

## **IAYP- QUALIFYING ADVENTURE JOURNEY FOR BRONZE LEVEL**

On 24<sup>th</sup> November, 2018 a group of 34 Bronze Award participants left the school at 6:00am and arrived at NALS camp, Manjakombai, Coonoor at 7:30am. We were welcomed by Mr. Deepak Gosavi. After being welcomed we had a Role Modelling Session and Leadership Session in which the participants learnt the importance of choosing a role model in their lives and the qualities of a leader. Then, the participants were divided into five groups for a group activity which was a game. The rules and regulations pertaining to the game were explained by the trainer. After that each group started their activity and they learned many things from their mistakes, such as team building, co-operation, planning, organising, overcoming mistakes, setting goals, learning things in the right way, etc.,. The third activity was Outbound Field Cooking. The participants set out for cooking, they enjoyed themselves and learnt a lot from the outbound cooking activity such as menu planning ,delegating roles and responsibilities, fire making ,safety measures, washing and cleaning of utensils, time management and LNT( Leave No Trace). The participants then went Jungle Trekking of approximately 5kms; it was quite thrilling because of the different animal sounds that were heard. Primarily, the participants also had an understanding of nature and responding to the environment, vegetation, etc. Then they observed the Knot Making Session which was taught in the preliminary adventure journey.

Then Mr. Deepak Gosavi conducted a session for Introduction of Safety Equipment and First Aid which helped participants learn how to use safety equipment. The First Aid session was about health safety, importance of water, how to respond to the environment, etc.

On 25<sup>th</sup> of November participants started their activity at 6:30am with a morning trek, warm up exercises and motivational speech by Mr. Deepak Gosavi for preparing the mind and body for Tower Trek. They also had a session for Tower Trek detailing, mountain manners, respecting the environment, local people and traditions, do's and don'ts in trekking and requirements for trekking. Unfortunately due to bad weather, poor visibility issues and safety reasons, the Tower Trek was retraced. Then the participants were divided into two groups, the 1<sup>st</sup> group went for High Rope Climbing which involved the Burma Bridge, Sloth Walk and Free Fall which helped them overcome fear and taught them team activity. The 2<sup>nd</sup> group practised different types of knots such as Thumb Knot, Figure of 8( Anchor Knot) Single Fishermen Knot, Double Fishermen Knot, Clove Hitch, Poachers Knot and Hand Cuff Knot and also learned when and how to use those knots. Then the First Aid session was held detailing on how to use first aid while on an adventure journey. After that they had a session describing in detail, how to use a Compass. Then Qualifying Adventure Journey soon came to an end with a vote of thanks by Mr.R.Ramesh and a group photograph.

At this juncture, as a team we extend our heartfelt gratitude to Mr. Deepak Gosavi who taught us how to overcome many obstacles in life. We are also greatly indebted to Mr. Gary Everett our principal for arranging and encouraging us to undertake this adventure Journey.

**R.Ramesh**