



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



# Anchor House

## The Boys' Brigade, Hong Kong



*Training Introduction 2020*

# *Organization Background*

- ◆ Anchor House is a service unit of The Boys' Brigade, Hong Kong
- ◆ We have based in Noah's Ark Hong Kong (Ma Wan) since 2009.
- ◆ We are a social enterprise which has been accredited by Home Affairs Department and Hong Kong General Chamber of Social Enterprises Limited
- ◆ We provide personal growth and team development training service to children, youth and adult



- ◆ We serve over 30,000 Trainees annually, with rich experience of organizing training events.
- ◆ We provide diversified experiential training for trainees from different background, tailor-made the most suitable program in order to fit your company's need.
- ◆ Qualified Trainers from different criteria, including outdoor activities qualification and professional qualification



• Experiential Learning Approach



- ▶ Event Centre is one of the connection with Noah's Ark and Ma Wan Park, with graceful natural landscape.
- ▶ Three-storeyed Event Centre is the perfect venue for training program, meetings and events. With a variety of spaces, We have 3,750 square feet for indoor function room, 4,500 square feet of indoor sport hall and 5,700 square feet of rooftops space with audiovisual, sports and adventure equipment.



## Leadership



- Building a Winning Team
- Change Management
- Mentoring

## Individual Effectiveness



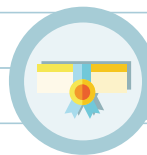
- G.R.O.W Self-breakthrough
- L.E.A.D-Adversity Quotient
- Motivation
- Bridging to Work

## Team Dynamic



- Team Building
- Caring Culture
- Communication

## Certification



- The Leadership Challenge®
- Personality Dimension®
- Everything DiSC®
- MBTI®

*Trainer  
Profile*



# QUALIFICATION INCLUDES

Registered Social Worker

Clinical Psychologist

Spiritual Director

Everything DiSC® Certified Practitioner

Myers-Briggs Type Indicator (MBTI®) Certified Practitioner

Personality Dimensions® (Level 1) Qualified Facilitator

Licensed Practitioner of Neuro-Linguistic Programming® (NLP)

Global Career Development Facilitator® (GCDF)

Instructor of The Leadership Challenge

Registered Mountain Leader of China Hong Kong

Mountaineering and Climbing Union

High Event Instructor of Challenge Course Association of Hong Kong, China

Low Event Instructor of Challenge Course Association of Hong Kong, China

Abseiling Instructor of Challenge Course Association of Hong Kong, China

Coach of Hong Kong Canoe Union

Coach of Orienteering Association of Hong Kong

First Aid Certificate

Mental Health First Aid

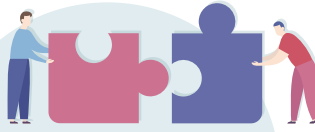
# Our Products

## High Rope



- Vertical Challenge
- Horizontal Challenge
- Challenge Pole
- Four In One
- High Beam
- Abseiling

## Building Infinity



- Balloon Wall
- Sand Castle
- Dream City

## Running Heroes

- Ma Wan Orienteering
- Micro O



## CSR/Service Learning

- Happy/Caring/Team challenge Journey
- Environmental Protection



## Lashing Inc.

- Bridge (Big or Small)
- Catapult
- Rickshaw



## Draw Something

- Circle Painting



## Everything DiSC®

A leading behavior pattern assessment tool in corporate training & solutions.



## Sport & Recreation

- Ma Wan Eco Tour
- KinBall
- Dodgebee
- SUP
- Kayak (Star Award or Trip)
- Hiking
- Floor Curling
- Crate Climbing
- Archery Tag®



## Team Bonding Decathlon

A succession of mini training games tailor-made for you.



## Fun Cooking

- Grilled Pizza
- Wild Cooking
- Decent Chef
- Sugar Buddy



## Adventure in the Sea

- Rafting
- Kayaking



## Adventure on the Land

- Hiking
- Stream Hiking
- Shore line Trekking



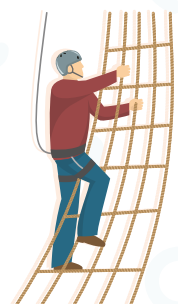


## High Rope

- ▣ Vertical Challenge
- ▣ Horizontal Challenge
- ▣ Challenge Pole
- ▣ Four In One
- ▣ High Beam
- ▣ Abseiling

### It's about

- High Rope Course
- 8 meters high, 15 stages in total
- It is not only about self-breakthrough, but also about how to help others to achieve the task.
- Work together
- Enjoy the great scenery in Ma Wan after accomplishing the challenges



Intensity:	High
Duration:	2-3 hours
Max Pax:	100
Core Skills:	<ul style="list-style-type: none"> <li>● Self-breakthrough</li> <li>● Cooperation</li> <li>● Mutual Trust</li> <li>● Practice Sharing</li> <li>● Positive Attitude</li> </ul>



