

YOUR

OUTLOOK
EXPEDITIONS

EXPEDITION GUIDE

INDIA SOUTH

14 DAYS

SUMMER 2019

EXTRAORDINARY EXPEDITION EXPERIENCES



A country of extremes - India's size and diversity will dazzle you! Stark contrasts of old and new blend beautifully as faith and centuries of history rub shoulders with the computer age. You will trek through forests in the Western Ghats, spot wildlife in beautiful parks and admire Dravidian temples in Chennai. A real highlight will be your work on an inspirational community project near Villupuram, helping the most disadvantaged members of society to build a more sustainable future. Southern India will completely change your outlook!

The purpose of this brief is to introduce your expedition opportunity. It will give you a feel for the destination and the type of activities that you will be involved in.

We hope this brief snapshot will leave you feeling inspired and wanting more!

HIGHLIGHTS

- Trek in the beautiful Western Ghats
- Head out on safari on the lookout for elephants
- Explore temples in Chennai

WHERE ARE YOU GOING?



WHAT IT'S LIKE...

PHYSICAL RATING: Moderately challenging expedition.

CULTURE SHOCK: Eye-opening - you will experience a very different world!

ALTITUDE: N/A.

VISA: Required for British nationals*

* Please note requirements may change

DESTINATION FACTS

RELIGION/S: Hindu, Christianity, Islam.

CULTURAL OR HISTORICAL INTEREST: Mamallapuram is home to the finest examples of Dravidian architecture in the world.

LANGUAGES: Kannada, Malayalam, Tamil, Telugu, Tulu, Hindi, English.

GEOGRAPHY: Lowland plains and forested hills, dissected by the Western and Eastern Ghats and the Indian Ocean to the south.

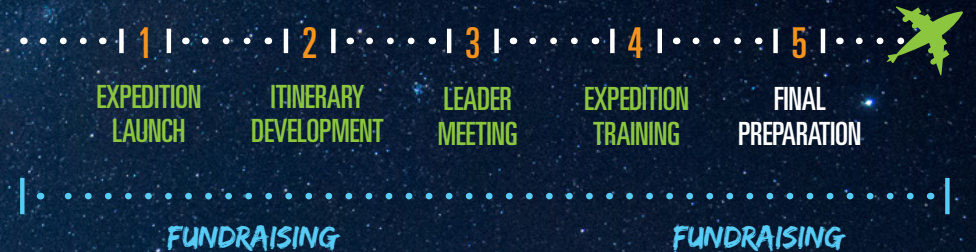
CLIMATE: Monsoonal climate with very hot and humid summers, cooler during and after monsoon (late summer/early autumn).

WHAT IS AN EXPEDITION?

Expeditions are a life-changing experience, a chance for young people to go on a fun and educational journey with their friends. Most expedition destinations are in developing countries, allowing students to not only experience stunning parts of the world but also witness a very different way of life, often with the chance to immerse themselves in the culture through project work.

HOW IT WORKS...

EXPEDITION TIMELINE



Our expeditions are made up of four main phases; acclimatisation, trekking, project and rest & relaxation. During the build-up we put students in the driving seat, allowing them to finalise their itinerary alongside our experts.



Acclimatisation

Arrive in country and spend some time getting used to the new culture whilst planning your next phase and changing currency.



Trekking

You may take part in a trek doing either a cultural trek through villages or an attempt to summit a nearby mountain!



Project

Dedicate some time to helping on a project - either community or environmental based, often working with local people.



R&R

Enjoy some R&R! This could involve a few days on a beautiful beach, reflecting on your expedition or an adrenaline adventure.



EXAMPLE ITINERARY

The below itinerary has been created by our Destination Managers as an example of what you may choose to do on expedition.

DAY 1-2 Depart the UK and travel to the vibrant city of Chennai in Southern India.

DAY 3 Spend some time relaxing and adjusting to the time zone, heat and bustle of the city. Visit some of the many interesting sites and sample some of the great street food! In the evening catch the overnight sleeper train to Mettupalayam.

DAY 4 Arrive in Mettupalayam early morning and catch the connecting Nilgiri World Heritage train to the hill station of Ooty. This incredible journey takes five hours and travels through beautiful forests and tea plantations. On arrival transfer to your accommodation at the Mudumalai National Park.

DAY 5 Embark on a safari through the heart of this amazing national park, home to the Indian mountain elephant as well as many other interesting species!

