



EXPERIENTIAL OUTBOUND TRAINING

SIEGER TRAINING INDIA

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About Sieger Group

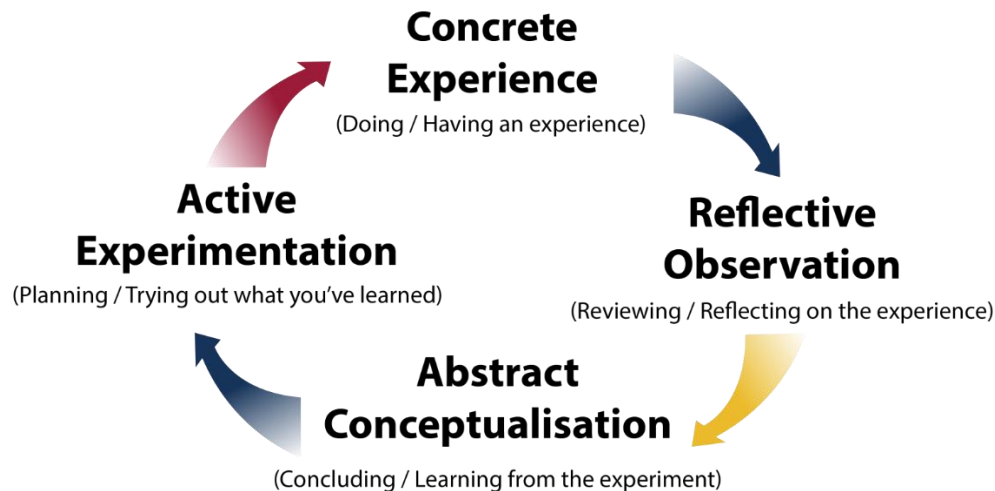
A nationally recognised Outbound Training, Event Management & Team Building Organisation renowned for superior delivery by an enviable team of qualified, expert and highly experienced professionals. Passionate, dedicated with a commitment to delivering real business benefits. Sieger provides organisations and individuals with a complete and comprehensive suite of services, incorporated on May 2009, having over 300 clients. Sieger catering to almost all major verticals, offers Outbound Training, Event Management Services, Team Building Events and Corporate Training (Technical and Non-Technical) to employee growth, organizational development and refinement of our client organizations.

Sieger continue their successful growth with a reputation amongst market leaders as industry training and event specialists. Our business values honesty, integrity, respect and ensure partnership success with a talented team who deliver genuine service to our clients.

Our Portfolios



Outbound Training Process



Learning Outcomes

- Understanding Self and Others in the Group
- Moving away from silos and working towards one Goal – ‘Seeing the Big Picture’
- Develop a Sense of trust, openness, help and support among the group
- Understand team, people and task completion
- Ownership and accountability
- Listen and Empathize
- Openness to seek and Openness to share
- More communicative and positive style in Team
- People Management
- Appreciate the larger goal, align with peers and get subordinates aligned
- Understand each other in a different context and appreciate cross functional dependencies
- Decision Making – Feel empowered and work towards closing issues without escalation diffusion and loss of time
- Appreciate other priorities
- “I am the Leader” – Walk the talk in terms of collaborative spirit and bring in a sense that “Together we’ll make it Happen”
- Inspire and build passion amongst people who are led

Outbound Training Structure

- Experiential Learning program with Simulated Activities
- Debrief at the end of each activities to address objectives
- 3-Day Residential Workshop
- Outdoor and Indoor Mix with Simulated Experiential Activities and Games
- 2 Facilitators & 2 Coordinators

Methodology

- Real-World Experience Simulation between Facilitator & Participants
- Participants will be led in a Directed Learning Mode, not Just with Facilitator's one-sided Lectures
- Combination of Presentations and Examples from Facilitator and Interactive / Hands-On Participants' Exercises with Individual / Group Report-Outs
- Experiential workshop environment where participants will be educated to take risks and make adjustments based on their results from Role-Plays before approaching large real-time projects.

