





# OUTWARD BOUND

*Go Places*



**"THERE IS MORE TO US THAN WE KNOW. IF WE  
CAN BE MADE TO SEE IT, PERHAPS FOR THE  
REST OF OUR LIVES WE WILL BE UNWILLING TO  
SETTLE FOR LESS."**

*Kurt Hahn, Founder*



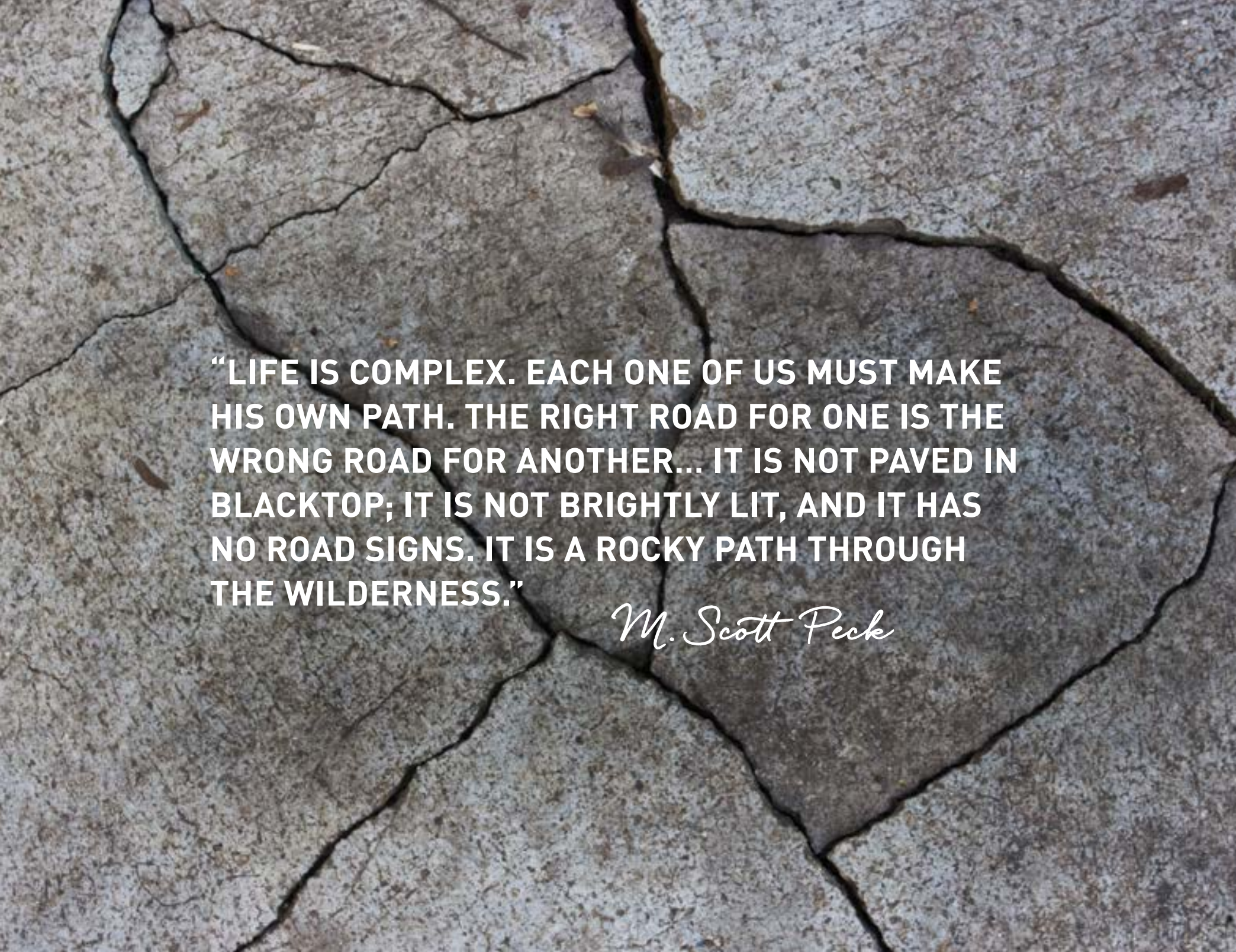
**Since its first course for the Peace Corps in 1961, Outward Bound in the United States has been preparing young people to go places in their lives and on this earth and to make a difference in the world.**

Outward Bound students learn about themselves. They learn about others. They learn technical expeditionary skills and, most important of all, they learn that they can do more than they ever thought possible.

