



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## NALS OUTBOUND – ADVENTURE INTERNSHIP PROGRAM (NAIP) @ NALS Campus, Coonoor, The Nilgiris

### Introduction

It is known all along that lack of physical activity, sun exposure, good sleep and simple food are key reasons for diseases in people. NALS offers an outdoor program that will provide exactly these key elements and the results are seen dramatically within 6-7 days. The program will rekindle energy, enthusiasm, courage and confidence in the participant. This program is highly recommended for improving physical and mental health. This program is strongly recommended for people facing higher degrees of anxiety, insecurity, fear of failure and withdrawal symptoms.

In general, rapid urbanisation and isolation from family can have disastrous consequences on the human mind and body. Lack of exercise, addiction to junk food and social media are playing havoc to human health. Growing children are especially vulnerable to gadget addiction and this can lead to brain damage, stunted growth and early onset of diseases. Also, in the case of trauma victims and troubled minds, modern medicine is unable to help other than prescribing antidepressants to subdue the symptoms rather than cure the malaise.. In such circumstances, one has to reinvent, change habits and improve mental processes through extensive physical activity in calm and tranquil outdoors..

### Suggested Program Duration

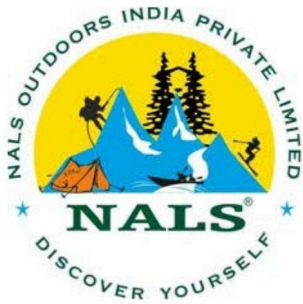
This varies from person to person and is based on physical / mental health conditions. We provide general guidance as below and can plan the actual duration after discussions of your requirements and objectives, as well as your experience during the program.

- |   |              |
|---|--------------|
| 1. Survival training, general fitness & health  | 7 ~ 14 days  |
| 2. General insecurity / lack of confidence / anxiety<br>(fear of the dark, insects, talking to strangers, public speaking<br>and courage to speak the mind)                     | 4 ~ 14 days  |
| 3. Low Self Esteem / Inferiority complex / Negative behaviour<br>& Anger Management   | 14 ~ 28 days |
| 4. Stress Management for corporate employees  | 7 ~ 14 days  |
| 5. Neuromuscular improvements   | 14 ~ 28 days |
| 6. Functional independence - basic duties, social skills<br>(special children / laziness due to over indulgence at home / lack of exposure /<br>lack of interest or motivation) | 28 days      |

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|--|---------------|
| 7. Troubled teenagers / bullying tendencies / disobedience   | > 28 days     |
| 8. Weight loss mgmt - increase metabolism and put on path to health  | 1 ~ 3 months  |
| 9. Trauma victims / depression / suicidal tendencies<br>(PTSD / marital separation / exam failure / sexually harassed) | 1 ~ 6 months  |
| 10. Gadget addiction, junk food and TV addiction   | 28 days       |
| 11. Autism spectrum, ADHD  | 14 ~ 28 days  |
| 12. Depression / Serious Lifestyle issues  | 3 ~ 12 months |

## Activities

- Participants are assured of plenty of Outdoors - trekking and various forms of climbing are involved - Low ropes, high ropes, rock climbing, rappelling, etc.
- Learning climbing skills and rope work are part of the program.
- On an average, the participant will walk about 6 kms per day, leading to over 180 kms in a month. On some days, the walking distance can be as much as 20 km.
- Yoga, meditation, fun games, interaction with local villagers, etc.
- Handling camp functions, supervising small children and supporting large groups.

## Program Cost Per Head (participant and family members)

Age group (min 8 / max 55)	7 days	14 days	21 days	28 days
Program cost	Rs. 18,950	Rs. 28,550	Rs. 39,650	Rs. 44,500

Note:

- Per day = 24 hrs and includes 3 veg meals + beverages
- Additional Meal – Rs. 150
- Accommodation + Meals for escort persons or driver = Rs. 1,000 per day per head

## Package Includes:

- Vegetarian Meals and Refreshments (Tea / Juice)
- Shared accommodation in rooms with bath (2 ~ 4 persons per room)
- Experienced instructors, certified equipment and resource persons
- GST

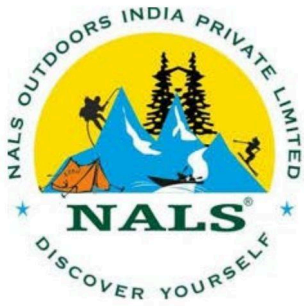
## Package Excludes:

- Transport to and from NALS campus (optional cost shown in table above)
- Meals / beverages during bus / train journey

