



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



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

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

Hyderabad Camp details & timings

Camp Starts – Wed 29th May 2024

Drop time at Camp: between 9 am - 10 am

Camp Ends – Sun 02nd June 2024

Kids Presentation– Sun 02 June 9 am

Camp Closes / Pickup time by 11 am

Things to bring

List is indicative

Bags – 1 Big & 1 Small

3 pair clothes / 3 pair under garments

Sports Shoes / Slippers

Cap / Hat

Person water bottle

Plate, Mug, Spoon

Toiletries

Bedsheet

NO ELECTRONICS / 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

Activity Safety

- 1:5 Instructor to participant ratio
- Redundant Setup / Safety Belay
- Certified and Good Quality Equipment
- Supervised Activities

Day 1 – Wed

10:00 am - 11:00 am	Arriving at Campsite , Registration
12:00 pm - 01:00 pm	Expectation Setting, Introductions, Team Formation
01:00 -02:00 pm	Lunch
2:00 pm - 4:00 pm	Expectation Setting, Introductions, Team Formation
4:00 pm - 5:00 pm	Tent Pitching
05:00 pm	Snacks and Juice
6:00 pm- 8:00 pm	Tents Setup & Camp Area Work
8:00:pm	Dinner
8:30 pm - 09:30 pm	Reflections
9:30 pm	Sleep

Day 2 –

05:30 am	Wake up & Freshen Up
6:00 am - 8:00 am	Nature Hike and Bird Watching
8:00 am	Break Fast
8:30 am - 11:00 am	Map Reading and Navigation Practical's
11:00 am	Snacks and Juice
11:00 am - 01:00 pm	Knots and Lashings -
01:00 pm - 02:00 pm	Lunch
02:00 pm - 04:00 pm	Rest- Free Time
04:00 pm - 06:00 pm	Sports Activities
05:00 pm	Snacks, Fruits and Juice
06:00 pm - 08:00 pm	Cultural Program
08:00 pm	Dinner
09:00:pm - 10:00 pm	Star Gazing
10:00 pm	Sleep

Day 3 –

5:30 am	Wake up & Freshen Up
6:00 am - 7:00 am	Trekking to Rappel Site
7:00 am	Rappel Demo
8:30 am	Packed Break Fast
8:30 am - 11:00 am	Rappelling continues
11:00 am	Snacks and Juice
11:00 am - 12:00 pm	Trek back to Camp
12:00 pm	Rest
1:00 pm - 2:00 pm	Lunch
2:00 pm -4:00 pm	Rest – Free Time
4:00 pm - 7:00 pm	Wilderness Survival Basics
08:00 pm	Outdoor Cooking
10:00 pm	Sleep

Day 4 –

5:30:00 AM	Wake up & Freshen Up
6:00 - 8:00 am	Nature Hike
8:00 am	Break Fast
9:00 am – 11 am	Valley Crossing
11:00 am	Refreshments
11:30 am - 01:00 pm	Valley Crossing
1:00 pm - 2:00 pm	Lunch
2:00 pm - 4:00 pm	Rest
4:00 pm - 6:00 pm	Cooperative Team Games
5:00 PM	Snacks and Juice
8:00 pm	Dinner
8:00 pm - 9:30 pm	Presentation Preparation
10:00 pm	Sleep

Day 5 -

5:30 AM	Wake up & Freshen Up
6:00 am - 8:00 am	Camp Area Assessment
8:00: am	Break Fast
9:00 am	Kids assemble and Practice
10:00 am	Parents Arrive & Refreshments
10:15 am	Kids Presentation
11:15 am	Certificates and medals
11:30 am	Group Photo
12:00 pm	Camp ends

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



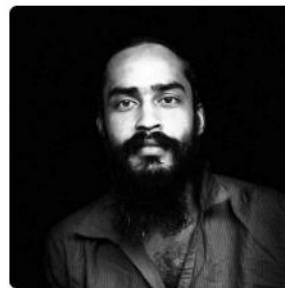
Keku
Camp Instructor



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.