



Inme summer camps are outdoor and adventure-based camps set in nature that build confidence in a child. The Sitlakheth explore program is a week-long experience run at Sitlakheth - the first outdoor learning campus set up in India! The program provides a mix of adventure and learning to open a child's mind to do things they could not imagine.

In 2021 summer, this program will have limited capacity. And all participants will take part in the adventure activities under the care of trained outdoor instructors.

There are three activities offered on the program - Rock Climbing, Ropes Course, and Outdoor Survival. Participants experience all activities.



Code	Age-Group	Departure	Arrival
S1	13-15 yrs	21 May	29 May
S2	15-17 yrs	27 May	04 June
S3	13-15 yrs	02 June	10 June
S4	15-17 yrs	08 June	16 June

Cost: Rs. 34,900



CAMPUS AND AREA

Sitlakhet is the first-ever learning-based summer camp for kids in India. Set up in 1996, it is set in the sleepy hill station town in Almora district.

The campus has beautiful trekking trails, challenging rock faces and biking routes that take you through mountain passes and jungles. Lush green forests, majestic mountains, and fruit orchards make for an idyllic setting for a wilderness campus. It often acquires a dreamy “floating in the clouds” view.

Location: 30 kms from Ranikhet, Uttarakhand.



TRAVEL

From Delhi:

Departure: 07:00 pm (report by 6:15 pm)
New Delhi Airport, Terminal 2 Bus parking. Travel in an AC bus to Kathgodam. Onwards journey in Non AC bus. Arrival at campus by breakfast.



Return to Delhi:

Arrival: 5:30 am at New Delhi Airport, Terminal 2 Bus parking.

Outstation Participants

Participants taking a flight to attend an inme program can avail our airport pick and drop facilities at an add on cost of Rs 1000/- This does not include

WEATHER

The summer temperatures range between 15°C to 25°C. Afternoons tend to get a little hot. We may experience rain sometimes.



ACCOMMODATION

In Tents - separate for boys and girls. Usually 2-3 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

1:6 instructor to child ratio. Instructors include a mix of female 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 food is largely vegetarian with non-veg served 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

This program might be more demanding than the usual physical activities you're used to. We recommend a little jogging, stretching and exercising a weeks before the departure date to gain the flexibility and agility needed to truly enjoy the experience. Do this wearing the shoes you want to carry for the program—it'll help break into them.



TYPICAL DAY ON THE PROGRAM

- 6:00 am** **Wake Up:** Enjoy a hot cup of milk/tea/coffee with biscuits.
- 7:00 am** **Elastic Limbs:** Power up for the day!
- 8:00 am** **Breakfast:** Enjoy delicious breakfast to gain energy.
- 9:00 am** **Wonderful Outdoor World (WOW)**
Participants take part in their outdoor activities.
- 1:00 pm** **Lunch:** Nutritious and much needed lunch awaits the adventurers once they return to the campus after their outdoor experience.
- 1:30 pm** **Free Wheeling Time** to freshen up and relax.
- 2:30 pm** **Cool Time**
Participants engage in different activities focussed on action, awareness and attitude. A mix of fun and learning activities takes the program experience beyond outdoors and adventure.
- 5:00 pm** **Tea Time:** Milk, tea and snacks up the energy levels.
- 5:30 pm** **Cool Time**
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.
- 7:30 pm** **Soup Time**
- 8:00 pm** **Dinner:** The much-awaited dinner caps off a power packed day for all.
- 9:00 pm** **Lights off**
Get into your sleeping bags as the day's weariness starts to kick in. Slip into a golden-slumber and wake up fresh for another exciting adventurous day.

