Program and General Information
Akal International Gurmat Camp 2015

DATES – 22nd JULY UNTIL 22nd AUGUST 2015
@ Akal Academy, Baru Sahib, HP, India
Baru Sahib, Via Rajgarh,
Teh. Pachhad, Distt. Sirmore,
Himachal Pradesh - 173101, INDIA
Tel: 1799-276031/91, 9816033303, 9816033304
Fax: 1799-276041
E-Mail: info@barusahib.org
Contact Person: Jatinder Singh
Mobile: 9816441198

Location
The camp will be held at Akal Academy, Baru Sahib, located in the lap of the majestic sylvan Himalayan Hills, ensconced in the valley surrounded by beautiful mountains from all sides, 135 km from Chandigarh, near Solan in Himachal Pradesh, India.

Education Exchange Donation (voluntary)
While you gain your education, please support Baru Sahib to sponsor an underprivileged child in exchange. For example a donation of £315 provides a year's student fees for one child. Most of the young children in rural North India have to stay at home due to poverty and lack of educational opportunities around their villages. They indulge in household work or child labour. Your sponsorship could change that. Sponsor the value based education of a rural child in North India. Your sponsorship will make a difference to their life and the panth, enabling them to develop into a responsible, honest and hardworking citizens helping in the creation of man ideal society.

Program and Activities
You will learn Gurmukhi, Naam Simran, Nitnem, Gurbani Sanchiya (correct pronunciation of Gurbani), Kirtan, Gurmat, Sikh philosophy, Sikh history and practical way of Sikh living. Classes for learning musical instruments will also be provided. To sharpen the mind and body, Yoga exercises, Gatka (Sikh martial arts), Sports, hiking in the hills, picnics and many other fun activities will take place. Interested campers can also avail the opportunity for Amrit Sanchar at the camp.

Music Instrument Classes
You can choose to learn to play any of the following music instruments: Harmonium, Tabla, Sitar, Violin, Rabab, Saranda, Taus, Sarangi, Dilruba etc.

Camp Facilities
The camp will be housed in a new building with modern, sanitary facilities for boarding, lodging and classrooms. Students will be provided with distilled water for drinking. Separate facility will be available for parents.

- Meals
  Delicious and highly nutritious vegetarian meals will be provided. Pizzas, veggie burgers, French fries, milk shakes and other western dishes will also be served
- Medical
  Baru Sahib has a fully equipped 280-bed Akal Charitable Hospital with competent medical staff of 50.
- Communication
  Students may receive mail; phone communication may take place on the designated days; and e-mail messages may be sent, which will be printed and given to the student. Authorized visits are allowed.
- Transportation
  Campers will be travelling in Air-conditioned Buses from Amritsar to Baru sahib. We understand this is a long journey and will do our best to ensure all campers are safe and comfortable throughout the journey.
Contact Numbers:

Registration Coordinators:
USA and other countries:  Bhupinder Singh, 860-233-6458, bsingh1699@gmail.com
UK and Europe:  Lakhwinder Singh, +447939609959, uk@barusahib.org
Sukhdev Singh Rai, +447774 160006, sukhdev@cleversocks.co.uk
R.S. Atwal, +447711382621, accountant121@yahoo.co.uk
Canada:  Avtar Singh Gill, 604-780-7200, info@akalacademy.ca
Japan:  Sarabjit Singh, 81669412179, abnash_bhatia@yahoo.com
Mandeep Singh, 81782416344, mschadha@recosoft.com

Registration Forms may be mailed to:
USA and other countries:  192 Mohawk Drive West Hartford, CT 06117
UK and Europe:  uk@barusahib.org
OR
Baru Sahib UK camp (Lakhwinder Singh, 1st Floor, 30 Merrick Road
Southall Middx UB2 4AU)
SS Rai, c/o Cleversocks Ltd., 101 Charles Henry Street,
Highgate, Birmingham, B12 0SJ
Canada:  Akal Academy Surrey, #204-12639-80 ave, Surrey BC Canada, Fax: 1800-518-0740
Japan:  Osaka-Shi, Chuo-ku, 1-1-8 nonibashi Tanimachi green heights 802 5400011
Frequently asked questions

- **What is the ratio of adults to children?**
  Out of the 100 places 80 places are children on the camp site, but at the camp every child will get his own personal tutor. So each camper will have 1 to 1 teaching.

- **Are all the children’s parents accompanying them?**
  Not all parents accompany the children; we have a large number of children/youth going on their own as it adds to the experience.

