

THEIR MINDS WERE NOT BUILT TO
SIT AND BE TAUGHT.
THEY WERE BUILT TO EXPLORE,
PLAY AND LEARN.



OUTWARD BOUND
INDIA - HIMALAYA

CAMPING AND HIKING

BULL'S RIVER CAMP, TONS

An Outward Bound Himalaya Experience

WHO IS IT FOR?

Children aged 12 - 15 years

WHAT IS IT?

A 4-day rafting, camping and hiking experience

WHEN IS IT?

Best time to go: April to June, 2017

WHERE IS IT?

Bull's River Camp, Mori, Tons

HOW WILL YOU GET THERE?

By bus from New Delhi - Dehradun - Tons

HOW MUCH DOES IT COST?

An all-inclusive cost of Rs. 21,070/- for a minimum of 50 students



**OUTWARD BOUND
INDIA - HIMALAYA™**

Experience the Wilderness

This summer step up to the Outward Bound challenge. With carpets of pine leaves as your walkways and the forest as your backyard, this is a unique opportunity for you to face unknown adventures. Our four day program is designed to give you the skills to tackle challenging wilderness activities like backpacking, hiking, orienteering, sleeping and eating in expedition tents and much more!

BUILDING THE "YES I CAN" SPIRIT



This internationally certified program is designed to develop positive decision-making skills, strengthen interpersonal relationships, and cultivate a positive self-image. The program requires students to face unfamiliar environments and adapt to changes. In the process they learn about their own strengths and weakness along with the value of having a positive outlook.



TO BUILD CONFIDENCE, RESILIENCE, COLLABORATION AND COMPASSION

Bull's River Camp, situated in Mori in the Tons valley is perfectly positioned to give our student guests the most enriching experience possible. Nestled next to a small tributary of the Tons, the campsite offers plenty of opportunities for day hikes, mountain biking, rappelling and rock climbing!

Day 1: Travel day: Reach OBI office at 5:00 AM and leave Delhi by A/C bus at 5:30 AM. Breakfast on the bus and a lunch stop at Dehradun. Arrive by afternoon/ early evening. Tent allotment, team splits, and program introduction around the bonfire.

Day 2: In the morning you are greeted with the sun rising over the Tons. After a hot chocolate and breakfast, the day will start with some trust games and an introduction to belay school with your team mates. Here we will challenge you to use your newly acquired skills to work with your partners and group and navigate this big rock wall. The focus of the afternoon is to push our preconceived limits and trust our team mates. As the sun begins to go down we will head back to the camp, enjoy dinner and once again finish the day around the campfire giving time to reflect on our thoughts and feelings of the day

Day 3: After breakfast we head out for some white-water rafting action - one of the key highlights of this trip!

Head back for a warm lunch and then pack a small day bag along with a snack-pack box and set off for an afternoon hike. The hike will give us views of the powerful Tons river that you just rafted on this morning, local villages, as well as a wide range of flora and fauna. This is your chance to take some time out with your own thoughts, friends and teachers.

This evening we will challenge each group to come up with a little show or presentation for the rest of the team around the fire. It's a brilliant way to learn more about your friends and colleagues.

Day 4: Wake up early morning for more energizers, icebreakers and team games. Pack your bags. After breakfast we go for a short trek of about 1 hour to have a look at a water powered mill. On the walk back to camp it is very hard to resist a dip

in the free-flowing stream! We are back in camp in time for an early lunch. After lunch it's time to hand out the OBH certificates and then say goodbye to your new found friends and instructors and make your way home.



₹ WHAT DOES THE COST OF RS. 21,070/- INCLUDE?

In two words - almost everything.

- All meals. Will include vegetarian and non vegetarian food - starting from Lunch on Day 1 to Lunch on Day 4. Fruits and snacks while travelling.
- Filtered boiled water or treated drinking water is provided.
- Accommodation in twin sharing expedition tents at the campsite.
- Transportation by A/C Bus to and from Delhi.
- Adventure travel, medical evacuation and hospitalization insurance.
- All hiking and rappelling equipment.
- Cost of OBI Facilitators and Instructors and their travel and medical insurance.
- OBI T-Shirts, Journal, and Certificates.
- All government taxes.

The following are not included:

- Travel to and from Delhi to home city.
- Any expenses of a personal nature, like purchase of cool drinks and/or mineral water (neither is encouraged), on any other hot/cold beverages or snacks while enroute.
- Unforeseen expenses that demand a change in itinerary like natural forces, changes in weather, road blockages, flight/train cancellations and illness or any other situation beyond our control.

If you have any questions or require any clarifications, please do not hesitate to email Vidya, our Program Coordinator, at vidya@outwardboundindia.com or call our office at +91 11 4356 5425



WHAT DO YOU DO IN CASE OF A MEDICAL EMERGENCY?

