

Biennial Campcraft Competition

by Batch 49

The Biennial Campcraft Competition is one where all of us, who were fortunate enough to be able to participate, will hold close to our hearts. "The process is more important than the outcome". As cliché as it is, there is no denying that despite the unfortunate results of the competition this year, through the intensive training that both teams went through and the commitment put in by every single member, from gadget to flag staff, we have not only grown as an individual, a team, but rather, as a unit. Beyond the campcraft skills that may seem to be the most important aspect of making a good team, there is more that meets the eye. "No man is an island". Teamwork is crucial because of how much teams have to work together, be it standing by each other in tough times or simply just cheering loudly during the pitch and giving each other the support and strength to carry on.



However, despite having mentioned many of the advantages or wonderful experiences made through the campcraft competition, there are also many difficulties and problems teams face. To emerge as the top in the national campcraft competition also means that one would have to overcome his/her injuries, stay strong and treat every single practice as the actual competition, improving till one is satisfied with himself/herself. Therefore, the campcraft competition might not be easy, but it is indeed a wonderful experience one should go through in his/her years in NP.

Survival Training Camp

by Batch 48

7 cadets from Nanyang Girls' High School attended Area 15's Survival Training Camp this year, held from 10 to 12 June. The camp was a good opportunity to meet different people from the other schools in our area. Although the atmosphere was initially very awkward, playing ice breakers allowed us to get to know each other better.

The cycle of activities on the second day were what we looked forward to the most in this camp. For example, the high elements challenged us both physically and mentally as we navigated the obstacles while keeping our balance on the ropes and planks. Fire starting was something unfamiliar to us. Working together with our group mates, we were able to light a fire successfully after many tries, which felt very

exhilarating. The most enjoyable activity had to be the flying fox. Whizzing down the zip line, with the wind blowing on our faces, was exhilarating.

Sadly, our activities had to be cut short in the afternoon due to the rain. We used that time indoors to play team-building games, giving us a chance to bond more with our group. We had to leverage on each others' strengths and weaknesses in order to complete the tasks given to us.

The three days served as an enriching experience for us. The values of perseverance, discipline and teamwork were further inculcated in us, which we would be able to apply in our regular training sessions and in life.



Name: _____

Inter-Unit Games 2016

O	P	H	Y	S	I	C	A	L	T	R	A	I	N	I	N	G	C
H	R	N	B	E	K	Y	X	O	P	J	I	V	O	J	Q	J	K
E	C	X	N	H	Q	F	J	O	O	M	I	D	V	G	I	W	G
M	H	D	D	B	R	A	I	N	T	E	A	S	E	R	S	I	X
P	A	B	R	M	A	Z	E	W	K	B	I	C	Q	I	Q	A	D
T	R	J	I	N	N	S	I	U	K	E	G	F	Y	F	C	J	I
B	A	N	L	C	Y	J	M	P	R	O	Z	L	S	C	F	O	C
Y	D	G	L	K	I	G	R	U	N	N	I	N	G	M	A	N	E
Q	E	R	S	I	T	N	H	R	I	F	L	E	S	W	D	H	W
I	S	P	G	E	N	E	R	A	L	O	F	F	I	C	E	R	F
I	B	T	E	A	M	W	O	R	K	W	Q	L	Z	N	U	S	I
W	J	K	J	H	U	V	B	Y	C	N	A	L	U	Q	O	V	A

Find the following words in the puzzle.
 Words are hidden → ↓ and ↘ .

BRAINTEASERS

CHARADES

DICE

DRILLS

GENERAL OFFICE

HEMP

MAZE

NYGH

PHYSICAL TRAINING

RIFLES

RUNNINGMAN

TEAMWORK

SOLUTION

Inter-Unit Games 2016

. P H Y S I C A L T R A I N I N G .
H
E C
M H . D B R A I N T E A S E R S . .
P A . R M A Z E D
. R . I N I
. A . L . Y C
. D . L . . G R U N N I N G M A N E
. E . S . . . H R I F L E S
. S . G E N E R A L O F F I C E . .
. . T E A M W O R K
.

