



## EXPLORE PROGRAM - YERCAUD

Our explore program is a residential program aimed to provide unique experiences that cannot be replicated in one's daily life. The program provides a mix of adventure and learning to open a child's mind to do things they could not imagine.

Typically a program has 70 participants on campus who work in smaller activity groups of 15-18 participants under the care of trained outdoor instructors.

Participants select two activities from the activities offered on the program - Rock Climbing OR Ropes Course, Wilderness Craft, Mountain Biking, and Back Packing.

The chosen outdoor activities are conducted in the first half of the day. Post lunch, participants engage in activities that include community service, environmental awareness or village visits. Late evenings are for informal activities, campfire, and group interaction.



### CAMPUS AND AREA

Our Yercaud campus is set within a 250 acre coffee estate and plantation in the Shevoroy hills in the Eastern Ghats. The estate boasts of great rock climbing faces, trekking trails, mountain biking routes and a ropes course setup.

Location: 40 kms from Salem, Tamil Nadu.



### WEATHER

The summer temperatures range between 10°C to 29°C.

Afternoons tend to get a little hot. We may experience rain sometimes.



### TRAVEL

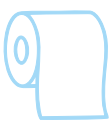
Bangalore to Yercaud by AC buses. Departure from Bangalore at 6:00 am from Army Public School, Kamaraj Road. Arrival at campus by Lunch.

Outstation participants fly into Bangalore a day before the departure date. Inme provides airport pick up and drop service, meals and overnight accommodation at an added cost. Please call us for details.



### ACCOMMODATION

In Tents - separate for boys and girls. Usually 4-5 children stay in a tent, with camping mats and sleeping bags provided by us.



### TOILETS

The campus has built up toilets and baths. Toilets have WCs and hand faucets. Baths have running water and fittings and hot water is provided.



### INSTRUCTORS & MEDICAL SUPPORT

1:5 instructor to child ratio.

Instructors include a mix of lady and male instructors.

A resident doctor is available at all times on the campus.



## FOOD

The campus has a fully functional kitchen. Wholesome nourishing meals prepared by trained staff. The spread is largely vegetarian with option of eggs for breakfast and non-vegetarian dinners 2-3 times on the program. Other than breakfast, lunch and dinner, snacks and refreshments are served at appropriate times with emphasis on hydration.



## FITNESS & PREPARATION

The program will be a little demanding compared to the usual physical and outdoor activities a child may be used to. Flexibility, agility and stamina will help the participant enjoy the expedition. We recommend a daily jog (30 minutes) for a month before the program.

In the last 2 weeks before departure, lots of stretching and flexibility building exercises will help. Use the shoes that you want to carry for the program.



## TYPICAL DAY ON THE PROGRAM

Subject to weather and logistics

- |                      |  |
|----------------------|--|
| <b>6am-7am</b>       | <b>Wake Up</b> Enjoy a hot cup of milk/tea/Coffee with biscuits.   |
| <b>7am-8am</b>       | <b>Elastic Limbs</b> Power up for the day!   |
| <b>8am-8:45am</b>    | <b>Breakfast</b> Enjoy a delicious breakfast spread to gain energy to burn in the outdoors.  |
| <b>9am-1pm</b>       | <b>Wonderful Outdoor World (WOW)</b><br>Participants do the selected outdoor activity. 3 days are dedicated to each activity.  |
| <b>1pm-1:30pm</b>    | <b>Lunch</b> Nutritious and much needed lunch awaits the adventurers once they return to the campus after their outdoor experience.  |
| <b>1:30pm</b>        | <b>Free Wheeling</b> Time to freshen up and relax.   |
| <b>2:30pm-5pm</b>    | <b>Cool Time</b><br>Participants engage in different activities involving action, awareness and attitude. A mix of fun and learning activities takes the experience beyond outdoors and adventure. |
| <b>5pm-5:30pm</b>    | <b>Tea Time</b> Milk, tea and snacks up the energy levels.   |
| <b>5:30pm-7:30pm</b> | <b>Cool Time</b><br>Continue with cool time with a change of activities. This time may also be used for activity de-brief, Group sharing sessions and personal reflection.                         |
| <b>7:30pm</b>        | <b>Soup Time</b>   |
| <b>8pm-8:45pm</b>    | <b>Dinner</b> The much-awaited dinner caps off a power packed day for all.   |
| <b>9pm</b>           | <b>Lights off</b><br>Get into your sleeping bags as the days weariness starts to kick in. Slip into a golden slumber and wake up fresh for another exciting adventurous day!                       |

