



SPECIAL FEATURE

Wind down at The Base Camp

There isn't much to do entertainment-wise in Dhaka, unless you plan ahead based on the next "incidental" three-day long weekend.

The real struggle living in Dhaka is how to make the most of those small 24-hour breaks without succumbing to the circle of eating out or watching yet another movie on the big screen.

This is where the philosophy of The Base Camp, Bangladesh comes in; located in Gajariapara, Gazipur, the facility has started work to establish the country's first camp ground, in addition to providing various on-tree and ground-based activities.

Truly verdant, The Base Camp's colour scheme is predominantly green, green and more green, harmonising between nature and the man-made structures all around. Enjoy learning archery, tree-top activities with one of the many skilled trainers available during the activities, or just collapse onto the green grass after completing the tyre run or a round of human foosball with friends. Basecamp in every context prioritises the safety of its clients and that is easily perceived in the way the team deals with the well-being of its guests.

For those who love to swim or just thrash around in any water body, the pool at The Base Camp is a must! Unlike most commercial pools, the water is pumped from deep earthed wells, meaning it is chlorine free and will not sting your eyes. Attached to the pool is also a small kiddy pool for infants and young children to take part in all the

fun as well. But if you aren't in the mood to get drenched, you can just order a refreshing mocktail and enjoy the cool summer breeze with soothing music playing in the background.

It is the perfect combination of relaxation and fun physical activities, perfect for not just families, but friends, as well as corporate team-building events.

Accommodations include, bungalow

rooms located inside the main building, along with a conference room, nature rooms (non-AC) and tents for a fun camping experience. People staying in the outdoors are expected to get closer to nature and that means a completely different sort of experience than five-star hotels. So, if you are expecting, the comfort of the AC and zero bugs than choosing the bungalow is your best bet.

Based on how long or short your trip is, the food prepared at The Base Camp is mouth-watering enough to bring you back. All food prepared at The Base Camp is local, fresh and minimally spiced, which allows guests to appreciate the simple but delectable natural flavours of the dishes themselves, and a must try is their barbecue menu, where the meat is prepped and cooked on an outside grill, and from there, it goes straight onto your plate and into your tummy!

So, what makes Base Camp so special? It is the perfect place to engage in a variety of activities that the establishment offers, such as camping in the outdoors, zip-lining, tree-top activities, off-road cycling, archery, swimming, an outdoor rainforest shower and many more. In addition to the amazing staff and the hospitality provided, The Base Camp is an amazing destination from all the stress, hustle and bustle of the city life—and all of that just a short drive from Dhaka.

BRB...GONE CAMPING

One of my fondest memories consists of three days spent camping with my friends, in the large field behind my school. Messing around with the tents until someone who knew their business set it up for us, making "gadgets" out of driftwood or tree branches, the "freezer" made of wet cloth and/or sand etc, food cooked over a crude stove fashioned out of stones and brick, with more leaves and wood as fuel, and the delicious mishmash of vegetables egg and rice that we called a fried rice, and sleeping cuddled into our sleeping bags. The cramped quarters, dealing with bugs and spiders, and learning various knots of the rope...all were bonding experiences like no other. Ah, good times!

Ever since, I have looked out for a similar experience, so scarce in this concrete jungle where we live life as a rat race— forever running.

But wait! There is hope yet for people like me, pining over the safe streamside camping grounds that so liberally dot the countryside of developed nations, even in Bangladesh! Look no further than Basecamp Gazipur (and Munlai, Bandarban), as they attempt to provide a curated camping experience, toned down with modern amenities, to accommodate those less acquainted with nature and rural lives. The nature rooms and camping tents (available only September through March), provide precious privacy despite the group setting, albeit the bathrooms are common, as suitable to a camping site! The open space all around creates a good breeze, and on a moonlit night, the effect can be sheer magic. Not to mention the scope to enjoy the crystal clear swimming pool, some boating on a lake, tree activities, and a wonderful open air barbecue, this experience won't get boring anytime soon.

By Sania Aiman

By Supriti Sarkar
Photo: The Base Camp, Bangladesh

Smart Diet

Healthy Lifestyle for Eid-ul-Azha

The festival of sacrifice or Eid ul Azha is the biggest festival in the Muslim world. This festival is associated with savouring and relishing meat, mostly beef. We all know how it becomes really hard to resist the temptation to dig into gourmet foods prepared with beef. We mostly consume the meat of sacrificed animal immediately after it is being slaughtered. It is advised to set slaughtered meat aside for at least 12-24 hours before consumption to avoid sleep disorders, indigestion, bloating, constipation and diarrhea. Moreover to make your digestion system work properly, slaughtered meat should be cooked maintaining proper

hygiene and accompanied by leafy green vegetables. Drink lots of water, fresh juices, herbal tea and avoid caffeine consumption. Doing physical activity for 45 to 60 minutes a day preferably on an empty stomach keeps you healthy during the festival season.

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