


OUTLOOK
EXPEDITIONS

PROGRAMME GUIDE
INDIA
HIMALAYA





Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors as a vehicle for building character and increasing resilience.

Since then, we've taken tens of thousands of students on life changing journeys to over 60 countries on five continents across the world.

OUR PURPOSE

To deliver inspirational, immersive learning experiences, outside the classroom, that accelerate core skills development in young people

To empower teams to grow and learn through challenge, as they develop character, build resilience, and improve their wellbeing

To develop 'life-readiness', instilling the idea that everyone can be a leader

To encourage young people to travel responsibly and become active global citizens of the future, with an awareness of the world and their place in it

To provide long-lasting transformational benefits to our participants, the communities they're visiting, and the planet

Put simply, we exist to help young people get ready for life.

WE ARE  **OUTLOOK EXPEDITIONS**

OUR VALUES

We believe that what we do and how we do it are of equal importance.

We practise what we preach; demonstrating the character and qualities that our products are designed to instil in young people, through the way we operate as an organisation.

Our core values are our guiding principles for working together internally, but also for managing customer relationships. The values are embedded into every aspect of our company culture — we call it the 'Outlook Way'

- » We have and promote a positive growth mindset
- » We work together
- » We find new ways
- » We believe in kindness

OUR RESPONSIBILITY

We understand a balance must be reached between the importance and value of international travel, against the polluting effects of aviation on the environment.

We also understand the need for self-awareness in travel, ensuring our experiences are always ethical, justified, and only ever a cause for good.

It is therefore our responsibility not only to stand up for the planet in the fight against climate change, but also to stand up for unheard voices within our global community.

It's our responsibility to educate our teams effectively about ways they can reduce their own carbon footprints, to understand the importance of meaningful travel, and have open conversations about what it means to be a responsible traveller.

UK LEADERSHIP DEVELOPMENT

When you book an Outlook Expedition, you aren't simply booking an overseas trip. You are benefiting from an in-depth, two phase programme that starts up to two years before departure.



Our UK Leadership Development Phase is unique to Outlook and is designed to develop character, build resilience, and improve well being — the tools required to be a leader and tackle life's challenges effectively. Delivered in a hybrid format of both face-to-face and interactive, online events, along with additional supporting activities, resources, and materials — this is where the journey really begins!

From engaging in meaningful discussions and activities about sustainable tourism, to immersive learning experiences in the UK's National Parks.



LEADER IN ME

The UK Leadership development phase is underpinned by Leader in Me, our Life Readiness leadership qualification.

Based on Covey's '7 Habits of Highly Effective Teens' Leader in Me is a comprehensive evidence-based learning model designed to increase effectiveness in students.

Through the completion of this online course, students will learn about character concepts and skills that they will use not only on expedition, but for the rest of their lives. Including; taking responsibility for your life, managing your time, teamwork, communication, and tools to manage your own wellbeing.

The key learnings from this award-winning leadership training programme will be drawn upon throughout both phases of the Outlook Programme and will form a framework that can be applied to any life scenario.



PAY YOUR WAY

The Outlook Programme is like a savings account for yourself and your future development. The more you put in, the more you get out! That's why self-funding is such an important part of your journey as it gives you the opportunity and experience to develop key life skills that you'll take forward into your expedition and beyond — from planning and organisation, to budgeting and communication — it's your chance to take ownership, set goals and really invest in your future!

Every year we're impressed by the innovative ways our students generate funds for their trip — from launching small businesses to providing services in the community, we love sharing self-funding success stories to inspire others on their journeys.

RESPONSIBLE TRAVEL

We know that for a lot of people, sustainable travel is a contradiction in terms. How can something that generates so much carbon possibly be sustainable long term?

We understand that aviation releases more CO2 per passenger than any other mode of transport and that put simply, travel is an incredibly carbon intensive activity.

But we also know how important it is to be part of a global community, with whole countries and communities relying on international visits for their livelihoods and well-being. We also know how essential rich, engaging overseas experiences can be in guiding personal development, empathy, and perspective.

At Outlook, we take an active role in caring for our planet — and educating our teams to do the same. From being proud members of the Tourism Declares a Climate Emergency movement, and founding signatories of the Glasgow Declaration on Climate Action in Tourism, to partnering with climate consultancy, Positive Planet, to help us to take control of our carbon footprint.

