



GRADE 4 CAMP

PANDORA 2026



WELCOME!

AI TRANSLATION IS AVAILABLE AT THIS EVENT



1. Scan the QR Code
2. Select your preferred language
3. Unmute to listen to audio
4. Follow along with live audio or captions

NEED HELP?

Our team is here to assist you—just ask!

THIS SERVICE IS MADE POSSIBLE THROUGH THE GENEROUS SUPPORT OF OUR COMMUNITY



AND THE ONGOING COMMITMENT TO PHILANTHROPY AT UNIS HANOI.



COMMUNITY CONNECTION

At your table, share a memorable class trip from your school experience. This could be a field (day) trip, a class trip week, a summer camp, etc.

- Where did you go?
- What did you do?
- What about the trip made it memorable to you?

INTRODUCTIONS



Ms. Kate
4C / Trip Leader



Ms. Láis
4D



Mr Matt
ES PE / Trip Leader

WHAT TEACHERS WILL BE ATTENDING?



Ryan
4A



Mr. Ferguson
4B



Ms. Kate
4C



Ms. Láis
4D



Mr. Chett
EAL



Mr Danny
ES Counsellor



Ms. Thuy
4A TA



Ms. An
4B TA



Mr. Hieu
4C TA



Ms. Huong
4D TA



Mr Matt
Trip Leader

WHAT'S THE PURPOSE OF OUR TRIP?



STRENGTHENING COMMUNITY



IMMERSION IN VIETNAMESE CULTURE



OUTDOOR LEARNING ENVIRONMENT OUTSIDE THE CLASSROOM



BUILDING INDEPENDENCE, CONFIDENCE AND SELF ESTEEM



WE VALUE...

Community

We care.
Show respect.
Everyone is included.

WE VALUE...

Integrity

Be authentic.
Do the right thing.
Make good choices.

WE VALUE...

Curiosity

Inquire and ask questions.
Think critically and seek solutions.
Follow your passions.

WE VALUE...

Courage

Persevere.
Learn from mistakes.
Be bold and brave.



LOCATION

Trang viên đồng gôi Pandora Eco Retreat Lam Son, Hoa Binh



Trang viên đồng gọi Pandora Eco Retreat

Lam Sơn, Hoa Bình



Pandora Eco Retreat

The retreat operates under the principals of nature conservation, organic produce and sustainable tourism



Local Culture

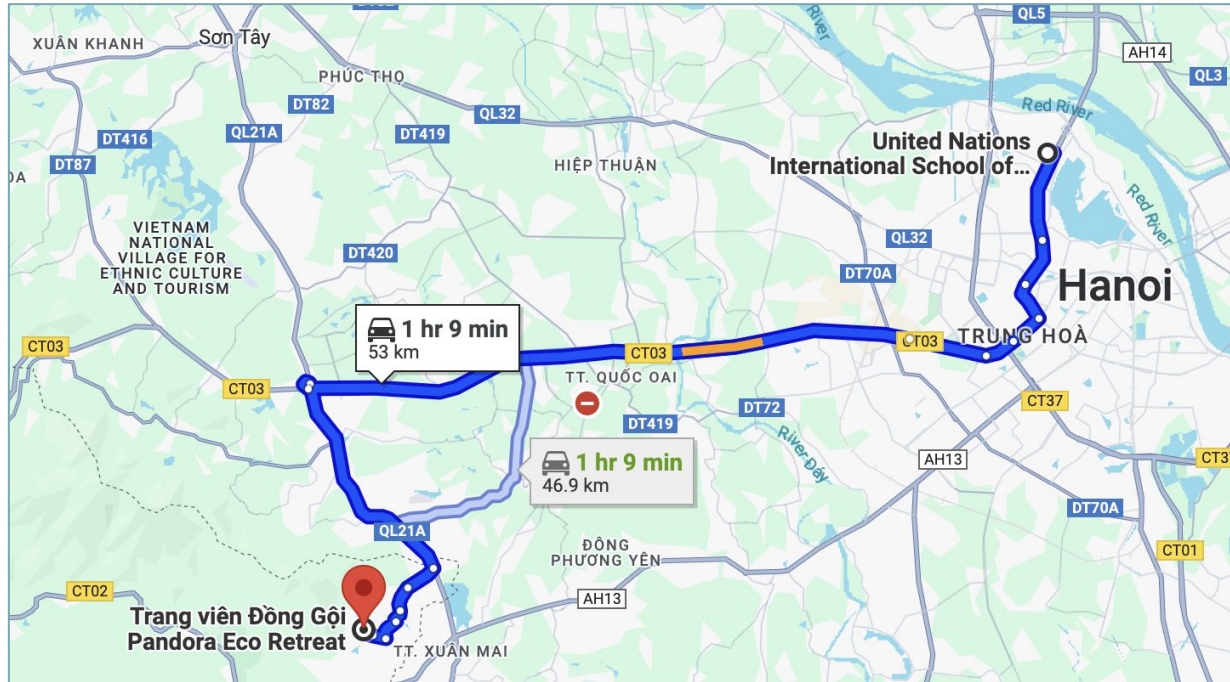
The Mường are the third largest ethnic group in Vietnam, and they have a rich culture and heritage.



