

NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

NALS OUTBOUND – ADVENTURE BASED LEADERSHIP PROGRAMS

@ NALS Campus, Coonoor, The Nilgiris

Introduction

An exciting program to give an introduction to outdoor adventure activities. The program will rekindle energy, enthusiasm, courage and confidence in the participant. Families and Individuals will derive huge benefits from the bonding, togetherness and stress relief through outdoor activities. Activities provide opportunities for parents to become role models to their children. Kindly be prepared to sacrifice some of your comforts in an Outdoor program. Such an attitude improves adaptability and emotional quotient.

Overall Benefits of OUTBOUND programs

- Improved character – Courage, Confidence, Perseverance, Resilience, Patience, Tolerance, Self Discipline etc.
- Value building – Respect Nature, Compassion towards fellow human beings, Honesty, Service and Selflessness, Patriotism etc
- Building positive attitude and improving self esteem
- Introduction to basic adventure and experiential learning activities to improve self awareness / discover one's own strength.

Program Cost Per Head - Dormitory (6 ~ 8 persons per room)

Batch size (min 4 / max 60)	One day*	Two days*	Three days*#	Four days*#
Monday ~ Thursday	Rs. 2,000	Rs. 3,800	Rs. 5,400	Rs.7,000
Friday ~ Sunday	Rs. 2,250	Rs. 4,000	Rs. 5,850	Rs. 7,600

Program Cost Per Head - Rooms with attached bath (4 bunk beds per room)

Batch size (min 4 / max 32)	One day*	Two days*	Three days*#	Four days*#
Monday ~ Thursday	Rs. 2,250	Rs. 4,000	Rs. 5,850	Rs.7,600
Friday ~ Sunday	Rs. 2,500	Rs. 4,400	Rs. 6,300	Rs. 8,000

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GENERAL TERMS

1. * Per day = 24 hours duration, Additional Meal – Rs. 120
2. Accommodation + Meals for Drivers = Rs. 950 per day per head (dormitory only)

Package Includes:

- Vegetarian Meals and Refreshments (Tea / Juice)
- Outdoor activities - treks, ropes and rock craft
- Experienced instructors, certified equipment and resource persons
- GST

Package Excludes:

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

General Terms

- Rates may change due to seasonal demand without prior notice.
- 25% in advance **for confirmation of dates and camp availability**
- 75% in advance at least 7 days to commencement of program
- Each participant will fill and sign a registration cum risk awareness form. Parent will have to sign for minors.
- 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

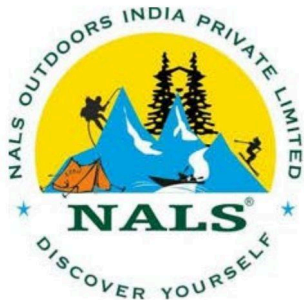
Cost of Transportation

This bus service is an optional offer and planned between Coimbatore - Camp - Coimbatore. The cost offered includes driver bata and meal costs. The rate may vary depending on the point of pick-up / drop. If you choose to bring own vehicle, kindly consider driver costs mentioned on page 1.

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Sample schedule as below

Day 0

1700 Arrive at Campus / tea
1730 Safety briefing / registration / orientation / room allocation / ice breakers
2000 Dinner
2130 Lights off

Day 1

0600 Wake Up call / tea
0630 Morning exercises / gentle walk
0800 Breakfast
0900 High Ropes / Jungle Trek – *Overcome fear, improve courage and confidence*
1300 Lunch
1430 Floor level – Group Dynamics - *Problem Solving as a group / communication skills*
1730 Tea / snacks / Wash Time
1900 Leisure time
2030 Dinner
2130 Night Trek – *Humility, power of silence, improve internal energy*
2200 Lights Off

Day 2

0600 Wake Up call / tea
0630 Morning exercises / Stretching
0800 Breakfast
0900 Rappelling / Rock Climbing – *overcome fear, improve perseverance, courage*
1300 Lunch
1400 Floor level – Group Dynamics – *Planning, Time Management, Goal Setting*
1730 Tea / snacks / Wash Time
1900 Leisure
2000 Dinner
2130 Lights Off

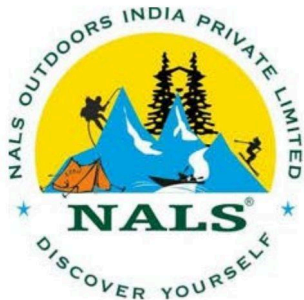
Day 3

0600 Wake Up call
0630 Morning exercises / Stretching
0800 Breakfast
0900 Valley Trek , about 7 kms - *stretching our endurance, caring for others*
1400 Lunch
1500 Leisure / Pack up

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1630 Tea / snacks / Wash Time

1645 Closing Address

1700 Departure

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

Cancellation terms and charges (Dormitory / bunk bed rooms)

1. Cancellation of program date

1. If notice is received more than 30 days before program 5%
2. If notice is received less than 15 days before program 20%
3. If notice is received less than 7 days before program 50%
4. If notice is received less than 4 days before program 100%

Campus & Activity Info

Location > Manjacombai, Nilgiris (28 kms from Ooty / Coonoor)

Programs are offered in a 140 acre plantation nestled amidst forests in the Southern side and pristine valleys in the Northern side. The vibrant bio-diversity offers plenty of opportunities to learn and experience Mother Nature. Over 60 species of birds can be sighted for the patient and keen eye.

Accommodation > Bunk beds with common toilets

Simple and yet rustic accommodation awaits participants. Rooms are spruced up from 40 year old labour lines and retain the old charm. We provide pillows and sleeping bags to all participants. Boys and girls live in separate lines. Toilets are designated at far ends for boys and girls. Both Western and Indian toilets are available along with health faucet.

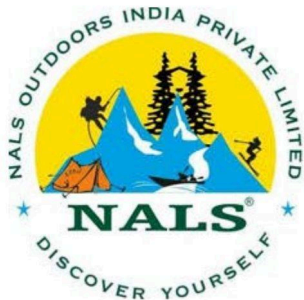
Meals > Vegetarian, South Indian

Over 28,000 persons have come to NALS and most of them have complimented the quality and taste of our food. Yet, the menu is very simple, but nutritious, and cooked with passion and dedication by an in-house kitchen team.

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Safety Equipment / Supervising Team

NALS employs a certified mountaineering team with enormous dedication and passion to work and motivate people. They are extremely fit, agile and inspire the young and old with high self discipline and code of conduct. Their enthusiasm is talked about by all visitors. Safety equipment used for adventure activities are imported from CAMP, Italy. All equipment is certified by UIAA (International Adventure Association). Equipment of such high quality and a team of dedicated trainers have given NALS an impeccable safety record and we spend an enormous amount of time improving our safety standards and work culture.

The entire NALS team is a teetotaler team - We believe that role models need to set very high standards for young minds in the area of habit formation

(for more details read campus guidelines)

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