Word directions and start points are formatted: (Direction, X, Y)

BRAINTEASERS (E,5,4)

CHARADES (S,2,3)

DICE (S,18,5)

DRILLS (S,4,4)

GENERAL OFFICE (E,4,10)

HEMP (S,1,2)

MAZE (E,5,5)

NYGH (SE,5,6)

PHYSICAL TRAINING (E,2,1)

RIFLES (E,9,9)

RUNNINGMAN (E,8,8)

TEAMWORK (E,3,11)



Unit Hike

by Batch 48

On 3rd September 2016, our unit hiked along the Southern Ridges for our annual Unit Hike. We began our journey at the foot of the Henderson Waves.

We spent some time playing team-building games, such as the one above. Cadets were broken into two big groups, and were to transport as many rubber bands using straws in their mouths as they could, within the given time limit.



Our first stop was an open space opposite the Alkaff Mansion. For first part of the pioneering activity, cadets were to imagine they were camping in a forest, and had to construct a gadget that could collect rainwater. Their gadgets were then assessed by NCOs for their functionality, neatness, and creativity.

The picnic was the highlight of our hike! Everyone brought some snacks to share. We enjoyed our well-deserved break, after a tiring morning.

We took a short break under a dome towards the end of the walk, and also began the second part of the pioneering activity, which was to build a shelter. Cadets had to think of ways to incorporate their surroundings into their structure.

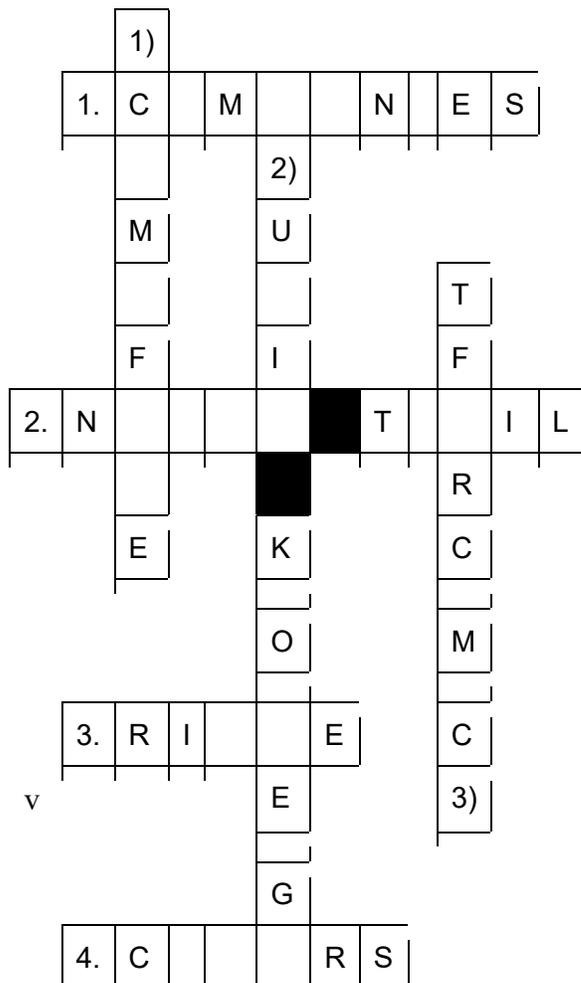
The last leg of our hike, at Canopy Walk. We ended at Kent Ridge Park with a debrief and a prize giving ceremony to congratulate each group for displaying certain qualities throughout the hike, such as enthusiasm and teamwork. The hike was a good opportunity for us to participate in NPCC activities and build up our physical strength in a fun and interesting way.

We crossed from the Forest Walk to HortPark on the Alexandra Arch. The unique design of the bridge was very eye-catching, as was the picturesque scenery along the Forest Walk.

The task for the last part of the pioneering activity was to construct a selfie stick. Here, the groups are using their self-assemble selfie sticks to take a group selfie.



Unit ATC
By: Batch 50



Clues:

Horizontal:

1. We are split into these groups. E.g. Alpha, Bravo, Charlie, Delta
2. A programme that we do at night in np uniform. It might be quite scary especially if the school is dark.
3. We have to carry it everywhere we go and we need to protect it.
4. Things we say to bring the unit closer.

Down:

1. No camp is complete without this. It is usually held at night and groups have to put up performances.
2. How much do you know about your unit?
3. Important clue: word is spelt from up to down. These skills are important in helping us build tents and gadgets.

Answers:

- Horizontal:
1. Companies
 2. Night Trail
 3. Rifle
 4. Cheers
- Vertical:
1. Campfire
 2. Unit
 - Knowledge
 3. Campcraft

UNIT ATC PICTURES