- **Are the adults and children in the same sleeping area?**
  Boys and girls are divided in to their own areas, and adults can share rooms with their own children if they wish otherwise they can have their own room.

- **Is there provision of bed linen and towels?**
  Bed linen is changed frequently; also extra linen is provided if needed. We recommend you bring your own towels, but towels can also be provided if needed.

- **Are there proper (chair height seat toilets)?**
  Yes, all bathrooms, showers and toilets are English style and are very clean.

- **What is the provision for meals etc.?**
  English and Indian meals are set; we have our own canteen with our own chefs who will produce English and Indian food, 3 meals a day and snacks in between classes.

- **What kind of clothing is acceptable? Is a decent European garb acceptable?**
  Baru sahib has no strict dress code, respectable clothes can be worn, during the week you will be required to wear a uniform consisting of white and blue bana, which will be given you to when you arrive, in your size ext. these also will be yours to keep. English clothes can be worn when on Sundays or for sports. We recommend that you bring one “wet kit” and a waterproof jacket for activities.

- **Do you have a set itinerary for each day?**
  Each day has been planned Monday to Saturdays will be set education; Sundays are free for trips and outings to surrounding cities and areas.

- **Is the camp linked to the Gurdwara programme?**
  The Camp is linked to the Gurdwara programs i.e., amrit vela and rehrass every day.

- **Do the campers join in the Langar and other sewa?**
  Campers do join traditional langar, normally twice a week. Also campers have the chance to do sewa Inc. Ardaas, hukham-nama, Kirtan, langar, etc.

- **Is sewa a big part of the whole programme?**
  Sewa is a big part of the program as we will have our own Darbar sahib, within that Darbar mainly in the evenings all Kirtan, path, Ardaas etc. will be done by our campers. Everyone will be encouraged to do each sewa.

- **What if one is unable to take part?**
  If you are unable to take part for any reason that is fine, we will not be forcing anyone to do anything they do not want to.

- **What happens if someone falls ill?**
  Within Baru Sahib Campus, there is a hospital and Dr’s available 24/7. For the camp we have allocated 2 doctors to serve you for any kind of illness. Be assured that all water food and accommodation is up to a very good standard.

- **Will there be any hidden costs?**
  There are no Hidden costs, unless you do any shopping for yourself i.e. presents.

- **Does one need emergency funds and if so how much?**
  In case of any emergency we will be with you at all times. It is advisory to take £100 English pounds with you, as you can exchange money at the bank in Baru Sahib.

- **Will it be possible to have a day or so to step away from the programme?**
  It is possible to have a day away from the program only if required as an emergency. We will be staying together at all times, therefore if needed you may discuss this with a sewadhar.

- **If one wants their family in India to join them - what is the arrangement in terms of cost and board and lodging arrangements?**
  If you have family who wants to visit you during the Camp you must let us know asap. We will arrange a room and accommodation for them to stay in. It is advisory to make all visits during the weekends as weekdays is purely for your education.

- **Finally, is it acceptable to give the Baru Sahib address for visa obtainment?**
  Yes the following address is fine to use.
  Akal Academy, Baru Sahib, Via Rajgarh
  District Sirmour, Himachal Pardesh - 173101 – India
Things to Pack

- Several Pagris/Pathkas/Chunnis (minimum 2 each)
- Kurta and Pyjamas/ Salwar Kameezs for day trips (minimum 2 each)
- A pair of pants/jeans (no shorts or crop pants) and t-shirt for the picnic.
- 2-3 night suits
- Light jacket
- Sneakers/ Trainers
- Bath /shower rubber soled shoes (flip flops)
- Easy to slip on and off, Saturday, comfortable day shoes / sandals.
- Toiletries / personal hygiene items (soap, shampoo, toothpaste etc.).
- Insect repellent
- Prescribed medication, Inc. details of medication
- Labelled Laundry bag
- Four day supply of undergarments, socks, cloth hankies etc.
- 2 Bath towels and 2 hand towels
- 1 refillable water bottle
- 1 backpack with a pocket for a water bottle

NOTE:
1. All personal items and articles of clothing must be labelled with the attendee’s name using a permanent marker.
2. Avoid bringing clothing where the colours run during washing. Laundry will be done daily.
3. Bring clothes that are appropriate to wear at this location.
4. Campers will be responsible for their own belongings and are discouraged from bringing jewellery etc.
5. Campers will be provided with uniforms.