


OUTLOOK
EXPEDITIONS

PROGRAMME GUIDE
INDIA SOUTH





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 **United 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.

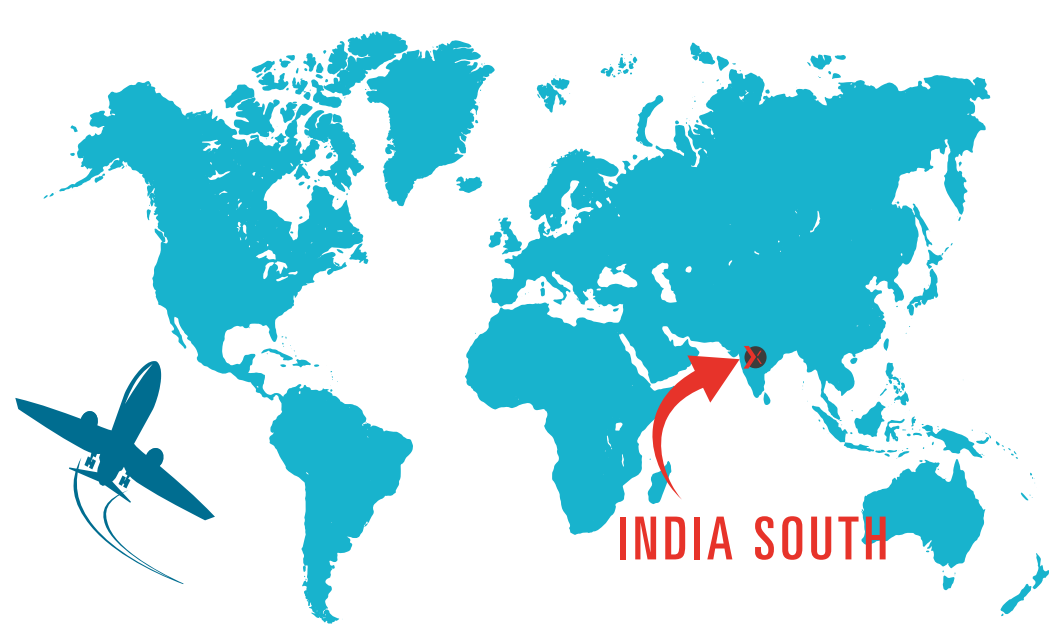
It is of the utmost importance to us that our partnerships never disrupt, strain, or negatively impact a host community, and as proud partners of **ChildSafe** — an award-winning advocacy and action-oriented child protection movement — we're solidifying our commitment to taking a **leading role in child 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 SOUTH



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!



South India includes five major states, two island groups and is a lush contrast to the peaks and plains in the north.

Old and new blend beautifully as faith and history rub shoulders with the modern age. Trek through the Western Ghats, spot wildlife in beautiful parks and admire ancient temples.



INDIA SOUTH HIGHLIGHTS

- » 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



DESTINATION FACTS

- » **RELIGION/S:** Hinduism, 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:** Dry with hot summers at lower altitudes and unreliable monsoon rain in the autumn, very cold winters at higher altitudes.
- » **ALTITUDE:** N/A
- » **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.
- » South Indian cuisine is famous for the use of lentils and spices, chillies, fresh coconut and native vegetables and fruits. Rice is the staple food.



CHALLENGE RATING MODERATELY CHALLENGING

- » Altitude is less than 2500m
- » In country support is high i.e. large rucksacks are transported
- » Distances covered are less than 10km per day
- » Height gain and loss is kept to a minimal per day
- » Easier terrain (clear, firm paths/trails etc..)
- » Where kayaking activities are undertaken, distances covered can be up to 5km per day and water conditions are easy to negotiate i.e sheltered bays, lakes 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

OUTLOOK  Ready. For Life.



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.

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!

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 summitting 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.

