



**TO GET THE BEST OUT OF THE EXPERIENCE, PARTICIPANTS AND THEIR PARENTS MUST READ THIS DOCUMENT. THIS WILL HELP IN SETTING THE RIGHT EXPECTATIONS AND IN PREPARING FOR THE PROGRAM.**

- OVERVIEW OF INME FIRST TIMER PROGRAM
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## INME FIRST TIMER PROGRAM GENERAL OVERVIEW

6-day long experiences where participants are on the selected campus

Activities on and around the campus

Participants spend 4 days doing Backpacking, Rock Climbing, Wilderness Craft and Ropes Course. Being a beginner's course, they learn the basics of each of the activities.

Afternoons have COOL Time - build interests, awareness and learning around skills of teamwork, planning, leading, adapting etc.

Evening spent on other fun, games, informal activities and camp games and group tasks and challenges.

Please note that COOL Time activities are dependent on the campuses, weather conditions, logistics and resource available – we assure variety and a different activity, engagement and experience with some learning value each day

Stay is on the campus itself that has tented or built up accommodation and toilet facilities

A team of instructors, a doctor and administrative staff under a Campus Chief help deliver the program

A typical day on the program is as under:

6:30 am	Wake up
7:00 am	Elastic Limbs (fun way to stretch and wake up!)
7:45 am	Breakfast
8:15 am to 12:45 pm	WOW (The outdoor / adventure activity)
1:00 pm	Lunch
2:15 pm to 4:30 pm	COOL Time
4:45 pm	Tea
5:15 pm to 7:30 pm	COOL Time
8:00 pm	Dinner
9:15 pm	Slumber time

## Area & Travel

- General Area** The campsite is set within a 250 acre coffee estate and plantation at Yercaud in Tamil Nadu.
- The largest town nearby is Salem, 30 kms from camp.
- The area has great rock climbing opportunities, hiking routes and nearly 20 km of biking trails are available within the estate itself. Giant trees have been used to construct the ropes course with various low and high elements.
- Travel** We travel by luxury AC buses from opposite the Army Public School, Kamraj Road, Bangalore to camp. The journey is 325 kms long and takes approximately 8 hours with snack break.
- Accommodation and food is arranged for children travelling from out of Bangalore for the program at an added cost of Rs. 5000. Please book the inme recommended flight only.

## Accommodation & food

- Accommodation** Participants stay in tents and sleep in sleeping bags. Usually 5-6 participants share one tent. Separate tent areas are allocated for boys and girls.
- Toilets** Toilets are built structures with WCs and hand faucets. They are a short walk from the tents.
- Baths have running water and fittings. Hot water, if needed, is provided by buckets.
- There are separate toilets and baths for boys and girls.
- Food** Food is largely a vegetarian fare with chicken served 2-3 times (usually dinner) on a program. There is variety and we take care of both taste and nutrition in planning the menu. There are no limited portions and participants are encouraged to eat well. Milk, Tea and Coffee are served every morning and evening and non-aerated flavored drinks and filtered water is provided at all times to keep participants hydrated.

## Weather

**Weather** Winter temperatures range from 24 – 32 C. Mornings and evenings are very pleasant and afternoons sometimes can be hot.

We may face an occasional windy day – sometimes this requires rescheduling of activities.

## Activities

**Activities - WOW** Participants do a combination of Backpacking, Rock Climbing, Wilderness Craft and Ropes Course

**Activities - COOL** These depend on the availability of resources to conduct them, the logistics and the weather. On this campus these could include Rifle Shooting, Little Circus, Kite Flying, Music and Art based large group activities, Village Interactions, Helter Skelter, Nature Walks and a series of Initiative and Teamwork games.

## Eligibility, Registration & Program fee

**Eligibility** The program is open to participants who are 11-13 years of age as on December 1, 2017.

**Registration** To apply, participants need to fill the registration form and submit the hard copy of the form to us along with the program fee.

The registration form includes a consent form that needs to be signed by the parent. Participants also need to agree to and sign a code of conduct that they have to follow on camp.

<b>Program Fee</b>	Program fee	Rs 24162
	Travel cost	Rs 4400
	Tax	Rs 1428
	<b>Total</b>	<b>Rs 29990</b>

**Payments** Payments can be made by cheques or drafts in favour of **INME LEARNING PVT LTD**. We also accept online payments on our website and accept credit cards and cash at our office only.

**Cancellation** There is a cancellation charge of Rs. 5000 up to 15 days before the departure date. Thereafter, a 75% refund of total fee up to 10 days to departure, 50% refund till 5 days to departure, and no refund if the departure is less than 5 days away.

## Fitness & Preparation

**Preparation**      Though the program is not physically demanding, it is a good idea for participants to have some flexibility, agility and stamina to enjoy the activities and challenges. Some stretching & flexing exercises, and jogging for 30 minutes a day, starting 2 weeks before the programs is recommended.

## Communication with participants during the program

**Communication protocol**      You will not be able to call your child during the program.

We will update our Facebook page ([www.facebook.com/inme.in](http://www.facebook.com/inme.in)) twice a day. We will also try and upload 1-2 photos from the program as and when we receive them.

You can download the inme app to view the updates and photographs on your phone.

Please note that uploading photographs is not a promise or commitment and is dependent on the phone and net connectivity which is poor in the region. Also, the photos may not feature your child or all participants. The photographs are indicative to help you know all is well.

## Kit List, what and what not to carry

Please pack according to the kit list mentioned below. The program is run in the outdoors and it is important that your child carries the right clothing to be comfortable and safe.

Inme is not responsible for loss of any belongings carried by the child on the program. Each child is responsible for their own bags and materials.

### Kit List

- 5-6 t-shirts
- 1-2 sweat shirts
- 2-3 shorts
- 2-3 track pants
- Undergarments (sufficient)
- Towel
- 3-4 pair socks
- Shoes (rubber soled and in good condition, should not be new)
- A light pulllover
- A jacket (preferably rainproof)
- Your toiletries
- Sun screen & mosquito repellent
- A torch (spare batteries)
- A cap
- Medicines if you are under treatment
- Extra pair of spectacles in case you use them (we do not recommend contact lenses)
- Water bottle (ability to carry 1 liter of water, NOT a thermos)
- We recommend you carry your own sleeping bag. In case you do not, we will issue one on a returnable basis. However, do not expect brand new sleeping bags as these are reissued across programs.

<b>Packing</b>	<p>Limit to one piece of luggage. Please pack everything in a duffle bag or a rucksack. Do not pack in a suitcase.</p> <p>You are expected to carry your own bag during transfers at the stations and to and fro from the vehicle to the campus.</p>
<b>Money</b>	<p>Participants do not require to carry any money for their travel, stay or meals from the point inme takes charge and till they are handed back to the parents.</p> <p>However, we have a store on the campus that sells memorabilia like T-shirts, caps, key chains etc. and participants can carry a maximum of Rs 2500. Inme will not be responsible for any money lost or missing unless it is deposited in the camp safe on arrival.</p>
<b>Mobile phones, Music players, electronic gadgets</b>	<p><b>Not allowed.</b> The program is designed to be in the wilderness and takes participants out of their comfort zone. Gadgets can be distracting and become a safety hazard. If carried, the gadget will be confiscated and can be taken back from our office at the end of the season.</p>
<b>Cameras</b>	<p>Participants may carry cameras. Onus on taking care against loss or damage is with them.</p>
<b>Jewelry and expensive clothes</b>	<p>Jewelry or expensive accessories are not recommended. For expensive or delicate clothes, please exercise your discretion. Inme will not be responsible for damage or loss of items.</p>