Itinerary

Time	Day 1 - Activities
09:00	Arrival to the Campsite
09:30 – 10:30	Activity - Ice Breaker & Setting Ground Rules
10:30 – 11:30	Disc Personal Profiling
11:30 – 12:30	Activity
12:30 – 01:00	Activity
01:00 – 02:00	Lunch Break
02:00 – 03:00	Activity
03:00 – 04:00	Activity
04:00 – 05:00	Activity
05:00 – 06:30	Swimming, Cricket, Beach Volleyball, & etc.
06:30 – 08:00	Activity - Fire Walking with Motivational Video
08:00 Onwards	DJ, Dance, Talent Hunt along with Dinner

Time	Day 2 - Activities
06:00 – 07:30	Coastal Walking
07:30 – 08:30	Zumba Fitness Dance
08:30 – 10:00	Break to Refresh & Breakfast
10:00 – 01:00	Activity – Amazing Treasure Hunt (Multiple Activities)
01:00 – 02:00	Lunch Break
02:00 – 05:00	Special Leadership Activity – The Gold Mine
05:00 – 06:30	Fatigue Break – Swimming, Self-Games, Networking
06:30 – 08:00	Talent Hunt along with DJ & Activities
08:00 Onwards	Campfire along with Dinner

Time	Day 3 - Activities
06:00 – 07:30	Yoga
07:30 – 08:30	Activity - Sand Castle
08:30 – 10:00	Break to Refresh & Breakfast
10:00 – 11:00	Activity
11:00 – 12:00	Activity
12:00 – 01:00	Activity
01:00 – 02:00	Lunch Break
02:00 – 03:00	Activity
03:00 – 04:00	Activity
04:00 – 05:00	Activity
05:00 – 06:00	Action Plan & Feedback
06:00 Onwards	Check-Out from Campsite

Glass Walking



- Managing Stress & Improves Focus and Concentration;
- Sense of ownership and responsibility
- "I can because I think I can"!

Glass Walk Video Link: <https://www.youtube.com/watch?v=KluRGg0-rDI>

Fire Walking



- Attain Anything;
- Take Responsibility;
- Ability to take risks
- Challenge your fear;
- Better Relationship. better service

Fire Walk Video Link: <https://www.youtube.com/watch?v=tJhIBH0TPLA>

Multi-Ball Team Building



- Identify where there were communication gaps and what can be done to improve the same.
- Helps to relate workplace scenarios and analyse the role coordination plays in the success of a group.
- Accomplish challenging goals in time, without compromising on quality
- Teams will have to complete defined tasks by making use of the resources allocated to them
- Analyse and understand the impact stress has on performance, thus helping them learn how to manage it well.

Multi Ball Video Link: <https://www.youtube.com/watch?v=SPEgPfEJA1E>

Mission 212



- Discuss – Design – Deliver – Drive & Feed Upward – Feed Sideward – Feed Down – Feed Forward
- Enabling Seamless TEAM [Together Everyone Achieves More] Performance For Clients By LISTEN [Leverage – Influence – Share – Teach – Empathize – Negotiate] & PROBE [Present – Reflect – Organize – Brainstorm – Evolve] Change Management Framework
- Change in Process – Managing Resources – Eliminating Idle Time – Optimal Utilization of Resources

Mission 212 Video Link: <https://www.youtube.com/watch?v=ciyKdbvwQBk>

Human Ladders



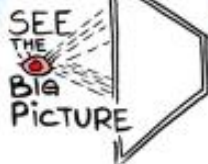
- Risk Taking in Team – Trust and Belief
- Collaboration and handling people
- Set The Pace & Execute – Lead With Integrity – Don't Think Short Term & Get Shot!
- Selecting Best Fits In Alignment With Objectives – Lead & Manage People
- Build Strategy – For Personal Motivation

Human Ladder Video Link: https://www.youtube.com/watch?v=hvmch9_TIQY

Spider Web



- Thinking Critically
- Collaboration & Synergy
- Extend your support when needed
- Interpersonal Savvy