We don't believe in greenwashing, confusing jargon and labels, or claiming perfection overnight. We know the fight against climate change is a journey — the most important of all the journeys we've made. But we also know that we're in this together, and we're committed to learning and growing through the process, as we empower our students to do the same.



But being a **responsible traveller** is about more than simply caring for the planet — it's being a **Global Citizen**, someone that takes an active role in making the planet more equal, fair, and **sustainable for all**.

During our UK Leadership Development Phase we provide an **educational framework** for students to better understand the impact of their travels on the communities they visit. From discussing ways to contribute towards the **Untied Nation's Sustainable Development Goals**, to understanding responsible travel do's and don'ts regarding photography, shopping, and respecting different cultures.

Through **service-learning opportunities** overseas, students work in partnership with local community and environmental initiatives, to gain a **unique insight** into some of the world's biggest issues.

It is of the utmost importance to us that our partnerships never disrupt, strain, or negatively impact a host community, and as proud partners of **ChildSafe** — an award-winning advocacy and action-oriented child protection movement — we're solidifying our commitment to taking a **leading role in child welfare**, ensuring we take best practice actions linked to child protection in the workplace, in our supply chain and in the communities, we operate in.



WELCOME TO INDIA HIMALAYA



Home to the highest peaks on the planet, the Himalayas begin in Pakistan stretching across India, Bhutan and Nepal, until reaching China in the East. The experience of being among the world's greatest mountains is incredible.

The enormous glaciated peaks, challenging terrain and endless wilderness makes this part of India a trekker's paradise. Journey through stunning landscapes, stop by ancient monasteries surrounded by dizzying peaks then return to civilisation to experience the bustling city of Delhi.



INDIA HIMALAYA HIGHLIGHTS

- » Trek into the world's highest wilderness and witness stunning scenery
- » Work alongside local people on a community or environmental initiative
- » Visit the majestic Taj Mahal
- » Enjoy wild camping under the stars



The purpose of this brief is to introduce you to your destination and the types of activities that you might do in-country. We hope this brief snapshot will leave you feeling inspired and wanting more!



DESTINATION FACTS

- » **RELIGION/S:** Buddhism, Hinduism.
- » **CULTURAL OR HISTORICAL INTEREST:** Spiti Valley is a Buddhist research and cultural centre and is home to one of the oldest monasteries in the world.
- » **LANGUAGES:** Lahuli-Spiti, Bhoti, Hindi. English is spoken by those involved in tourism.
- » **GEOGRAPHY:** Arid Himalayan mountains and valleys with altitudes over 3000m.
- » **CLIMATE:** Dry with hot summers at lower altitudes and unreliable monsoon rain in the autumn, very cold winters at higher altitudes.
- » **ALTITUDE:** Includes trekking above 4000m.
- » **VISA:** Required for British nationals*

* Please note requirements may change



OUTLOOK  Ready. For Life.





WHAT YOU CAN EXPECT



CULTURE SHOCK HIGH

- » English not widely spoken
- » Signage unlikely to be in English
- » Transport is less reliable with 'as and when' schedules
- » Amenities such as hot water and Wi Fi are less common outside large cities.
- » Himalayan cuisine is influenced by Chinese, Nepalese, Indian and Tibetan food. Staples include lentils, dumplings, yak cheese, noodles and soups



CHALLENGE RATING VERY CHALLENGING

- » Altitude may at points go above 2500m
- » In country support may be minimal i.e. all personal and group kit is to be carried by self
- » Distances covered are often more than 10km per day
- » Height gain and loss may be high per day
- » Challenging terrain in places (boulder fields etc..)
- » Where kayaking activities are undertaken, distances covered can be up to 15km per day and water conditions are difficult i.e. tidal sea traverses, strong winds etc.



Expeditions allow you to spread your wings, see and experience the big wide world and discover what you're truly capable of.

Take the leap and step outside your comfort zone to achieve more than you ever imagined:

- » Experience tropical island living
- » Accelerate your learning and life skills development
- » Gain a deep understanding of other cultures and global issues
- » Uncover your strengths and discover new passions
- » Strengthen friendship bonds and make new connections
- » Build character, resilience and the confidence to face life's challenges
- » Boost your CV for university and job applications



SERVICE-LEARNING



This phase is not only one of the most valuable but often the most memorable parts of the expedition experience for our teams, as it's where you gain unique insights and perspectives on the world through providing a meaningful service to one of our overseas partners.

