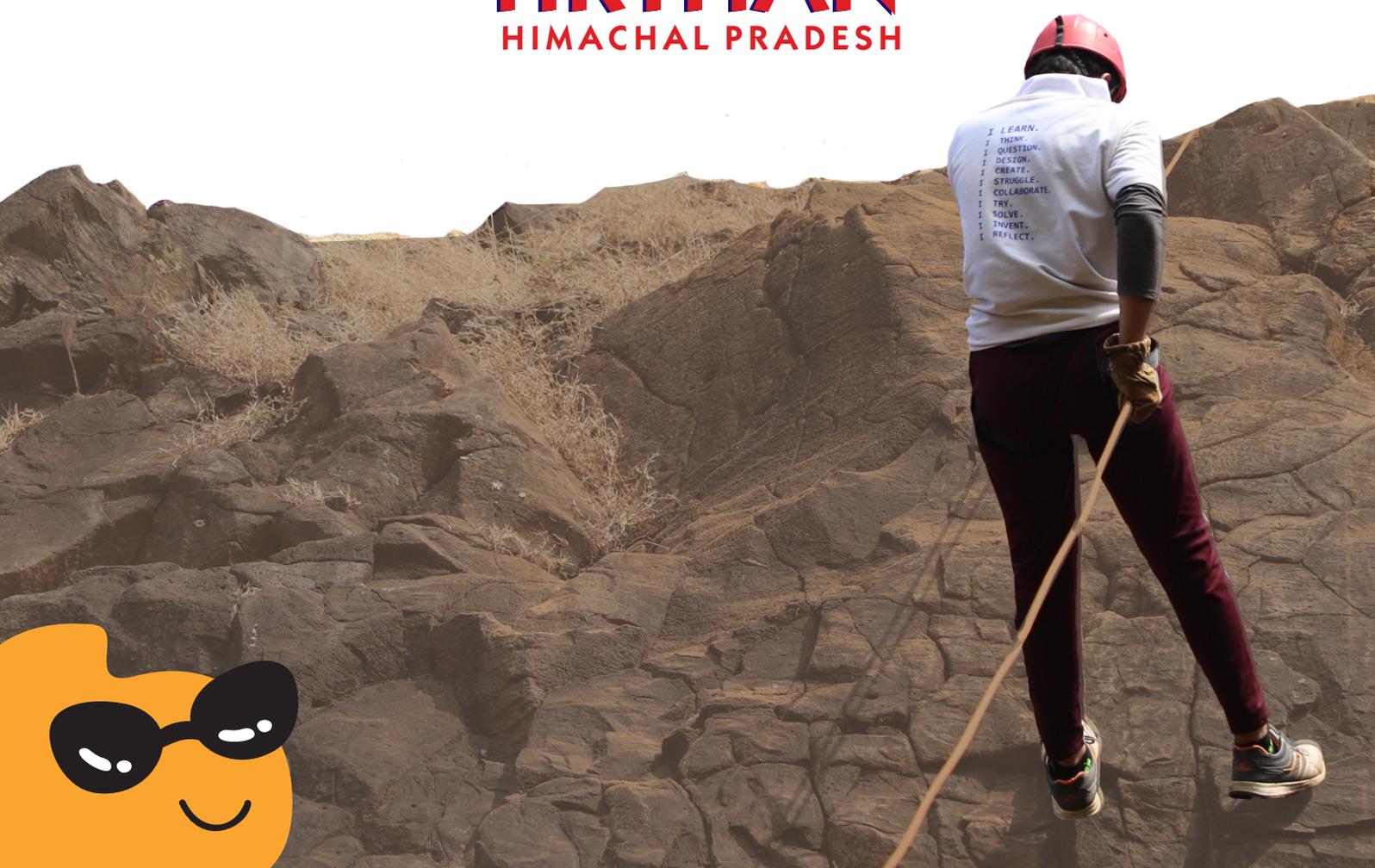




ADVENTURE 2022



TIRTHAN
HIMACHAL PRADESH





Age Group
12 to 14 years



DURATION
5 Nights - 6 Days
Plus Traveling Day



FOCUS AREA

Collaboration and Teamwork
Leadership and Decision making



LOCATION

Tirthan - Himachal Pradesh

Our beautiful riverside campus at Tirthan is located in the Great Himalayan National Park, a UNESCO World Heritage Site. The campus is surrounded by mountains populated with large Deodar trees. The pristine waters of the Tirthan river add to the picturesque setting.