Photo: Rikki Dunn



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**"LIFE IS COMPLEX. EACH ONE OF US MUST MAKE HIS OWN PATH. THE RIGHT ROAD FOR ONE IS THE WRONG ROAD FOR ANOTHER... IT IS NOT PAVED IN BLACKTOP; IT IS NOT BRIGHTLY LIT, AND IT HAS NO ROAD SIGNS. IT IS A ROCKY PATH THROUGH THE WILDERNESS."**

*M. Scott Peck*



# OUTWARD BOUND TODAY

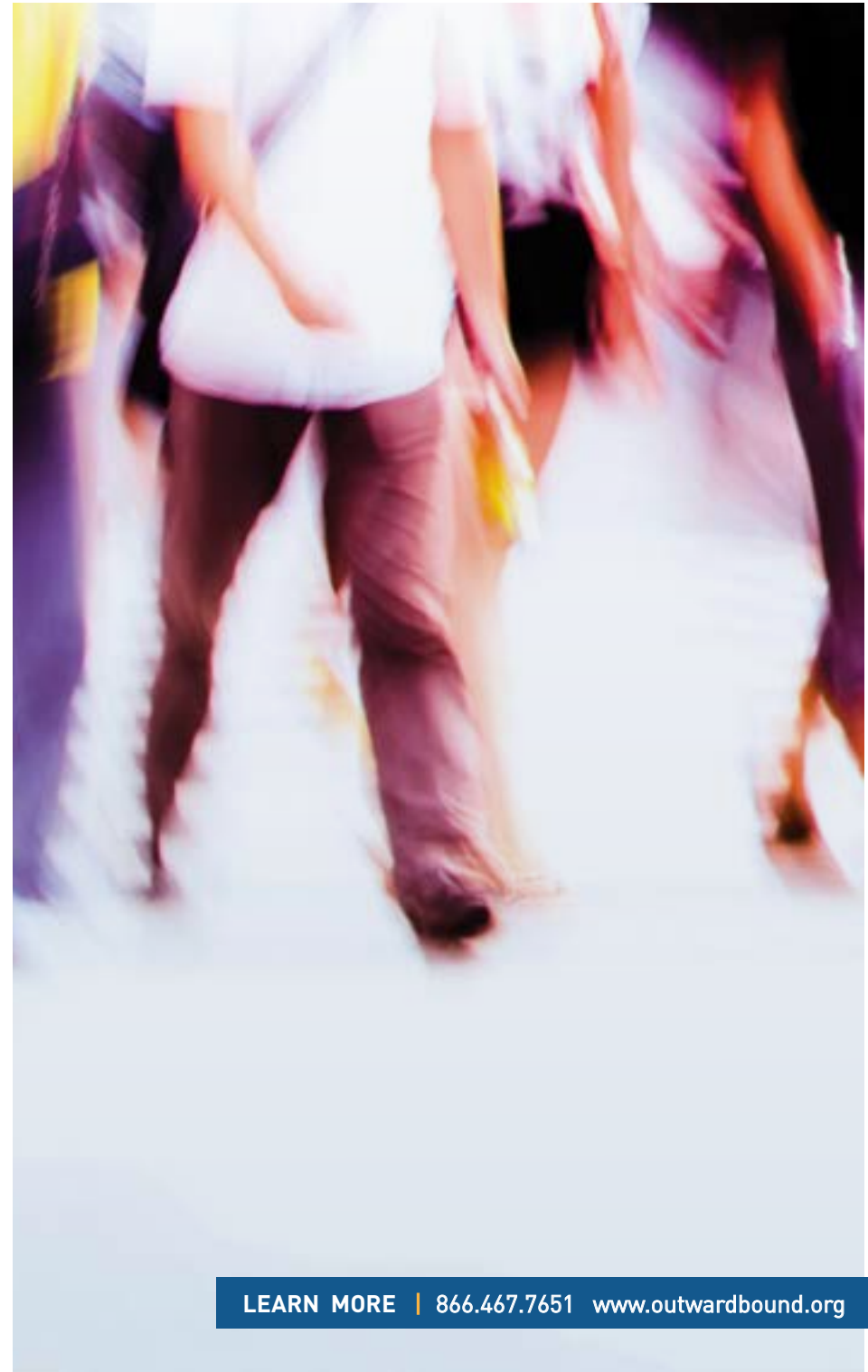
**Today, more than ever, young people face a modern reality that is complex, uncertain, frenetic and, at times, incomprehensible. Such is life.**

Our founder's goal 75 years ago was to get students outside of the classroom and to integrate intensive experience and skill-building into the fabric of education.


Although today's Outward Bound expeditions have adapted to the needs of our modern society, our programs are still built upon Hahn's central philosophy: to prepare students of all ages and circumstances with the strength of character and determination they need to thrive – in the classroom, in the workplace, in the family and in the world.

Outward Bound's national network of regional schools creates learning expeditions true to our core values. We design every course around a powerful, proven educational framework. And we remain unwavering in our commitment to deliver concrete learning outcomes – for every student - at every school - every time.

Welcome to Outward Bound. And the rest of this expedition called "life."



