

**DLF QEC INNOVATIVE SCHOOL
RIDGE VALLEY
DLF PHASE – IV, GURUGRAM, HARYANA**

RVS/CIR/003/2024-25

11th Apr 2024

TRIP TO MUSSORIE

Dear Parents,

We are excited to announce an adventurous trip to Mussoorie for our Grade VI-VIII students. This trip is designed to provide them with a unique learning experience beyond the confines of a classroom. The trip aims to offer students immersive experiential learning whereby they will be exposed to nature, rural lifestyle and challenging activities. Stepping out of their familiar environment, they will have the opportunity to learn through first-hand experiences, fostering critical thinking, problem-solving, and adaptability skills.

Each day at camp is customized to bring out different aspects of a child's personality and hone their skills. Children will work in groups to explore nature, visit villages to get a taste of rural lifestyle and live independently, becoming self-reliant. Through the days they spend at camp, they transform to become all-rounded personalities, on their way to achieving success.

Dates: 29th May-1st June

Duration: 4 Days/3 Nights

Cost: Rs. 13,500

Mode of Payment: Cash only

Last Date to register: Monday 15th April

Rocksport, Mussoorie – River trekking & Raft Building

Learn to Forge through a river stream or build your own raft and paddle through it.

The activities at camp help students to overcome their fear of water. They forge through the natural stream or build their own raft and paddle it on the artificially created water body. They also trek through the hills to spot the rare Mountain Quail bird which was last seen here.

- Travel Away

275 km from Delhi & 12 km from Mussoorie amongst the gushing water streams.

- Check Out

Fresh water streams and the rare mountain Quail.

- Camp In

13 cottages & 16 Tents with attach toilets and baths.

Enjoy delicacies of the hills in the beautiful dining area.

- Nearest Medical Support

10 km backed by a nurse on campus.

The Schedule

Day	Schedule
29-05-2024	Assembly in School at 0400 hrs. Orientation and Departure for Dehradun at 0430 hrs in 2X2 AC Coach, Breakfast Enroute. After reaching Dehradun students transfer to non-AC mini bus, lunch and depart for Rocksport Mussoorie. Arrival at Camp, Briefing & Tent allotment, Evening Snack & Camp Games, Journal Writing, Reflection at Bonfire, Dinner, overnight at camp.
30-05-2024	Morning Tea & Exercise, Breakfast, River Trekking, Lunch, Zip Line, , Evening Snack & Camp Games, Journal Writing, Reflection at Bonfire, Dinner, Overnight at camp.
31-05-2024	Morning Tea & Hang Man, Breakfast, Rappelling, Lunch, Guerrilla Warfare, Evening Snack, Prize Distribution, Music and Dance, Dinner.
01-06-2024	Wake Up & Freshen up, Breakfast, Departure for Dehradun at 0800hrs in mini bus. After reaching Dehradun students transfer to 2X2 AC coach and depart for School, En route Lunch & Packed Snack. Arrival at School at 0700 hrs. Camp Dispersal.

The camp will be duly supervised by school teachers and professional instructors from Rock sport. Safety and security of the students is our prime concern and high-quality equipment is used at the camps. The students will have a joyful and enriching experience. If you are interested in sending your ward for the above-mentioned camp, kindly fill the form through the link given below:

Program Cost Includes:

Stay in Swiss Tents/Cottages with attach bath, All Meals, Travel from School to Dehradun & Back by AC Coach Bus, Travel from Dehradun to camp & back by non-AC buses, All activities, Services of Instructors & Equipment and First Aid Medical Facilities.

Kindly register for the trip through the link of the form given below by Monday, 15th April 2024 as the seats are limited.

<https://tinyurl.com/4tuhbth8>

For any further query contact the undersigned.

Ms. Rachna Joneja

Rachna.j@ridgevalleyschool.org

Warm Regards

Ms. Nidhi Tewari

Principal

Consent Form: Rocksport Residential Program

Mussoorie(29th May-1st June)

Name of the Student: _____

Grade: _____

Date of Birth: _____

Name of Parent: _____

Email of Parent: _____

Mobile number of Mother: _____

Mobile Number of Father: _____

Any allergies or medical issues that we need to be careful about:

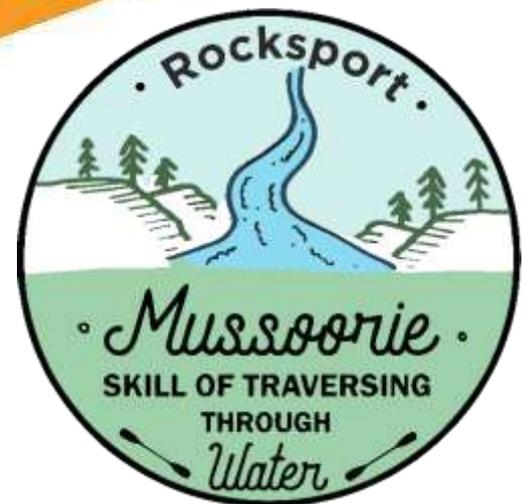
Any personal medications that your ward will be carrying to the camp (doctors prescription to be attached :

We give permission to our ward _____ of Grade _____ to be a part of the Rocksport Residential Program to Mussoorie from 29th May-1st June 2024. The details given in the attached form are genuine and I hereby indemnify the school authorities and the organizers of the Camp from all responsibility in case of any unforeseen mishap. Our ward is physically fit and will abide by the rules & regulations set by the teacher in charge.

