



Aspiring Mountaineers Programme

Redefine the Impossible

Programme Partner





Singapore Women's Everest Team

Since its formation in July 2004, the Singapore Women's Everest Team (SWET) has taken community outreach as one of its guiding objectives. SWET not only aims to become Singapore's very first team of female mountaineers to summit the world's highest peak—Mount Everest, SWET also strives to become positive role models for today's youth.

Living up to the team motto to "Redefine the Impossible", SWET is a premier example of how six ordinary Singaporeans can share a seemingly impossible goal, but with enough courage to dream and fortitude to persevere, be on the road to success.

Since 2004, SWET has been sharing its inspirational journey in talks to audiences all across the nation, from youths in secondary schools to junior colleges and tertiary institutions. SWET's message to our youth has always been simple, but resonates with motive: "Climb Your Own Everest".

SWET believes that Everest signifies the pinnacle of success and as such, each and every individual has his or her own "Everest" to climb. For SWET, "Everest" is a literal mountain, but to today's youth, "Everest" can stand as a metaphor for each individual's goal, be it to achieve top grades in the next exam, to break a sports record, to run a marathon or as a guiding light to remind one to continuously aim higher for self-improvement.

SWET Introduces "Aspiring Mountaineers' Programme"

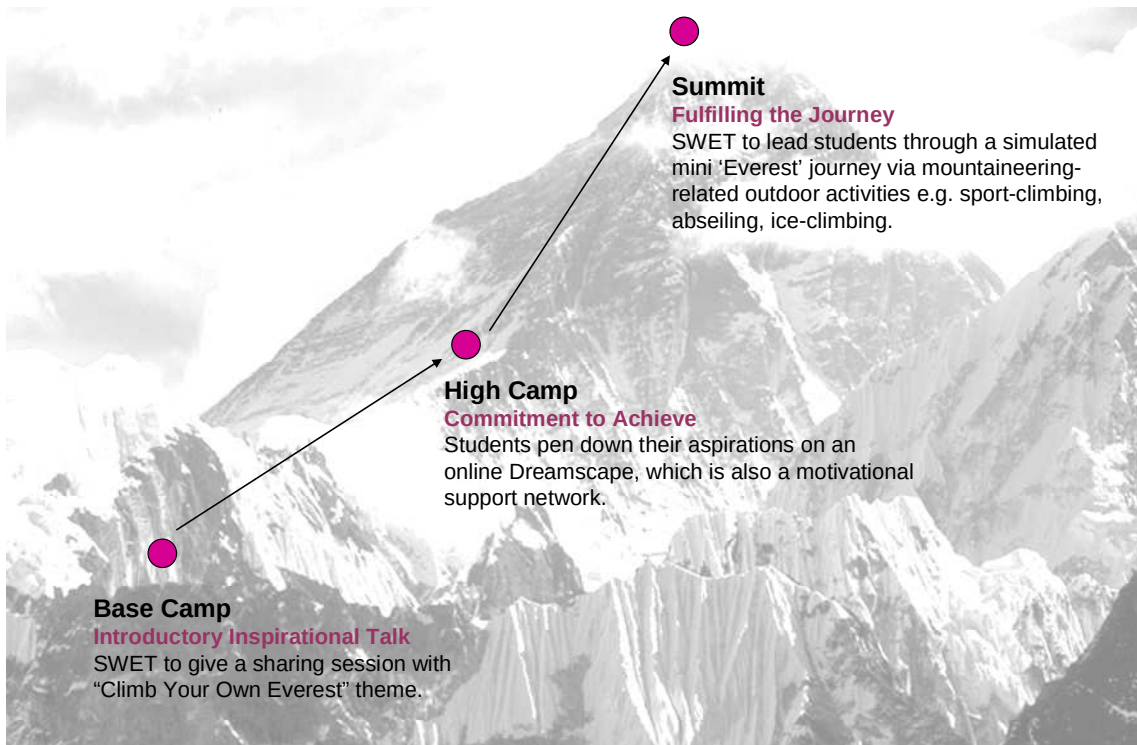
This year, to further benefit our youth with the experience of SWET's four-year journey of leadership and self-discovery on the climb to the summit of Mount Everest, SWET launches the Aspiring Mountaineers' Programme (AMP).

AMP is a holistic student confidence development programme that aims to empower our youth to dare to dream and to persevere in their ambitions. Throughout the various activities in AMP, the overarching themes will be that of:

- Trust in Self and Team
- Empowerment through Self
- Empowerment through Team

AMP is catered for youth between the ages of 15 and 21. All activities of AMP will be conducted by members of SWET and by the specially formed AMP Support Crew where additional manpower is required.

Aspiring Mountaineers Programme Outline



The complete AMP comprises of 3 levels: "Base Camp", "High Camp" and the finale "Summit" segment. The 3 levels of the AMP are synonymous with the various checkpoints on Mount Everest that SWET will meet up on the actual climb to the summit.

"Base Camp" – Introductory Inspirational Talk

As an introduction to AMP, this first stage of involvement between SWET and your school will be through an inspirational talk on the theme of "Climb Your Own Everest". This introductory talk will serve as the first point of contact between SWET and the students, and will enable SWET to share the objectives of AMP and highlight the host of exciting activities to follow.

