



THE
OUTWARD
BOUND TRUST

THE

BEST

LEARNING

HAPPENS

IN THE

WILD

MORE
THAN
YOU THINK



Life-changing educational experiences for 9-19 year olds

WELCOME

TO

OUTWARD BOUND

“

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, co-founder of Outward Bound

”



YOUR PUPILS

OUR INSTRUCTORS

ONE WILD LOCATION

LET'S DO THIS

Limitations on young people, whether real or perceived, come in all shapes and sizes. Pass exams. Get a job. Be careful. Take risks. Look perfect. Be yourself. Push yourself. Don't stress. Study more. Get outside. Have fun. Work hard. We use the power of learning and adventures in the wild to overcome 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**. It's the superpower that transforms their behaviour throughout school, work and beyond.



Learning about yourself happens best out in the wild. We take young people away from the everyday life and its distractions into our world, to give them life-changing experiences they won't get from home or inside the classroom.

Our tailored outdoor learning courses deliver an alternative education, giving young people the confidence to tackle the real world head on.

NOT

YOUR

BOG-STANDARD

RESIDENTIAL

- Programmes are custom-made to you and your needs.
- Funding is available to help cover course costs for those that really need it.
- One super-skilled, dedicated instructor for each group, for the entire course.
- An overnight expedition in the wilderness is included as standard.
- No hidden extras – everything is included in the price.



→ As a charity, we have funding to go towards an Outward Bound course for those that really need it.

Turn to page 16 to find out more.

“

No one does it better. The combination of education and physical challenge is second to none.

Richard Willshaw, Vice Principal
at Shenley Academy.

”

