



**UTM**  
**UNIVERSITI TEKNOLOGI MALAYSIA**

**UKQE 3001 EXTRA-CURRICULAR EXPERIENTIAL  
LEARNING (ExCEL)  
SEMESTER II SESSION 2020/2021**

**INDIVIDUAL ASSIGNMENT  
ACTIVITY 2**

<b>NAME</b>	SITI NUR ZULAIKHA BINTI ROSLAN
<b>MATRIC NO.</b>	A18KE0266
<b>PROGRAM</b>	A-TEAM TRIAL BORN TO HIKE
<b>ORGANIZER</b>	KELAB ADVENTURE TEAM , JAWATANKUASA MAHASISWA KOLEJ , KOLEJ TUANKU CANSELOR UTM.
<b>VENUE</b>	HUTAN LIPUR GUNUNG DATUK, REMBAU, NEGERI SEMBILAN.
<b>DATE</b>	27 – 28 SEPTEMBER 2018
<b>PARTICIPATION</b>	PARTICIPANT

## **FULL REPORT**

### **REPORTING :**

“A-TEAM TRIAL BORN TO HIKE” is a program for beginners who wants to involve in hiking and outdoor activity and also for students who love nature and takes nature as the place for they find peace. It was organized by Kelab Adventure Team (A-TEAM) under the club of Kolej Tuanku Canselor (KTC). This program is organized by students itself from A-TEAM committee. The program divided the participants into 5 groups as the purpose to create teamwork between the group members. This program takes place at Hutan Lipur Gunung Datuk at Rembau, Negeri Sembilan for two days on 27<sup>th</sup> September until 28<sup>th</sup> September 2018.

The day before the program, the participants need to attend the meetings between all participants and the committee that involve in the trip. They divide us into many parts of working for preparation before the trip day. Some of us went for cleaning the dishes, prepare the things that were important during hiking and shelter, and organized the ration divided it into groups as it will be easier to carry all of the rations fairly. All participants include me and committee were divided into 5 groups and distribute the ration to everyone to carry for the next day. As for everything is done, a short talk for all participants about the manners in the forest during camping. Participants were told to packing their bags and be prepared before the trip.

On the trip day, the participants gather at 8.30pm and departed from UTM around 9.00pm. The bus arrived at destination by 3.00am and all participants were told to take a good rest at the hall provided as the next few hours they will start to hike. At 6.30am, the Muslims will perform Fajr Prayer and after that all of the participants were told to move to the campsite to build shelter and set up the place to be comfortable to sleep and rest after this. As for the set up complete,

the participants start to cook by their own in their groups as were distributed before to breakfast before they took hikes. The hikes start at 8.30am which they were told to warm up first before start to avoid injured. The hiking takes time for three hours to reach the peak including hike and rest since most of participants were beginner include me. As for committee, some of them was assigned to bring ration to peak because all of hikers will lunch at the peak. As for the earlier participants who reach the peak earlier, they were so excited to see the beautiful view from the top as the view from its peak was 360-degree view. All participants must wait for the sweeper (last person) to arrive before they start to cook for lunch. The participants seem happy cooking the lunch together and it creates the bonds between all of them which achieved one of the purposes from this program. After resting, cooking, eating and enjoyed from the peak, all the participants were move to hike down the mountain which took two hours. At the campsite all participants can do their own activity, which is resting, take a shower and other stuff before all were told to start cooking for dinner. As night was appear, all participants sit and eat together. After that, all participants will have a session with seniors who have more experience about hiking and camping. After 12.00am all participants were given their free time to do anything which some of them went to sleep and another some of them just still talking and telling stories for each other's.

As for the next day has arrived, all participants start to prepare for breakfast at 7.30am and they sit and eat together around 8.00am. After that the participants will be involved in "Basic Camping" talk as for guidance for beginners who would love to hike. They were taught about many things including what bags to use, how to arrange our things in bag, how to prepare and set up the shelter, how to tie the rope for many purposes of using, what important things to bring during camping and how to handle emergency cases during hikes. The participants were given demo and they were given to experience to use all the necessary things.



