



**GIFT YOUR CHILD  
THE 3 C'S TO  
LAST A LIFETIME -  
COURAGE,  
CONFIDENCE  
& CHARACTER**

**INDOOR/OUTDOOR EDUCATION  
for 7 years and above**

## Over 7000 kids have already experienced the magic in wilderness

The camp provides education, challenge, achievement and wilderness experience in one pack. All campers are given an opportunity to work on both indoor and outdoor locations, on the camp, as a combination of both focuses on multi-skill development. Parents feel that their child has come back much more confident and with a positive approach.

### Mode of Transport

SUV's and deluxe buses. Our instructors travel along with the participants to ensure their convenience on the way.

### Camp Location

We explore places in wilderness. The camps are located in a safe wooded area. The stay at the site is in tents pitched up by the campers themselves, though dormitories are available in case of poor weather conditions at all locations. The site is cordoned off for security and all basic amenities required are available on the site.

Break Loose has given me a new outlook to life and people around. It is an experience I will cherish all my life. Not only the instructors are loving and caring, they ensure that our fellow campers do the same. At the last day of the camp, I wished it could continue for some days more.

Amandeep Singh  
Camp 2008, 2009, 2010



## Our Mission

Our mission is to inculcate the spirit of individuality in each camper – young or old. To provide a stress free environment away from the hassles of urban life to our participants is what we strive for. We place the needs and safety of our participants foremost.

## Our Vision

To create a society so rich in diversity and yet so united in harmony - harmony with fellow human beings, animals and nature - that it is the pride of our nation and an aspirational ideal for others.

## Our Values

- ▶ Integrity – in thought, word and deed
- ▶ Honesty – in all our endeavours
- ▶ Trust – in our employees, participants and ourselves
- ▶ Faith – in the goodness of mankind at large and in God
- ▶ Well-being and safety – of our participants, employees, staff and all those who associate with us
- ▶ Protection and conservation of nature, environment and natural resources
- ▶ Steadfastness – towards our values in the face of all adversity

Thank you for the hospitality rendered to our children during the camp, year after year. Training achieved by them will help them become more confident. I am happy to tell that my kids have grown up after each camp.

Manoj Gupta  
Father of Aks & Kshitij, Camp 2008, 2009, 2010



## Our Mantra - 'Each one's a winner'

At Break Loose, we work towards enabling each child to develop a positive self-image and an unshakable confidence. The competitive activities are so designed that the losing side too gets to learn a thing or two about teamwork and is able to accept defeat but does not let it become a habit.

The time spent away from TV, radio, internet, roadside hoardings, and bombardment of information that one experiences everyday also helps your child to clear up his/her mind and enjoy the pure and unadulterated fun in the company of new friends amidst trees, grass, hills and rivers – in close contact with nature. The pollution free environment and healthy meals served at our camp are also good for improving the physical health of your wards.



## Safety and Health Care

Similar to yours, safety is our first concern. Break Loose has an impeccable safety record with a history of zero accident since its inception in 2004. All staff members are trained in first-aid to handle minor problems. A doctor is typically a regular member of the staff. A vehicle is permanently stationed on the camp for emergencies and we have a good liaison with the nearby hospitals if need be. The food and drinking water available on the site are painstakingly ensured to be hygienic. Children are also encouraged to take care of personal hygiene while on camp. All meals served are hygienically prepared and nutritious.

“Do not go where the path may lead; instead go where there is no path, and leave a trail”  
Ralph Waldo Emerson



## Minimal Technology Approach

Although our camp sites have the basic amenities of water closets, showers, plumbing, electricity, brick & mortar accommodation yet we encourage the participants to break away from their dependency on modern technology. Cell-phones, laptops, i-pods are a strict no on the site. Sleeping in tents put up on your own, and in sleeping bags is encouraged.

At the same time, safety of all participants is our primary concern and the camp-sites are well equipped with most modern forms of communication and transport to connect with the outside world in case a need arises.