LEARNING

OUTCOMES



Confidence



Improved relationships



Resilience



Emotional wellbeing



Self-discipline and self-belief



Understanding of the natural environment



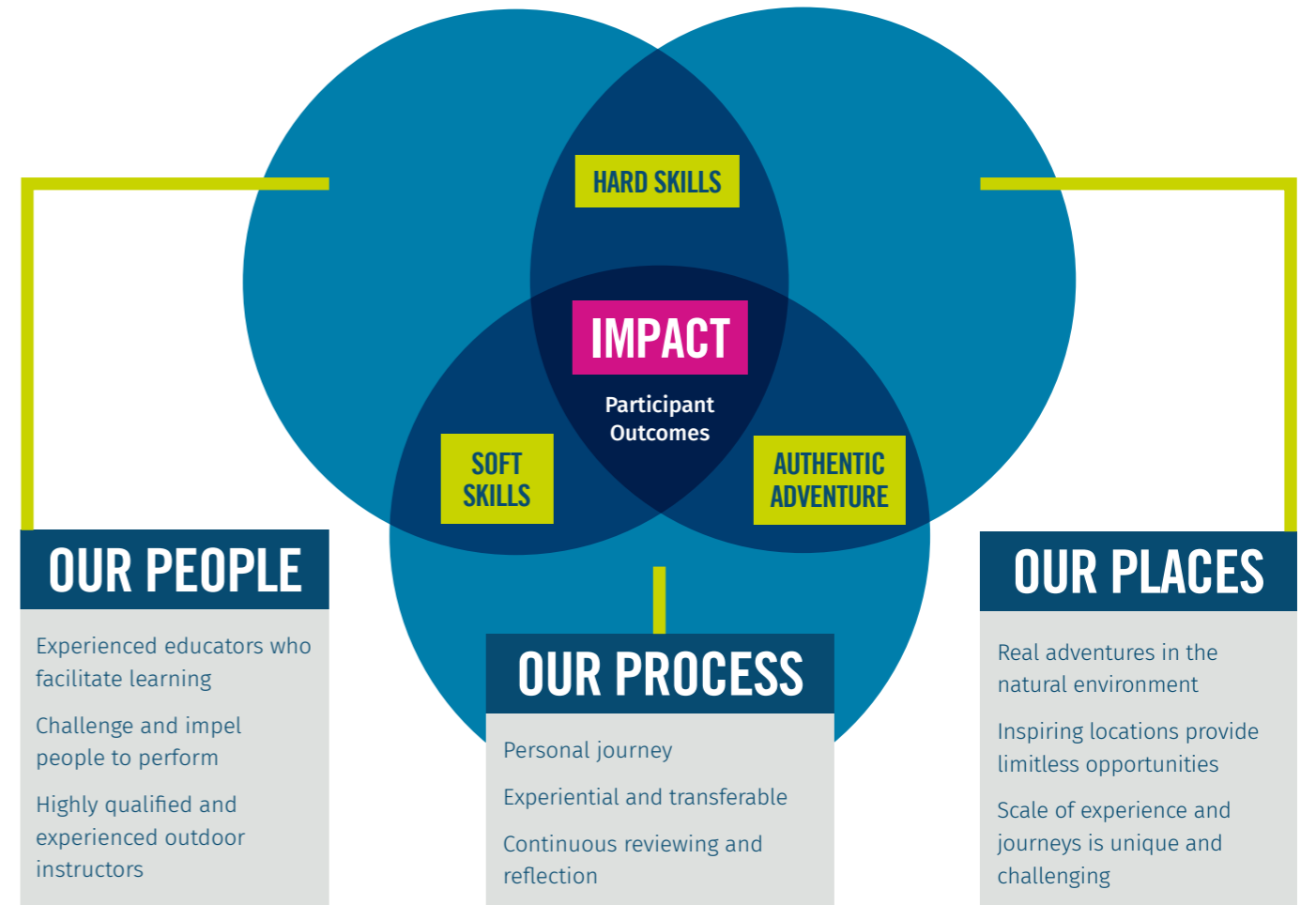
HOW

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.



SAMPLE PROGRAMME

FIVE DAYS

This is what a week at Outward Bound might look like.

MONDAY DAY 1

ARRIVE: Setting the scene. Course introductions. Hope 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.



TUESDAY DAY 2

DAY: Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

ADVENTURES: A full day of authentic adventure in the natural environment, such as gorge scrambling, rock climbing or abseiling.

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

ACTIVITIES: Preparing and packing for overnight expedition.



WEDNESDAY DAY 3

DAY: Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment.

ADVENTURES: An all-day journey through the wilderness. Ascent of a mountain peak with environmental awareness tasks. Set up camp.

EVENING: Self-reliance. Recognising achievement.

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



THURSDAY DAY 4

DAY: Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

ADVENTURES: An all-day linked journey back to centre over land and water, such as a hike followed by canoeing, kayaking or rowing.

EVENING: Exploring course aims and personal responsibility and engagement.

ACTIVITIES: Clean up and put away camping equipment. Facilitated discussion and personal reflection.



→ Want to come for three days or take out the overnight expedition?

View more sample programmes at outwardbound.org.uk/schools.

FRIDAY DAY 5

DAY: Personal goal setting. Recognition of achievements. Reward and celebration.

ACTIVITIES: Group rowing. Team challenges in new groups, course review and presentations of learning.

DEPART: 1pm.



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

WAYS WE WORK WITH YOU	PRE-COURSE SUPPORT	UNDERSTANDING CONTEXT	VISION, AIMS AND OUTCOMES	DAILY OPERATIONAL MEETINGS	DAILY LEARNING MEETINGS	ONGOING CPD OPPORTUNITIES	TAKING PART IN ADVENTURES	USE OF LEARNING MODELS	ONGOING REVIEW OF PLANS	COURSE PROGRESSION	ACTION PLANNING	INSTRUCTOR FEEDBACK	TRANSFER OF LEARNING	POST-COURSE FOLLOW UP

OUR CENTRES

Each of our residential centres are set in jaw-dropping spots. With their lakeside views or closeness to the UK's tallest peaks, they will make you feel like you're a million miles away.

Each centre is in areas of outstanding natural beauty and provides limitless opportunities for outdoor journeys and challenging activities.