All OBI instructors are medically trained with a nationally accredited Wilderness First Aid qualification. All trips carry a complete first aid kit. If there are any serious injuries during the program, the parents will be immediately notified. If further medical treatment is required, a decision will be taken whether the child needs to rest at base camp or be taken to the nearest doctor/hospital as required. There's a Community Health Centre at Purola (1-hour | 33 KM) and a Government Hospital at Mori (5 Min | 2.6 KM) with basic medical facilities. The closest multi-specialty hospital is a 6-hour drive located in Dehradun.

Address and contact number of the hospitals are as follows-

Fortis Escorts Hospital, Dalan Wala, Dehradun - 248001 , Uttarakhand 248001

Phone: +91 135 398 0201

Caronation Hospital, Dalan Wala, Rajpur Road, Rajpur Road, Dehradun, Uttarakhand 248001

Phone: +91 135 265 3984



DO THE CHILDREN NEED TO BRING ALONG A MEDICAL KIT?

It is recommended that a small personal medical kit be packed for the youngster, This should include their preferred painkillers, throat lozenges, Moov/Volini spray, plasters, strapping tape for blisters (band-aid). If the student is on any regular medication, please ensure that the OBI team is informed of this in advance and an EXTRA SUPPLY of those medicines must be packed separately, in case one pack is lost or gets wet.



WHAT IF THE CHILD HAS TO CONTACT THEIR FAMILY?

You will have almost complete mobile connectivity (unfortunately!), but as per Outward Bound SOPs, access to your phones will be limited. The whole point of the exercise is to keep away the gadgets and enjoy the wilderness!



WHAT KIND OF FOOD IS AVAILABLE ON THE PROGRAM?

We're founded by an army-man, and we firmly believe that an army marches on its stomach! The food served will be hot, wholesome, and hearty. At the same time, your students will be shown the wisdom of "eat local", i.e., when in the wilderness, eat food that is local to the area - it's the best way to ensure fresh food that hasn't travelled miles to get there.



WILL THE CHILDREN BE COMFORTABLE IN EXPEDITION TENTS AND A SLEEPING BAG?

We believe in sustainable, ethical and responsible tourism. Both of you will be in a remote location and in the wilderness - your expectations should be reduced accordingly. Camping in expedition tents, warmly tucked in your sleeping bags, is a unique experience no child should ever have to grow up without!



WILL THERE BE ANY SHOWERS? WHAT ABOUT TOILETS?

There are no showers, however bucket bath will be available depending on time restraints and weather. Water and hand sanitizers are always available. Hygiene is one of the most important factors of any OBI program, and your students will learn that their hygiene reflects on the health of the entire group. The toilets are dry pit loos - a basic toilet with a pit dug into the ground. A wooden box with a potty seat, like the one you have at home, is placed strategically on top of this pit. There is a pile of mud/sand/lime lying just outside the loo tent, with a scoop on top to cover up what is left behind. This bio-toilet breaks down the fecal matter very quickly due to greater microbial activity in the ground. In a couple of weeks there is nothing left and a pit can be dug in the same spot again.



WILL OBI HELP WITH THE INSURANCE?

In one simple word - yes. All students and teachers will have adventure travel insurance that will insure them for medical evacuation, hospitalization and medical repatriation. The OBI team will have all the relevant details and these will be provided to you for your family before your departure.



WHAT LEVEL OF FITNESS IS REQUIRED OF THE STUDENTS?

An average level of fitness is all that is required. The level of physical challenge is always appropriate to the group. Most importantly, the group always stays together and can only move at the pace of the slowest member - the golden rule for any trekking expedition.



WILL THE STUDENTS BE ALLOWED TO BRING ALONG ANY GADGETS - LIKE IPAD OR LAPTOPS?

You are more than welcome to travel to and from the OBI program with gadgets such as cell phones, iPods, tablets and laptops. Once you arrive at Bull's River Camp you will be asked to leave it all behind with your luggage and you will not be allowed to take it on the program - barring cameras of course (and no, the camera on your cell phone will not be allowed unless the SIM card is removed!) You might want to consider purchasing a waterproof bag or box for the camera, batteries, and memory cards. A zip lock bag works well too. Disposable waterproof cameras aren't such a bad idea either.



IF A GIRL STUDENT HAS HER PERIOD, CAN SHE STILL PARTICIPATE FULLY IN ALL THE ACTIVITIES?

Yes, most certainly. It also depends a lot on her comfort levels. There are many opportunities for privacy during the program. And as we usually camp by a stream, there are plenty of opportunities for her to wash and maintain hygiene standards. Your daughter should carry her own supply of sanitary requirements.