Planned WOW activities in Tirthan.

Outdoor Survival :

What do you do if you get lost? How do you improvise shelter? How does one find direction without a compass? How do you build a fire? How do you rescue lost mates or signal for help? This experience helps build skills around these questions.

Rock Climbing :

Starting with bouldering skills and introduction to equipment, the course moves to 3-point climbing. Lateral challenges are provided to ensure both challenge and fun

Night Out :

Participants will put their backpacking knowledge and skills to use when they plan and execute a night out, here they will be self sufficient in cooking, setting up their own tents and spending time outside the confines of Base camp

River Craft :

Activities around the river may include a pool walk and Natural river crossing.

Different types of Learning Initiatives- cool time Activities

· Invisible Maze · Pipes and Marbles · Rifle Shooting · Blind rope · Minefields



Disclaimer : Activities might change due to weather or other conditions

A Camp Day

Wake Up (6am-7am)

At Camp we start our days early!

Amazingly we face very little resistance than one would expect (and that too without shouting and screaming!). It is not unusual to find many students up before the wake-up call playing football or simply enjoying the campus.

Milk, Biscuits, Tea awaits the children at the Chota Hazri where they catch up with friends and the Inme instructors and gear up for an active day ahead.

Power-Up (7am-8am)

Participants stretch, push, pull and jump themselves out of any laziness in a fun and memorable way. Although these are just warm up exercises, there is a very good chance that you will hear them humming the rhymes and stretching out their bodies even after they return!

Breakfast (8am-8:45am)

Students load up on a well thought of breakfast to gain enough energy to burn in the outdoors. Inme instructors ensure that some of the 'diet conscious' adventurers eat enough nutrition and no one slips out of their radar!

Wonderful Outdoor World (WOW) (8:45am-1pm)

Students are divided into sub-groups for the various outdoor experiences (chosen based on the specific program learning objectives for the grade). Each outdoor activity has a defined curriculum and is led by a team of experts.

Lunch (1pm-1:30pm)

Nutritious and much needed lunch awaits the adventurers once they return to the campus after their outdoor experience.



Free-wheeling/Your own time (1:30pm-2:30pm)

Students use this time to freshen up, catch up with their friends, read a book they may have been meaning to read, or sit under a tree to relax.



Learning Initiatives/Cool time (2:30pm-4:30pm)

Students engage in learning initiatives designed around the specific life skills outcomes for the program.

The intent is to stimulate their minds, encourage them to share their feelings and thoughts, and have constructive dialogue with their peers and the instructors.

Serenity Time (4:30pm-5pm)

Students utilize this time to enjoy solitude & appreciate the power of silence.

The intent is to give them an opportunity to introspect, reflect, look within in the context of their experiences during the day, or simply hear the birds chirp, the butterflies fly, and the flowers radiate.

Tea Time (5pm-5:30pm)

Milk, Tea, and wonderful snacks await the children after their reflection time.

Campus Fun (5:30pm-7pm)

Students and Instructors let their hair down after a packed day of outdoor experiences, learning, and reflection. Minute to win it games, noodle hockey are some of the popular games played....there is something for every mood. Great fun all around!

Soup Time (7:00pm-7:15pm)

Hot soup is much appreciated by one and all.



Book-Your-Day (7:15-8pm)

Students are guided to use their Program Workbook. In addition to the exercises in the workbook, students may engage in relevant and meaningful activities that range from village appreciation, socially useful and productive mini-projects, health mela for the nearby village students, mutual appreciation interactions with the nearby residents, first aid sessions etc. The sequencing and timing of these engagement activities may be done differently or may be spread over a few days.

Dinner (8pm-9pm)

The much-awaited dinner caps off a power packed day for the students. Guessing games abound on whether the sweet dish is gulab jamun, fruit cream, or the shahi tukda!

Golden Slumber (9.30pm)

It usually does not take the students long to hit the sack post-dinner as the day's weariness slowly kicks in. It is a wonderful feeling to see all the students in great spirits, slowly switching the lights off in their tents.