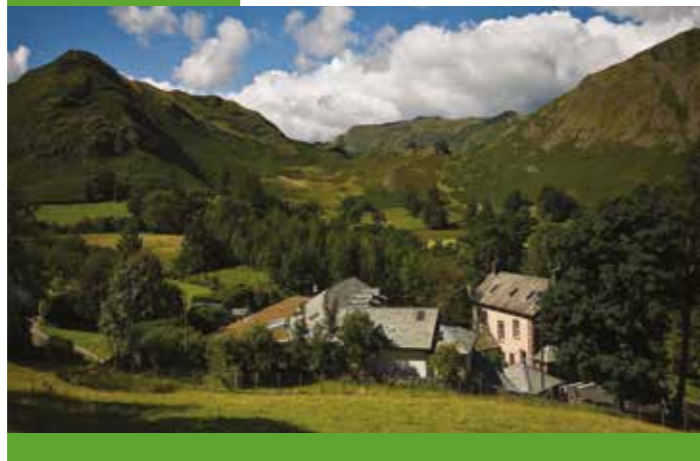
→ Go to outwardbound.org.uk/centres to take a look around each one.

ULLSWATER

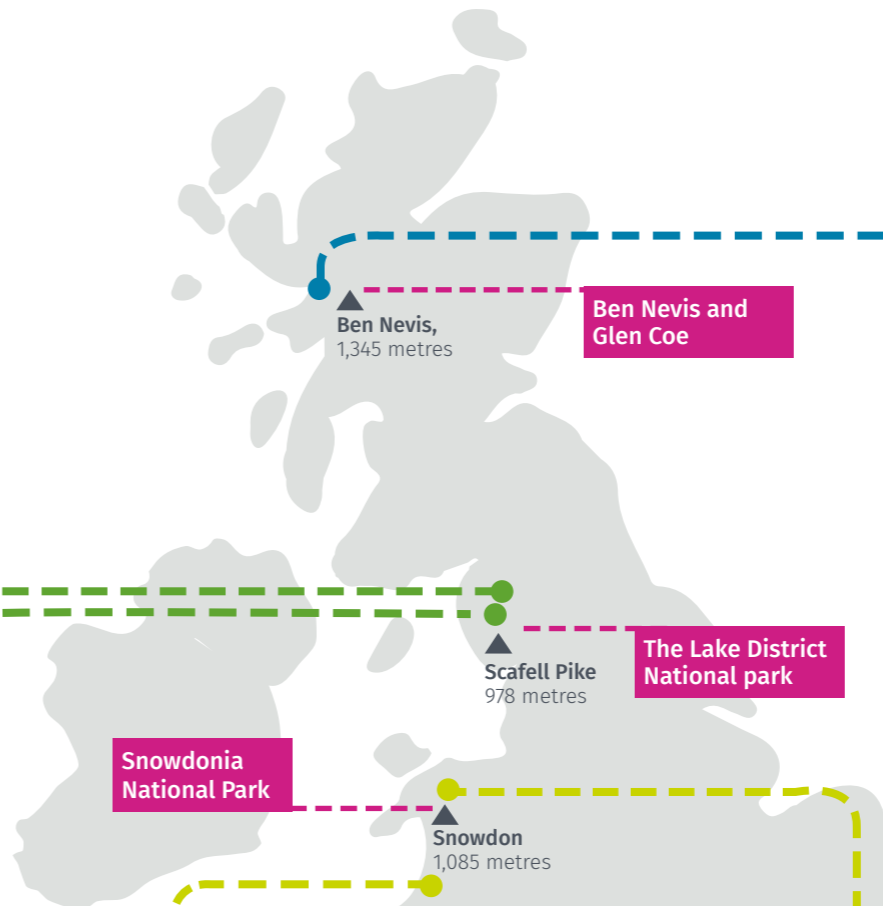


Ullswater is in the heart of the UK's largest national park. It's a short distance from famous peaks, like Helvellyn.

