



## OVER 12 YEARS OF EXPERIENCE AND EXPERTISE



### AWARDS

#### **SiliconIndia**

Top 20 Outbound Training Company – 2019

#### **ETNow Award for**

Innovation in Experiential Learning - 2017

#### **Founders Institute**

Asia's Most Promising Startup - 2016

### MEDIA

#### **FEATURED IN MEDIA**

The New Indian Express

The Deccan Chronicle

The Hindu

Times of India

HansIndia

**siliconindia** 20 MOST PROMISING  
CORPORATE OUTBOUND  
TRAINING PROVIDERS - 2019



DECCAN  
**Chronicle**



OUTDOOR EDUCATIONS FOR STUDENTS



OVER 12 YEARS OF EXPERIENCE AND EXPERTISE



100  
CAMPS

400  
CAMP DAYS

3000  
STUDENTS

30  
SCHOOLS

# What is Outlife Outdoor Summer Camp

- Our outdoor summer camp is a residential camping program where children camp in a natural setting, participating in activities such as hiking, rappelling, rock climbing, camping, and arts and crafts.
- It is designed to help children build self reliance, independence, confidence, learn new skills, and make new friends while enjoying the outdoors.

# Idea Behind the Camp

To Develop Self Reliance, independence, Courage, Spirit of Adventure in the participants.

- **Guiding Principles**

Outdoors, Adventure and camping Experiences comprise of challenging experiences, both physical and emotional, which lead to new awareness, sensitivity and understanding in the students.

In an outdoor camp, learners set out to explore the unknown as a team and in the process rediscover and re-connect with self, others and the world around.

# Objectives of the Camp

- To generate a sense of belongingness and interconnectedness amongst children and nature.
- To rekindle the child-nature bond and zeal towards outdoor and natural surroundings.
- To propel their learning, observing, listening, and feeling skills.
- To take up outdoor and adventure challenges in a safe and encouraging environment.
- To inculcate the spirit of adventure.

# Life Skills Focus

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Self Reliance

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Self-Control

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Perspective-Taking

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Effective Communication- Listening

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Making Connections

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Creative Thinking

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Taking on Challenges

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Self-Directed - Engaged Learning

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Resilience and adaptability

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Environmental protection

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Self care, Health and Hygiene.

# Education

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## **Values**

Time management, Self-Care, Empathy, Courage, Collaboration, Friendship, Integrity, Trust, Independence and Interdependence.

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## **Learning Methodologies:**

Experiential Education

Nature Based Learning

Place based learning

Challenge Based Learning

## Bangalore Camp details & timings

Bangalore Camp Starts – Sun 12<sup>th</sup> May 2024

Drop time at Camp: between 9 am - 10 am

Camp Ends – Sun 19<sup>th</sup> May 2024

Kids Presentation– Sun 19<sup>th</sup> May 9 am – 11 am

Camp Closes / Pickup time by 11 am



# Things to bring

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List is indicative

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Bags – 1 Big & 1 Small

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4 pair clothes / 4 pair under garments

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Sports Shoes / Slippers

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Cap / Hat

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Person water bottle

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Plate, Mug, Spoon

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Toiletries

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Bedsheet

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**NO ELECTRONICS / JUNK OR PROCESSED FOODS**

# Camp Schedule

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5:30 am – Wake up call

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6:30 am - 10:30 am – PT / YOGA /Outdoor / Adventure Activities

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8:30 am - Breakfast

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11:00 am – Refreshments

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11:00 am – 1:00 pm - Indoor activities

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1:00 pm – Lunch

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2:00 pm – 04:00 - Free time / Rest time / Journaling

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4:00 pm – 6:30 pm – Refreshment + Sports and Games

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6:30 pm – 8:00 pm – Cultural Activities

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8:00 pm – Dinner

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9:00 pm – Dailly Reflections

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9:30 pm – Sleep

# Camp Food

## Veg Meals

Fresh and Hygienically cooked on campsite

- 6:00 am – Hot Bournvita & Biscuits
- 8:30 am - Breakfast
- 11:00 am – Refreshments
- 1:00 pm – Lunch
- 4:00– Refreshment
- 8:00 pm – Dinner
- Lemon Juice provided throughout the Day
- Mineral Water provided at campsites and dinning area through dispensers

# TOILETS & BATH Washing areas

- Western Commodes
- Bathrooms with 24 hour Water
- Hot water provided during morning and evening
- Separate Washing Areas for Cloth and Freshening up.

# Camp Activities

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Tent Pitching

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Trekking

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Nature Study

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Rappelling

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Valley Crossing | Highline Walk | ZIP Line

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Bird Watching

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Star Gazing

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Wilderness Survival | Outdoor Cooking

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Knots and Lashings

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Tent Pitching / Shelter Building

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Team Games and Sports

## Safety

- Trained Instructors & Educators
- 10 years of Trust
- Comfort - Stretch – Learning – Discomfort - Panic
- PIES – Physical, Emotional, Intellectual, Social Safety
- Empathy, Inclusion and Belonging

## HEALTH Safety

- First Aid boxes on Camp
- First Aid Responders
- Doctor on call.
- Ambulance on Call
- Clinic and Hospital Address on File
- Standby Emergency Vehicle

## Camp Safety

- Challenge by Choice
- Hydration and & Heat Protection
- No Bullying Policy
- Camp Discipline



## CAMP Safety

- Private Campsite
- Raised Tent Platform
- Well Lighted Pathways
- 24 Hours Security
- Night Sentry

# Camp Instructors



**Diyanat Ali**  
Camp Director



**Keku**  
Camp Instructor



**Jyostna**  
Camp Instructor



**Shariq**  
Camp Instructor



**Devender**  
Camp Instructor



**Malvika**  
Camp Instructor

## CAMP INSTRUCTORS

- 1:5 INSTRUCTOR TO KID RATIO
- FEMALE INSTRUCTOR ON CAMP.
- Our instructors undergo a rigorous selection process and specific training in outdoors, adventure and working empathetically with children.
- They are good at dealing with not just physical safety but also a child's emotional and psychological safety.
- They are trained for gender and cultural sensitivity and know how to care for children and young adults.

## Parent Communication

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Parents will be informed each day about the health, progress with few pictures on whatsapp / facebook link between 7 – 8 pm

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Communication is not possible with the kid during the camp. You can call our educator numbers for information.

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For emergency we will facilitate call with the camp educator

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We do not facilitate talking to kids on a routine basis for any reason except for an emergency or if its a Kids birthday.