## **RESPONDING :**

At first time I was given the opportunity to participate in this program I was so nervous because this is the first time, I took hikes for high altitude. I was scared that I am not able to reach the peak as for this altitude is too high for me. For others, I m an introvert person which is hard to communicate with people that I just met so I am little bit scare when they assigned me to the groups that I barely know who they are. At a moment, I felt lucky able to participate in this trip since it has run out of available participation due to demand of many students wants to join. Students and seniors in this program were so kind ad so experienced about all the necessary things that important during hiking and camping which amazed me so much. They guide me about many basic camping tips and in my group, itself has be a very good team player and caring. For sometimes before the program, they had given me a lot of confidence, so I am not afraid to be brave for myself. We were introduced to each other who involve in the trip then it creates bond between all of us which makes me more comfortable to speak with them without shy. As during the hikes, we hike by group unconditionally, which everybody is so cared for each other as for me as beginner, I feel so excited and determined even though it is so hard to reach the peak, but their spirit has awakens me to be strong to reach the peak. At the end of this program, it gives me a positive feedback as including teamwork, determination and communication skills that were important in our daily life. By participate in this program, it encourages me to join this kind of program to gain more friends and increase the communication skills.



**RELATING :**

From my experience, I have joined the night walk to Balai Cerap UTM which organized by the same club also. I was a participant, and it helps me to increasing my communication skills with others since most of the participants were senior including that have graduated from UTM. This night walk that I have joined is based on building friendship and creating bonds between each other. It was unconditionally creating my communication skills which brings me confident to talk to others. This program purposely to introduce to students about what this club is about. It was interesting back then, seniors treated freshies with full of kind and care. It totally gives spirit for what we are doing. The similarity about this night walk and A-TEAM TRIAL BORN TO HIKE is it taught me that no one will be left behind. The teamwork is very good among them.



## **REASONING :**

As we know, all the program organized has its own objectives. For “A-TEAM TRIAL BORN TO HIKE” program, the main objective for this program is to expose the world of hiking in nature especially for beginners. By creating the program, it will encourage students especially who never involve about hiking and camping to feel how nature can set a peaceful mind and gives the relaxation instead of stressing about the works and assignments in the campus. Instead, a loving nature purpose, it creates leadership, teamwork and communication skills for each other. For leadership, each group was assigned with one leader to guide us about what to do during the program and the leader should taught others how to be leader to by being the good and perfect example. For teamwork skills it has been created since the day before the trip since the distribution of the ration must be divided into all groups which arranged by all involved participants. During program, teamwork can be seen where group cooks and prepare breakfast, lunch and dinner for each other and confirmed all of the members get the foods, how all of participants watching others back during hiking which shows more of teamwork. For communication skills, it has developed since all participants took the place where the talkative starts to talk with the introverts which create trusts and confidence between each other. This situation unconditionally creates a strong confidence of communication for they who barely talk to others. For me itself, this program gives satisfaction and worth it as I see all of participants enjoyed helping each other without hesitation and gives the loved and kind to each other sincerely which the bonds remains until today.



## **RECONSTRUCTING :**

This program is actually the 9<sup>th</sup> times of its annually anniversary which makes difference is different person and organizer as each year replaced. For Semester 1 in 2018, this is the first program organized by Kelab Adventure Team (A-TEAM) in the semester. A meeting for group distribution was held the day before the program and they also provide the briefing for program for the participants to get know for each other and distribute all rations to be carry by each participant. As for preparation for the trip, we have met for several time as requirement before program we need to train ourselves including running and physical training, so we do not get injured easily during the program. During the trip day, we were given another briefing as to remind us to take care of each other and no one was left behind alone. During preparation of breakfast, lunch and dinner, the groups will discuss on how they going to cook foods based on the menu given without the proper recipe. We have a short goodbye talk before leaving the campsite which they thanked all participant for supporting this program. This program was declared success to achieve its objectives. I hope that this kind of program were organized again since its gives many benefits to participants instead of building friendship. For organizer, they also hope that some little problems that occur during program will be improved as for a better running for next program.

