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A. LIFE IN THE DAY OF A PARTICIPANT ON AN INME PROGRAM

Following is a detailed description of *a typical day on an Inme on campus program*.

Please note that the timing and sequencing of the outdoor experiences and the learning initiatives will vary based on the specific program, location, and weather conditions during any given day or because the Campus Chief & Instructors sense an emerging learning need(s) that necessitate such a modification.

The safety and wellbeing of the participants is always the primary determinant when making any decision on the campus.

Get Up Stand Up (6am-7am)

At Inme, we start our days early!

Amazingly we face way little resistance than you would expect (and that too without shouting and screaming!). It is not unusual to find many participants 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)

This is a great way to get the participants stretched and geared up for the outdoors. In a fun and memorable way, they get to stretch, push, and pull themselves out of any laziness they may be experiencing.

Since all the participants are together for power-up, it is a great opportunity for the Campus Chief to reiterate norms like punctuality, patience, participation etc., give feedback on their behaviour and attitude say around observed bullying or ganging up incidents, and share important information and motivate them for the day. The Campus Chief also uses this opportunity to highlight and emphasize the life skills focus for the program.

Breakfast (8am-8:45am)

Participants 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)

Participants are divided into sub-groups for the various outdoor experiences. They do the activities selected by them at the time of registration. Each outdoor activity has a defined curriculum and is led by a team of experts.

Conducted in the first half of the day, participants usually return to the campus for lunch.

Lunch (1pm-1:30pm)

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

Free-wheeling (1:30pm-2:30pm)

Participants 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 (2:30pm-4:30pm)

Participants engage in learning initiatives (example below) 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 Inme instructors.

Tethered Together: Participants engage with an experiential activity called 'tethered together' where they will need to come together as a group, build norms of engagement, and complete a collective task that can only be achieved if each and every team member contributes and participates in the process.

The dialogue and debrief centers on the trust, clear communication, care and empathy, managing our own discomfort, coordination, planning, role clarity, and goal focus.

Serenity Time (4:30pm-5pm)

Participants 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)

Participants and Inme instructors let their hair down after a packed day of outdoor experiences, learning, and reflection. Diabolos, Devil Sticks, Clap Clap Bang Bang, Retro games, Finger pointing game, Dumb charades, antakshari...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)

Participants are guided to use their cool books and log in their thoughts. In addition to the exercises in the workbook, participants may engage in relevant and meaningful activities that range from village appreciation, socially useful and productive mini-projects, health mela for the nearby village participants, 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 participants. 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 participants long to hit the sack post-dinner as the day's weariness slowly kicks in. It is a wonderful feeling to see all the participants in great spirits, slowly switching the lights off in their tents.

Planning for the Next Day

As the participants slowly doze off in their tents, the Inme Campus Chief, along with the Campus Doctor and the Instructors sits and reviews the day. The team discusses specific individuals or groups, and fine tunes the flow for the next day over a cup of tea!

B. Kit List, what to carry to the Tons program

Kit List

- 6-7 t-shirts (preferably quick dry & dark color)
- 1 sweat shirt
- 1 fleece jacket (upper)
- 3-4 shorts (preferably quick dry)
- 2-3 track pants
- 1 rainproof jacket
- A light pullover
- Undergarments (sufficient)
- Towel (quick dry)
- 4-5 pair socks
- Shoes (rubber soled, worn in, comfortable and in good condition, should not be new)
- Floater sandals (for rafting)
- 1 pair of slippers (back up footwear/easy wear/bath)
- Your toiletries
- Sunglasses (for trek & wilderness craft)
- Sun screen & Mosquito repellent
- A torch (carry spare batteries)
- A cap (blocks sunlight from the eyes)
- Warm cap (that covers ears)
- Medicines, if you are under treatment (also mention in the medical form)
- Extra pair of spectacles in case you use them (we do not recommend contact lenses)
- Water bottle (ability to carry min. 1 liter of water, NOT a thermos)
- Sleeping Bag: Keeping in mind international camping practice, we recommend you to carry your own sleeping bag (we recommend Quechua, model S10). Though we have enough sleeping bags to provide, in case they do not carry their own, please note that other participants use these and we reissue them after basic cleaning and using a disinfectant spray.

Instructions for camp

- A. Tuck/Junk Food:** Not allowed. Please do not send any eatables - home cooked food, chocolates, chips, juices, chewing gums etc.
- B. Mobile phones/MP3 Players:** Not allowed. The program is designed to be in the wilderness and out of comfort zone. Gadgets can be distracting and become a safety hazard. If carried, they will be confiscated and have to be taken back from our office at the end of the program.



- C. **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 transfers at the stations and to and fro from the vehicle
- D. **Money:** 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. 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.
- E. **Cameras:** Participants may carry cameras. Onus on taking care against loss or damage is with them.
- F. **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.