

OUTLOOK



Ready For Life.

EXPEDITION GUIDE

Southern India



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Why Go On Expedition?

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:

- ✕ Accelerate your learning and life skills development
- ✕ Gain an understanding of other cultures and global issues
- ✕ Uncover your strengths and discover new passions
- ✕ Challenge yourself to meet new like-minded adventurers or sign up with a friend
- ✕ Build character, resilience and the confidence to face life's challenges
- ✕ Boost your CV for university and job applications

The 4 Cornerstones of an Outlook Expedition

EXAMPLE COMPONENTS

No matter where in the world you go on expedition, there will be a rich mix of experiences from which to choose.

And ALL of our expeditions will include elements from each of the '4 Cornerstones of an Outlook Expedition'.

We work with your school and expedition team members to understand needs and wants, and then we co-create an expedition itinerary.

Components of your expedition, will be dependant upon destination and duration.



COMMUNITY ENGAGEMENT

Meet indigenous communities and stay in village homestays
Take part in service-learning and community projects
Support conservation and wildlife protection efforts



PHYSICAL CHALLENGE

Trekking to altitude
Jungle treks
PADI dive qualification
White-water rafting and more...



LEADERSHIP

In-country leadership roles
Self-leading: budget management, booking transport, accommodation, activities and more
Leader-In-Me online course



ACTIVITIES / R&R

Sightseeing
Jungle camp
Kayaking
Cycling
Beach day and more...

The Outlook Programme

An Outlook expedition doesn't just start when the plane takes off. It starts the moment a team goes live!



Starting up to 24 months prior to travel

WEBINARS - LEADER IN ME - NEWSLETTERS - SOCIAL MEDIA UPDATES - EMAIL NOTIFICATIONS



EVENTS WITH A STAR NEXT TO THEM MAY BE COMBINED
BASED ON THE NEEDS OF THE EXPEDITION

Welcome to India

Southern India is a vibrant and diverse region known for its lush landscapes, tropical climate and rich cultural heritage.

Home to tea-covered hills of the Western Ghats, wildlife-rich national parks, long coastlines and peaceful backwaters. Ancient temples, colonial-era towns and living traditions reflect thousands of years of history alongside modern Indian life.

The region offers outstanding opportunities for trekking, wildlife encounters and meaningful community engagement. Warm hospitality, colourful cuisine and varied environments make Southern India an ideal destination for immersive and well-rounded travel experiences.



WHY SOUTH INDIA FOR AN EXPEDITION?

- Trek through the beautiful Western Ghats
- Work alongside local people on a community initiative
- Head out on safari and spot elephants and tigers
- Float along the backwaters on a houseboat
- Explore temples and relax on the coast

Where colour, culture and challenge come together

WHAT TO EXPECT



Physical Challenge



Community Engagement



Activities / R&R



Leadership



SAMPLE 21 DAY ITINERARY

SEASON: SPRING, SUMMER, AUTUMN & WINTER

[other itinerary options are available for this expedition,
in addition to itineraries for expeditions of varying durations]

Day 1–2: Fly from the UK to Kochi and complete in country orientation

Day 3: Travel from Kochi to Munnar in the Western Ghats

Day 4: Explore Pampadum Shola National Park on a guided nature trek

Day 5: Begin the Western Ghats trek through forest and plantation landscapes

Day 6–7: Continue trekking across the Munnar mountain range

Day 8: Travel from the Western Ghats to Ooty

Day 9: Ooty Cultural Trek

Day 10–11: Visit Mudumalai National Park and take part in a wildlife safari

Day 12: Travel via mountain railway from Ooty to Kochi

Day 13: Explore Kochi and its historic sights

Day 14: Travel to your community partnership project in Kerala

Day 15–18: Begin service learning with Planet Kerala community projects

Day 19: Travel to Alleppey and begin backwaters houseboat experience

Day 20: Continue backwaters houseboat journey through Kerala

Day 21: Depart India and fly back to the UK





Day 1-2

Fly from the UK to Kochi and orientation

Depart the UK and arrive in the vibrant city of Kochi. After a long journey, you will need time to rest, recover and begin adjusting to life in India. Your first days include key orientation tasks such as organising local SIM cards, exchanging currency and preparing for the adventure ahead, while getting your first taste of Indian culture, food and daily life.