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**"MARCH ON. DO NOT TARRY. TO GO FORWARD IS  
TO MOVE TOWARD PERFECTION. MARCH ON, AND  
FEAR NOT THE THORNS OR THE SHARP STONES  
ON LIFE'S PATH."**

*Kahlil Gibran*

# THE OUTWARD BOUND EXPERIENCE

**There is no place on earth like a spot on an Outward Bound crew.**

Here, in unfamiliar physical and social environments; here, surrounded by demanding natural beauty; here, furnished with a set of real-life problem-solving tasks, students start to overcome doubts, bounce back from failures and become more resilient, capable and passionate individuals.

Amidst temporary disorientation and ambiguity - driving rain, crumpled maps, unfamiliar crewmates and a sputtering campfire - students adapt. Incrementally, they begin to apply newly mastered skills to new situations. Moments of reflection reveal newfound self-confidence: glimpses of undiscovered interests and paths not yet taken.

Students return home the same, but changed. They are attentive to their surroundings; observant of the natural world - be it urban block or suburban yard; be it the classroom, family room or boardroom. They listen as a peer or family member finishes a thought. They actively seek feedback - and then reflect on what they have heard. They are less likely to say "no," more likely to engage in mindful learning, and predisposed and unafraid to dream big.

Photo: Erin McCleary



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# OUTWARD BOUND STRUCTURE

*"I regard it as the foremost task of education to insure the survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit, readiness for sensible self-denial, and above all, compassion."*

