



SURVIVAL CAMP

(Age 8-16 Years)



- PHYSICAL MAP & COMPASS READING
- ON-SITE ADVENTURE ACTIVITIES
- RESCUING TECHNIQUES
- LIFE-SAFETY DRILLS
- EVERYDAY TREKKING
- INCL. LODGING & MEALS

Map Reading and Compass Usage

Map Reading and Compass Usage

Learn how to navigate using maps and compasses!

What You'll Learn:

1. Google Map Reading:

How to use digital maps to:

- See street views and satellite images
- Get directions and estimate distances

2. Physical Map Reading:

How to understand physical maps, including:

- Map scales and legends
- Grid systems and coordinates
- Topographic features and symbols

3. Compass Usage:

How to use a compass to navigate, including:

- Understanding compass parts
- Adjusting for magnetic variation



Road Signs and Highways

Learn about different types of highways and road signs!

- **National Highways:** Important roads that connect big cities
- **International Highways:** Roads that connect different countries
- **State Highways:** Roads that connect cities within a state
- **District Highways:** Roads that connect smaller towns and villages
- **Road Signs:**

Learn to recognize and understand different signs, including:

- Warning signs (e.g. curve ahead)
- Guide signs (e.g. directions to a city)
- Regulatory signs (e.g. speed limit)
- Hazard signs (e.g. road closed)

On-Site Adventure Activities

1. Rock Climbing:

Challenge yourself to scale vertical rock formations.

2. Burma Bridge:

Test your balance and courage on this suspended bridge.

3. Net Climbing:

Climb up a suspended net, promoting agility and teamwork.

4. Archery:

Learn the basics of archery and test your aim.

5. Zip Lining:

Fly through the air on a thrilling zip line adventure.



Rescue and Escaping Techniques

Components:

1. Opening Different Knots:

Learn how to quickly and safely untie various knots.

2. Escaping Techniques:

Discover methods to escape from:

- Zip ties
- Handcuffs
- Rope restraints
- Other forms of confinement

3. Rescue Methods:

Understand how to rescue others from:

- Water-based emergencies
- Wilderness situations
- Building collapses
- Other disaster scenarios

Key Takeaways:

- Understand the importance of staying calm in emergency situations
- Learn to assess risks and prioritize escape and rescue efforts
- Develop problem-solving skills to overcome obstacles
- Build confidence in your ability to respond to emergency situations



Life Safety Drills

Components:

1. Water Purification Challenges:

Learn and practice methods to purify water in wilderness or emergency situations.

2. Fire Extinguisher Mock Drill:

Understand and practice using fire extinguishers effectively in simulated emergency scenarios.

3. First Aid Training: Learn basic first aid techniques to respond to accidental cases or medical emergencies, including:

- Wound cleaning and dressing
- Bleeding control
- CPR and AED usage
- Fracture and sprain management

4. Medical Emergency Response:

Understand and practice responding to medical emergencies, including:

- Recognizing symptoms and warning signs
- Calling for emergency services
- Providing basic care until help arrives



Everyday Trekking

Overview: Everyday trekking refers to regular hiking or walking activities that promote physical fitness, mental well-being, and a connection to nature.

Key Aspects:

- Preparation:** Planning routes, checking weather conditions, and packing essential gear.
- Pacing and Endurance:** Understanding personal limits and building stamina over time.
- Leave No Trace Principles:** Practicing responsible outdoor ethics to minimize environmental impact.
- Mindfulness in Nature:** Engaging in practices that enhance awareness and appreciation of the natural surroundings.



Logging & Meals

Overview: Logging and meals are crucial components of outdoor adventures, ensuring participants maintain energy levels and document their experiences.

Logging:

- **Journaling:** Keeping a record of daily activities, observations, and reflections during the trek.
- **Tracking Progress:** Documenting distances traveled, challenges faced, and personal achievements.

Meals:

- **Meal Planning:** Preparing nutritious meals that are easy to cook and carry, focusing on energy-dense foods.
- **Cooking Techniques:** Utilizing camp stoves, portable grills, or open fires for meal preparation.
- **Group Cooking:** Encouraging teamwork in meal preparation and cleanup, fostering camaraderie among participants.





Daily Schedule

Morning Routine (6:00 AM - 9:00 AM)

- 6:00 AM: Wake-up Call
- 6:15 AM: Freshen up
- 6:30 AM: Warm-up Exercise
- 7:00 AM: Swimming
- 8:00 AM: Freshen up & Bathing
- 8:15 AM: Heavy Breakfast
- 8:45 AM: Reporting for Daily Trekking

On-site Activities (9:00 AM - 12:30 PM)

- Map reading & Compass Usage
- Adventure Activities
- Water purification Challenges
- Rafting Building

Afternoon Routine (12:30 PM - 5:30 PM)

- 12:30 PM: Back to School
 - 1:00 PM - 2:00 PM: Lunch
 - 2:00 PM - 4:00 PM: Life Safety Drills
 - 4:00 PM - 4:30 PM: High-Tea
 - 4:30 PM - 5:30 PM: Team-building activities and mind games
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Daily Schedule

Evening Routine (5:30 PM - 11:00 PM)

- 5:30 PM - 6:30 PM: Swimming
- 6:30 PM - 7:00 PM: Freshen up and evening bathing
- 7:00 PM - 7:30 PM: Dhyan Shadhna
- 7:30 PM - 8:00 PM: Bonfire with starters and soup
- 8:00 PM - 9:00 PM: Expert Session on Reflection of Day
- 9:00 PM - 10:00 PM: Dinner Break
- 10:00 PM - 11:00 PM: Music & Dance Moments
- 11:00 PM: Sleeping/Resting period

Dietary Schedule

- 8:15 AM - 8:45 AM: Breakfast (2 varieties daily)
- 1:00 PM: Delicious vegetarian meal
- 4:00 PM: High-tea (Tea, biscuits, filters)
- 7:30 PM: Starters and Soup
- 9:00 PM: Delicious vegetarian meal
(North Indian and South Indian food)



Survival Residential Camp

Date: Starts 24th March 2025

Cost: ₹3900

Limited Seats Available

Kick-start your adventure at our thrilling Residential Camp!

Designed for ages 8 to 16, this immersive experience promotes teamwork, resilience, and self-discovery. Engage in a series of outdoor challenges that include physical map and compass reading, adventure trekking, and life-safety drills. Participants will learn essential rescuing techniques and build confidence through hands-on adventure activities. The camp also includes storytelling sessions and campsites to foster camaraderie and creativity. Enjoy delicious meals and comfortable lodging while making memories that will last a lifetime. Whether it's navigating the wilderness or bonding with peers, this camp is all about adventure and growth.

Registration & Contact Information

- Register Now: Secure your place as seats are limited!
- Offline Registration: Available at Jajoo International School.
- Phone Contact: 90111 39229, 90111 39226
- Website: www.jis.hjes.in
- Address: Jajoo International School,
Nagpur-Dhamangaon Bypass, Yavatmal

**Join us for an unforgettable experience
at Jajoo's Camp Sunshine!**