



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## FACULTY LEADERSHIP AND ADVENTURE PROGRAM (FLAP)

Teachers and faculty are excellent role models only next to parents. Students require to be guided to the path of self-discipline and teachers can be ideal guides with their continuous exposure with students.

NALS hopes to trigger higher concepts of leadership and role modelling skills with teachers and faculty, This program will also trigger better attitudes towards health and fitness.

### **Key Information**

- Duration : 03 Days / 02 Nights
- Location : Coonoor, TN
- Age Group : 20 ~ 65 years
- Intensity : \* \* (Low)
- Batch Size : 20 ~ 60

### **Program Highlights**

- Total Trek distance will be less than 7 kms
- Maximum trek distance on any day < 4 kms
- 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 and loaded with sufficient calories to meet the physical tasks.

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<b>Head Office:</b> No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	<b>Regd. Office:</b> 36A, Bhooma Nivas, 4 <sup>th</sup> Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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## **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 3 ~ 4 kms, ascend moderate gradients. It is opined that any average person who exercises 30 minutes every day will have basic fitness. However, it is advised that participants exercise regularly prior to arriving at the campsite.

## **Program Cost Per Head**

<b>Batch size (min 30 / max 60)</b>	<b>One day*</b>	<b>Two days*</b>	<b>Three days*#</b>	<b>Four days*#</b>
Monday ~ Thursday	Rs. 1,750	Rs. 3,150	Rs. 4,600	Rs.5,900
Friday ~ Sunday	NA	Rs. 3,700	Rs. 5,200	Rs. 6,700

PS: For effective learning, we recommend a three day program as a minimum

# Certificates will be issued for duration of three days and above

\* Per day = 24 hours duration, Additional Meal – Rs. 120

Note: Accommodation + Meals for Drivers = Rs. 850 per day per head

## Package Includes:

- Vegetarian Meals and Refreshments (Tea / Juice)
- Shared accommodation in Dormitory (6 ~ 8 persons per dormitory room)
- Experienced instructors, certified equipment and resource persons
- GST

## Package Excludes:

- Transport to and from NALS campus.
- Meals / beverages during bus / train journey.

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## General Terms and Conditions

### PAYMENT TERMS

1. 100% payment while booking.
2. Payment Mode:
  - a. Direct Deposit
  - b. Wire transfer
  - c. Draft or Multi city cheque payable at Coimbatore
  - d. For Bank account details refer Registration Form
3. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

### CANCELLATION / RESCHEDULING TERMS AND CHARGES

1. Rescheduling of program date
  - a. If notice is received more than 7 days before program No Charges
  - b. If notice is received less than 7 days before program 5%
2. Cancellation of Program
  - c. If notice is received more than 7 days before program 10 %
  - d. If notice is received less than 7 days before program 15%

### 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, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour 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 specialized 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 in the outdoors.

Some of the wild animals in this area are: Bisons, Bears, Boars, Deer and foxes. In case you sight 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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