

TO A CHILD,
"LOVE" IS
SPELT
"T-I-M-E."

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OUTWARD BOUND
INDIA - HIMALAYA™

PARENT & CHILD

BULL'S RIVER CAMP, TONS

An Outward Bound Himalaya Experience

WHO IS IT FOR?

Parent and Child aged 7-12 years

WHAT IS IT?

A 5-day camping and hiking experience

WHEN IS IT?

Scheduled Departures: May 19th - 23rd, 2018 | June 2nd - 6th, 2018

WHERE IS IT?

Bull's River Camp, Mori, Tons

HOW WILL YOU GET THERE?

By bus/car from Dehradun

HOW MUCH DOES IT COST

An all-inclusive cost of Rs. 28,060/- per person



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Experience the Wilderness

This summer school holiday step up to the Outward Bound challenge.

It's a 5-day camping and hiking program, where you swap the busy streets of your city lives, the malls and movie halls, for forest paths, clean mountain air and gushing waterfalls. Are you game for that? Then this is the program for you.

You will be challenged, you will be stretched, and you will not be allowed to give up. And eventually, you will prove Kurt Hahn's iconic words: "There is more in you than you think."

BUILDING THE "YES I CAN" SPIRIT THROUGH FUN FAMILY EXPERIENCES



To help families with young people realize that they are not alone; they are in it together. The program is designed to develop positive decision-making skills, strengthen interpersonal relationships, and cultivate a positive self-image. Compassionate instructors help the child and parent/s find a healthy sense of love and trust so families interact more effectively with one another and the world around them.



TO BUILD CONFIDENCE, RESILIENCE, COLLABORATION AND COMPASSION

Bull's River Camp, situated in Mori in the Tons valley, is the perfect place for Camping and Adventure 101! Nestled next to a small tributary of the Tons, the campsite offers plenty of opportunities for day hikes, mountain biking and swimming right at your doorstep! It's a safe and secure campsite, and will give you and your child plenty of opportunities to build bonds and challenge yourselves.

Day 1: Travel Day. There's two different ways to meet us at Dehradun:

1. Catch the Delhi-Dehradun Shatabdi Express and alight at Saharanpur Junction.
2. Fly into Dehradun - ensure you are there by 12 noon.

Either ways, we will be there to meet you and drive you straight to Bull's River Camp (approximately 200 KM | 6.5 hrs). Lunch will be served enroute.

You will arrive in time for late tea, get settled into the camp and meet your team of Outward Bound instructors and facilitators. The bonfire lights up at 7:30 PM, meet other people in your group, fun icebreakers and team games as a gentle introduction to the Outward Bound way. Your facilitator will lay out the plan for the next few days and is there to answer any questions you may have.

Day 2: In the morning you are greeted with the sun rising over the Tons. After a tea/coffee/hot chocolate and breakfast, the day will start with some trust games

and an introduction to belay school with our highly trained instructors. After lunch we will take a short 10 minute walk to a local cliff. Here we will challenge you to use your newly acquired skills to work with your child and navigate this big rock wall. The focus of the afternoon is to push our preconceived limits and trust our parent or child. As the sun begins to go down we will head back to the camp, freshen up, enjoy some bonfire snacks, dinner and once again finish the day giving time to reflect on our thoughts and feelings of the day.

Day 3: After breakfast we pack a small day pack along with some packed lunch and set off for a day hike. The hike will give us views of the powerful Tons river, local villages, as well as a wide range of flora and fauna. This is your chance to take some time out with your child. Talk without distractions or turn into a big kid yourself, however you decide to spend this quality time, we will be there in the background to facilitate this experience. This evening we challenge each parent and child to come up with a little show or

presentation to the rest of the group around the bonfire - it's a brilliant way to learn more about your child.

Day 4: Wake up early morning for more energizers and team games. After breakfast, dive into the little streams that flow past the campsite - your own private natural pool and the perfect sign off to a fantastic program! We are back in camp in time for an early lunch, and then it's time to say goodbye to your new found friends and instructors. Your next stop is Bull's Retreat near Rishikesh (233 KM | 7.5 hrs). This is a forest lodge and your home for the night.

Day 5: Wake up to the aroma of fresh tea being served in the gardens outside your room. After breakfast you'll spend the morning on the Ganga beach, learn some kayaking skills and just chill with your kids. Head back for an early lunch and then it's time to head back to the city lights once again.



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PRICE DETAILS

₹ WHAT DOES THE COST OF RS. 28,060/- 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 5. Veg and non-veg snacks every evening while at Bull's River Camp, fruits and snacks while travelling.
- Filtered boiled water or treated drinking water is provided.
- Accommodation in twin sharing deluxe Swiss tents at the campsite and in Executive Rooms at Bull's Retreat.
- Transportation to and from Dehradun.
- 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 Dehradun 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 Arman Nanda, our Program Coordinator, at arman@outwardboundindia.com or call our office at +91 11 4356 5425



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FOR THE PARENT...YOUR QUESTIONS ANSWERED HERE



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 I NEED TO BRING ALONG A MEDICAL KIT?

It is recommended that a small personal medical kit be packed for yourself and the youngster, This should include their preferred painkillers, throat lozenges, Moov/Volini spray, plasters, strapping tape for blisters (band-aid). If you or your child are 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 I HAVE TO CONTACT OUR 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 child 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 I AND MY CHILD BE COMFORTABLE IN 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!

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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 child 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. You and your child 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 MY CHILD AND I?

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 MY CHILD OR I 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.