Lush, Natural Setting

Connections with our values as a school and the UN SDGs.
Goal 11: Sustainable Cities and Communities
Goal 15: Life on Land

HOW WILL WE GET THERE?



- School buses leaving UNIS Hanoi
- Approximately 1.2 hour journey

WHAT WILL BE DOING?

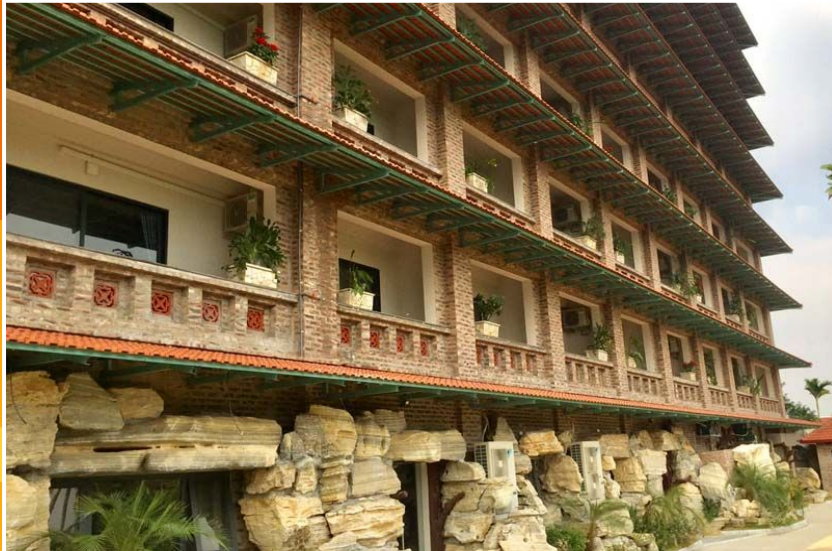


- Traditional Crafts
- Navigation and Compass Work
- Night walks
- Cooking Classes
- Countryside Hike
- Team-Building Activities
- Organic Gardening
- Community Building Activities



WHAT WILL WE EAT?

- Three buffet meals each day
- Balanced nutrition
- Multiple choices to meet dietary needs, including vegetarian option
- Vietnamese food - with meat and vegetarian options
- Water and fruit will always be available



SLEEPING ARRANGEMENTS

- Hotel style rooms with air conditioning and bathrooms
- 2 or 3 students per room
- Most students will be have rooms on gender based floors
- Teachers will have their own rooms on each floor
- UNIS will be the only guests in our building

COMMUNICATION

Daily overview emails from the trip leader.