DAY 6-7 Spend a day trekking into the beautiful Western Ghats, travelling through tea plantations, native forests and high peaks. The following day return to Ooty and make the journey back to Chennai.

DAY 8-12 Take a morning train to Villupuram, meet the team at the ARMDS centre and get to work on your project improving facilities for the local community.

DAY 13 Return to Chennai and celebrate the successful completion of your expedition with a final team meal out!

DAY 14 Depart India and arrive back in the UK for your homecoming.

Due to the changing nature of the world over the build up period, Outlook may be required to change aspects of, or the order of the itinerary. Outlook will consult with the Link Teacher/Group Leader and all participants if this is the case.



ADVENTURE

At the Itinerary Development Session, with guidance from one of our destination experts, the team will be able to choose from options to finalise their itinerary. The choices may include the project they work with, the challenge level and type of trek and where they go for some rest and relaxation!

Chennai is the soul of Southern India. Once you've adjusted to the heat, it's well worth poking around the museums, exploring the temples and savouring deliciously authentic South Indian delicacies, before setting off on your adventure.

Experience an amazing overnight train journey to Mettupalayam, where you will take the 120 year old World Heritage mountain train to Ooty, Southern India's most famous train station!

Set off on safari in Mudumalai National Park to see if you can spot the mountain elephants who roam through this amazing environment. It is also one of the best places to see tigers and panthers (from the safety of a reserve!).

Next up, explore the Western Ghats from the oldest of the three Nilgiri hill stations, Kotagiri, which is surrounded by some of the most spectacular scenery. Your day trek will take you on a journey through the heart of the tea-growing area of the Nilgiris past waterfalls and through native forests, green valleys and high peaks. Absorb the amazing views across the Coimbatore plains and the Mysore plateau.

End your expedition by exploring a bit more of the exciting city of Chennai, and don't forget to pick up those all-important souvenirs!

PROJECT

ARMDS (Animators for Rural Multipurpose Development Society) was started to alleviate the suffering of people with disabilities and other marginalized groups, helping with rehabilitation and establishing a caring society.

The organisation has a centre where 60 school dropout children and 20 children, with cerebral palsy or learning difficulties, live and learn. As well as the work at the centre, there are community based programmes going on in several villages in the Villupuram district. These programs provide support to vulnerable groups under the guidance and supervision of ARMDS.

Over the last three years teams from Outlook Expeditions have assisted with the building of a toilet block and a classroom at the ARMDS centre. The work included wall construction and moulding and plastering; working alongside local masons.

Outlook funds ensured the masons completed any work that the teams were unable to finish. Our teams also visited the local community and spent time with the children of the ARMDS centre.



WHAT'S INCLUDED?

UK BUILD UP*

Itinerary Development Session.
Expedition Leader Meeting.
Final Preparation Day.

TRAINING

Expedition Training event in the UK with your Expedition Leader.

LINK TEACHER TRAINING

Leader Team Training (first aid as required).

LEADER TEAM COMPOSITION

2 Link Teachers and an Outlook Expedition Leader.

FLIGHTS

International flight.

INSURANCE

Comprehensive overseas medical insurance.

TRANSPORT

All overseas transport.

IN DESTINATION

All food and accommodation.
All group activities including any entrance fees.
All rest and relaxation activity.

WHAT'S NOT INCLUDED?

- Spending money for gifts / souvenirs whilst on expedition.
- Inoculations, prophylaxis and personal medicine. (All participants based in England and Wales receive 10% discount at Nomad Travel).
- Visas and passports – please refer to page 3 to see if a visa is required.
- Personal belongings insurance (this may be covered by your household / contents insurance).
- Loss of passport.
- Cancellation insurance (contact our Customer Service Team for more information).
- Personal equipment (e.g. rucksack, sleeping bag, waterproof clothing); all participants receive 15% discount at 'Cotswold Outdoor'.
- Transport to and from UK-based training courses, to the Final Preparation Day venue and from the airport.
- Food and accommodation in the UK, unless specified.



HOW TO LAUNCH YOUR EXPEDITION

To launch all you need to do is follow these steps:

1. CONTACT YOUR REGIONAL MANAGER

2. BOOK A PRESENTATION AT YOUR SCHOOL

3. STUDENTS APPLY ONLINE

"I am exceptionally pleased with the support and guidance Outlook provide before our expedition." - Link Teacher

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