With all the organisations we partner with, we're committed to ensuring that our presence never disrupts, strains or negatively impacts the communities we're visiting. Instead, these are opportunities for students to be empowered and educated by our partners in a way that is mutually beneficial for all.

PHYSICAL CHALLENGE



For many students, the physical challenge of a trek is a really important part of their expedition, as this it's where you can push yourself — physically and mentally — as you take a step outside of your comfort zone. It's also a great opportunity to connect with nature and one another in some incredible landscapes.

From summiting a mountain peak to exploring rural life and remote villages, the duration and challenge level of your trek will be dependent on the team's aims and objectives.

LEADERSHIP



Equipped with your Leader in Me toolkit, your expedition is an opportunity to put your leadership skills to the test. Not only will the 7 Habits form part of your team culture while away, you'll also have an active role in the team's management each day.

One day you could be the team coordinator, the next taking charge of the budget. An expedition is all about putting you in the driving seat and giving you ownership of your adventure!

R&R/ACTIVITIES



Your itinerary will also include time to explore your destination, engage with fun activities, and take some time for a well-earned rest!

From sight-seeing in the city and visiting must-see attractions, to taking part in adventure sports and reading a book in a perfectly placed hammock.

This is the time to rest and recuperate while experiencing local culture and seeing more of the destination!

EXAMPLE ITINERARY

The duration and number of phases included in your final itinerary will be dependent on the length of your expedition.

DAY	PHASE	SUMMARY
1-2	Depart UK/Arrive India	Depart the UK on your flight to Delhi. Head straight to your accommodation and adjust to the time zone and hectic pace of India's capital!
3	Orientation	Spend a day exploring Delhi and buying supplies for your trek and project phase.
4-5	Travel	The following day travel to Manali, taking in the changing scenery. From Manali you will travel to Kaza in private 4x4 transport.
6	Acclimatisation/Activity	As Kaza sits at an altitude of 3600m, you will need to spend your first day taking it easy to aid the acclimatisation process.
7	Acclimatisation/Activity	Visit the Kibber Village, claiming to be the highest inhabited village in the world at 4205m above sea level. Whilst there, explore the Kibber Wildlife Sanctuary.
8	Acclimatisation/Activity	Continue your acclimatisation and prepare for your project phase.
9-10	Service-learning	Travel to your project site, a village in the Spiti Valley, where you will assist a local community in building a greenhouse. You will start by building the walls.
11-15	Trek	Set out on the Wolf Trek, a physical challenge through the impressive Spiti Valley. The trek will offer you the chance to see the culture and nature of the Himalayas up close.
16-18	Service-Learning	Return to your project to finish the walls and fit the beams and plastic sheeting of your greenhouse. The final job will be to paint the walls to aid heat retention.
19	Travel	Make the return journey from Kaza to Manali where you will rest for the night before continuing the journey to Delhi the following day.
20	Return home	Arrive in Delhi and go for a final meal out with your team to celebrate the successful completion of your expedition.
21	Return home	Fly from Delhi and return to the UK.



ADVENTURES & EXPERIENCES

At the Itinerary Development Session, with guidance from one of our destination experts, you and your team will shape your own expedition itinerary. You'll be given a selection of treks, global citizenship initiatives and activities to choose from that suit your expedition duration and desired challenge level.

Here are some examples of the adventures and experiences on offer in India Himalaya:

SPITI WOLF TREK:

This 5-6 day trek offers a mixture of cultural interaction and wild mountain trekking.

The first three days take you off the beaten track as you climb to the top of a high pass, wild camping along the way.

The second part of the trek is less challenging with more gradual ascents and descents and journeys from village to village.

CULTURAL TREK:

This 3-6 day trek explores the villages in the Spiti Valley, visiting striking temples and some of the highest monasteries in the world.

You will cross two passes with breathtaking views of Spiti's highest peaks, after which you'll trek through alpine pastures with an abundance of floral diversity. The six day trek traverses the mountain and ends at the spectacular Dhankar village and lake.

TAJ MAHAL:

Take a one day visit to the majestic Taj Mahal palace. Explore inside and relax by the famous reflecting pool.