If you need to contact your child:

- During the school day, contact the ES secretary.
- After school hours, contact Mr. Matt.

Please do not contact the resort.



DROP OFF AND PICK UP

Normal drop off
and pick up
procedures.

- Arrival 7:45-8:10
- Pick-Up 3:30



HOW TO SUPPORT YOUR CHILD?

Open Communication:

Have an open conversation about the camp. Ask how they feel about it and if they have any concerns or worries. Reassure them that it's okay to feel nervous or excited.

Share Positive Experiences:

If you have any positive experiences from your own time at camp or similar situations, share them with your child. This can help normalize the idea of being away from home for a few days.

Go through the camp itinerary together:

Highlight the activities they'll be doing and any special events. Knowing what to expect can help alleviate anxiety.

Pack Together and Foster Independence:

Let them choose some of their favorite clothes, comfort items, and essentials. This will give them a sense of control and comfort (Nothing valuable and between the guidelines of appropriate items!).

Encourage your child to take responsibility for their belongings. This may be writing names or putting stickers to identify their personal belongings.

Create a Comfort Item:

Consider providing them with a small comfort item, like a photo of the family, a special stuffed animal, or a familiar blanket.

Role Play Scenarios:

Practice different scenarios with your child, such as asking for help from camp staff or making new friends. If they are expressing a specific worry, think about ways you can model a response and practice it together.

Discuss Coping Strategies and Identify Safe Adults who they can talk to:

Talk about healthy ways to cope with any potential homesickness or anxiety. This could include deep breathing exercises, journaling, or finding a quiet space to relax. Think about strategies they already know how to do well.

Remind Them of Your Support:

Reassure your children that you'll be eagerly waiting to hear about their adventures when they return. You can also pinpoint specific experiences on the itinerary that you are looking forward to hearing more about.

Positive Affirmations:

Provide positive affirmations to boost their confidence. Remind them of their strengths and capabilities.

- Open communication
- Positive mindset and affirmations
- Discuss coping strategies
- Share your experiences
- More information to come

PACKING LIST

General Packing List (Max 10kg)	Day Bag
Daytime: • Sneakers/Tennis Shoes for daytime use (that can get wet and muddy). • Pair of Flip flops, crocs or sandals for showering. • Shorts/comfortable trousers • Rain Jacket • T-Shirts for everyday (x3) • Underwear and socks for everyday (x3) Evening: • Long Sleeved t-shirt / Sweater for evenings • Sleepwear • Shorts/comfortable trousers Other: • Towel • Toiletries (toothbrush, soap, shampoo, toothpaste, etc.) • Small torch/flashlight • Bag for dirty laundry • Sun Cream • Mosquito Repellant	• Snack for the first day • Large water bottle (at least 700ml to be refilled throughout trip) • Sun hat OPTIONAL • Reading book, cards/UNO/small board games Do Not Bring: All Items listed will be taken and returned on Friday when we are back on campus. • Electronics of any kind (phones, smart watches, tablets, kindles, airtags, etc.) • Snacks of any kind (apart from the first day snack for the bus ride) • Medication that has not been submitted to the health clinic.

TRIP PREPARATION FOR FAMILIES

Talk about strategies to deal with homesickness and other worries.

Contact teachers if there is a change of plan for drop off or pick-up on Camp days. Buses and ASAs will continue as normal. Please notify of any changes including ASA attendance.

Electronics, including cameras, phones, airtags, smart watches are not permitted.

Send any medication to school for collection by our Health Clinic.

Pack a snack for the first morning. All other snacks and meals will be provided.

QUESTIONS AND ANSWERS

Can I come? No.

Does my child have to go? Yes, if you have specific concerns you need to discuss please reach out to Kate and Mr. Matt

Mobile phones and smart watches? No. If students bring screen devices they will be taken and returned to students when we come back to campus on Friday.

What if my child is homesick? We will take care of them. Being homesick is ok and we have caring adults around to support.



QUESTIONS?