HOWTOWN



Twinned with our larger Ullswater centre across the lake, Howtown is in a sheltered location on the shores of Ullswater. It has instant access to a wide range of adventure activities and journeys.



LOCH EIL



Close to Fort William, Loch Eil is ideal for big adventures. Nearby Ben Nevis provides the backdrop to world-class mountaineering and climbing locations.

ABERDOVEY



OGWEN

On the shores of Lake Ogwen and between the Carneddau and Glyderau mountain ranges, there are endless opportunities for adventure.

On the estuary, this is an exciting location for group challenges and adventures, with the use of the sailboat and easy access to the Snowdonia mountains.

OUR

ENVIRONMENT

“

Without a doubt, many students pushed through individual barriers but also developed greater awareness of others. Environmental concerns are a great plus and the time to reflect on their life plans.

Jane Oakley, Assistant Headteacher,
Highbury Grove School

”

→ Take the John Muir Award at Outward Bound.

The John Muir Award is a national environmental award. It encourages people to connect with, enjoy and care for wild places.

As part of our programmes, we use the natural environment. We interact with it, we learn from it and use it to take time out to reflect amongst it. Our special locations allow us to have a greater impact on young people.

MONEY SHOULD NOT

BE A

BARRIER

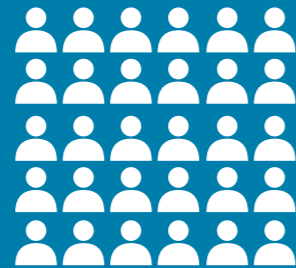
TO

SUCCESS

We don't let money stand in the way. As a charity, it's our mission to make what we do available to as many young people as possible.



Last year we received £3.2m to put towards appropriate funding for schools, colleges and youth groups.



This went on to support over 16,000 participants to attend an Outward Bound course.

WHO QUALIFIES

Financial assistance is available to all UK residents who are in the education system. Who meet at least two of the following criteria:

- Free school meals
- Low-income family
- English as a second language
- Special educational needs
- Poor educational attainment
- Ethnic minority backgrounds

→ Ask us about our funding online at outwardbound.org.uk/funding

This is thanks to the generosity of our supporters and donors, as well as money raised through our early careers development work.

WHAT'S INCLUDED

IN AN

OUTWARD BOUND COURSE

- Your own dedicated Outward Bound Account Manager to help with trip planning and support
- Full day and evening plan, jam-packed full of activities
- 24-hour pastoral care
- One free teacher place per group
- One dedicated instructor per group
- Accommodation and bedding
- Breakfast, lunch and dinner
- All equipment and kit
- Fully comprehensive insurance for all
- CPD opportunities for visiting staff



AS MUCH FLAPJACK AS YOU CAN GET YOUR HANDS ON!

ALL EQUIPMENT AND KIT



ONE DEDICATED INSTRUCTOR PER GROUP



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.



IMPROVED RELATIONSHIPS

The quality of our interactions with those around 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.



RESILIENCE

From a teacher's perspective, changes in pupils' resilience improved four-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.



EMOTIONAL WELLBEING

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.



SELF-DISCIPLINE

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.



UNDERSTANDING OF THE NATURAL ENVIRONMENT

When our courses focus on increasing respect for the environment and learning about human 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.



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, qualified and experienced



SAFETY AND STANDARDS

As we provide genuinely adventurous activities, safety is at the heart of what we do.

As well as having impactful experiences, the safety of our participants and staff is our priority. We are experts in:

- ✓ Safety management
- ✓ Risk assessments
- ✓ Safeguarding
- ✓ Pastoral care

→ Go to outwardbound.org.uk/safety to find out more.



EXTERNAL STANDARDS

We are part of a network of external bodies that recognise quality learning, as well as high standards of safety and risk management.





**THE
OUTWARD
BOUND TRUST**

GET

IN

TOUCH



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



#MORETHANYOETHINK

@outwardbounduk

| 01931 740 000

| outwardbound.org.uk/schools