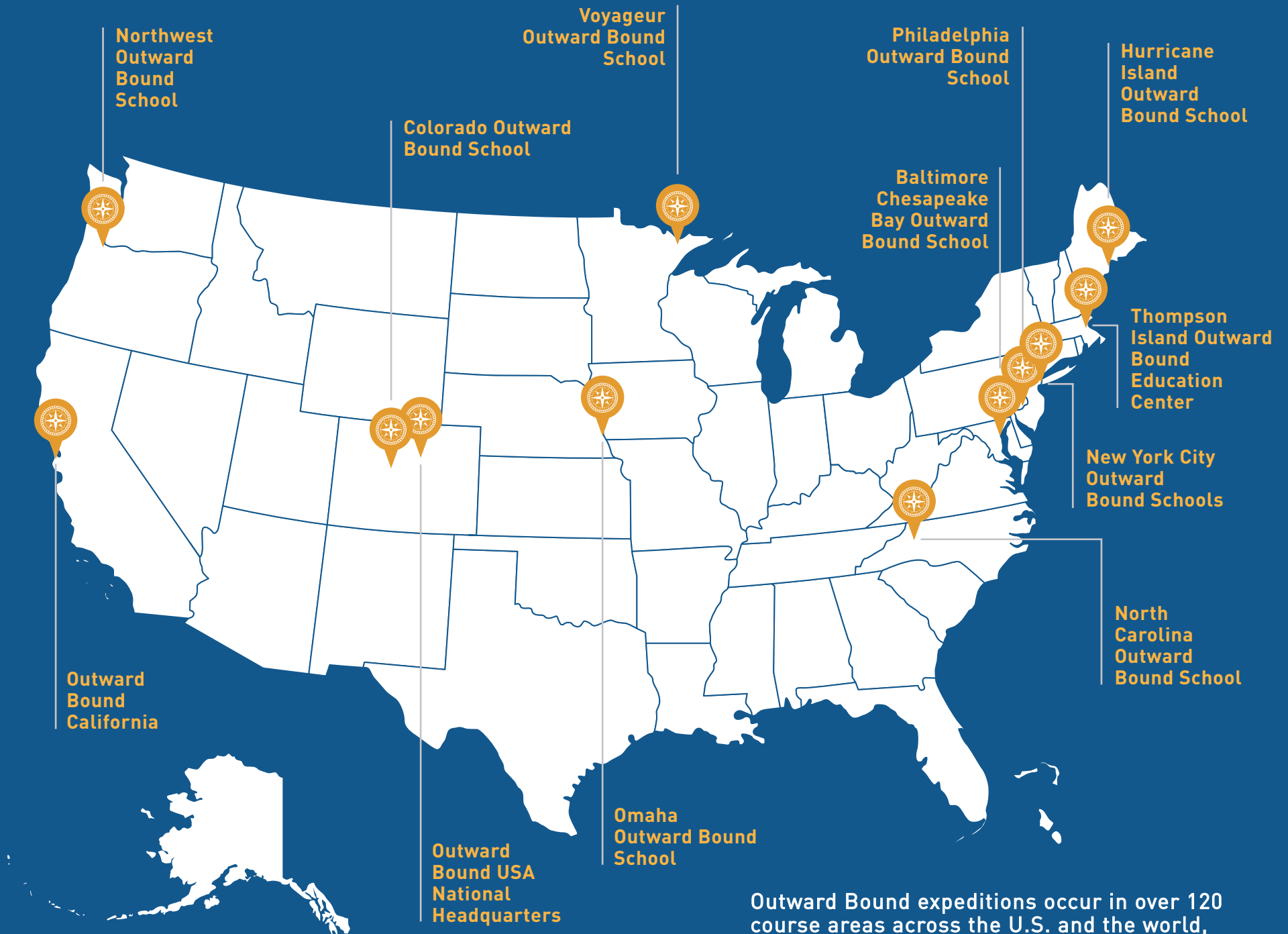
- KURT HAHN

**Outward Bound is the leading experiential education organization in the United States, with a national network of regional schools across the country.**

Our wide-ranging course offerings occur in the wilderness, on the sea and in the classroom, in cities and towns both close and far away.

Outward Bound USA and the national network of Outward Bound schools operate in collaborative partnership to assure consistent program standards across all schools and to ensure that Outward Bound safety practices, instructor qualifications and course curricula are, without exception, exceptional.

As part of a national system, Outward Bound schools build upon rich local legacies, intimate knowledge of their respective course areas and close ties with the communities they serve. Each school forges active relationships with school systems and other local organizations to weave the thread of character, leadership and ethic of service into the fabric of the local community.



Outward Bound expeditions occur in over 120 course areas across the U.S. and the world, including Alaska, Costa Rica and South America.



# CLASSIC EXPEDITIONS

**We believe that every individual, regardless of age or circumstance, can benefit from an Outward Bound learning expedition. As such, we've designed our courses with the developmental needs and practical considerations of every age group in mind.**

A classic Outward Bound expedition thrusts students into environments unlike any they've experienced before. Snow-capped Colorado mountains. Stupendous red Utah canyons. Infinite Minnesota snow fields. Labyrinthine Boundary Waters. Rollicking waves off the coast of Maine. Rare Northwest glaciers. Undulating Everglades "rivers of grass."

These places leave an imprint on those who journey there. They instill in us a genuine sense of place. And with that place comes a sense of purpose.

Students begin to reconsider their own place on this earth and ponder how Outward Bound skills might translate to their lives at home.

*"Now I know the secret of making the best persons. It is to grow in the open air and to eat and sleep with the earth."* - WALT WHITMAN



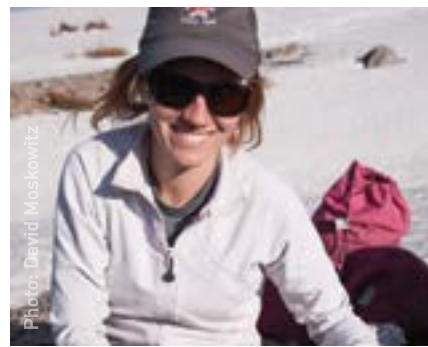
## MIDDLE SCHOOL

Middle school expeditions are typically shorter in duration – on average 10 days – and can be closer to home. These expeditions provide a supportive atmosphere of structured risk-taking, confidence-building and fun. Exposed to a variety of new experiences, students explore new levels of independence and learn to trust themselves and their peers. An exciting and empowering introduction to wilderness travel, these courses lay the framework for the next adventure on the Outward Bound continuum.



## HIGH SCHOOL

Longer high school expeditions – on average 16 days – foster personal responsibility as students take turns leading the crew and making informed, independent choices in wild surrounds. These courses are carefully structured to help students find and test their own limits, set realistic goals, and be involved in decision-making. As students make their way through the wilderness, they learn to honor the things that make each crew member unique, but also acknowledge the common ground the group shares.



## COLLEGE

College expeditions, several of which span the globe, develop habits of autonomy, leadership, collaboration and reflection. Because they are longer than any other course type – on average 18 days – and because college-age students demonstrate a clear ability and desire to think for themselves, once the crew masters safety and technical skills, we often place the outcomes in their hands. Instructors take a life-centered approach, helping students think about the real-life relevance of lessons learned.



## ADULTS

Our adult expeditions – from 4 to 12 days – build on pre-existing expertise, pushing students to refine and expand skills and ambitions. A way to refresh, recharge or find new direction, adult expeditions provide structured time for reflection, promote flexibility for a diverse crew of self-directed participants, and focus on real-world transference. Instructors strive to create an environment where adult students understand the “why” behind every step of the journey.

# SPECIAL FOCUS EXPEDITIONS



## GAP YEAR/SEMESTER

Tailor-made for both the goal-oriented college student seeking to test their decision-making, leadership and sheer physical ability as well as the young person who is motivated, but seeking clarity on their next step, these expeditions help students build hard skills, look inward, and interact with peers facing similar life decisions. These courses serve as crucial stepping stones for future servant-leaders, outdoor educators, artists or scientists, but also help participants cultivate new interests and find direction.



