

# HONG KONG AIR CADET CORPS

## Training Group

### Skills Development Wing

#### MEMO

From : OC E&M Flt	To : OC Units
Ref: PMCO 2010 result	Your ref: ( ) in
Date: 20 <sup>th</sup> August, 2010	

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#### PMCO Award 2010 Result – A Wilderness Adventure Challenge

PMCO competition 2010 was successfully held during 27-28 February 2010 at CAS Tai Tan Campground. We had over one hundred HKACC members participated in the event, including competition teams, race committee and helpers, officers and assessors. All cadets returned home safely and enriched their skills during the event.

It is our honour to have Commanding Officer & Deputy Commanding Officer Training visited us during the event and gave all participants great encouragement. With the help from the judge team who assessed the performance and log books of participating teams, we are pleased to announce the PMCO Award 2010 results as shown below:

<b>PMCO Award 2010</b>	<b>Champion</b>	<b>Sqn 602</b>
<b>PMCO Award 2010</b>	<b>1<sup>st</sup> runner up</b>	<b>Sqn 606</b>
<b>PMCO Award 2010</b>	<b>2<sup>nd</sup> runner up</b>	<b>Sqn 206</b>

The next PMCO Award will be a 36-hour wilderness adventure challenge to be conducted in Spring 2011. Most competition criteria will be similar but you must compete better and faster. Meanwhile, please encourage your fellow EIs to provide more wilderness training in coming autumn. We welcome adult members to join the PMCO 2011 organizing committee (details will be announced later) and make the event more successful.

WO Kevin MAN  
Chief Expedition Instructor  
for  
OC Expedition and Mountaineering Flight  
Skills Development Wing, Training Group

## Proficiency in Mapreading, Campcraft & Orienteering (PMCO)

希望透過比賽鍛煉各位體格及養成美好個性。除了發展人際關係及團體合作精神外，還發掘個人天賦的本能，加強適應能力和養成勤勞的習慣。當然最重要的是讓各參加者探索自然的美景和神秘。

### Mapreading 地圖閱讀

地圖閱讀的含義，其實簡單而言它是對地圖上資料的認識和了解，從而將這些資料應用於實地上。明白地圖上的資料是地圖閱讀的基本要求，通常這些資料是指符號（圖例），比例，圖網，量度距離等，而透過這些資料推算出實際地面情況是一項十分重要的技能。

公路，建築物及其他詳細的人為事物比較容易演繹，但從等高線理解出山形地勢則十分困難；這種技能是必須在戶外實地學習，逐漸累積經驗才能達致的。每張地圖的準確程度，可靠性及時間性都有偏差，但我們可運用圖上的簡史如測量日期，覆量日期去估計其可靠性。

### Campcraft 營藝

目的為提高學員 PMCO 野營技巧，體驗野營樂趣之餘，以正確的觀念享用郊野營地。內容包括野營裝備、營地紮作、繩結應用、營藝要訣、郊外煮食、環保須知、郊野守則、組織技巧。

### Orienteering 野外定向

野外定向是一種充滿變化的運動，每次賽程都會與以前的截然不同。同時，野外定向是一個很好的野外鍛鍊機會。因為野外定向同時考驗你的體能(越野跑能力)，技術(地圖閱讀技術，指南針使用技術)及智慧(選擇「最好」的路線)。而且還當中找到平衡(如跑得太快往往容易迷路)，絕非易事。另外亦可藉此機會接觸大自然。野外定向除了有劇烈競爭的一面外，亦有其休閒的一面，你可以帶同你的家人，朋友，同學等參與體驗組的賽程，輕輕鬆鬆地完成賽程，順度看看風景，享受一下大自然的氣息。