## Lashing Inc.

- ▣ Bridge (Big or Small)
- ▣ Catapult
- ▣ Rickshaw

### It's about:

- Materials include bamboos and ropes
- Lashing techniques
- Participants have to finish the designated product in limited time and use their creativity by putting company's elements
- This task requires communication skills and problem-solving skills
- There will be a competition within groups



Intensity:	Medium
Duration:	1.5-2 hours
Max Pax:	100
Core Skills:	<ul style="list-style-type: none"> <li>● Time &amp; Resources Allocation</li> <li>● Performance Management</li> <li>● Verbal &amp; Non-verbal</li> <li>● Communication</li> <li>● Unity</li> </ul>



# Building Infinity



## Sand Castle

- Building infinity with unlimited creativity
- Making the unique sand castle for your company

Intensity:	Medium
Duration:	2-2.5 hours
Max Pax:	30
Core Skills:	<ul style="list-style-type: none"> <li>● Strategic Planning</li> <li>● Division of Labor</li> <li>● Persistence</li> <li>● Performance Management</li> <li>● Collaboration</li> </ul>



- Sand Castle
- Dream City
- Balloon Wall



## Balloon Wall

- Use balloons and make different combinations in order to create the most unique balloon wall with your organisation's style.

Intensity:	Medium
Duration:	2-2.5 hours
Max Pax:	120
Core Skills:	<ul style="list-style-type: none"> <li>● Strategic Planning</li> <li>● Division of Labor</li> <li>● Synergy Effect</li> <li>● Verbal &amp; Non-verbal</li> <li>● Communication</li> <li>● Collaboration</li> <li>● Alignment of VMV</li> </ul>



## Dream City

- By using the materials from daily life (e.g. stationary, newspaper, cardboard etc.), you are here to build the dream city with collaboration with your teammates and your imagination.

Intensity:	Medium
Duration:	2-2.5 hours
Max Pax:	100
Core Skills:	<ul style="list-style-type: none"> <li>● Strategic Planning</li> <li>● Division of Labor</li> <li>● Synergy Effect</li> <li>● Verbal &amp; Non-verbal</li> <li>● Communication</li> <li>● Collaboration</li> <li>● Creativity</li> </ul>



## Draw Something

### Circle Painting



Circle Painting





- Art in Life
- Stress relief
- Self-expression
- Appreciating your teammates
- Encouraging your team through creating the artwork together

Intensity:	Low
Duration:	2-2.5 hours
Max Pax:	50
Core Skills:	<ul style="list-style-type: none"><li>● Concentration</li><li>● Stress Relief</li><li>● Alignment of VMV</li><li>● Respect &amp; Appreciation</li><li>● Unity</li><li>● Creativity</li></ul>



## Running Heroes

-  Ma Wan Orienteering
-  Micro O



*Ma Wan Orienteering*

- Result won't lie
- Learn how to make the right decision in the right time
- Group organization and cooperation



*Micro O*

- Your participation is worthy
- Group organization and cooperation
- Physical challenges



Intensity:	Medium
Duration:	2-2.5 hours
Max Pax:	50
Core Skills:	Goal Setting Intention Decision under uncertainty Establishment of Information Flow Cooperation Integrity





## Fun Cooking

- Grilled Pizza
- Wild Cooking
- Sugar Buddy
- Decent Chef



### It's about

- Make your own meal with limited time and materials
- With creativity, every one can make their delicious lunch, dinner or snacks



Intensity:	Medium
Duration:	2-3 hours
Max Pax:	60
Core Skills:	<ul style="list-style-type: none"><li>Planning</li><li>Time &amp; Resources Management</li><li>Appreciation</li><li>Problem Solving</li><li>Creativity</li></ul>

## Team Bonding Decathlon

- ▣ A succession of mini training games tailor-made for you

### It's about:

- Our professional trainers will plan and design different challenges and activities for your company according to your team's situation and fits your company's developmental needs.
- The designed program will help creating the coherence, building the harmonious culture of communication and finally help you to develop a high efficient and effective team.



Intensity:	Low-Med
Duration:	3-8 hours
Max Pax:	120
Activities:	High Wall, Black Hole, Flying Brick, Balls & Rings, Reaction Ball, Magic Stick, Blind Color, Detective, Color shapes, Ball Railway, Trust Circle, Star Gate etc.





## Adventure in the wild - Sea

- ▣ Rafting
- ▣ Kayaking - Shorting Sea Trip



### *It's about:*

- A boat sailing against the current must forge ahead or it will be driven back
- Grasp the nettle, you have to be brave and work hard



Intensity:	Medium
Duration:	3-4 hours
Max Pax:	30
Core Skills:	<ul style="list-style-type: none"><li>● Planning</li><li>● Endurance</li><li>● Problem Solving</li><li>● Positive Attitude</li></ul>

## Adventure in the wild - Land

- ☐ Hiking
- ☐ Stream hiking
- ☐ Shoreline trekking



### It's about:

- Through hiking or walking in different tracks and routes, participants should be mettle and brave to complete the route required.



