

## EXPLORE PROGRAM - TONS

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 96 participants on campus who work in smaller activity groups of 15-18 participants under the care of trained outdoor instructors.

Everyone does White Water Rafting. Second activity is selected from Rock Climbing, Mountain Biking or Backpacking.

Participants spend 3 days doing each activity.

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 Tons campus is set on the banks of the Tons river and spread over 2 acres of land. The surrounding area is densely forested with pine, deodar, oak, chestnut and rhododendron. Rock climbing faces, trekking and cycling routes have been created around the campus and the Tons river has excellent white water rafting stretches.

Location: 180 kms from Dehradun, Uttarakhand.



### WEATHER

The summer temperatures range between 22°C to 34°C.

Afternoons tend to get a little hot.



### TRAVEL

Delhi to the Tons campus by buses.

Departure from Delhi at 11:00 pm from New Delhi Airport, Terminal 1 Bus parking. Travel in an AC bus till Paonta Sahib. Onwards to campus by non-AC bus. Arrival at Tons campus by lunch.

The road is of average quality with a few rough stretches. Please be prepared.

Alternately, participants can fly into Dehradun to join the program. Extra charges apply.



### 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

1:6 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

This program might be more demanding than the usual physical activities you're used to.

We recommend a little jogging, stretching and exercise a few weeks before the departure 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

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> 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> 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> 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> 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!