## STRUGGLING TEENS & YOUNG ADULTS

These award-winning expeditions are designed to address destructive behavior with a focus on self-awareness, goal-setting, communication, trust and productive life skills for at-risk individuals age 12-24. The curriculum urges students to consider the responsibility that accompanies freedom and independence. Courses culminate in a 3-day workshop where parents and guardians learn key takeaways and discuss appropriate support mechanisms for the future.



## GRIEVING TEENS

These expeditions are often the very inexplicable thing that a young person in pain may need most. Intended to provide respectful healing experiences in a wilderness environment, these courses implement personal growth methodologies and a simple support model that honors the griever. Thanks to the contributions of Outward Bound partners, we're able to offer these expeditions with significantly reduced tuition so that every grieving teen – regardless of financial ability – may take part in their own healing journey.



## VETERANS

Veterans expeditions build on camaraderie and the challenge of the natural world as a pathway to healing. As they purposely scaffold wartime experiences like heavy packs, rubbery legs and sleeping outdoors, as well as use wilderness activities as metaphors for daily life, these courses help build the self-confidence and trust necessary to return to employers, families and communities. This effort is fully funded by generous donors invested in helping our Veterans re-engage with civilian life.

*"Be truthful, gentle and fearless."* - GANDHI



## INSTRUCTOR DEVELOPMENT

Crafted for individuals seeking careers in adventure and the outdoors, our rigorous Instructor Development courses prepare students for entry-level positions as experiential educators. Students can earn academic credit and Wilderness First Responder certification as they take part in hands-on training in group facilitation methods, safety, creative course planning, expeditionary learning principles, risk management, leadership theory, conflict resolution, judgment and logistics design.



## EDUCATORS

This course offers educators a chance to re-examine pedagogical attitudes and approaches, improve self-esteem and network with teaching professionals. As they learn about the Outward Bound model of experiential education, participants reflect on how the Outward Bound curriculum reinforces trust, commitment, communication and appropriate risk taking. Participants also learn to implement metaphors and adventure-based experiences for concrete outcomes in their professional lives and classrooms.



## FAMILIES

These courses are created for families who want to share the adventure of a lifetime together, and yet also seek concrete outcomes every family member can benefit from. Besides mastering new skills, cooking over a fire, navigating ancient landscapes and learning about the wildlife and natural history of the area, family courses are opportunities to bond through service, reflection and hands-on leadership training, all supported by an environment of challenge, growth and natural beauty.



## PROFESSIONAL

Outward Bound has been offering innovative, customized teambuilding programs that enhance the effectiveness of individuals, groups and organizations for over 30 years. These programs often combine indoor and outdoor activities and can be held at conference centers, urban parks, rural basecamps or wilderness settings. Itineraries can be as short as a day or continue over several months. The goal is to create positive, lasting change in the workplace – be it non-profit, for-profit or government sector.

# EXPEDITION TYPES

**Expedition, n.** A journey, voyage or excursion made for some definite purpose.  
[OXFORD ENGLISH DICTIONARY]

Our expeditions are not easy. Students carry heavy packs, paddle miles of open water, portage rough trails and break crusty, frozen terrain. At the end of every long day, they work as a team to cook, clean and set up camp. And just when they feel they can't squeeze in another thing, they gather to reflect on the real-life relevance of the day's successes and failures. Finally, they earn the luxury of crawling into their sleeping bags.

Every Outward Bound course is structured around one main mode of travel – an expedition type. While a variety of activities may complement the mode of travel, certain key elements, including skills acquisition, team-building, safety demonstrations, service opportunities and a final solo experience are part of every course.



## BACKPACKING

Learn the art of traveling light as you tackle miles of wilderness every day, on and off the trail, over steep alpine terrain and through thick brush. On these destination-focused expeditions, you'll learn to read topographical maps, carry your world on your back and go places accessible only by foot.



## CANOEING

Learn to read water with skill and intimacy. As you move on and off the water, you'll often portage trails, meaning you'll carry your canoe over land, to avoid obstacles. Canoeing expeditions may also include a skills-intensive, adrenaline-pumping trip in highly responsive whitewater canoes.



## BACKCOUNTRY SNOWBOARDING

Disappear into the powder with your versatile split-board and world strapped to your back. Instructors use pristine alpine terrain and extreme conditions to help teach avalanche awareness, winter navigation, terrain management, cold weather physiology and winter campcraft.



## BACKCOUNTRY SKIING & SNOWSHOEING

Skin up untouched slopes, build snow shelters and make fresh tracks on out-of-area slopes that are rarely skied. Instructors use pristine alpine terrain and extreme conditions to help teach avalanche awareness, winter navigation, terrain management, cold weather physiology and winter campcraft.