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	Flight & Orientation UK > Chennai, India	After departing the UK you will arrive in the bustling city of Chennai on day two of your itinerary. Your first day in-country will be spent recovering from your journey and adjusting to your new surroundings. It's also when you'll undertake some key tasks to prepare you for the phases ahead.
2	Travel Chennai > Munnar	Today will be a full travel day as you head out of the city and to the town on Munnar. Though it will be a long day of up to 12 hours, it's a brilliant opportunity to take in the views and catch glimpses of life in rural India, as you journey south west to the Indian state of Kerala
4	Activity Pampadum Shola National Park	Pampadum Shola National Park is a beautiful area situated in a little-visited part of Kerala, around 1½ hours from Munnar. There is a disused and overgrown road that goes through the national park and paths in the shola forest which you can trek along. The clean air, rich wildlife and feeling of being in the wild make this a great destination. The terrain is undulating and covered with subtropical hill forests (with patches of grasslands at higher altitudes). With luck and patience, you may be able to see some of the wildlife here in the forest: langurs, sambar, wild boar, gaur (bisons) and elephants. The variety of birds within the forest is outstanding, the forest comes alive with the song of many diverse birds.
5-7	Western Ghats Trek Munnar mountain range	The Western Ghats Trek is an exciting and challenging trek through the Munnar mountain range. It traces pathways through the highest trekking trails in the Western Ghats, through the cardamom forests of Santhanpara and spice plantations at Chaturangapara. Each day you will be greeted by clipped and sculpted emerald green tea plantations carpeting the rolling hills. The mountain scenery is magnificent, you will often find yourself up above the clouds watching veils of mist rising from the dense jungle to cling to the mountain peaks. Each day you will trek between 11km and 15km over undulating trails. You will have guides with you who have lived and worked in this mountain range all their lives. They have an intimate knowledge of the wildlife and an even better understanding of the variety of trees and wild spices, make sure you use their knowledge to enrich your experience. Each evening you'll camp in a different environment, be that spice farm, shola forest or cardamom plantation and will be at peace with the sounds of the rainforest. There are toilets at each camp site and basic washing facilities. Hot water is available but is often warmed on the fire, so you will have to use it sparingly. You will be catered for throughout the trek. On the final evening, you may have the opportunity to fish and cook a meal for yourself.
8	Ooty Cultural Trek Ooty area	Ooty, which lies in the hills of Tamil Nadu, is described as the 'Queen of Hill stations' and was once the summer destination for the 19th century British. The town 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.
9-10	Mudumalai National Park Mudumalai	The Mudumalai National Park and Wildlife Sanctuary is located on the border of three states of India; Tamil Nadu, Kerala and Karnataka. It was first declared a protected area in 1940 and connects with many other national parks allowing a single, continuous habitat for wildlife. The area has a rich variety of flora and fauna. Some of the highlights of the park are the elephants and gaur (Indian bison), and the park is also home to several rare species including tiger and leopard; however, these are very rarely seen. Safaris within the park are all completed by vehicle to ensure protection and conservation of the environment. These start at approximately 0630 and run throughout the day until 1400 - 1430, lasting for around 1½ hours. There are many tracks and trails for vehicles throughout the park allowing great opportunities to spot wildlife. You will undertake one forest vehicle safari during your visit. There is an 'elephant camp' within the national park that was established in 1972. Originally the elephants were used for timber extraction work but, as the area is now protected, the elephants are engaged in eco-tourism, patrolling for anti-poaching operations and as part of a conservation and education centre for the public.
11	Travel Mudumalai > Kochi	Your provider will first return you to Ooty before you travel onwards via the impressive mountain railway to Kochi.
12	Kochi Sightseeing Kochi	Spend some time exploring Kochi, also known as the Queen of the Arabian Sea. Visit the fort, temples, or doing some souvenir shopping in the bazaars.
13	Travel Kochi > Plant Kerala	Today is a full day of travelling so be sure to stock up on snacks for your journey as you head towards your service-learning phase.
14-17	Planet Kerala Community Partnership Kerala	PLANET Kerala is a registered network of organizations that are committed to improving the lives of people in Kerala, with all projects directly benefitting local communities. The network aim is to enable and facilitate the participation of women's self-help, dalits, local tribes and community groups, as well as researching and developing processes, frameworks, methods and tools to address specific issues such as water filtration and purification. You will be working in a small tribal community in Kerala completing a construction based project that will improve village amenities. Your project could involve building latrines or clearing playgrounds for a local school as well as landscaping gardens or increasing access to clean drinking water. You will be sleeping on the floor of one of the community buildings and you'll have access to basic washing and toilet facilities. Food will be provided. You will return to Kochi following your time here.
18	Travel Planet Kerala > Kochi	Retrace your steps back to Kochi as you say farewell to your service-learning hosts and embark on the final phase of your expedition- your rest and relaxation!
19-20	Backwaters Houseboat Trip Alleppey	The backwaters of Alleppey are a series of lagoons and lakes formed by the action of waves and shore currents. They have become a popular tourist destination as the lagoons form navigable passageways through areas of stunning natural beauty. During this phase you will take part in a trip through the beautiful backwaters of Kerala, spending time on a traditional houseboat. You will float past small communities, beautiful green rice fields and get to experience culture from a different perspective. You will stop off at points to explore this unique area by foot or head out on canoes to get a deeper insight into community life along these backwaters. You'll embark your houseboat around 12 noon on day 1 and disembark around 9am on the last day. The journey to and from Kochi to Alleppey is short, roughly 1½ hours.
13	Departure India > UK	Time to say farewell to India! On arrival in the UK you'll be reunited with friends and family where you'll tell stories of your amazing expedition!



