



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

CORPORATE TEAM BUILDING PROGRAM (CTEAM)

Adventure programs help individuals improve their strength and character. Higher self awareness results in possibilities for individuals to correct and improve their imperfections. Improved character facilitates team bonding and therefore, higher corporate performance. Through an experiential learning platform NALS provides opportunities for individual enhancement, stress management, team spirit, cross functional training and improved workplace

Key Information

- Duration : 03 Days / 02 Nights
- Location : Coonoor, TN
- Age Group : 18 ~ 55 years
- Intensity : * * (Low)
- Batch Size : 20 ~ 50

Program Highlights

- Total trek distance will be about 8 kms
- Maximum trek distance on any day < 4 kms
- Altitude varies between 1700 ~ 1850 m
- Activities
 - Rappelling
 - High Ropes
 - Jungle trek, Night Trek
 - Group tasks and inter personal Leadership games

PS: Activities are based on duration of program, group size, physical fitness and local weather.

Program Alteration

It must be borne in mind that the program schedule can be changed due to practical compulsions like safety, availability of water, comfort and well being of participants. Further, mountain weather / road conditions are unpredictable and can lead to disruption or even cancellation of the program or some of the objectives of the program.

Food and Beverages

The participant is assured of simple Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated

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and loaded with sufficient calories to meet the physical tasks. Consumption of alcohol and smoking are strictly prohibited in NALS campuses - as they aggravate risks.

Fitness and Skill requirements

Participant is required to have basic fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 4 ~ 6 kms, ascend moderate gradients. It is opined that any average person who exercises for 30 minutes every day will have basic fitness.

Program Cost per head

Batch size (min 5 / max 60)	Day Time (0800 ~ 1700)	One Day (24 hrs)	Two days (48 hrs)		Three days (72 hrs)	
	Mon ~ Thu	Mon~Thu	Mon ~ Thu	Fri,Sat,Sun	Mon ~ Thu	Fri,Sat,Sun
15 or less persons	Rs. 2,250	Rs. 3,750	Rs. 7,000	Rs. 7,800	Rs. 9,400	Rs.9,900
16 ~ 30 persons	Rs. 2,000	Rs. 3,500	Rs. 6,600	Rs. 7,400	Rs. 9,000	Rs. 9,500
31 ~ 60 persons	Rs. 1,750	Rs. 3,250	Rs. 6,300	Rs. 7,000	Rs. 8,500	Rs. 9,200

- **For effective learning, we recommend a 3 day program as a minimum**
- Per day = 24 hrs & includes 3 meals. Additional Meal – Rs. 150
- Note: Accommodation + Meals for Drivers = Rs. 1,000 per day per head

Package Includes:

- Vegetarian Meals and Refreshments (Tea / Juice)
- Shared accommodation in Dormitory (6 ~ 8 persons per dormitory room)
- Please consider 15% additional cost for shared accommodation in rooms with attached bath (4 per room with bunk beds) > maximum 32 persons
- Experienced Faculty and trainers, training and equipment

Package Excludes

- Travel to and from campsite
- Personal accident insurance
- GST 5%

General Terms

- The price quoted above is valid for three months from date of this offer
- Our facility is a smoke and alcohol free facility
- 25% in advance **for confirmation of dates and camp availability**

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- 75% balance at least 7 days before commencement of program
- Each participant will fill and sign a registration cum risk awareness form.
- Please read and disseminate “Campus guidelines” to all participants. This is available on our website www.nals.in, select “Downloads” from main menu
- Extended stay of over 6 hours at our campus due to any reason will be charged as per day rates

Sample schedule as below (24 hrs program)

Day 0

1700 - Arrival / tea / safety briefing and orientation / room allocation
1830 - Ice breaker and Introductions

Day 1

0600 Wake up call / Tea
0630 Morning walk and gentle exercise
0800 Breakfast
0900 High Ropes – *test of courage, ability to take calculated risks*
1100 Tea Break
1130 Jungle trek
1300 Lunch
1345 Group Dynamics – Goal Setting Game - *Communication / logic*
1700 Tea / Closing session
1730 Departure

Note: Program schedule is subject to change on the spot based on time of arrival, group size, weather, participant physical conditions and other unknown factors.

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Cancellation / Rescheduling terms and charges - Dormitory rooms

1. Rescheduling of program date
 - a. If notice is received more than 30 days before program 5%
 - b. If notice is received less than 31 days before program 10%
 - c. If notice is received less than 14 days before program 15%
 - d. If notice is received less than 7 days before program 30%
2. Cancellation of Program
 1. Cancellation fee of 30% will be levied on the planned program cost

Cancellation terms and charges - Pembroke Villa Guest House

1. Cancellation of rooms
 - a. If cancelled 10 days prior to check-in 20%
 - b. If cancelled 7 days prior to check-in 50%
 - c. If cancelled 3 days prior to check-in 100%

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