Intensity:	High
Duration:	4-6 hours
Max Pax:	30
Core Skills:	<ul style="list-style-type: none"><li>● Planning</li><li>● Endurance</li><li>● Decision Making</li><li>● Positive Attitude</li></ul>



## Sport & Recreation

- 📄 Ma Wan Eco Tour
- 📄 Kin Ball
- 📄 Dodgebee



Ma Wan Eco Tour

● Ma Wan Park as the classroom of nature




Kin Ball

Intensity:	Low-Medium
Duration:	3-8 hours
Max Pax:	30
Core Experience:	<ul style="list-style-type: none"> <li>👉 Relax &amp; enjoy the nature</li> <li>👉 Self-reflection for the work &amp; life</li> <li>👉 Sense of Achievement by learning something new</li> <li>👉 Exciting moment with peers</li> </ul>

Intensity:	Medium-High
Duration:	2-4 hours
Max Pax:	30
Core Skills:	<ul style="list-style-type: none"> <li>👉 Relax &amp; enjoy the nature</li> <li>👉 Sense of Achievement by learning something new</li> <li>👉 Exciting moment with peers</li> </ul>

Dodgebee





# Open Course

## Sport & Recreation

- ☐ SUP
- ☐ Kayak (Star Award or Trip)
- ☐ Hiking



Intensity:	Low-Medium
Duration:	3-8 hours
Max Pax:	30
Core Experience:	<ul style="list-style-type: none"> <li>🔵 Relax &amp; enjoy the nature</li> <li>🔵 Self-reflection for the work &amp; life</li> <li>🔵 Sense of Achievement by learning something new</li> <li>🔵 Exciting moment with peers</li> </ul>





## Crate Climbing

- Crate climbing is an exciting team activity involves building a tower using bottle crates, with climbers remaining standing on the uppermost crate as the tower gets taller. The aim is to build as high as you can until your tower topples. A great team building activity that everyone can get involved in.



Intensity:	Medium
Duration:	1.5-2.5 hours
Max Pax:	30
Core Experience:	<ul style="list-style-type: none"> <li>• Self-Breakthrough</li> <li>• Sense of Achievement</li> <li>• Risk Awareness</li> <li>• Consideration of others</li> </ul>

- Crate Climbing
- Archery Tag®
- Floor Curling

## Archery Tag®



- The Archery Tag is a sport closely resembles dodgeball. Participants form teams of 5 and shoot at opponents with large foam tip arrows using a bow. To avoid injury, participants wear protective face masks.

Intensity:	High
Duration:	1.5-2 hours
Max Pax:	40
Core Experience:	<ul style="list-style-type: none"> <li>• Strategy Planning</li> <li>• Making Decision under stress and adversity</li> <li>• Encouragement</li> <li>• Individual contribution for Team Success</li> </ul>



## Floor Curling

- Floor Curling is a gentleman team sport with no physical contact with opponent team players. The game involves 2 teams. Each team delivers six rocks alternatively. Upon completing an end, the team with its rock closest to the centre of the house wins the game.



Intensity:	Medium
Duration:	1.5-2 hours
Max Pax:	30
Core Experience:	<ul style="list-style-type: none"> <li>• Practice makes precision</li> <li>• Strategy Planning</li> <li>• Making Decision under stress and adversity</li> </ul>

- ☑ Happy Journey
- ☑ Caring Journey
- ☑ Team Challenge Journey



Intensity:	Low-Medium
Duration:	3-8 hours
Max Pax:	60
Activities	<ul style="list-style-type: none"> <li>● High Rope Challenge</li> <li>● Wild-cooking</li> <li>● Orienteering</li> </ul>

*It's about*

- Create a precious moment with children from different backgrounds
- Reflection of how to build up a better connection and relationship



### Environmental Protection

- Coastal Clean up around Ma Wan
- Help tackling marine litters problem in Hong Kong, which is one of the most alarming environmental problem in Hong Kong.

Intensity:	Low-Medium
Duration:	3-8 hours
Max Pax:	60
Activities	<ul style="list-style-type: none"> <li>● Kayak (short sea trip) &amp; collect the trash along the coastal line</li> </ul>

## Everything DiSC®



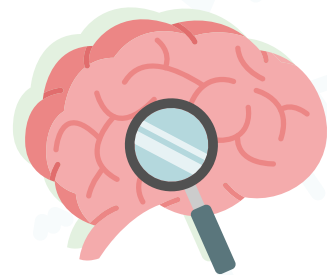
- ▣ A leading behavior pattern assessment tool in corporate training & solutions.



### *It's about:*

- Everything DiSC® is the leading developer of DiSC®-based corporate training and assessment solutions. The instrument-based learning systems transform individuals, teams, and organizations by helping people develop a deeper understanding of themselves and their relationships, helping organizations realize greater success.

Intensity:	Low-Medium
Duration:	3-8 hours
Max Pax:	30
Core Experience:	<ul style="list-style-type: none"><li>Self: Self-understanding</li><li>Others: understanding others</li><li>Situation: Adaption under various situation</li></ul>





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