

# 香港航空青年團

## HONG KONG AIR CADET CORPS

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To : All OC Major Units  
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Wg

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### Expedition Instructor Training Course 2019 遠足導師訓練課程 2019

This course welcomes experienced officers and members, who are interested to provide expedition training to cadets, to join. Through a series of trainings and placements and making use of wild unique training elements and skills learnt during the course, candidates can become instructors to provide trainings to cadets so as to enhance their personal growths, interpersonal relationships and teamwork, etc. Cadets are also encouraged to join different activities of The Hong Kong Award for Young People (AYP) to learn more about their own selves, to take challenges and to learn to be leaders. Details are as follows:

本課程邀請有興趣為向各學員提供野外鍛鍊培訓之資深長官及團員參與，透過一系列訓練及實習，善用野外獨特的訓練元素，運用在課程內所學的技能，成為教練後為本團籌劃團員提供個人成長、人際關係和團隊合作等方面的訓練活動，並鼓勵參與香港青年獎勵計劃各項活動，讓他們認識自己，挑戰自我外，培育為青年領袖。詳細資料如下：

**Course** Part I: Lectures, Expedition Skills & Instructor Teaching Training  
**Schedule** 第一部份：理論課、遠足技巧及導師教學訓練  
**課程安排**

Period: September 2019 - January 2020  
時段：2019年9月至2020年1月

Date 日期	Backup Date 後備日期	Time 時間	Venue 地點	Training Item 訓練項目
8/9/2019 (Sun)	12&19/9/2019 (Thu) 1930-2200	0900-1800	市區課室 (黃大仙/ 紅磡) /郊野公園	Lecture 理論課
15/9/2019 (Sun)		0900-1800		Lecture 理論課
29/9/2019 (Sun)	1/10/2019 (Tue)	0900-1800		Field Training & Practical 野外訓練及 實習旅程(I)
5-6/10/2019 (Sat-Sun)	12-13/10/2019 (Sat-Sun)	0900 (5/10)- 1800 (6/10)		Field Training & Practical 野外訓練及 實習旅程(II)
19-20/10/2019 (Sat-Sun)	26-27/10/2019 (Sat-Sun)	0900 (19/10)- 1800 (20/10)		Field Training & Practical 野外訓練及 實習旅程(III+IV)
25/10/2019 (Fri)	/	1930-2200		Lecture 理論課

1-3/11/2019 (Fri-Sun)	22-24/11/2019 (Fri-Sun)	2000 (1/11)- 1800 (3/11)	市區課室 (黃大仙/ 紅磡) /郊野公園	Field Training & Practical 野外訓練及 實習旅程(V+VI)
8/12/2019 (Sun)	/	1000-1800		Mock Teaching 模擬教學
24-26/12/2019 (Tue-Thu)	26-28/1/2020 (Sun-Tue)	0900 (24/12)- 1800 (26/12)		Silver Level Mock Placement & Expedition Assessment 銀章級模擬實習 及遠足評核旅程
12/1/2020 (Sun)	9/2/2020 (Sun)	1000-1230		Assessment Presentation, Sharing & Conclusion 評核旅程滙報、 分享及總結

## Part II: Teaching Placement

### 第二部份：教學實習

**Period:** February - May 2020  
**時段：** 2020年2月至5月

**Content:** Associate Instructors should ask for OC Sqn's permission to organize an AYP Expedition Course in the selected squadron after passing the assessment. The Silver Level Expedition Course Teaching Placement should be held under the supervision of Registered Instructors, thus Associate Instructors can obtain placement opportunity and enhance their skills.

準導師在完成並通過考核後，向所選擇的中隊單位主管申請開辦 AYP 野外鍛鍊課程，在認可導師督導下協助推行銀章級遠足課程教學實習，從中獲取實習機會及在指導下改進其技巧。

**No. of Sessions & Days:** Lecture - 6 Sessions;  
Practical - 6 Days

節數及日數：理論課 - 6 節；  
野外實習 - 6 天

Part III: Event Management  
第三部份：項目管理

Date: First quarter of 2020  
日期：2020 年第一季

Event: Plan, promote, organize and execute a large event with on a wild and adventure  
項目：basis, PMCO Award Competition  
以生態／歷奇為本方式計劃、宣傳、組織和執行團隊一大型活動 - PMCO  
野外歷奇比賽