"High Camp" – Commitment to Achieve

This second step in AMP will focus on understanding what each individual's dreams and aspirations are, in order to better allow SWET to integrate the subsequent activities to follow. This segment will be achieved through an online "Dreamscape" on SWET's website that will allow students to sign in and pen down their dreams and aspirations. Using a series of guiding questions as prompts, SWET will encourage students to think about and concretize their dreams into achievable targets. The online "Dreamscape" will also form a support network, where students can motivate and be similarly motivated by their peers.

“Summit” – Fulfilling the Journey

Simulating a mini Everest journey, SWET will use a range of team-based outdoor activities to encourage students to reflect on empowerment through being in a team, through sharing an inspired team vision. This will be done through a series of exercises set up to simulate a mini ‘Everest’ climb, such as artificial ice-wall climbing, abseiling, and rope ascending – all of which are activities SWET will encounter on the actual Everest climb. While SWET aims to promote self-confidence and self-empowerment, it is also important to recognize the contribution that each individual can make within a team environment that can ultimately lead to the fulfillment of a group objective and even pave the way towards fulfilling individual goals.

Aspiring Mountaineers Programme Details

“Base Camp”

- Introductory inspirational talk spanning about 45minutes
- Will be conducted at any time depending on your school's and SWET's availability
- Will be held at your school's premise

“High Camp”

- To be conducted after introductory talk
- Online participation, approximately 20 minutes
- Can be completed in your school at a venue where there is internet connection. Alternatively, you may choose to let your students complete this segment at the convenience of their homes.

“Summit”

- Series of activities (such as artificial ice-wall climbing, abseiling and rope ascending) spanning 4 hours to stimulate a mini Everest experience
- Will be held at SAFRA Adventure Sports Centre (SASC) at SAFRA Yishun Country Club
- Activity group size will not exceed 50 students for better facilitation
- Restricted to one activity date to ensure full manpower and logistics support for student participants.





Cost of AMP

AMP is a youth initiative developed by SWET, with the venue sponsored by SAFRA Adventure Sports Centre. The programme is brought to your school **at no cost**. AMP represents SWET and SAFRA's commitment to inspire our youth to have the confidence to actualize their dreams. AMP is our way of bringing the lessons from Everest to our youth.

About SASC

The SAFRA Adventure Sports Centre (SASC) is a one-stop facility for anyone who wants to indulge in adventure activities. Situated at SAFRA Yishun Country Club, its facilities and activities cater to different adventure appetites – mild, intermediate or advance.

Among the services it provides are corporate training programmes, unit cohesion activities and teambuilding programmes for groups (including schools, corporations and any organized groups). It is also an excellent place for parties and social gatherings – and for all age groups too.

Contact Us!

If you would like to understand the Aspiring Mountaineers' Programme further, we'll be happy to address any queries you might have. Please feel free to drop us a note us at outreach@womenoneverest.com, we'll get back to you the soonest. You can also refer to the list of "Frequently Asked Questions" found below.

Frequently Asked Questions

What is the date of this programme?

Day 1: Introductory Inspirational talk & Online participation

Date: Saturday, 2 August 2008

Time: 8.30am to 12pm

Venue: National Library Level 16 POD

Day 2: Physical activities to simulate a mini "Everest" experience

Date: Sunday 3 August 2008

Time: 9am to 1.30pm

Venue: SAFRA Adventure Sports Centre (at SAFRA Yishun Country Club)

Can my students only attend Day 1?

Yes, if students are only able to make the date for the first day, they are welcome to attend the first day only. However, to promote a holistic experience, students are encouraged to attend both days of the event.

Can my students only attend Day 2?

This two-day programme is tailored to build up personal confidence and motivation in students, beginning with the programme for Day 1, which will then form the foundation for the Day 2 programme. Thus, students are highly encouraged to attend Day 1 in order to have a better understanding of Day 2's objectives.

How many students can I send?

Each school is limited to a maximum of 20 students to ensure participation opportunities from other schools.

Can I open this event to all levels of students?

The event will be suitable for students Secondary 3 and older.

If my students have no experience with the outdoors or mountaineering, will they be suitable for this event?

Yes. This event is designed to include youths of all levels of physical activity and outdoor experience. If your students have not experienced any outdoor activity previously, this will be a good opportunity for them to get an introductory exposure under the guidance of the Singapore Women's Everest Team.

Do I need to send a teacher-in-charge?

Students are free to attend this event on their own, or together with a teacher-in-charge depending on your school's policy. If there is a teacher attending, kindly inform us so that we can make the necessary seating arrangements.

How much will the programme cost?

This programme is brought to you free of charge by the Singapore Women's Everest Team as part of the team's commitment to community outreach and youth inspiration. The "Summit" series venue is also sponsored by SAFRA Adventure Sports Centre.

Is there a dress code?

For the first day, students are advised to be dressed smart casual. Slippers and shorts are not advisable for the venue.

For the second day, students are to be dressed for physical activity outdoors, with $\frac{3}{4}$ length athletic pants or track pants. Students are also advised to bring along a pair of socks and sun protection (hat, sunscreen, sunglasses).

Are my students required to bring any special equipment or clothing for Day 2?

No. Students are not required to bring any special/technical equipment or clothing items. All technical equipment will be provided during the event.

What if our school is interested in AMP but our students cannot make it on both 2 & 3 Aug?

You may contact us at outreach@womenoneverest.com to conduct the AMP on other days subject to both parties' availability. The availability date will be between Aug and Nov 08.

Should you have any further questions, kindly direct them via email to outreach@womenoneverest.com and we will reply you as soon as we can.