

# 113-1 Adventure Education Tree Climbing Activity

| **Activity Time:** November 27, 2024, 9:10 AM – 12:00 PM

| **Location:** National Academy for Educational Research

| **Description:**

This semester, Professor Chang Te-Hsin organized a "Tree Climbing" activity as part of the Adventure Education course. The session was led by the Koala Tree Climbing Team, guiding students through an exciting and immersive tree-climbing experience.

Tree climbing is an outdoor adventure sport that combines physical challenge with a deep connection to nature. Using professional rope systems, participants climb tall trees, enjoying the thrill and close interaction with the natural environment. The activity helps enhance physical coordination, courage, and a greater appreciation for nature.

## Activity Outline:

### 1. Introduction to Tree Climbing:

- Overview of the sport and its benefits.
- Detailed explanation of equipment usage and proper wearing techniques.
- Environmental and safety guidelines for participants.

### 2. Tree Climbing Steps:

- **Loading Test:** Ensuring equipment is secure and properly set up.
- **System Test:** Verifying the functionality of the climbing system.
- **Safety Knot:** Learning essential knot-tying techniques for safety.

### 3. Descent Instructions:

- Mastering the "Stand Clean" technique for a safe and controlled descent.

### 4. Hands-on Experiences:

- Individual climbing practice.
- Airborne rest on sling beds ("hammock station").
- Speed climbing competition for an added thrill.
- Swinging experience on tree swings.

### 5. Gratitude and Reflection:

- Participants expressed their gratitude to the trees, honoring the Adventure Education philosophy of environmental care and coexistence with nature.

**Learning Outcomes:**

- Enhanced courage and self-confidence.
- Improved physical coordination and rope-handling skills.
- A deeper connection to and respect for nature.

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