

WELCOME TO OUTWARD BOUND

LEARNING THROUGH ADVENTURE

“

We are all better than we know. If only we can be brought to realise this, we may never again be prepared to settle for anything less.

Kurt Hahn

”





**THE
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BOUND TRUST**

AGENDA

About The Outward Bound Trust

Learning Outcomes

The experience at Aberdovey

Preparing for the trip

Questions and Answers

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ABOUT US

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ABOUT US



We're an educational charity that inspire young people to defy their limitations!

Limitations on young people, whether real or perceived, come in all shapes and sizes. **We use the power of learning and adventures in the wild to defeat them all.**

We partner with schools, colleges and youth groups to teach young people the most important lesson they could ever learn: ***to believe in themselves.***

Helping build attitudes, skills and behaviours underpinning success in both school work and life for your young people such as **resilience, confidence, communication and building character.**

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NOT YOUR

BOG-STANDARD RESIDENTIAL

No two courses are the same. Your programme is made to order depending on your learning needs.

Dedicated instructors for each group for the entire course.

Hugely impactful experiences like no other, including carefully planned wild overnight expeditions.

Backed by an independently-reviewed evaluation programme so our courses make a real difference.

All-inclusive, so all food, accommodation, tuition, 24-hour pastoral care and comprehensive insurance are included.



HOW WE DO IT

An Outward Bound course is all about learning and the impact this has on the individual.

This is achieved through skilful people working in an inspiring and challenging environment and applying an effective process.

- 1** Experienced educators who facilitate learning
Challenge and impel people to perform
Highly qualified and experienced outdoor instructors
- 2** Real adventures in the natural environment
Inspiring locations provide limitless opportunities
Scale of experience and journeys in unique and challenging
- 3** Personal journey
Experienced and transferable
Continuous reviewing and reflection





OUR INSTRUCTORS

Our instructors deliver the best possible learning and development for young people. They are:

- Enthusiastic and knowledgeable about the development of young people.
- Passionate about, and skilled in the outdoors.
- Professional, fully qualified and experienced.



LEARN NEW SKILLS

LEARNING THROUGH ADVENTURE

SHARING EXPERIENCE

LEARNING THROUGH ADVENTURE

A TYPICAL DAY



- 7.00am – wake up, wash, dress, breakfast
- 8.45am – morning meeting (teachers)
- 9.00am – morning session
- 12.30pm – lunch
- 1.30pm – afternoon session
- 5.00pm – dinner
- 7.00pm – evening session
- 8.30pm – free time, hot chocolate, then bed

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YOUR CHOSEN CENTRE

ABERDOVEY, SNOWDONIA



Outward Bound Aberdovey is our largest centre, it is steeped in history and is the birth place of Outward Bound. That aside it's up-to-date features and specialised wharf facility provide the perfect starting place for any modern Outward Bound adventure. Sandy shores, sea cliffs and remote mountains are all there to provide a range of challenging activities and destinations for expeditions.



SAMPLE PROGRAMME

3 DAYS

DAY 1

ARRIVE: Arrive. Setting the scene. Course introductions. Hopes and fears.

ADVENTURES: *Immersion into the natural environment with jog and dip followed by group work.*

EVENING: Exploring course aims and personal responsibility.

ACTIVITIES: *High challenge activity and stargazing.*



DAY 2

DAY: Learning about yourself and others. Listening. Taking responsibility. Concern and awareness for the natural environment.

ADVENTURES: *An all-day linked journey through the wilderness over land and water, such as canoeing, a rock scramble and ascent of a peak, with environmental awareness tasks. Set up camp.*

EVENING: Respect and responsibility. Self reliance and confidence.

ACTIVITIES: *Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.*



DAY 3

DAY: Personal goal setting/ review of action plans. Recognition of achievements. Reward and celebration.

ACTIVITIES: *Further authentic adventure rock climbing or abseiling. Return to centre. Course reviews and presentations of learning.*

DEPART: Early afternoon.



All activities depend on centre location, weather and group ability. Instructors will develop learning as appropriate.

SAMPLE PROGRAMME

3 DAYS - WITHOUT EXPEDITION

DAY 1

ARRIVE: Arrive. Setting the scene. Course aims. Challenge and support.

ADVENTURES: *Immediate and fast immersion into the natural environment with gorge walking and jog and dip.*

EVENING: Effort and reward. Importance of collaboration and support.

ACTIVITIES: *High challenge activity. Plan and prepare for tomorrow's linked journey.*



DAY 2

DAY: What it means to be a leader. Experiment with leadership roles. Feeling the environment.

