

## Expeditions Annual Seminar 2018 –Adventure Based Counseling Skills in Expeditions Activities

Expeditions Annual Seminar on Adventure Based Counseling skills organized by Expeditions Section Panel was successfully held on 15<sup>th</sup> May, 2018 Tuesday at The Hong Kong Girl Guides Association Headquarters. It was a great pleasure to have Mr. Tung Ho Yin, who is Registered Adventure Based Counseling Practitioner as well as Hiking Expeditions Instructor, to be our guest speaker. The talk attracted more than 100 Instructors, Assessors and Award Leaders from different Operating Authorities.

Mr. Tung first introduced different ways to enhance group cohesion in an Expeditions activity. Then, he shared his experience on leading an interesting and interactive debriefing session. Interactive approach was used throughout the seminar. Participants tried the Adventure Based Counseling skills to hold activities and were enthusiastically involved in the seminar.

Expeditions Section Panel thanked everyone for the active participation and hope the skills could make benefit to them in the future.



Participants learnt how to use Advanced Based Counseling skills to hold activities



Participants experienced a new and interesting debriefing session.



Expeditions Panel Convener, Mr. Leung King Yau presented souvenir to our guest speaker.