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 South:

MAMALLAPURAM:

Explore this beautiful and relaxed seaside town an hour south of Chennai. Sample the wonderful seafood and relax on the inviting beach on the Bay of Bengal. Discover historic monuments including the UNESCO World Heritage site, Shore Temple.

WESTERN GHATS TREK:

The 'Nilgiris' or 'Blue Mountain' range was the first designated Biosphere Reserve in India and is home to a wealth of unique plants and wildlife.

This trek traces a path through the highest trails, through the cardamom forests of Santhanpara and spice plantations at Chaturangapara. Pass waterfalls, trek through green valleys and head to the top of beautiful peaks with amazing views.

BACKWATERS HOUSEBOAT TRIP:

Embark on a trip through the beautiful backwaters of Kerala. Spend time living on a traditional houseboat and see local life from a different perspective as you float past small communities and beautiful green areas. Stop off at points to explore on foot.

MUDUMALAI NATIONAL PARK:

Visit Mudumalai National Park, home to a diverse range of flora and fauna such as elephant, gaur, mouse deer and sloth bears. Enjoy a vehicle safari in the park and walks in the fringes of the park. See wild elephants in their natural environment!



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 South.

PLANET KERALA

PLANET Kerala is a registered network of organizations that are committed to improving the lives of people in Kerala, with all projects directly benefitting local communities.



Service-learning work is normally located within the village of Vinoba Niketan, a rural area inhabited by several tribal communities. There are 80 tribal hamlets within the geographical area, all run under a local self-government called Grama Panchayath (GP), which is a grassroots administration unit within the state. Work can include building basic facilities for the community, and improving existing ones.



TRIBAL TREE PLANTING:

Village Reconstruction and Development Project (VRDP) was founded to encourage a society where people live in unity without discrimination.



You can work alongside villagers from tribal communities to help plant trees which helps the community to supplement their incomes - once they bear fruit, these can be sold at market.



Your time will be split between planting and spending time with the villagers. This is a fantastic chance to spend time up close with a remote tribal village and understand the everyday concerns of those that live here.



GLOBAL CITIZENSHIP

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



OUTLOOK  Ready. For Life.



 **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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