Dates, time, venues and contents are subject to change if necessary.  
如有需要，日期、時間、地點及內容將按實際情況作調動。

**Eligibility**  
**報名資格**

1. 17 years old or above HKACC members;  
\*Minimum age for Expedition Instructor registration is 18  
17 歲或以上之香港航空青年團團員；  
\*註冊成為遠足導師的年齡為最少 18 歲
2. Completion of Leading Cadet Badge Expedition Training (2 days + 1 night) (**For Cadets Member ONLY**)  
完成二等學員章級之兩日一夜野外訓練 (只限學員)
3. Completion of AYP Gold/Silver Level Expedition OR  
Mountaineering Level 2 or above certificate **will be an advantage**;  
完成香港青年獎勵計劃金／銀章野外鍛鍊科 或  
中國香港攀山及攀登總會二級山藝或以上證書 **可優先參加**；
4. Possession of valid adult first aid certificate (can be submitted upon Expedition Instructor registration);  
持有有效成人急救證書 (可於遠足導師註冊時遞交)；
5. Interested in wild adventure and training teenagers and have wild training skills and experience;  
對野外歷奇有興趣，有志培育青年人，具野外鍛鍊技能經驗；
6. Willing to work as a team and accept trainings in a 5-month period; and  
願意付出 5 個月時間與團隊一起接受訓練和合作籌備活動；及
7. Recommended by OC Unit or superior  
由單位主管 (或再上級) 推薦

Note: One must possess a valid adult first aid certificate issued by a first aid organization in order to register as an instructor.

註：必須持有急救團體發出之有效成人急救證書才可獲委任為導師

Candidates can obtain the following qualifications after completion of Part I to III of the course and assessment:

成功完成第一至第三部份之課程及評核，參加者可獲取以下資歷：

1. Hong Kong Air Cadet Corps Expedition Instructor and  
香港航空青年團 遠足導師 及
2. The Hong Kong Award for Young People Silver Level Expedition Instructor  
香港青年獎勵計劃 銀章級 野外鍛鍊科註冊導師
3. **Other related qualifications of external organizations**  
**其他外部機構有關資歷**

**Application Method** Please complete and sign the attached form and email the scanned file in pdf format to [acc.exped@gmail.com](mailto:acc.exped@gmail.com) on or before **5<sup>th</sup> September 2019**. True copy of the form has to be submitted in the 1<sup>st</sup> lecture.  
**報名辦法** 請於 **2019年9月5日或之前**填妥並簽署附上之表格，電郵 pdf 格式之電腦掃描檔案至 [acc.exped@gmail.com](mailto:acc.exped@gmail.com)，並須於第一節課堂遞交正本表格。

**Course Fee & Payment Method** HK\$350. Please pay by crossed *cheque* (made payable to ‘Hong Kong Air Cadet Corps’), *attached with application form* in the 1<sup>st</sup> lecture. Cash will not be accepted.  
**課程費用及付款方法** 港幣 350 圓整，請以劃線支票（支票抬頭為「香港航空青年團」）*連同申請表*一併於第一節課堂遞交，現金將不獲接受。

**Mindset Requirement** Endurance and skill are the aims, rather than physical. Willing to accept new ideas and breakthrough from tradition.  
**意志要求** 相對於體格，持久耐力及進深技能更重要，並要願意接受新意念和突破傳統。

Please encourage your members to participate in this course. Should you have any queries, please feel free to contact us at [acc.exped@gmail.com](mailto:acc.exped@gmail.com) or contact Chief Expedition Instructor WO MAN Ka Hung Kevin at [vr2zqk@gmail.com](mailto:vr2zqk@gmail.com)

請鼓勵貴隊員參與此課程。如有任何查詢，請電郵至 [acc.exped@gmail.com](mailto:acc.exped@gmail.com) 與我們聯絡或電郵至 [vr2zqk@gmail.com](mailto:vr2zqk@gmail.com) 與總遠足導師文嘉鴻准尉聯絡。



Fg Off Philip C Y WONG  
黃智暘 中尉  
Officer Commanding  
Expedition and Mountaineering Flight  
野外鍛鍊及山藝組主管