

# BURMA TRAIL

## ACTIVITY INSTRUCTIONS



Communication



Purpose



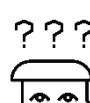
Courage



Critical Thinking



Resilience



Curiosity

*OUTDOORS, WE CAN BUILD AND NAVIGATE LIFE-SKILLS, KNOWLEDGE, VALUES AND ATTITUDES USING OUR HEADS AND HEARTS TO MAKE DECISIONS.*

### Guidelines for supervisors

#### General Guidelines

- A **One Big Adventure (OBA) Instructor** will brief at least one competent adult on how to run the Burma Trail session.
- Use the **Kauri Dieback Station** before the trail to prevent the spread of disease into the bush area.
- Conduct a headcount of all participants before and after the session to ensure everyone is accounted for.
- The OBA staff will have checked the trail for fallen branches and cleared the path as necessary.

#### Session Management

- We recommend taking participants down the trail in groups of no more than **20** at a time, with at least one adult per group.
- The remaining participants can be entertained in the gym, dining room, or at the campfire with songs or stories.
- **Blindfolds** are available for use, but the bush is usually dark enough without them.
- Participants should be wearing warm clothing and good footwear. Do not let them take torches, as navigating the trail in the dark is intended to help build courage and resilience.

#### Rules and Safety

- Instruct participants that under no circumstances can they leave the group. Warn them of the danger of getting lost or falling into the stream.
- Participants must hold onto the Burma Trail rope and follow it around, moving slowly and carefully to avoid running into trees or tripping on roots. They should not let go of the rope.
- Ensure all adults hiding in the bush are equipped with warm clothing, good footwear, and a flashlight each.
- Place an adult near the end of the Burma Trail rope to guide groups back out once they are finished.

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## EOTC: Real-World Learning

Education Outside The Classroom (EOTC) makes learning tangible. Our motto: *"Outdoors, we can build and navigate life-skills, knowledge, values and attitudes using our heads and hearts to make decisions."*

We highlight specific EOTC outcomes during activities.

Think confidence on the rock wall, curiosity exploring nature, communication through teamwork, and resilience facing challenges.



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# CAMPFIRE

## ACTIVITY INSTRUCTIONS



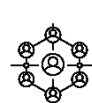
Communication



Purpose



Confidence



Connections



Empathy



Inclusivity

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### Guidelines for supervisors

#### General Guidelines

- A **competent adult** from your group is responsible for starting, running, and extinguishing the campfire.
- This adult should start the fire about an hour before the rest of the group arrives.
- Conduct a headcount of all participants before and after the session.
- We recommend a supervision ratio of **1:10** (1 adult per 10 participants).

#### Preparation

- **Wood** and **kindling** are provided in the green box near the campfire area. **Paper** and a **lighter** are in the blue box in the adults' lounge.
- Participants should be wearing warm clothing and good shoes.
- If you are toasting marshmallows, use the **metal sticks** provided by staff.

#### Group Management

- Take participants down to the campfire in groups of about **30–60** at a time, as space around the fire is limited.
- While they wait, the remaining participants can be entertained with stories, songs, or games in the gym.

#### How to Start a Fire

1. Screw up paper into balls and place it in a small pile.
2. Place kindling (dry twigs and smaller sticks) around the pile of paper, building it up like a **tepee**.
3. Light the paper in several places to ensure there is enough heat for the kindling to catch fire.
4. Once the kindling has caught, build up bigger logs around the fire so they can light.
5. Add logs as needed to keep the fire going.

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### Marshmallow Sticks

- There are 10 metal sticks for roasting marshmallows. Be careful, as these sticks heat up very fast.
- To clean them, leave them in the embers until all the residue has burnt off.
- Let them cool completely before returning them to the container.

### Important Safety Points

- Instruct participants on basic fire safety and make it clear that they must not wander away from the group.
- If a fire spreads or becomes dangerous, you must dial **111** to contact the fire service immediately.
- Be sure to take note of where the **hose** is located before the session begins.

### Extinguishing the Fire & Returning Equipment

- When you are finished, completely **extinguish** the campfire with the nearby hose.
- Use the **spade** provided (located inside the green box) to turn over the embers and ensure no embers are left smouldering. The ground should be cool enough to touch with your hand.
- Once the session is complete, please return the blue box and the clean marshmallow sticks to the adults' lounge.

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# GROUP GAMES

## ACTIVITY INSTRUCTIONS



Confidence



Collaboration



Inclusivity



Equity



Resilience

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### Guidelines for supervisors

#### General Guidelines

- Group games are a great evening activity designed to be played in the gym.
- You will have access to game equipment and a booklet of game ideas. You are welcome to play your own games if you prefer.
- The following is a list of suggested games. The **Games Booklet** contains instructions and equipment needs for each.
  - Dead Ants
  - Rewind Tag
  - Red Light / Green Light
  - Rock Paper Scissors
  - Ultimate Duck Duck Goose
  - Rob the Nest
  - Star Wars Dodgeball
  - Captains Coming
  - Octopus
  - Huckle Buckle
  - Chain Tag
  - Four Corners
  - Doctor Dodgeball
  - Poison Pole
  - Last Waiter Standing

#### General Rules

- All participants must respect the facilitator.
- To avoid running into the heavy wooden structural beams, the boundary is the **outer yellow line** on the floor—please do not cross it.
- Participants must let an adult know if they need to leave the gymnasium for any reason.
- The blue mats at the rock wall are very heavy and could fall on you. For your own safety, please do not climb on them.
- Cheating is not permitted.

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# TRIVIA

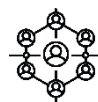
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### Guidelines for supervisors

#### General Guidelines

- A full trivia session with all nine rounds will take approximately 1.5 to 2 hours.
- The trivia presentation is pre-loaded on the **tablet** and is connected to the **projector** in the Dining Room. OBA staff will show you how to use this equipment before the session.

#### Equipment

- Tablet connected to the projector
- Pens or pencils
- Answer sheets

#### Instructions for Running Trivia

1. Divide the group into teams. Have each team sit at a table and give each one a pen and an answer sheet.
2. Designate a group of adults to be the marking team.
3. Each round consists of 10 questions followed by the answers.
4. After each round, have the teams hand in their answer sheets to the marking team before you go through the answers.
5. There are a total of **9 rounds**.

#### Trivia Topics

- Disney
- Logos
- New Zealand
- Science
- History
- World
- Sports
- Animals
- True and False

#### Special Rounds

- For the **Disney** and **Logo** rounds, a picture will appear, and teams must guess the correct movie or logo.

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True or false?  
Camels humps are  
full of Water?



Who discovered  
New Zealand?



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