## CANYONEERING

Descend into steep-walled slot canyons in some of the most rugged, visually stunning places in the world. Learn to use ropes, harnesses and clear communication skills to rappel into river-carved deserts, ravines and drops. Fragile desert landscapes inspire awe en route to your next destination.



### DOG SLEDDING

As a musher, you'll work as hard as the dogs to steer a sled loaded with the group's food and gear. Break the trail ahead on skis, learn to read frozen lakes, manage your dog team and build a fire and shelter that keeps the crew warm on snowy, starlit nights.



### MOUNTAINEERING

Distinct from backpacking in that peak attempts require technical gear and more difficult travel, mountaineering expeditions are among our most challenging courses. Practice mountain rescue techniques and get familiar with ropes and ice axe as you cross glaciers and crevasses. The high altitude summit gives new meaning to "a view from the top."



### RAFTING

In the thick of heaving whitewater rapids, communication becomes your most valuable tool. Your ability to work as a team, paddle, and quickly and efficiently deliver and follow directions determines your success in the rapids. Learn to scout and plan whitewater descents; read the dynamics of the river and master life on the water.



### SAILING

This flagship expedition type involves living aboard a small open boat in some of the country's most rugged waters, using only human and wind power as propulsion. Learn to read charts, handle sails, steer, set your oars and work with your crew to keep your vessel running on course.



### KAYAKING

Kayaks can move through waters too shallow for most boats, making them the perfect vessel for exploring diverse coastlines. Learn to cross open water, navigate at dawn, land your craft, read currents, and practice water rescue. Along the way you may spot a river otter, whale, seal or harbor porpoise.

## ACTIVITIES

- ✓ ROCK CLIMBING
- ✓ ROPES COURSE
- ✓ SERVICE INTENSIVE
- ✓ AVALANCHE TRAINING
- ✓ LEADERSHIP INTENSIVE
- ✓ WHITEWATER CANOEING
- ✓ WHITEWATER KAYAKING
- ✓ WHITEWATER RAFTING
- ✓ WILDERNESS MEDICINE

*"We shall not cease from exploration and the end of all our exploring will be to arrive where we started and know the place for the first time."* - T.S. ELIOT

# OUR EDUCATIONAL APPROACH

Outward Bound's expeditionary learning approach is an educational framework that emphasizes high achievement through active learning, character development and teamwork – across diverse learning environments.



Outward Bound's approach to teaching and learning is rooted in the classroom. It is a methodology that places equal emphasis on development of the character and the intellect. Outward Bound expeditionary learning can occur nearly anywhere, with nearly anyone: in the classroom; on a grueling mountain ascent; in the post-course debrief, or in the days following a return from the wild.

The positive outcomes our students experience – whether they are middle and high school age, college age or adults – can be seen in the consistently high level of enthusiasm upon completion of an expedition. Strangers become life-long friends. Small accomplishments on a course become life-long habits. Through shared challenges, adversity, failure and success, students discover and develop new skills, confidence and passion.

What sets an Outward Bound expedition apart from any other learning experience is the practice that expedition members are “crew, not passengers.” We don't *encourage* students to contribute to the group; we *require* it.

After all, on an Outward Bound expedition, awareness of others is not optional; it is necessary for success. This idea that “you are needed,” no matter who you are, is a critical ingredient to the success of Outward Bound programs.

Opposite page photos, left to right: OB Library, Joel Reid, Jon Reynolds, OB Library, OB Library, OB Library, Lauren Kent

# DESIGN PRINCIPLES

**Outward Bound learning expeditions are designed and delivered according to three main principles:**

## LEARNING THROUGH EXPERIENCE

Outward Bound students move through a sequence of engaging, relevant experiences that promote skill mastery and incorporate reflection and transference. Throughout the experience, students learn from success as well as failure.

## CHALLENGE AND ADVENTURE

The unfamiliar settings where Outward Bound expeditions occur challenge our students mentally, emotionally and physically. Amidst the demands of the expedition, students learn to manage risk appropriately, but also to utilize risk as a tool for growth.

## SUPPORTIVE ENVIRONMENT

Each expedition is designed to support physical and emotional safety. Skilled and compassionate Outward Bound Instructors use group facilitation methods and the natural world around them to help foster a caring, positive and inclusive group culture.



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Photo: OB Library

# OUR INSTRUCTORS

**Outward Bound Instructors don't brag. They *do*.**

Highly qualified, yet humble; rugged and compassionate; unassuming and capable, these men and women have chosen a life of service. In the biting wind and beating sun. And they've got the skills to prove it.

Certified as Wilderness First Responders, Wilderness Advanced First Aiders, or the equivalent, Outward Bound Instructors are trained to identify, assess, and approach risk as a learning tool, to be managed but not eliminated. They possess deep, proven technical abilities and years of experience leading and participating in expeditions - and they epitomize core Outward Bound values of excellence, compassion, integrity, diversity and inclusion.

