

NALS CAMP (GIRLS)

On the 7th of July, a group of 39 girls, who had registered for their International Award for Young People (IAYP) bronze and silver medals, departed from school to embark on an adventure camp at NALS. During the first day, we engaged in a 6.5 km trek amidst the picturesque tea plantations, followed by participating in a marble game. This activity imparted valuable lessons about the significance of maintaining a slow and steady pace, as well as the importance of effective teamwork in accomplishing tasks. Subsequently, after lunch, we experienced the High Rope Course (HRC), which encompassed activities such as the Burma bridge, sloth walk, and free fall. Engaging in these challenging activities enabled many of us to overcome our fear of heights.

Our second day commenced with a morning jog, followed by comprehensive lessons on compass usage and familiarization with various camp equipment. Additionally, we engaged in practical sessions where we prepared lunch independently, and subsequently received instruction on the art of tying various rope knots. The day concluded with a culturally enriching program dedicated to the participants pursuing the bronze level of the International Award for Young People (IAYP).

Day 3 commenced with invigorating morning exercise, setting the tone for an eventful and demanding day ahead. Our itinerary included an exhilarating trek to Tranquil Conoor, followed by an exciting rappelling activity in the evening. Notably, several girls who initially harbored reservations about participating in rappelling mustered the courage to conquer their fears and actively engage in the experience. Concurrently, in the evening, the participants pursuing the bronze level of the International Award for Young People (IAYP) bid farewell and returned to school.

On the fourth day of our adventure camp, we embarked on a trek through the wilderness. Initially, the girls exhibited signs of panic as the area was infested with leeches; however, they gradually acclimated to the situation. During this trek, we engaged in route

sketching activities. Additionally, we were tasked with planning a route to any destination of our choice, utilizing compass navigation assistance. In the afternoon, we participated in an "acid river" game, which effectively conveyed the significance of embracing risk-taking. Later in the evening, we partook in rock climbing and rappelling activities. The day concluded with a cultural night dedicated to the silver medal recipients.

On the fifth day of the camp, we acquired valuable skills in first aid and tent pitching, culminating our experience with an exhilarating zip-lining activity. This journey provided us with abundant knowledge and learning opportunities.