QUICK STARTS: SHOW THEM THE BIG PICTURE

FACT FINDERS: SHOW THEM THE DETAILED PLAN

IMPLEMENTORS: GIVE THEM CHANGE ROLES

FOLLOW THRU: GIVE THEM A ROLE IN MEASUREMENT OF SUCCESS

Spider Web Video Link: <https://www.youtube.com/watch?v=FQRy027Ycg8>

Twin Rope Walk



- Synchronizing & Working together
- Approaches To Managing Disagreement Between People Or Groups:
Maintain – Smooth – Dominate – Decide By Rule – Coexist – Bargain – Yield – Release – Collaborate
- Members to trust one another for healthy Competition
- Encourage others to set their own goals and encourage to achieve their goals



Twin Rope Video Link: <https://www.youtube.com/watch?v=wOQqAXQZJFE&t=12s>

Mine Field



- Develop communication skills
- Managing People
- How to focus and getting things done right
- How Assertively to communicate



Mine Field Video Link: <https://youtu.be/oqPs5yf47Rw>

Blind Mind



- Understanding their roles and responsibilities
- Help facilitate group growth, ease a group through a difficult period or process, and develop cohesiveness among group members.
- Team management Skills
- Synchronizing the thoughts and Working Strategy



Blind Mind Video Link: <https://youtu.be/BcLMoPyHg4E>

Key Punch



- Plan, Prioritize & Practice Time Management – Organize & Have Change Orientation For End Results!
- Brainstorm to Close & Resolve Issues / Problems / Concerns / Challenges; Implement with Technical Expertise!
- Promote Sense Of Urgency, Prioritize, Convert Intent Into Action, Engage, Explore & Evolve! Achieve Impactful Output, Outcome & Results!



Key Punch Video Link: <https://www.youtube.com/watch?v=ciyKdbvwQBk>

Coolamandu



- Leadership Functions and Styles
- How to focus and getting things done right
- When to give up;
- How team success is dependent on individual success
- How everyone giving their all is important.

Coolamandu Video Link: https://www.youtube.com/watch?v=kFXfnVEp_88

Caterpillar Bulldozer



- Understand the meaning of a partnership
- Coordination
- Communication Skills
- Lateral and Out-of-the-Box Thinking
- Accept changes

Caterpillar Bulldozer Video Link:
<https://www.youtube.com/watch?v=s2fM7IA4mgg>

Tyre Obstacle



- Make incremental improvements when none seem possible through understanding the system.

Military Crawl



- Theme: "I Can Do things in Pressure" Breaking Silos
- Managing Resources with constraints
- Collaboration
- Knowing the skills and talents of the team members

Tyre Obstacle & Military Crawl Video Link:
https://www.youtube.com/watch?v=mtW68_D4fZw

Quadruped



- Team Collaboration
- Synergy
- Synchronizing the thoughts to a common goal
- Drive for result

Quadruped Video Link: <https://www.youtube.com/watch?v=iRiZHg1wdZ4>

Rope Walk



- Individual contribution to group success
- Coordination among team members
- Ability to persuade
- Persistence

Rope Walk Video Link: <https://www.youtube.com/watch?v=WTMYPs7EeQ0>

Huff N Puff



- Aims to energize the participants - it brings them to their knees quite literally - with lots of energy and cheering.
- Breaking Silos
- Drive for Results

Huff & Puff Video Link: <https://www.youtube.com/watch?v=9ud5nZEgH70>

Water Balls



- Team Cooperation
- Understanding Team Members
- Appreciating Others Job and break Silos
- Collaborative Communication
- Enjoy as you perform

Water Balls Video Link: https://youtu.be/VoVc8sRzk_0

Kettle of Fish



- Fun and Breaking Silos
- Working with diverse culture and background
- Improves Focus and attention
- Togetherness

Kettle of Fish Video Link: <https://youtu.be/NfpnfqZwe8o>

Archery – Soft Touch



- Skills Adaptation
- Goals and Priority Orientation
- Promotes encouragement within group members to achieve goals
- Physical challenge

