

Outlife Summer Camp – Bangalore

Parents and Kids Camp Orientation session





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

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

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 / Art & Craft / 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 – Juice / healthy Snacks
- 1:00 pm – Lunch
- 4:00– Refreshment – Juice / Seasonal Fruits
- 8:00 pm – Dinner
- Lemon Juice / ButterMilk provided Multiple times in a 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 Activity / Education Themes

Adventure Activities

Outdoor Education & Outdoor Skills

Nature Education

Cooperative and Social Emotional Learning

Play, Art and Sports

Camp Activities

Tent Pitching

Trekking

Nature Study

Rappelling | Rock Climbing Wall

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
- 1 Female Educator at camp

HEALTH Safety

- First Aid boxes on Camp
- First Aid Responders
- Doctor on call.
- Ambulance on Call
- Nearest 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
- Generator as backup.
- 24 Hours Security
- Night Sentry

Camp Educators

Camp Educators



Keku – Keerthi Kumar
Outdoor Instructor, Experiential Educator
Nature and Wilderness Guide.
15 years experience in leading
educational camps



Camp Educators



Prachi Mishra
Experiential Educator, Art Based Educator
5 years experience in facilitating Children in
outdoor experiences and art based learning.



Camp Educators



Diyanat Ali
Experiential Educator, Outdoor Instructor
15 years experience in organising camps,
outdoor and adventure experiences.



Others Camp Instructors / Support

Outdoor and Adventure Experts

Camp Support Staff.

Camp Facility Support

Kitchen Staff

CAMP INSTRUCTORS

- 1:5 INSTRUCTOR TO KID RATIO for Adventure / Outdoor Activities
- 1:10 Instructor to Kid ratio all the time.
- 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

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.

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.

Preparing the child for the first camp.

- Sending your child to an outdoor summer camp for the first time can be exciting, but also a bit daunting. Preparation is key to ensuring a smooth and enjoyable experience for your child.
- It's important to talk to your child about what to expect at camp. Discuss the activities they'll be doing, the friends they'll make, and the fun they'll have. This can help to build excitement and reduce any anxiety they may have.
- Next, involve your child in the packing process. This can help them to feel more prepared and in control. It can also be a good opportunity to discuss the importance of each item they're packing.
- Lastly, reassure your child that it's normal to feel a bit nervous or homesick at first. Let them know that the camp staff are there to help and that they can always reach out to them if they need anything.
- Now, let's delve into more detail about what to pack and how to handle homesickness and other challenges.

Home Sickness

- Homesickness is a common challenge for kids attending camp for the first time. It's important to reassure your child that this is a normal feeling and that it usually passes after a few days.
- Camp educators know how to support the kids and make them feel safe and supported.
- Before camp, discuss strategies for coping with homesickness. This could include keeping a journal, writing letters home, or bringing a comforting item from home.
- It's also important to encourage your child to reach out to the camp staff if they're feeling homesick or facing any other challenges. The staff are there to help and will have plenty of experience dealing with these issues.
- Lastly, remind your child of all the fun activities they'll be doing and the new friends they'll be making. This can help to shift their focus from what they're missing at home to the exciting experiences they'll be having at camp.

Documentation



Camp Registration Document



Camp Disclaimer



*Printed and Signed with a self attested copy of Govt ID proof

Documentation

Please mention any allergies and medication that the kid takes.

Mention any health or behaviours that need care or attention.

Medicines

Mention any special care the kids need in the registration form

Mention any allergies or behaviours to observe

Please include any medications the kids take

Send common medicines for ailments like pain killers, indigestion etc

We will not administer any medications unless under doctor or parents advice.

If the kid falls ill, parents will be consulted and kid send back home.

Things to Pack

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 ELECTRONICS / JUNK OR PROCESSED FOODS



Questions