DELHI SIGHTSEEING:

Spend two days exploring the bustling capital of India. Visit sites including the Red Fort, Outb complex and Huyan's tomb. Hunt for souvenirs in the many bazaars.

Please note: Visits to the Taj Mahal and Delhi are only possible on expeditions of 25 days or more.





GLOBAL CITIZENSHIP

A Global Citizen is aware of and understands the wider world — and their place in it. They take an active role in their community and work with others to make our planet more equal, fair and sustainable.

Here are some examples of initiatives we work with in India Himalaya.

ECOSPHERE GREENHOUSE PROJECT:

Help with building a greenhouse to assist villagers with growing green vegetables throughout the year. In the winter, when temperatures reach as low as -30°C , it is practically impossible to grow anything. Vegetables are only available to those living in urban areas. Greenhouses enable vegetable cultivation in harsh climatic conditions, and not only contribute in providing additional income to the locals but also to the improvement of daily nutritional intake.



SOLAR BATH PROJECT:

The construction of a solar bath is of great significance in the Spiti Valley as large amounts of coal and wood is burnt for heating water. This contributes to CO₂ and black carbon emissions which have a devastating effect on the melting of glaciers and snow, seen on a local level. Through the creation of a solar bath, local people are empowered to reduce their emissions. Another benefit of the solar bath is increased personal hygiene as locals now have regular access to hot water.



PAY

YOUR WAY

Every family's financial situation is different so self-funding is a great way to enable every young person to experience the adventure of a lifetime!

Not only is self-funding one of the most rewarding and valuable elements of participating in an Expedition or Explore trip, but universities and employers respect the commitment and entrepreneurship that a young person demonstrates in this phase. For these reasons we encourage our participants to self-fund the majority, or if not, the entirety of the amount.

It's about putting students in the driving seat so that they develop skills for life; managing money, record keeping, self-motivation, goal setting and target achievement.

PAYMENT OPTIONS

Your bespoke payment plan will be created based on the launch dates of your expedition. However, there are two options available for you to choose from, so that you can pay your way. Please find the example formats below — your actual payment plan will be provided to you separately based on the dates of your launch and expedition:



STANDING ORDER

Spread your payments evenly by setting up a monthly standing order, up to the final balance date

DEPOSIT	PAYMENTS
DATE	X PAYMENTS
£TBC	£TBC



INSTALMENTS

Instalments: Settle your balance across a number of instalments. Payments can be made through debit card, bank transfer or cheque

DEPOSIT	PAYMENTS 2	PAYMENTS 3	PAYMENTS 4
DATE	DATE	DATE	DATE
£TBC	£TBC	£TBC	£TBC

Payments can be made via Basecamp or by contacting our Customer Support Team. Please note that payment dates and amounts may change, should there be any delay in securing a minimum of 10 participants



UK LEADERSHIP DEVELOPMENT

Fully guided programme including;

- » Pay Your Way support
- » Map Your Journey Session
- » Leader Meeting
- » Final Preparation Day
- » 7 Habits of Highly Effective Teens (accredited online learning course)
- » Regular communications and online resources to inform and inspire
- » Team t-shirt

LEADER TEAM

» Up to 2 travelling teachers and a highly qualified and experienced Outlook Expeditions Leader

INSURANCE & 24-HOUR SUPPORT

- » Comprehensive overseas medical insurance and 24-hour Operations Room to support teams in country

IN DESTINATION

- » All food and accommodation
- » All group equipment including tents, stoves, communication devices, and safety gear
- » All group activities and entrance fees
- » Contribution to support sustainable service-learning partners



FLIGHTS

- » Return international flights

PRACTICAL LEADERSHIP WEEKEND

Training event to prepare you for life on expedition, and beyond, including;

- » Putting the 7 Leadership Habits into action
- » Food budget management and cooking safety
- » First aid and equipment testing
- » Orienteering, trekking and campcraft

EXCLUDED:

- » Vaccinations and visas
- » Personal belongings insurance & costs incurred by loss of passport
- » Pre-departure cancellation insurance (should you need to cancel your place on the team)
- » Personal equipment
- » Spending money for souvenirs
- » UK transport (to/from UK training venue, Final Preparation Day and airport collection)
- » Food & accommodation while travelling to and from UK airports

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