

## **NALS ADVENTURE JOURNEY**

Good morning to all present here! It sounds like the participants of the International Award for Young People (IAYP) program had an incredible adventure trip at the NALS Camp (National Adventure Leadership School). The Gold and Silver awardees were the first to arrive on the 30th of June, 2023, and their journey was filled with exciting activities and valuable learning experiences.

The adventure started with Mr. Deepak introducing the participants to the other trainers and welcoming them to the camp. After breakfast, they took on a short acclamation trek around the area, followed by an adrenaline-pumping High Rope Course, which included thrilling activities like the Burma Bridge, the sloth walk, and the leap of faith. Even the teachers, Mr. Ramesh and Immanuel, took part in these activities. The adventure continued with challenging games, learning rope knots.

On the 2<sup>nd</sup> day Traversing through a path that has been untouched for such a long time could mean encountering overgrown vegetation, rough terrain, fallen trees, and various obstacles along the way. The sense of exploration and adventure in such situations is truly unparalleled.

Overcoming the difficulties in different terrains, whether it be steep ascents or descents, rocky surfaces, slippery trails, or crossing water bodies, requires teamwork, determination, and resilience. The experience of conquering these obstacles as a group would have undoubtedly strengthened the bond among the participants and instilled a sense of accomplishment and confidence in everyone.

On the 3<sup>rd</sup> day, the first batch of Bronze participants joined the camp. While the Gold and Silver awardees had their rappelling course, the Bronze participants engaged in team-building games and later went on their own

rappelling course. The participants also learned about the use and value of a compass and the importance of tent pitching.

On the 4<sup>th</sup> day

Throughout the journey, the participants learned valuable life skills, such as cooking their own food during the energetic nature trail and the precautions of outbound cooking. The Bronze students overcame their fear of height and other difficulties during the Low Rope Course (LRC). Map Navigation was a new experience for all, adding to the excitement of the adventure.

The participants also enjoyed a short cultural program where they showcased their talents and ended a day with a thrilling night trek, learning how to prepare for such an adventure.

The last day for the Silver and Bronze awardees was filled with excitement as they went on a long trek to Tranquill, Coonoor, which offered an once-in-a-lifetime experience, appreciating the calmness of nature and the importance of caution in cliffy areas.

The participants expressed their gratitude to the principal for providing them with this opportunity and to Mr. Ramesh for organizing the program. They also extended their appreciation to Mr. Deepak Gosavi and his instructors for teaching us essential survival skills during the adventure journey.

It seems like the adventure trip was both thrilling and educational, providing the participants with valuable life experiences and memories to cherish forever. Congratulations to all the participants for embracing this incredible journey of growth and learning!