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## General Terms

- The price quoted is valid for a period of three months from date of this offer
- 100% in advance **for confirmation of dates and camp availability**
- Each participant will fill and sign a registration cum risk awareness form. Parents will sign for minors.
- Please read and disseminate “Campus guidelines” to all participants. This is available on our website [www.nals.in](http://www.nals.in), select “Downloads” from main menu
- Damage to NALS property will be chargeable on actual replacement basis

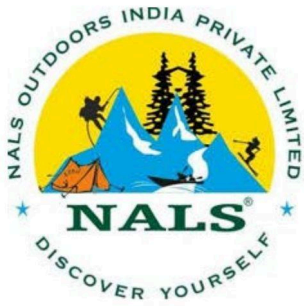
## Important info for parents: (whose unaccompanied children are at our campus)

1. While we appreciate the anxiety and angst towards your child attending this program, calls to the campus for general enquiry and repeated requests to speak to your child are STRICTLY not allowed. In our experience, this distracts the trainers from their main focus of running the program safely. Further, many modern day children get weak when the parent becomes emotional on the phone. This also upsets other children in a cyclical process. We hope you will understand..!
2. As a policy NALS does not rate or rank children. Neither do we give a “performance report” as this requires that the children be compared with each other. It is our belief that each child is unique and comparing them with others is doing injustice to them. Some parents, in the past, have insisted on a performance report of their wards much to our chagrin. We hope you will understand that this is not possible.
3. For children who may become weak or sick, NALS adopts a wait and watch policy for 24 hrs and we manage the situation with the best of our abilities that may also include a visit to the local hospital. Parents will be informed by telephone in case of a hospital visit. If the situation cannot be managed by NALS, we may request the parent to collect the child from our campus.
4. Parents should assure themselves that their children are toilet trained fully as this is an area where NALS cannot help much other than guiding a child to clean himself properly. It would be inappropriate for our staff to handle the child inside a bathroom.
5. NALS may take efforts to update status on the camp through SMS or Whatsapp. This is subject to availability of cell range / data roaming. As we are far in the outdoors, this always remains a challenge. Some parents have demanded, in the past, immediate response, after not seeing their child’s photo in the whatsapp message. Please relax.
6. For long duration programs (more than 28 days), the participant can take periodic breaks for home visits (say 10-12 days once every month). Although, this is not compulsory.

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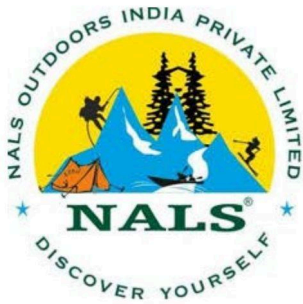
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## How Adventure programs strengthen the mind?

NALS believes that all the above turnarounds are due to a combination of several factors. Some of them are:

- The human brain can make new neural pathways with activity and stimuli - This process is known as neuroplasticity. This is also known as Brain Training.
- Fear, during an exciting adventure activity, can trigger natural and instinctive responses that allow the brain to rewire itself and provide courage and confidence.
- Rope and uneven terrain walking trigger massive improvements in geospatial coordination and body balance. Posture and personality will improve.
- Extended physical activity through spectacular valleys and mountains produce dramatic feelings in people and directly improve self esteem.
- Meeting rural people in simple environments improves humility.
- Simple food, adequate sleep, disconnect from social media accelerate the self discovery process.
- Repetitive campus functions will change mindsets and put in place good habits - waking up early, exercising every day, taking care of one's basic needs, helping others with their functions, eating & living simple, etc.
- Sun exposure improves Vitamin D, general immunity and feel good hormones.
- Guidance, motivation and encouragement from the NALS team provide adequate emotional care and support that triggers hope, faith and trust in participants.

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## General Terms and Conditions

### PAYMENT TERMS

1. Payment Mode:
  - a. UPI ID: Q220186378@ybl
  - b. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
  - c. NALS Bank account details: A/c No. 32586375634 / IFSC : SBIN0003061 / State Bank of India, RS Puram Branch, Coimbatore – 641002
  - d. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

### CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

1. More than 30 days prior to commencement of program Rs. 2500
2. 15-30 days prior to commencement of program 20%
3. 8-14 days prior to commencement of program 50%
4. Less than 8 days to commencement of program 100%

Very rarely, NALS may be forced to cancel a program due to force majeure (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of the program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In case your booking includes flight, hotels and / or transfers, cancellation charges will be higher depending on the air carrier and other service providers and this may vary from time to time.

### PARTICIPANT BEHAVIOUR AND DISCIPLINE

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS property, harassment of fellow participants are examples of behaviours that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

### RISK AWARENESS

Trekking, Mountaineering and any outdoor activity carry serious risks and hazards due to various factors. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialised medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition outdoors.

Some of the wild animals in this area are: Indian Gaur, Bears, Boars, Deer and foxes. In case you see some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parental consent and signature are mandatory for participation in our programs.

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