



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 CHALLENGES AND EXPEDITION BASED PROGRAMS
- SKI IS THE LIMIT– AREA AND TRAVEL INFORMATION
- SKI IS THE LIMIT– ACCOMMODATION AND FOOD
- SKI IS THE LIMIT– WEATHER
- SKI IS THE LIMIT– ACTIVITIES
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- SKI IS THE LIMIT– INFORMATION UPDATE AND COMMUNICATION DURING THE PROGRAM
- SKI IS THE LIMIT– PREPARATION & KIT LISTS

inme Challenges – General Overview

inme Challenges are a series of programs that we have created for those seeking a higher challenge than that of our On Campus Programs. The programs are for 11-17 year old children. Specific challenges may have different minimum age levels.

Designed to stretch participants and provide a higher challenge, the programs may have high altitude trekking or peak ascent, whitewater rafting, kayaking, scuba diving, skiing or mountain biking as the main activity. Currently the Inme Challenges on offer are the Great American Bicycle Ride, Triple Trouble, the Kedarkantha Expedition, the Deep Sea Adventure, Ski is the Limit, Coorg on Wheels, Uroli Bike Hike, Tons Rafting Expedition, Kedarkantha Snow Expedition & The Nag Tibba Ascent.

These are self-contained programs - participants shift camps every day and manage their own chores and carry their own personal items and supplies. These programs are not held on any specific campus; though in some programs participants may spend acclimatization (preparation) time on the arrival and departure day on one of our campuses.

Group sizes vary from 20 to 30. Each group is under the care of an expedition leader and a team of 4-5 instructors, including ladies. Please note that these expedition leaders and instructors are qualified wilderness first aiders and usually there is no doctor accompanying the group.

Participants are included in planning and decision-making and have to share roles in rotation. Camp set up, pack up (leave no trace), cooking, washing, collecting firewood, sourcing drinking water... all tasks are managed by the group.

Typically there is an early start to the day and by mid afternoon, participants complete the activity or reach the destination for the day. Post this they are engaged in camp set up, preparing meals etc. Evenings are spent doing fun and relaxing activities, some meaningful reflection, sharing & discussions, and planning the next day.

Please note:

Participants need to ensure that they come prepared with and pack items as per the list provided. They have to carry their own bags along with the divided group resources for the entire trip.

We have a communication protocol and there are points from where the expedition leader contacts the office. Sometimes there can be poor network connectivity and the connection may not work. Hence, we will keep posting updates on our Facebook page (www.facebook.com/inme.in) as and when we receive them.

Ski is the Limit Expedition – Area & Travel

General Note We will be skiing on the slopes of Solang Nala, 14 km from Manali on the way to Rohtang Pass. Giant slopes of lawns that comprise Solang Valley are the best in India and are also used for the National Skiing competitions.

The Skiing program has been designed for learning how to Ski. The program is being run by professionals who are National Level Skiers' and have participated in various competitions.

Travel Travel to Manali from Delhi in an AC Volvo bus. From Manali, we travel to Solang via cars/jeeps.

Ski is the Limit Expedition – Accommodation And Food

Accommodation You will stay at a hotel, situated in the picturesque village of Solang at an altitude of 8500 feet. You will be staying in comfortable rooms with attached bath & toilet facilities. Separate rooms will be provided for girls and boys.

Toilets Rooms will have attached baths and toilets.

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. Seasonal fruits are served daily. 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.

Ski is the Limit Expedition – Weather

Weather Temperatures can be as low as -3 C. The area is expected to be snowed in.

Ski is the Limit Expedition – Day Wise Schedule

- Day 1** **Settling in** Settling in Arrive at Manali and settle into the Iceland Hotel at Solang Nala. To get to know each other, the group will participate in initiative games. Post that there will be a program briefing, expectation setting and introduction to the equipment and skiing gear. You learn the basics of skiing – balancing, start, stop, different skiing postures, understanding the fall line on a low gradient skiing slope. In the evening you get to explore the area at Solang followed by dinner.
- Day 2** **Skill building** You will start the day with practicing the skills learnt the previous day. You learn turning techniques - kick turn & clock turn, walking uphill – herring bone & side stepping, skiing on flat surfaces and on the fall line. The day is spent maneuvering down a slope using all the skills learnt.
- Day 3** **On the slopes** You leave for a slope with a higher gradient and go over all the techniques learnt. You enjoy a picnic style lunch in the snow and then continue to do full slope skiing. Evening games around the bonfire will be held at the hotel.
- Day 4** **Big Slope** You hit the highest slope with the steepest gradient of the program and practice new jumping techniques. Post a picnic style lunch; you will participate in an obstacle course of jumps, turns and stops. A fun filled exciting day! The evening is spent around the bonfire playing games.
- Day 5** **Homeward** Post a closing session and some free time in the snow, you explore and shop in Manali. In the evening you leave for Delhi by bus.

