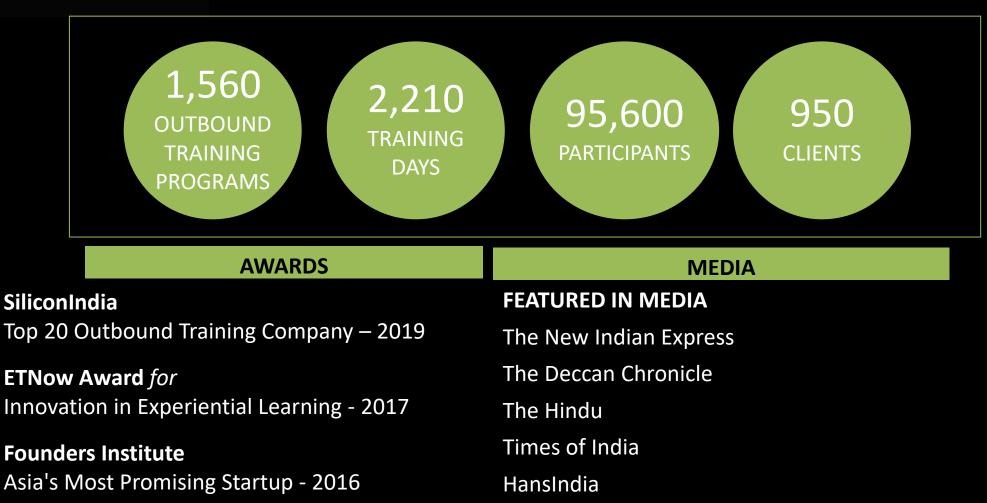


#### **OVER 12 YEARS OF EXPERIENCE AND EXPERTISE**











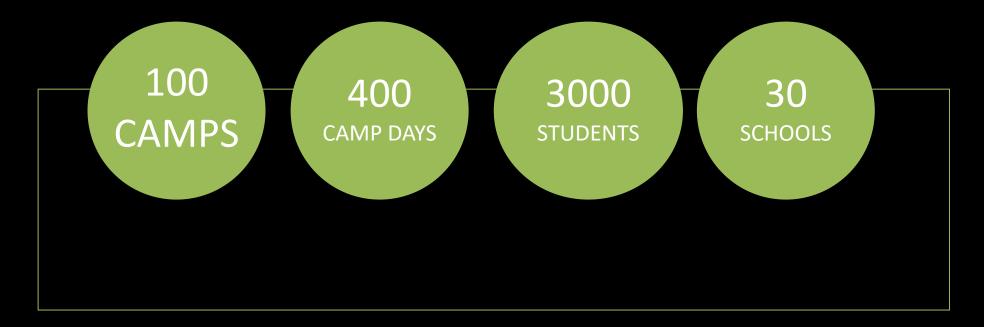


#### OUTDOOR EDUCATIONS FOR STUDENTS



#### **OVER 12 YEARS OF EXPERIENCE AND EXPERTISE**





### 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

Self Reliance
Self-Control
Perspective-Taking
Effective Communication-Listening
Making Connections
Creative Thinking
Taking on Challenges
Self-Directed - Engaged Learning
Resilience and adaptability
Environmental protection
Self care, Health and Hygiene.

## Education

#### Values

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

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 19th May 2024

Kids Presentation– Sun 19th May 9 am – 11 am

Camp Closes / Pickup time by 11 am

## Things to bring

List is indicative	
Bags – 1 Big & 1 Small	
4 pair clothes / 4 pair under garments	
Sports Shoes / Slippers	
Cap / Hat	
Person water bottle	
Plate, Mug, Spoon	
Toiletries	
Bedsheet	

#### NO ELECCTRONICS / JUNK OR PROCESSED FOODS

Camp Schedule 5:30 am – Wake up call

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

8:30 am - Breakfast

11:00 am – Refreshments

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

1:00 pm – Lunch

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

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

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

8:00 pm – Dinner

9:00 pm – Dailly Reflections

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	Tent Pitching
	Trekking
	Nature Study
	Rappelling
	Valley Crossing   Highline Walk   ZIP Line
	Bird Watching
	Star Gazing
	Wilderness Survival   Outdoor Cooking
	Knots and Lashings
	Tent Pitching / Shelter Building
	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



Shariq Camp Instructor



Devender Camp Instructor



Malvika Camp Instructor





- 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.

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

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

Parent Communication

For emergency we will facilitate call with the camp educator

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