Archery Video Link: <https://www.youtube.com/watch?v=At0Jv6UKSAI>

'A' Frame Walk



- Team Strategy
- Organizing the Tasks
- Decision Making
- Leading to win
- Team success is dependent on individual

A-Frame Video Link: <https://www.youtube.com/watch?v=TwUz4diOJM8>

Hoops Away



- Attitude Reengineering
- Adaptable and Flexible in team
- Understanding the circle of concern and circle of influence
- Come out from comfort zone

Hoops Away Video Link: https://www.youtube.com/watch?v=fEZEupyCw_0

Coastal Walk



- Develop communication skills
- Create trust between team members
- Have fun
- Refresh and Excitement

Coastal Walk Video Link: <https://youtu.be/xYkJ2kpmGCw>

Balloon Thinker



- Pioneer Innovation to take to an expected growth
- Stretch my goal
- Taking additional responsibilities



Balloon Thinker Video Link: <https://youtu.be/igfzgri-9TM>

Yoga



- Increased flexibility.
- Increased muscle strength and tone.
- Improved respiration, energy & vitality.
- Improved athletic performance.

Yoga Video Link: https://youtu.be/_9EendYzqOk

Gold Mine



- Inter-team collaboration and team building
- Gather and apply information to the decision-making process
- Strategic planning and resource management for maximum productivity
- Achieve exceptional team results
- Plan and Organize for success
- Leadership & support and other aspects of team play and motivation
- Learn how delegating tasks and assigning role expectations improves results.



"Strategy without tactics is the slowest route to victory. Tactics without strategy is the noise before defeat."
Sun Tzu c. 490 BC, Chinese military strategist

Gold Mine Link: <https://youtu.be/FIVPMEEcNvA>

Free Fall



- Teamwork
- Looking back and reflecting
- Healthy Self-Image and a Positive Outlook
- Develops Helping Tendency

Free Fall Video Link: <https://www.youtube.com/watch?v=xrjlv8gWqKk>

Duct Tape Walk



- Understanding the importance of Collaboration and Giving and Getting Support from each one of us even they work in different segments
- Participative Support from all the Segment for Win - Win
- Help facilitate group growth, ease a group through a difficult period or process, and develop cohesiveness among group members.

Duct Tape Video Link: <https://www.youtube.com/watch?v=sOyggqDfr2Q>

Burma Bridge



- Taking Calculated Risk to achieve more
- Stretch limits and work through with positive results
- Developing "I can do" Mind set

Burma Bridge Video Link:

[https://www.youtube.com/watch?v= RWkTht0fV8](https://www.youtube.com/watch?v=RWkTht0fV8)

River Crossing



- Sense of Ownership
- Ability to manage Situations
- Persistence with proper planning
- Taking Calculative Risks

River Crossing Video Link: https://www.youtube.com/watch?v=fo3ITzYI_0M

Fire In Mouth



- Attain Anything;
- Take Responsibility;
- Ability to take risks
- Challenge your fear;
- Better Relationship. better service

Fire Ball in Mouth Video Link:

<https://www.youtube.com/watch?v=uuSV0KyeraQ>

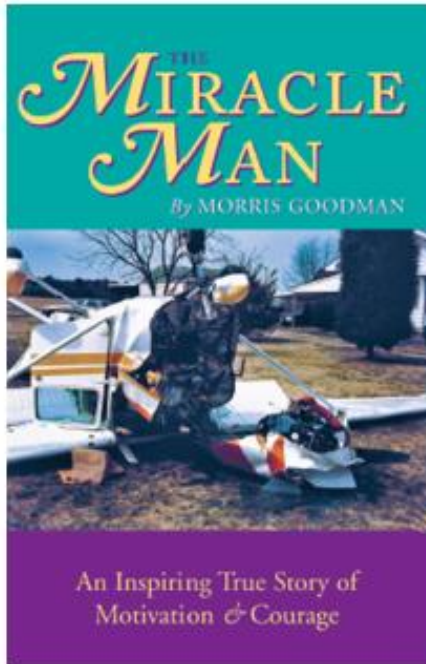
Zumba Fitness



- Refresh and Excitement
- Have fun
- Fitness
- Start a Day with Healthy Routine
- Health is Wealth

Zumba Fitness Video Link: <https://www.youtube.com/watch?v=cglrez08FGU>

Motivational Video



A narrative dramatic feature film about the true story of Morris E. Goodman, who narrowly escaped death in a paralyzing plane crash, then used his sheer determination, faith and positive mindset to beat all odds and medical expectations by learning to walk again in just eight months.