Ski is the Limit Expedition – Eligibility, Registration & Program Fee

Eligibility	The program is open to participants who are 13-16 years of age as on December 1, 2015.
Registration	<p>To apply, participants need to fill the registration form and submit the same to us along with the program fee.</p> <p>The registration form includes a consent form that needs to be signed by the parent.</p> <p>Participants also need to agree to and sign a code of conduct that they have to follow during the program.</p>
Program Fee	<p>Program cost -Rs. 36,145/-</p> <p>Travel fee and en-route meals- Rs. 5,844/-</p> <p>Tax - Rs. 1,471</p> <p>Total Cost -Rs. 43,500</p>
Payments & Cancellation	<p>Payments can be made by cheque or drafts in favor of INME LEARNING PVT LTD. We also accept online payments on our website and accept credit cards and cash at our office only.</p> <p>There is a cancellation charge of Rs. 4000 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.</p>

Ski is the Limit Expedition – Communication with participants during the program

Communication protocol	<p>We may not be in touch with the group for long stretches. We have a communication protocol and there are points from where the expedition leader contacts the office.</p> <p>Sometimes there can be poor network connectivity and the connection may not work. Hence, we will keep posting updates on our Facebook page (www.facebook.com/inme.in) as and when we receive them.</p> <p>You will not be able to call your child during the program. We will also try and upload 1-2 photos from the program every day. Please note that this 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. They will be indicative to help you know all is well.</p>
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Ski is the Limit Expedition – Kit List

Kit List

Please Bring ONLY these items:

- 2 Waterproof lowers with lining for warmth (will be used while Skiing)
- 2 water proof jackets - will be used while Skiing
- 2 pairs of waterproof warm gloves
- 4 t-shirts - used for increasing the number of clothing layers
- 2 warm sweatshirts – used when not Skiing
- 2 warm track pants - 1 for sleeping and 1 for use when not Skiing
- 1 or 2 warm jackets – should be carrying one in their hand while travelling
- 1 medium sized towel
- 3 to 4 pair of Thermals (lower & upper)
- 1 pair of sunglasses – if you wear spectacles please get sunglasses with power as you can get Sun Blindness without sunglasses
- 2 woolen caps / 2 snow caps
- Undergarments – for 5 days
- Shoes – comfortable with a sturdy sole
- 2 woolen scarf/muffler
- 1 torch – carry extra batteries
- Personal Toiletries Kit (include sun screen cream & mosquito repellent)
- Water bottle (at least 1 litre)
- Any specific medicine if you are undergoing a treatment (please mention in the medical form)
- Extra pair of spectacles if you use them.

Packing	Limit to one piece of luggage. Please pack everything in a duffle bag or a rucksack. Do not pack in a suitcase. You are expected to carry your own bag during the expedition.
Money	Participants do not need to carry any money for their travel, stay or meals. Inme will take care of that from the point of arrival till departure. They can, however, carry up to Rs. 3000/- for souvenirs.
Mobile phones	Not allowed. The program is designed to be in the wilderness and out of one's comfort zone. Phones can be distracting and become a safety hazard. If carried, phones will be confiscated and have to be taken back from our office at the end of the season.
Jewelry and expensive clothes	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.
MP3players etc	Not allowed on camp, as it can be distracting and is a safety hazard.
Cameras	Participants may carry cameras. Onus on taking care against loss or damage is with them.

Ski is the Limit Expedition- Fitness & Preparation

Preparation	The program will be a little demanding compared to the usual physical and outdoor activities you are used to. Flexibility, agility and stamina will help you enjoy the expedition. We recommend a daily jog (30 minutes) for a month before the program. In the last 2 weeks before departure, do a lot of stretching and flexibility building exercises. Use the shoes that you want to carry for the expedition.
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