

**Skandagiri - Karnataka**

**31<sup>st</sup> March – 3<sup>rd</sup> April (Batch 1)**

**12<sup>th</sup> May – 15<sup>th</sup> May (Batch 2)**

# **Summer Camp for Children with Special Needs**

Inme's first ever program exclusively for children on the autism spectrum. This is a one of a kind offering for our very special children in our newest camp in Skandagiri, an hour's drive from the Bangalore airport.

In collaboration with Snehadhara foundation, who are experts in special needs education. This 4 day residential outdoor program will build key life skills in children by using outdoor adventure activities such as backpacking, bouldering, zip lining and ropes courses, in addition to the other exciting learning sessions the children will engage in.

The program will be jointly executed by expert facilitators of Inme along with special needs educators from the much renowned Snehadhara foundation, with a 1:4 adult to child ratio. To ensure safety and well-being of the participants, there will also be a doctor on camp to take care of medical needs, if any.

# Activities

Your child will do what we like to call WOW (wonderful outdoor world) activities. The following are included in this program:

## Backpacking

For the explorers at heart, backpacking provides an endless discovery of new worlds at every turn. Your child will witness the beauty of nature as they trek through a mountain or a forest, carrying everything they need.

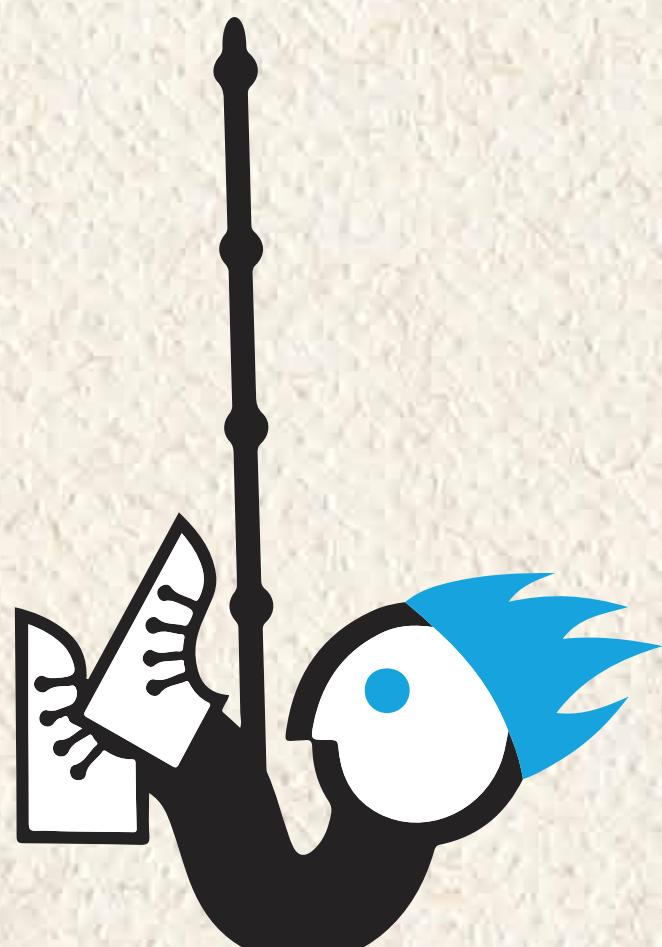
## Ropes Course

A specially designed obstacle course with low elements built a few feet above the ground and high elements on trees or poles. The activity progresses from low to high elements and the challenge level is adjusted for age and capability.

The activity requires participants to coordinate and work together; to take the initiative to help and be helped. The hours fly by as one builds self-confidence and trust in others.

## Bouldering

A form of free climbing that is performed on small rock formations or artificial rock walls without the use of ropes or harnesses. We however keep bouldering mats to prevent injuries from falls.



# **Day-wise Schedule**

## **Day 1 - Intro to Outdoors**

Reach camp by 10 am for breakfast.

Program briefing and a camp familiarization walk followed by a fun game for the group to introduce each other and get to know the instructors.

Division of the participants into smaller activity groups of maximum 10 children in each.

Post lunch and rest, the group will begin Cool Time, which will be around arts & crafts. They will create personal bandanas, do rock art and shelter wall painting.

After a quick snack at 5pm children engage in serenity time to enjoy the sounds of nature. Time to get the games going with fun activities such as Sling-Ting and Minute to Win it. Soup will be served at 7pm with songs and fun games like Antakshari and Dumb Charades.