Sample Video Link: <https://www.dailymotion.com/video/x2vok1m>

Amazing Treasure Hunt



- Learning not only to contribute ideas but also listen to others.
- Recognizing each other's & collaborating together.
- Increased creativity levels.
- Become decisive as a group.
- Increase communication
- Encourage each other and the team as a whole.
- The art of perseverance.

The Collector



- Role clarity for sustainability
- Leading for Result with proper understanding
- Working for Corporate goal and for ever

Farmers Observation



- Creativity
- Team Building
- Time Management
- Resource Management
- Problem Solving

Balloon Hats & Ornaments



- Fun along with Creativity & Innovation in work place
- Have blue print before executing, execute as planned with no excuse
- Breaking Silos

Longest Link



- Optimal Utilization of Resources
- Out-of-the-box Thinking
- Pragmatic Approach
- Working for common goal

Mind Vision



- Use effective communication skills in group interactions.
- Willingness to play and share a sense of information with others
- Ability to work with a wide variety of people in challenging situations
- Thinking Out-of-the-Box

Fix It



- Inform – Involve – Engage Using Crucial Conversations, Constructive Confrontation, Precision Questioning & Conflict Management Techniques
- Small group discussion to determine what participants want to focus on.



Acid River



- Pulls the group together and introduces problem solving.
- The goal is for the group to safely move from one side of a raging acid river to the other side using only the boards provided.

Marbles



- Result Orientation
- How to focus and getting things done right
- When to give up;
- How team success is dependent on individual success
- How everyone giving their all is important.

Puzzlers



- Use effective communication skills in group interactions.
- Willingness to play and share a sense of information with others
- Ability to work with a wide variety of people in challenging situations
- Thinking Out-of-the-Box

Art In Nature



- Out-of-the-Box Thinking
- Creativity through Team Members
- Planning, Organizing, Critical thinking skills, Analytical Ability
- One Team

"The best way to predict the future is to create it."

Competencies to be Addressed

Effective Communication	Organizing Skills	Conflict Management	Interpersonal Skills	Strategic Skills
Presentation Skills	Time Management	Managing Workplace Conflicts	Being Interpersonal Savvy	Business Acumen
Verbal & Non-Verbal Communication	Timely Decision Making	Managerial Courage	Managing Diversity	Problem Solving
Listening Skills	Priority Setting	Standing Alone	Negotiation Skills	Dealing with Ambiguity
Assertiveness	Delegation & Decision Making	Command Skills	Team Building	Creativity & Innovation
	Organizational Agility			Learning on the Fly
				Leadership Skills

Outbound Training will also address Habits, Empathy, Security, Fear of the Unknown, Individual Change, Selective Information Processing, Respect for Change and Process, Trust and Support, Confrontation, Participation, Homophily, Openness and Synergy

Our 10 learning outcomes are:



Team work

Work constructively as a team member



Communication

Communicate effectively with others during the activity



Problem solving

Devise a plan, execute it and review its effectiveness in solving a problem



Resilience

Be able to demonstrate resilience through exposure to failures or setbacks



Motivation

Be an enthusiastic and motivated group member



Leading and supporting

Use clear communication skills and language as a group leader or supporter to others



Self confidence

Demonstrate self-confidence in themselves and trust in others



Challenge and risk

React positively to challenges and manage appropriate risk taking



Learning a skill

Demonstrate a new skill, technique or competence



Environmental awareness

Show an understanding of how their behaviour effects the environment (local or global)

Lead Facilitators Profile

N. RAJKUMAR

Raj as he is well known as **Outdoor Leadership and Team Building Coach / Outbound Training Facilitator** in corporate world. A dynamic business builder, hands-on leader, and creative solutions provider. His extensive human resources development, consulting and training expertise has been built through a solid mixture of experience as an entrepreneur and as an external consultant to private and public-sector organizations. With the total experience of 15 years, Raj has trained thousands of Corporate Executives of leading national and multinational organizations through his acclaimed Outbound Training, public and private workshops on PAN India level.



