



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

NALS OUTBOUND – ADVENTURE & VALUE EDUCATION (NAVE)

@ NALS Campus, Coonoor, The Nilgiris

Introduction

The values and attitudes we live by reflect on our environment and the people around us. Value education awakens one's curiosity, sparks the development of new attitudes, and inspires one to add value to oneself and to others.

What more do the people of today need than some insight into themselves and the environment for self improvement? With us, you can learn values through adventure and set out on a path to consistent improvement.

The modern world is placing enormous expectations and pressures on young people. Social media and internet based information is pounding these minds round the clock raising anxiety, fear of failure, incorrect beliefs, false status and materialism, health issues, unreasonable desires and wants. Lack of self belief, confidence and physical activity can be primary reasons for rise in depression and extreme decisions amongst the youth. NALS seeks to address some of these issues through an exciting and challenging adventure + value education program.

Key Information

- Duration : 4 days / 3 nights
- Location : Coonoor, TN
- Age Group : 16 ~ 25 years
- Intensity : * * * (Moderate)
- Batch Size : 04 ~ 20

Activities & some benefits

- Participant is assured of plenty of Outdoors - trekking and various forms of climbing are involved - Low ropes, high ropes, rock climbing, rappelling etc
- Yoga, meditation, fun games, interaction with local villagers etc
- Several workshops and discussions on primary values and success parameters are included in the program
- How to Say NO to bad habits and bad company? Demonstration of Courage..!
- How to distinguish from needs and wants?
- What are the primary vices of Human beings?
- What is the meaning of success? Importance of Physical and Mental Health - Concepts that shape our future and destiny
- Money matters - How to manage money and achieve freedom from financial insecurity

NALS / PDM - NAVE / 28 Jan 2019

Page 1 of 4

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- This program will provide nutrition to mind and body and set the ball rolling for improved confidence, compassion, self esteem, empathy, perseverance, resilience, etc

Cost per head (inclusive of taxes)

Description / Group Size	8 ~ 20 persons	4 ~ 7 persons	1 ~ 3 persons
Program Cost (ex-Camp)	Rs. 12,500	Rs. 15,600	Rs. 17,500
CBE ~ Camp ~ CBE Transfers (optional)	Rs. 1,500	Rs. 2,000	Rs. 2,500

* Certificate will be issued Additional Meal – Rs. 120

Note: Accommodation + Meals for escort staff, helper or driver = Rs. 850 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 - this can be arranged for an optional cost as above
- Meals / beverages during bus / train journey

How Adventure programs strengthen the mind?

- 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.
- Adventure and outdoor activities excite and bring enthusiasm in all human beings while at the same time provide fear stimuli that trigger courage and confidence.
- Extended physical activity through spectacular valleys and mountains produce dramatic feelings in people
- Simple food, adequate sleep, disconnect from social media accelerate the self discovery process
- Guidance, motivation and encouragement from NALS team provide adequate emotional care and support that triggers hope, faith and trust in participants.

NALS / PDM - NAVE / 28 Jan 2019

Page 2 of 4

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Important info for parents:

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, modern day children get weak when the parent, sometimes, become emotional on the phone. This also upsets other children in a cyclical process. We hope you will understand..! We also do not encourage your visit to the campus during the program.
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 in the outdoors during this short span of period 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 were 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.

General Information / Guidance

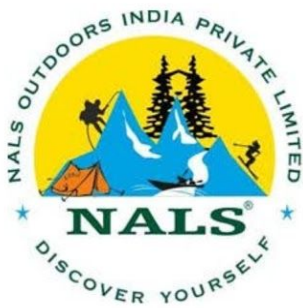
Note: 1 > Registration Process

- As a policy, NALS has made this entire process paperless and request your kind concern for Nature and eco system
- One can register online at the link provided on program page,
- Once registration is completed an e-mail will be sent to your registered email ID with links for program related documents. Check your spam box also for this mail
- In this mail, options are provided for payment - use these based on your convenience
- Once payment is made, inform NALS the payment details so that we can track and confirm your registration. This may take upto 3 working days based on payment modes.
- Your registration will be confirmed to you by email. Receipt + program related documents will be sent to you, once again, by email.
- Final invoice will also be sent by email within 1 ~ 7 days of program completion.
- NALS can send hard copy of the invoice - please send an email request to webmaster@nals.in, quoting your PRN number, after the program is over.

NALS / PDM - NAVE / 28 Jan 2019

Page 3 of 4

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - b. NALS Bank account details:
 - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
 - ii. IFSC : SBIN0003061
 - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. 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. 1500 |
| 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 program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In case, your booking includes flight, cancellation charges will be higher depending on the air carrier and this may vary from time to time. Please check your tickets.

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: Indian Gaur, 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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