Even more than all of that, Outward Bound Instructors are authentic, accomplished educators. Expert in helping students transform observations into life lessons. Genuine in their desire to turn seemingly subtle reflections into life-long practices. Focused on arming students with transferrable life skills for their next expedition - wherever that may be.

## SAFETY AND RISK

For the past 50 years, Outward Bound has led the industry in identifying, assessing and mitigating hazards, while at the same time providing real challenges to our students. Recognized for its formative work in wilderness safety and risk management, Outward Bound is a co-sponsor of the annual Wilderness Risk Management Conference (WRMC) and regularly invites both internal and external teams to audit our programs in an effort to proactively identify and assess potential risks and areas of commendation.

## FINANCIAL AID

Our scholarship program is guided by a single principle: Every person should be given the opportunity to experience adventure and challenge, develop character and compassion, and learn leadership skills and service ethics, regardless of financial ability. Thanks to generous donations from alumni, parents, corporations, foundations and others, Outward Bound awarded close to \$7.8 million in scholarships last year.

## LAND USE

Outward Bound operates in some of our nation's most precious wilderness, and we take the responsibility of environmental stewardship seriously. Students are instructed in local practices for Leave No Trace camping, illustrating that the outdoors can be shared and enjoyed while still preserving its magnificent beauty. We are grateful to work with a variety of federal, state and county agencies that graciously provide access to their land.

This institution is an equal opportunity provider. This institution is operated under special use permit(s) with the National Forest Service. Go to [www.outwardbound.org](http://www.outwardbound.org) for a complete list of the many land-use agencies who allow us to use their lands.

An aerial photograph of a turbulent ocean. The water is a deep, dark blue, and the surface is covered in a dense pattern of small, white-capped waves. A larger, more prominent wave is breaking in the upper right quadrant, creating a bright white spray. The overall scene conveys a sense of power and movement.

**"TO SERVE, TO STRIVE, AND NOT TO YIELD."**

*Outward Bound Motto*

# OUTWARD BOUND HISTORY

**In the classrooms of the Gordonstoun School in 1934 Scotland, Kurt Hahn first applied the principles of a curriculum that placed equal emphasis on development of character, leadership and a sense of service with intellectual studies.**

As war broke out in Europe in 1939, Lawrence Holt – a partner in a large merchant-shipping enterprise – insisted that faulty training was the cause of many seamen's unnecessary deaths in the Battle of the Atlantic. "I would rather," he told Hahn, "entrust the lowering of a life-boat in mid-Atlantic to a sail-trained octogenarian than to a young sea technician who is competently trained in the modern way but has never been sprayed by salt water."

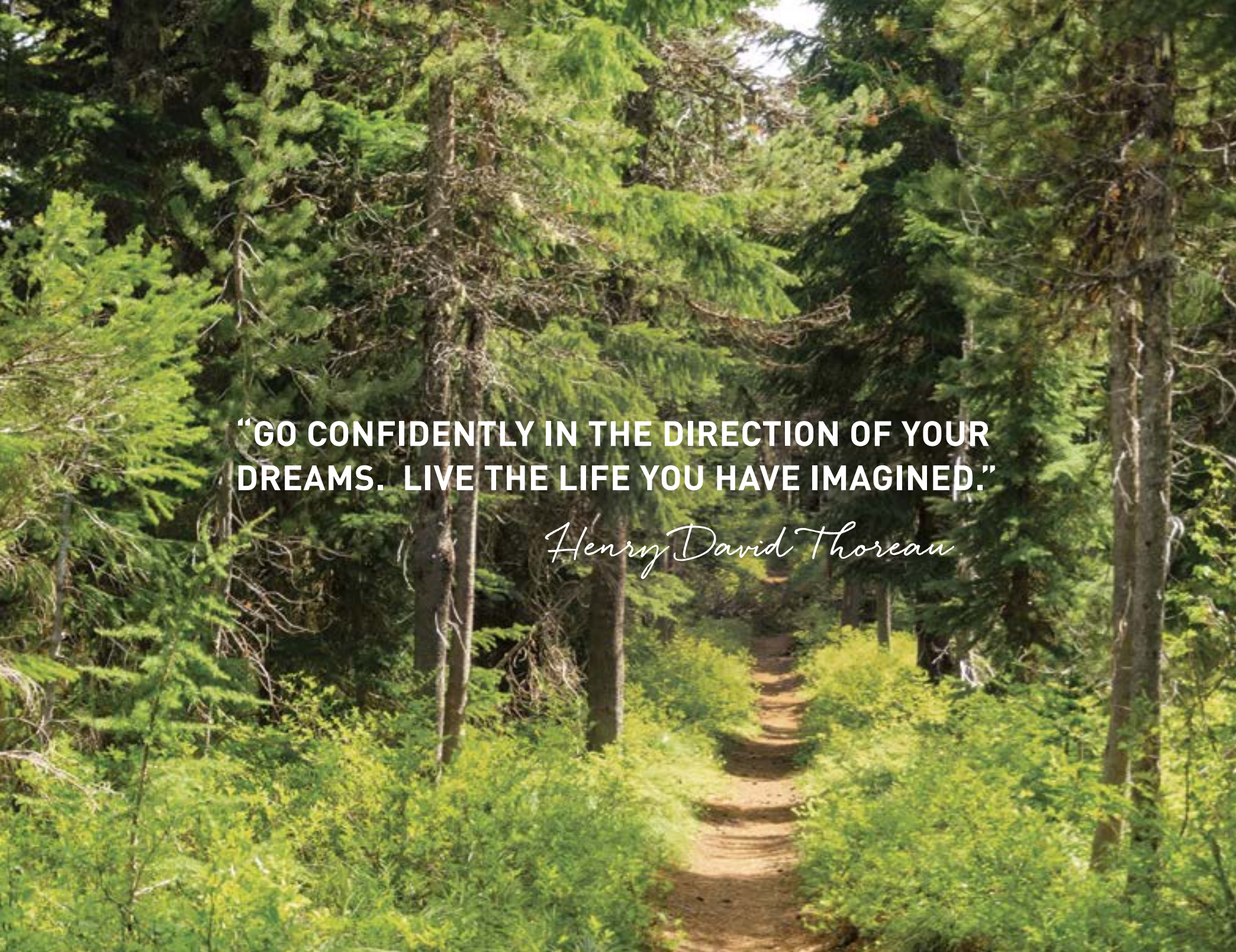
At this, Hahn proposed starting a new kind of school in Aberdovey, Wales: a one-month course that would foster "physical fitness, enterprise, tenacity and compassion among British youth." They agreed to name this school Outward Bound.