Day 3

Travel from Kochi to Munnar

Today is a travel day as you journey east from the city into the lush hills of the Western Ghats. The drive to Munnar offers a fascinating glimpse into rural India, with changing landscapes, villages and countryside views as you head into one of India's most beautiful mountain regions.



Day 4

Pampadum Shola National Park exploration

Spend the day exploring Pampadum Shola National Park, a lesser visited but incredibly rich area of protected forest. You will trek along forest paths surrounded by subtropical woodland, breathing in the clean mountain air and learning about local wildlife.

With patience and luck, you may spot animals such as langurs, wild boar and elephants, along with a huge variety of birdlife.



Day 5-7

Western Ghats trek

Your multi day trek begins in the Western Ghats mountain range. Each day you will walk through rolling hills, dense forest and spice plantations, guided by local experts with deep knowledge of the land. The scenery is dramatic, with mist drifting through valleys and views stretching across the mountains.



Day 8

Travel from the Western Ghats to Ooty

Today is a full day of travel as you head to Ooty, often known as the Queen of Hill Stations. Set within a lush valley, Ooty offers a blend of natural beauty and colonial history.



Day 9

Ooty Cultural Trek

The town of Ooty is situated within a wide valley at the mouth of various other valley entrances all blanketed with lush forests containing tall pines to the exotic eucalyptus trees. During this trek, you will learn about the rich history and culture which surrounds the town, ranging from old Christian Churches to ancient tribal temples. You'll also have the chance to learn about the great diversity and lushness of South India's flora in the famed botanical gardens. →



Day 10-11

Mudumalai National Park wildlife experience

Spend two days exploring Mudumalai National Park, one of southern India's most important wildlife sanctuaries. During guided vehicle safaris, you will learn about conservation efforts while searching for elephants, gaur and a wide variety of birdlife.

You will also discover the Park's role in protecting endangered species and visit the elephant camp, where elephants support conservation, education and anti poaching work.

Day 12

Travel to Kochi via the mountain railway

After returning to Ooty, board the famous mountain railway for a scenic journey through tunnels, bridges and forested hills. This unforgettable journey offers sweeping views of the Western Ghats before arriving in the historic coastal city of Kochi later in the day.

Day 13

Explore Kochi

Spend the day exploring Kochi, a city shaped by centuries of trade and cultural exchange. Visit historic streets, temples and markets, explore the waterfront and gain insight into the mix of Indian, European and Middle Eastern influences that define the city.

Day 14

Travel to Planet Kerala community project

Travel from Kochi to your service learning placement with Planet Kerala. On arrival, you will meet local partners, settle into the community and learn about the projects you will be supporting over the coming days.





Day 15-18

Community service learning in Kerala

Spend several days working alongside local communities on practical development projects. Activities may include construction tasks, improving access to clean water, clearing and landscaping shared spaces or supporting school and village facilities. This phase focuses on teamwork, cultural exchange and understanding how community led projects create lasting impact.

Day 19-20

Kerala backwaters houseboat experience

Travel to Alleppey and board a traditional houseboat to explore the famous Kerala backwaters. Drift through quiet canals and lagoons, passing villages, rice fields and palm lined waterways. Time on the water offers a chance to slow down, reflect and gain a deeper insight into life along the backwaters, with opportunities to explore by foot or canoe.

Day 21

Depart India and return to the UK

Say goodbye to India and begin your journey home. You will return to the UK with new skills, confidence and perspectives shaped by your experiences across southern India.