## Activities

Keeping your concern for the development of your child in mind, we have diligently worked upon a number of activities that lead to the overall development of the personality of a child. Some of the activities undertaken are:

- ▶ Trekking
- ▶ Backpacking
- ▶ Hiking
- ▶ Rifle Shooting
- ▶ Rock Climbing
- ▶ Outdoor Skills
- ▶ Crawling
- ▶ Team Building
- ▶ Rappelling
- ▶ Rope Courses

N.B. The activities offered vary at every camp site and their conductance depends upon availability of time and weather conditions to ensure safety of all campers.

At the camp I learnt many life saving skills which I don't get to learn in every day life. It was something different, a new experience which I am taking home.

Vishesh Dhundhia  
Camp 2008, 2009, 2010

## Key Take Away's

- ▶ Confidence Forever
- ▶ Spirit of Adventure
- ▶ Lifetime Friendships
- ▶ Nostalgic Moments
- ▶ Buzzing Creativity



## Our Course Leaders

We believe that to be able to interact with and learn from, campers need trainers who are sensitive, approachable and well-trained. We take great pride in having quality leaders who are well trained in their respective fields and have diverse backgrounds which include Doctors, Engineers, Psychologists, Former Defence Officers etc. Female instructors are available for female participants and we maintain a 1:7 camper and trainer ratio.

- ✓ Doctor is typically a regular member on each camp.
- ✓ Well qualified instructors from Army, NIM and HMI
- ✓ Separate accommodation for boys and girls
- ✓ Female instructors for female participants.
- ✓ Well maintained sites and equipment.
- ✓ Easy access to nearby medical centre/hospital.
- ✓ 24 hour security at the site.



Our typical three nights and four days outdoor program provides the participants with an opportunity to learn while having fun in the wilderness. The camp provides an opportunity to the participants to become self-dependent and to develop decision taking ability. From the first night at the camp to the rope courses, the camp experience can have a profound impact on the development of each participant's personality. We understand that each child has different needs and we make sure that he or she feels as much a part of Break Loose as we all do.

*Have fun - Create memories*

## Typical Camp Day

7.00am - Wake up call

8.30am - Breakfast

9.00am - Activity time

1.00pm - Lunch

2.30pm - Activity Time

5.00pm - Snacks

6.00pm - Minor Activities

7.00pm - Free time

8.00pm - Dinner

9.00pm - Campfire

10.00pm - Retire for the night



Vasco da Gama traveled thousands of miles in search of "Adventure",  
You do not need to go that far.

## Clothing and Equipment

We provide all necessary equipment to all the campers which includes sleeping bags, tents etc. Therefore, campers only need to bring clothes, personal items, and anything they wish that is not too bulky. A detailed packing list is sent to the parents upon enrollment.

After coming over here I learnt that there is a lot of safety and care for us. Above all I learnt that in life fear is nothing.

Arshya Mandhar  
Camp 2009

## Food

Our catering team takes extra care in making sure that the food served at the camp is nutritious and hygienically prepared. Wholesome meals are provided at the camp and care is taken to provide the campers with home-like food. Our cooks accompany and assist the campers even when community cooking is an activity at one day on the camp.



## About Us

Founded by professionals from varied backgrounds, we are an organization delivering a range of quality learning programs at all skill levels as a part of our outdoor and indoor education endeavour. A combination of both is focused at developing a broad skill set for each camper. Our staff is highly trained and well educated, and has a special knack of getting along well with children and ensuring discipline at the same time.

Our excursions are specifically designed to rejuvenate the campers, away from the hectic city life, in the lap of Mother Nature. We work to tailor, develop and deliver the activities to inculcate leadership and team work to impart a skill that lasts a lifetime. The activities are conducted in the most primitive and deepest sense as the importance of these characteristics cannot be overstated in today's highly specialized professional environment. We believe that experience is the best teacher, hence, every child deserves to experience the calm and tranquility that today's fast paced urban life has deprived him/her of.

“A man is the sum of his actions, of what he has done, of what he can do. Nothing else” – Mahatma Gandhi

Going by this, we help each child find his or her true potential in creative, academic, sporting and literary pursuits on our camps. This would go a long way in your child being able to assess where his true potential lies and in having the courage to follow his heart – which is something one tends to lose with age.

## Contact

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*Life is either a great adventure or nothing*