A Management Graduate from University of Madras took him to work with industries that are both Manufacturing and Education and later a passion towards training has left a long-lasting impression with the participants. He combines a practical facilitating style with a broad range of management training experience, allied to his personal enthusiasm and sense of humour, to present dynamic and informative program that participating audiences find easy to relate to. Through his participative experiential learning, he leads people to develop overall process and performance skills, resulting in their personal growth through outdoor and indoor workshop.

He is also specialized in DiSC® Personal Profiling and uses a lot of NLP techniques in his training to make the session more interactive and activity based and maintain High Quality Standards. He is very well known in training industry for his Outbound Training. Raj has also handled workshops on many titles viz., Communication Strategies, Time Management, Stress, Assertiveness, Presentation Skills, Analytical Thinking, Supervisory Development, Operators Development, Goal Setting and Attitude Reengineering, Train the Trainer etc. He is specialized in conducting Leadership & Team Building workshops.

Raj was Senior Cadet Under Officer during his NCC days attended more than 18 camps nationally and Possess 'C' Certificate, Grade 'A'. Now, he is expert in conducting Adventures & Obstacle courses which includes, Rappelling, Jumaring, Bouldering, Commando Climbing, Traverse Crossing, Natural Climbing, Burma Bridge, High Rope and Low Rope Courses. He has received overwhelming responses from his clients for his globally renowned Fire Walking and Glass & Nail Walking with 99% injury free training. With Sieger he handles lot of Outbound Leadership and Team Building Courses along with in-house workshops as well. He has conducted various programs to enhance the capabilities and match the requirement of today's competitive global environment.

His concepts are practiced in many companies like LG Electronics, Birla Carbon, Wabco India, BASF, ACT, Hyundai Motor, Daimler India, Siemens Ltd, ABB, TI Cycles, Income Tax Department, Burkert India, Fronius India, JRK, Sundari Silks, Pure Chemicals, Nidec India, Zalaris, Luthra Group, Bisleri International, Covalence, Netcon, RWD, Hanon, Hewlett Packard, Caresoft, Asian Paints, C3 India, PHA India, SRF Ltd, Polaris, Comstar, Rane, Kone Elevators, Royal Sundaram, ETA Group, TVS, Henkel India, CII, Cholayil, Dodla Dairy, MMF, Glenmark, Birla Hindalco, Apollo Tyres, MRF Tyres, Cognizant, Turbo Energy, Ford India, BEML, APC, IDBI Fortis, Honda, Nokia, Datamatics, BPCL, Micro Devices, HCL, Vedenta (Malco), Jaganath Textiles, Dr.Reddy's Lab, HSI Automotive, Essilor, Nokia, Woory Automotive, Anabond Ltd, Saint Gobain, MV Hospital, FL Smidth, NMS Works, Bliss Group, Honeywell, Visteon India, Alstom Transport, Sundaram Fasteners, SEW Eurodrive, Chennai Business School, Gitam University, TAFE, Schawk, DG Vaishnav College, Tamil Nadu Police Training Academy, Renault Nissan, SS Information, Reydel, Chinmaya Vidyalaya, Madras School of Social Works, Young India, and many more.

Kamali

Kamali graduated her Master's Degree in Business Administration majoring in Human Resource from LIBA. She is a Certified NLP Business Practitioner, possesses robust knowledge of Pearson Versant Spoken English and is a certified BEC trainer from British Council. Kamali is also a Certified Rock-Climbing Instructor and has led diverse teams of professionals in learning, content design and facilitated training programs in all major sectors. She has an experience of training diverse cultural, gender and age groups.