Dinner at 8pm and lights out by 9:30pm.

## **Day 2 - Adventure Activities**

After breakfast the groups will leave for their outdoor activity sessions, where they will be engaged in one of the three activities - Backpacking, Ropes Course or Bouldering.

Participants will return for lunch and have free time to rest, bathe and change. Cool time activities will resume by 3:30pm, which will differ from the activities the day before. Groups will also be given some team-based challenges through games and activities.

The evening will be spent on preparations for World Autism Day charts and decorations, and the

children will plan a talent show to be held the next day to bring in the festivities.

Today the participants under the supervision of the instructors will make their own soup followed by a stargazing session before dinner and lights out.

### **Day 3 - World Autism Day**

Post breakfast the children will get into their groups for their outdoor activities for the day, which continue till lunch time. Post lunch they get into their second session of outdoor activities till snack time at 5pm.

Post snacks, the performances will start where the children and instructors will showcase their talent like singing, drawing or anything else they wish to present. This will be followed by soup and an unplugged sing along session till dinner.

This celebratory dinner will be followed by cake cutting and winding down for the day.

### **Day 4 - Zipline and Bye Bye**

Children will wake up by 7 am. A medley of elastic limbs will be followed by breakfast, after which all the participants will enjoy ziplining.

Post this a final learning session and feedback will be done, followed by packing up and lunch.

After lunch and the closure session, the participants will depart for Bangalore by 3pm.

# Campus & Travel Details

## Campus and area

At a height of 3000 feet, our camp is nestled at the foothills of Skandagiri amidst lush green landscapes, hilltops, a lake and close to an ancient temple.

Location: 70 kms from Bengaluru



## Travel

Departure at 8:00 AM from Army Public School, Kamaraj Road, Bengaluru. Report by 7:15 AM.

Travel in an AC bus till the campsite.

## Accommodation and Toilets

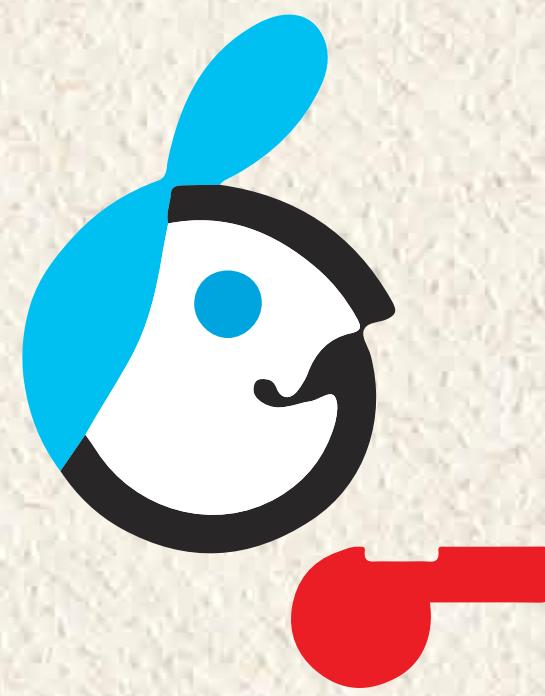
Our Skandagiri camp has brand-new high-quality tents separate for boys and girls with a capacity of 5-6 children in each tent. Children sleep on camping mats and will be cosy in their sleeping bags.

The camp has built up toilets and baths which are attached to the tents. Toilets have WCs and hand faucets. Baths have running water and fittings and hot water is provided.

# Instructors & Safety

## Safety and security

Children's safety and security is given the highest priority at Inme. We take several steps to ensure the transport (driver and vehicle) is checked thoroughly before departures. All our technical equipment like ropes, carabiners, helmets, harnesses, etc are of the highest approved quality and all the equipment is regularly audited by our certified team. Our Camp Chief and Instructors are extremely well trained, experienced and certified by us as well as by external agencies like NOLS, NIM, JIM, HMI, etc. on a regular basis. We have a doctor and all the necessary medical equipment available 24x7 on all our camps throughout the duration of the program. We also have an emergency vehicle on hand for quick response time in case of any unforeseen emergencies. These are all precautionary measures that we follow. However, we have had an excellent track record on safety and security of more than 100,000 children over the last 26 years.



## Instructors and Medical Support

There will be a mix of female and male instructors on camp. A resident doctor is available at all times on the campus. Apart from the outdoor instructors, facilitators from Snehadhara will be present to provide the expertise needed for special needs children. All these people included, a 1:4 adult to child ratio will be maintained.