(Signature of Father)

(Signature of Mother)

Date: _____



About Rocksport Residential Programs

Rocksport Residential Programs are experiential learning holidays for 9-17 year olds. Campuses for these programs are located near popular tourist destinations and are nestled in the lap of nature, providing a superior alternative over traditional holidays. During the course of the program, students perform adventure activities, explore the local towns, converse with the communities and learn new skills. The programs also offer a unique experience of being one with nature as students learn about flora and fauna and appreciate the calmness and beauty of nature. By working together, they learn the importance of teamwork; identify their strengths, challenge their fears & become confident and responsible individuals.



Rocksport Mussoorie

SKILL OF TRAVERSING THROUGH WATER

Learn to forge through a river stream or build your own raft and paddle through it.

The activities at camp help students overcome their fear of water. They forge through the natural stream or build their own raft and paddle it on the artificially created water body. They also trek through the hills to spot the rare Mountain Quail bird which was last seen here.



Travel Away

275 km from Delhi & 12 km from Mussoorie amongst the gushing water streams



Check Out

Fresh water streams and the rare Mountain Quail



Medical Support

Nearest medical support 10 km from camp, backed by a nurse on campus



Camp In

13 Cottages and 17 Tents with attached washrooms



A Day at Camp

At Rocksport Residential Programs, experiences are designed in accordance with ayurvedic doshas to enhance self-discipline and promote an active lifestyle. The day is divided into 5 phases that aligns students with their natural body clock and helps them master the art of being their most productive selves.

6:00AM – 9:00PM Mastering the art of waking up early

This is the time of the day when rigorous exercise, breathing and meditation are most beneficial. Staying active and eating healthy keeps students energised throughout the day.



9:00AM – 2:00 PM Mastering the art of hard work

The best time of the day to get things done and complete the most difficult tasks. The hardest challenges and the most important tasks can be easily completed during this phase.



2:00 PM– 5:00 PM Mastering the art of creative thinking

This time of the day is most suited to do creative thinking, problem solving or other activities that require brain power. Doing mental activities can reap wonderful rewards at these hours.



5:00 PM – 7:00 PM Mastering the art of introspection

The most ideal thing before the day ends is to sit back and reflect. Sitting in solace, introspecting or writing a journal allows learning and helps prepares for another productive day.



7:00 PM – 10:00 PM Mastering the art of de-stressing

These last few hours of the day should be spent doing calming activities with friends & family. Activities such as singing and sharing stories promoted bonding amongst peers, releases stress and prepares for a restorative night.



Schedule

Day 1

Assembly at School at 0400 hrs. & Departure for Camp at 0430 hrs.
 Breakfast en-route
 Arrival at Dehradun and Transfer to Camp in mini coaches
 Lunch & departure for Rocksport Mussoorie
 Arrival at Camp, Orientation, Tent and cottage allotment
 Evening Tea & Camp Games
 Journal Writing
 Reflection at Bonfire
 Dinner

Day 2

Overnight at camp
 Morning Tea & Exercise
 Breakfast
 River Trekking
 Lunch
 Rappelling
 Evening Tea & Camp Games
 Journal Writing
 Reflection at Bonfire
 Dinner

Day 3

Overnight at camp
 Morning Tea & Hang Man
 Breakfast
 Zip Line
 Lunch
 Guerrilla Warfare
 Evening Tea,
 Journal Writing
 Reflection at Bonfire
 Music and Dance & Prize Distribution
 Dinner

Day 4

Overnight at camp
 Early Wake Up
 Breakfast
 Departure for Dehradun in Mini Coaches at 0800 hrs. Transfer to AC Coaches and Departure for School at 1030 hrs.
 Lunch En-route & Packed Snacks
 Arrival at School at 1900hrs.
 Camp Dispersal

Note: Above mentioned schedule is tentative and may change as per weather conditions and student's age group.

Course Fee:

INR 13500 per child Ex. Gurugram

Cost Include:

- Transport from school to Dehradun & back in AC 2X2 Buses in multiple of 41 students only
- Transfer from Dehradun to Camp and back in Non-AC mini coaches.
- Stay In Luxury Tents and Cottages with attach washrooms
- All veg. – non veg. meals as per itinerary designed by nutritionist
- All activities as mentioned in the itinerary
- Services of trained, experienced instructors & camp leaders with healthy mix of female instructors
- First Aid assistance with nurse on campus and backup vehicle for emergency evacuation
- Mineral water while travel
- GST

Cost does not include:

- Any personal expenses like soft drinks, mineral water, telephone calls
- Any insurance
- Any cost not explicitly covered in the list of inclusions

Terms & Condition:

- All payments to be made in the name of **“Great Rocksport Pvt. Ltd.”**.
- All costs inclusive of service tax.
- 70% of the total billing must be paid in advance on confirmation of the date of camp. Balance 30% payment must be paid 7 days before the departure date.
- Any damage to the assets of the company by the participants during a camp/program will be borne by the school or students.
- Photographs taken during an activity of any participant can be used by Great Rocksport Pvt. Ltd. for their promotional material.
- One teacher on every twenty students will be complementary; rest all will be charged same as the student.

Cancellation & Change in Dates:

Choose your program date carefully because a change in date or cancellation would attract a charge.

Cancellation before 30 days of departure	50% Refund
Cancellation between 15 - 30 days before departure	25% Refund
Cancellation within 15 days of departure	No Refund