She is known for her passion in inspiring people to learn with her dynamic presentation style. Her forte lies in her ability to connect with people and to bring out the best in them. Her experience spanned more than 8 years in the areas of training, facilitation, talent management and leadership & Teambuilding through outdoor and indoor. Kamali is specialized in DiSC Personal Profiling, uses lots of NLP techniques in her sessions. She is also known for her Outbound Adventures course like High Rope & Low Rope Course, Rock Climbing, Zip Line, Rappelling, Jumaring, Burma Bridge, Traverse Crossing, Wall Climb and other Team Building & Leadership Program and received great responses from her clients for her Fire & Glass Walking.

As a person of high motivation, Kamali's goal in life is to support individuals prosper and progress even during extreme stress and unfavorable circumstances and also be a source of positivism and inspiration for the community and colleagues around. Active participation in charity and humanitarian institutes gave her an edge towards developing portfolio of actions for developing society.

Her corporate edge has been in training the employees of Daimler India, MV Diabetics Hospital, Visteon India, Symrise, Kramski, Reydel Automotive, Steel Strips, Tata Sky, TE Connectivity, Olympic Quest, Hyundai Motor, Caresoft Global, ADP, Vaibhav Group, Sidel India, Sundaram Fasteners, Income Tax Department (both Officers includes Commissioner level & Inspectors), BASF, ACT, Fronius India, JRK Research, Vertas Finance, HCL, C3 India, CII, Grundfos Pumps, Aditya Brila, Renault Nissan, SS Information, SRF Limited, DGVC, BEML, APC, Apollo Tyres, NMS Works, Honeywell, ABB, PHA India, Siemens Ltd, Glenmark, Cognizant, Essilor, Alstom, Schawk, Bliss Group and etc...

She has conducted various programs to enhance the capabilities and match the requirement of today's competitive global environment. Her Outdoor Learning concepts are practiced in many companies like LG Electronics, Danfoss Industries, TVS Tyres, Mindtree, Vertas Finance, Caresoft Global, ADP, Vaibhav Group, Sidel India, Tata Sky, TE Connectivity, Olympic Quest, Hyundai Motor, Daimler India, Siemens Ltd, ABB, TI Cycles, Income Tax Department (both Officers includes Commissioner level & Inspectors), BASF, ACT, Fronius India, JRK Research, Sundari Silks, Pure Chemical Group, Nidec India, C3 India, PHA India, SRF Ltd, Polaris, Comstar, Rane, Kone Elevators, Royal Sundaram, ETA Group, TVS, Henkel India, CII, Hanon Systems, Cholayil, Dodla Dairy, MMF, LG Electronics, Glenmark, Aditya Birla, Apollo Tyres, MRF Tyres, Cognizant, Turbo Energy, Ford India, BEML, APC, IDBI Fortis, Honda 2 Wheelers, Hero Honda, Nokia, Datamatics, BPCL, Micro Devices, HCL, Vedenta (Malco), Jaganath Textiles, Dr.Reddy's Lab, HSI Automotive, Essilor, Nokia, Woory Automotive, Anabond Ltd, Saint Gobain, MV Hospital, FL Smidth, NMS Works, Bliss Group, Honeywell, Visteon India, Alstom Transport, Sundaram Fasteners, Chennai Business School, Gitam University, TAFE, Schawk, DG Vaishnav College, Tamil Nadu Police Training Academy, Renault Nissan, SS Information, Reydel India, Chinmaya Group, Madras School of Social Works, CII Young Indian's, and many more.



