Healthy and Resilient individuals

Limitless will be hosted at the Kenilworth Homestead, a privately run outdoor education centre on the bank of the Mary River and just 2km from the township of Kenilworth. It is located 145km north of Brisbane and 40km west of Noosa.



HOW TO GET INVOLVED?

Any current Year 9 child at an ESF School can apply to join **Limitless**. However, there are only 60 spaces available, so each school will be conducting its own selection process.

As part of the selection criteria, students who are interested in **Limitless** will be asked to write a short application letter setting out why they think they should be chosen to participate in this programme. More information about the selection criteria and process can be found on our website.

Application Process



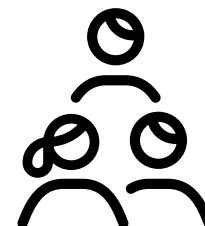
Application to ESF online
limitless.esf.edu.hk
27 September, 3pm deadline



Application includes
a short application letter



Each school will determine
which of its students will be
selected to attend



Limited to 60 Year 9 Students
from across ESF schools

Cost

We are aware that an expedition and experience such as this does require a significant investment from families.

Our team have worked hard to keep the cost as low as possible - and ESF will be offering a subsidy this year of \$5,000 HKD per student.

Paid over three instalments, the total cost per student - including programme fee, flights and insurance: \$53,000 HKD.*

| | |
|--------------------------|------------|
| Tuesday 23 October, 2018 | \$22,000 |
| Friday 18 January, 2019 | \$16,000 |
| Thursday 11 April, 2019 | \$15,000** |

*This is a provisional cost which may change due to exchange rates, etc.

**The final payment is variable and will be based on finalised programme cost


INFORMATION SESSIONS

You can find out more about **Limitless** by attending one of our dedicated Parent Information Sessions:

Tuesday, 18 September 2018

ESF King George V School
2 Tin Kwong Road, Homantin, Kowloon
9:00 - 10:00am

ESF Centre
25/F, 1063 Kings Road, Quarry Bay
7:00 - 8:00pm

Click to  by Wednesday 12 September 2018