ADVENTURES: *An all-day linked journey through the wilderness over land and water, such as canoeing, a rock scramble and ascent of a peak, with environmental awareness tasks.*

EVENING: Being a role model at school. Positive examples. Personal reflection.

ACTIVITIES: *Exploration of tunnels or raft preparation, followed by facilitated discussion by the campfire.*



DAY 3

DAY: Personal action planning. Recognition of achievements. Reward and celebration.

ACTIVITIES: *Further high-paced authentic adventure with rafting or rowing. Course reviews and presentations of learning.*

DEPART: Early afternoon.



All activities depend on centre location, weather and group ability. Instructors will develop learning as appropriate.

SAMPLE ACTIVITIES



Jog and dip

Gorge scrambling

Canoeing

Orienteering

Understanding nature

Mountain expeditions

Raft building

Rock climbing

Kayaking

Abseiling

THE ENVIRONMENT

All our centres are placed so that we can use the real environment for learning



WHAT TO BRING

We provide each participant with all the specialist clothing and equipment, such as waterproofs and walking boots, that they'll need for their course. Participants will therefore only need to bring personal clothing and footwear. Including:

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- Thick and thin socks (a few pairs)
- Synthetic trousers (Not jeans)
- Two pairs of trousers
- Underwear
- Pyjamas
- Trainers x 2
- Shorts
- Hat and gloves
- Towel and swimwear
- Medication if necessary
- Notepad and pen
- Sunglasses
- Suncream
- Disposable camera
- Book/magazine
- £10 kit deposit

FOOD GLORIOUS FOOD: EXAMPLES

Breakfast

Freshly made porridge
Hash brown
Baked beans
Grilled tomatoes
Poached eggs
Toast
Selection of cereals
Fresh fruit juice
Grapefruit

Lunch

Bread rolls, wraps and baguettes with a selection of fillings
Flapjack and brownies
Crisps

Evening meal (served with a selection of veg) & Dessert

Chicken & mushroom pie
Traditional cottage pie
Pasta bake
Hot pot
Chilli con carne
Homemade pizza
Chicken/veg curry with rice
Sweet & sour pork
Jacket potato

TOP TIPS

Bring enough medication for the entire course

Notify us of any medical conditions

Bring clothes suitable for the outdoors e.g. not jeans!

Bring a spare pair of trainers that **will** get wet

Bring playing cards, games etc. for evening entertainment, but not electronics.

Come with an open mind!



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A photograph of two women in yellow helmets and green jackets with red life vests, cheering and laughing while participating in a rafting activity. They are surrounded by other people in similar gear, and the scene is set on a rocky riverbank.

SUPPORT EACH OTHER

AND HAVE FUN!

“Seeing everyone cheer when someone faced a fear of heights or seeing someone cheer when someone finally wanted to speak in front of everyone - **it was just very supportive - when everyone else is happy just for your success.**”

Jessica, Leadership Course

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OUR IMPACT

CONFIDENCE

Many young people feel they do not have the confidence to navigate the demands of everyday life.

60%

60% of participants reported an increase in their confidence immediately after their course.

69%

This increased to 69% six months post-course.

RESILIENCE

From a teacher's perspective changes in pupils' resilience improved four to six weeks after their Outward Bound course.

95%

The ability to keep going when they encounter difficulties and setbacks.

87%

The speed at which they recover from setback.

OUR IMPACT

EMOTIONAL CONTROL

Emotional control is often seen as a key indicator of mental health.

60%

60% of participants on our five-day courses recorded an increase in their emotional control score.

This indicates they are better able to cope with stress and adapt positively to changing circumstances.

TEAMWORK

The quality of our interactions with those being us form the basis for wellbeing.

91%

91% of participants recorded an overall increase in their confidence to interact with others post-Outward Bound.

77%

77% continued to score higher six months later.

OUR IMPACT

GOAL SETTING

Those who demonstrate higher levels of self-discipline have been shown to have greater success in their education.

69%

69% of students on our five-day education course recorded an increase in their confidence to achieve goals.

65%

65% recorded an increase in setting targets and 57% to make decisions.

ENVIRONMENTAL AWARENESS

When our courses focus on increasing respect for the environment and learning about man's environmental impact...

90%

90% of participants felt more motivated to act with environmental responsibility.

79%

79% felt more motivated to discover nature close to where they live.

“ Thank you for giving a life-changing opportunity to our pupils. You have provided life-long memories whilst helping to develop them into accomplished young people.

Tim O'Brien, Teacher



More [case studies and stories](#).





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THANK YOU!

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