Package Includes

- Double Sharing A/C Accommodation
- Two Night and Three-Day Plan
- Welcome Drinks on arrival, 3-Breakfast, 3-Lunch (2-Non-Veg), 2-Dinner (2-Non-Veg), along with 2-Bedtime Coffee/Tea, 6-Time Coffee/Tea, Cookies & Snacks
- Swimming Pool Access between 7:00 AM to 6:30 PM
- Outdoor Games in the Campsite
- Activity Materials (Other than Fire Walk Materials – Yelagiri Hills we will support) and Transportation
- Outbound Training Charges
- 2 Trainers and 3 Coordinators
- 2 Trainers and 3 Coordinators Accommodation
- Conference Hall for three days
- Camp Fire

Dress Code:

Men:

- Preferably old track-suits, jeans or trouser.
- No Shorts or Bermuda's'.
- Shirts or t-shirts preferably with long sleeves.
- Sneakers or ked or PT shoes. Shoes with flexible rubber soles to provide a good grip, along with socks. No leather soled shoes, slippers, sandals or bare feet.

Women:

- Preferably old track-suits, jeans or salwar's.
- Shirts or t-shirts preferably with long sleeves.
- No saris or skirts.
- Sneakers or ked or PT shoes. Shoes with flexible rubber soles to provide a good grip, along with socks. No leather soled shoes slippers or sandals or heels or bare feet.

Note:

- Avoid expensive Reeboks and Nikes' as they tend to get damaged. Bata PT shoes, "Hunter" or "Jungle Boots" from Bata or "Shikari" from Duck back are ideal. Factory shoes with flexible PU soles can also be used.
- There might be a problem with contact lenses. Please carry a set of spectacles as back up.
- Do not wear tight fitting or very baggy clothes.
- Do carry a towel, soap and a change of clothes as you might like to shower and change before leaving the site in the evening.
- Please carry Water Bottle
- Mobile charging facilities may not be available. Please ensure that your mobile phone is adequately charged.
- Please do not carry any valuables

Things to Carry

- Extra pair of clothes
- Comfortable Dress for activities (Preferably old track-suits, jeans, trouser or salwars.)
- Shirts or t-shirts preferably with long sleeves.
- Towel
- Soap and Shampoo
- Blanket
- Prescribed Medicines / first aid kit while travelling
- Water Bottle
- Sunglasses
- Sun screen
- Hats and Caps
- Swimwear (participants will not be permitted without swim wear)
- Sports Shoes / Running / Hiking Shoes
- Toiletries
- Pullovers / Sweatshirts / Fleece / Jackets
- Cargoes / Trek pants
- Mosquito Repellants

Terms & Conditions

- 100% Advance payment with confirmation mail and balance on the day of the program
- 2 Facilitators and 3 coordinators required to facilitate this workshop
- Facilitators Travel have to be borne by the client or the event organizer
- The above listed activities can be facilitated based on the Participants Feasibility, Location Feasibility and time factors
- All payments must be made by NEFT/Cheque etc., drawn in favour of Sieger Training India. Sieger will charge on INR basis only.
- Clients are requested to make the payment as mutually accepted (Credit Period). If not 24% from the total amount will be charged additionally and separate debit not will be raised.
- Cancellation of confirmed programmes shall be intimated one week in advance else 50% of the total charges shall be applicable.
- Client will recognize the intellectual property rights of Sieger Training and such materials are not to be copied without prior written approval of Sieger Training.
- Take all responsible steps to hold all Sieger Training copyrighted materials confidential to Client.
- Guarantee that no training will be conducted using Sieger Training concepts or material is carried out for employees of Client and Client shall not use Sieger Trainer's without the knowledge of Sieger Training.
- Ensure that any materials of Sieger Training supplied to internal employee(s) are retained by Client and or returned to Sieger Training in the event that the employee(s) ceases to be employed by the company;
- Ensure that no substantive modification of course design or content occurs without the prior written permission of Sieger Training, which shall not be withheld unreasonably;
- Treat this agreement as confidential and not divulge its contents to third parties;
- Inform Sieger Training of any internal procedures for the payment of invoices.
- Activities are subject to time, climatic conditions and situations
- Enough medical and first aid facility have to be arranged by client
- All equipment and materials required for the activities will be arranged by Sieger Team, other than DJ Systems & Photo Camera.
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