The training at Aberdovey was "less training *for* the sea than *through* the sea." The distinction – training *through* rather than *for* – is at the essence of the Outward Bound dynamic. The sea, mountains and desert provide training that no institute or university can offer. These landscapes, in tandem with Outward Bound principles, teach the hard, technical skills necessary for survival, but also teach the relevant skills necessary for life.

Since 1941, Outward Bound has evolved but never departed from Hahn's original concept of an intense experience surmounting challenges in a natural setting, through which the individual builds his sense of self-worth, the group comes to a heightened awareness of human interdependence, and all grow in concern for those in danger and need.



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A photograph of a dirt path winding through a dense forest of tall evergreen trees. The path is made of brown earth and leads into the distance, flanked by lush green foliage and tall, slender tree trunks. The scene is bathed in bright, natural light, creating a vibrant and serene atmosphere.

**“GO CONFIDENTLY IN THE DIRECTION OF YOUR  
DREAMS. LIVE THE LIFE YOU HAVE IMAGINED.”**

*Henry David Thoreau*

**Intuition tells us there is value in the outdoors; that rough-hewn mountain faces serve an important purpose in learning; that rugged landscapes leave an indelible imprint on the soul.**

But more than a feeling, current research shows that the impact of an expeditionary learning experience can last for more than 30 years, suggesting that the skills acquired on an Outward Bound expedition last a lifetime, and the value of an Outward Bound experience actually appreciates with time.

For over fifty years in the United States, Outward Bound has been inspiring people of all ages to make a positive difference in themselves and in the world. By learning *through*, not *for*, the mountains, desert and sea, our students experience meaningful growth that lasts.

Outward Bound graduates learn to believe in themselves and to dream big. Through all the challenges that arise on an expedition, they discover they can do more than they ever thought possible. They return to school, work or home prepared to serve and committed to lead.

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Outward Bound admissions advisors are standing by to help find the expedition that's right for you.

Make the call. Visit the website.  
Start your expedition now.

**866.467.7651    [www.outwardbound.org](http://www.outwardbound.org)**





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BOUND**

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**PLEASE RECYCLE**

**THE TIME TO BE STILL IS PAST.  
IT IS TIME TO GO.  
DO SOMETHING THAT MATTERS.  
AND NEVER LOOK BACK.**

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Outward Bound is a nonprofit, tax-exempt, educational organization and is approved as a 501(c)(3) organization under the Internal Revenue Code. All contributions are tax-deductible. Outward Bound considers applications on an equal opportunity basis without regard to an applicant's race, color, creed, religion, sex, sexual orientation, age, disability or any other status protected by federal, state or local law. Outward Bound actively seeks to serve diverse students through recruiting, affiliations, dedicated scholarships and community programs. For additional information on land use and policies, please visit our website at: [www.outwardbound.org/about-outward-bound/land-use](http://www.outwardbound.org/about-outward-bound/land-use).