What's Included

- ✕ An Outlook team T-Shirt
- ✕ International Flights
- ✕ Comprehensive overseas medical insurance
- ✕ All overseas transport
- ✕ All food and accommodation
- ✕ All activities including any entrance fees
- ✕ A highly qualified and experienced Expedition Leader, supported by an Assistant Leader
- ✕ 24-7 support from our UK-based Operations Room
- ✕ Access to the full Outlook Programme
- ✕ A license to the renowned 'Leader In Me' online personal development course



What's Excluded

- ✕ Cancellation and personal belongings insurance
- ✕ Transport to and from the UK departure airport
- ✕ Personal equipment (e.g. rucksack, walking boots, waterproof clothing)
- ✕ Spending money for gifts/souvenirs
- ✕ Inoculations, prophylaxis and personal medicines
- ✕ Visas and passports

Payment Guide

A deposit is necessary to secure your place.

The balance may be made by equal monthly payments or in 3 larger staged payments, with final payment for both required no later than 2 months prior to travel.

Refer to our Terms and Conditions for cancellation charges.

If there are insufficient expeditioners for the expedition to proceed, Outlook reserve the right to cancel, and any payments, including the deposit would be refunded.

Encourage a friend to join and we'll say 'thank you' in a useful way

We are Outlook Expeditions

Outlook was formed in the foothills of Snowdonia in 2001, by a group of passionate enthusiasts who believed in the outdoors and expeditions 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.

WHY DO WE EXIST?

To help young people get ready for life.

WHAT DO WE DO?

We create overseas expeditions that deliver inspirational, immersive 'outside the classroom' learning experiences, that accelerate core skills development in young people

On our expeditions, individuals become team players, growing and learning through challenge, developing character, building resilience, and improving wellbeing.

We encourage responsible travel and meaningfully connect young people with the communities their visit, creating global citizens with a keen awareness of the world and their place in it.

WHAT'S DIFFERENT ABOUT AN OUTLOOK EXPEDITION?

We believe that the real destination is the personal development of a young person.

We don't fit your needs to an 'off-the-shelf' product. Quite the opposite. We listen first, ask questions and listen again to your answers. And then, we carefully craft itinerary and destination solutions that align to your school's and participants' unique needs and wants.

From a 'bag of cash' student-led age-old expedition in Peru, to a more curated activity-driven experience in Malaysia, we co-create expedition journeys with you.

The Outlook Way

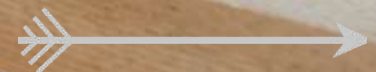
We believe that what we do and how we do it are of equal importance.

We aspire to behave in the same way that we encourage our expedition teams to behave.

Our core values are our guiding principles for working as a team and in interaction with schools, parents, suppliers, partners and expeditioners. They are embedded into every aspect of our company culture.

We call it the 'Outlook Way'.

- ✕ We have a positive growth mindset
- ✕ We work together
- ✕ We find new ways
- ✕ We believe in kindness



How we create an Expedition



EXPEDITION DEVELOPMENT

- We send experienced leaders to potential destinations to undertake recces, for both risk assessments and for expedition development.
- We'll check existing and new accommodation, transport, activities, treks, dives and more.
- We're looking at safety and potential safeguarding risks, as well as assessing the level of challenge and enjoyability.

ITINERARY DEVELOPMENT

- We work with school leaders to understand what the school and expeditioners need and want before a booking is made.
- We share example of existing itineraries, but it is not until we have a team that we together create a draft itinerary closely tailored to the expeditioners' needs and wants, in an Outlook Programme workshop we call 'Map Your Journey'.
- We will continue to refine that until issuing a Final Itinerary a month before travel.
- For our Indi Expeditions [i.e. expeditions not connected with a specific school], we use our experience to create a best-in-class itinerary for the independent expeditioners.



Nothing Worth Doing Is Ever Easy

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ACCREDITATIONS

BSI 8848 Compliance: British Standards Institution spec. for adventurous activities outside the UK

ATOL Certificate 6679: Financial protection for all flights and trips booked through Outlook

Learning Outside the Classroom (LOtC) Quality Badge: Independently assessed for effective risk management & educational value

Expedition Providers' Association (EPA): Founding & full member, promoting safety and quality in overseas expeditions

Adventure Activities Licensing Authority (AALA): Licensed to provide outdoor adventure activities to under-18s in the UK

Approved Activity Provider (AAP) for the Duke of Edinburgh's Award

