



**THE
OUTWARD
BOUND TRUST**

**LEARN
IN THE WILD.**

**Life changing educational experiences
for 9-19 year olds**



“

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



BEYOND THE CLASSROOM.

We believe in the power of the outdoors to unlock potential. By partnering with schools, colleges, and youth groups, we help young people discover their own strength and confidence - the qualities that shape their journey through school, work, and life.

Out in nature, free from the everyday distractions, young people gain more than just adventure; they gain life-changing experiences that build resilience, self-belief, and the courage to tackle new challenges.



NOT BOG STANDARD.

- We work in partnership with you to develop a high-quality custom-made education programme.
- 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 can provide funding to go towards an Outward Bound course helping to remove finance as a barrier.



Currently over 80% of our school partners receive some level of support. Turn to [page 16](#) to find out more.



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 skillful people working in an inspiring and challenging environment and applying an effective process.

1. Our people are experienced educators who facilitate learning. They are also highly qualified and competent outdoor instructors.

2. Our places involve real adventures in the natural environment. They are inspiring and offer unique and challenging experiences.

3. Our processes combine personal journeys, experiential learning, continuous reflection and reviewing, and transferable outcomes.



JUMP IN!

This is what a 5-day programme at Outward Bound might look like.



DAY 1 MONDAY

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 TUESDAY

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.

DAY 3 WEDNESDAY

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

DAY 4 THURSDAY

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

EVENING: Exploring course aims and personal responsibility and engagement.

ACTIVITIES: Clean up and put away camping equipment.

DAY 5 FRIDAY

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

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

DEPART: 1pm

WILD LOCATIONS.



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.

→ Look around our centres at outwardbound.org.uk/centres

Ullswater, England



Loch Eil, Scotland



Ogwen, Wales



Aberdovey, Wales



BIG ENVIRONMENTS.

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. We can also tailor your programme to have an outcome focused around understanding the natural 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.

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“

I absolutely just fell in love with the outdoors and the Lake District - the wilderness and the sense of just being outdoors. I think it must have been how it had an impact on my self-esteem and my confidence. Just that feeling of 'I can't do something'. For example kayaking, 'I can't do it, I'm too scared to do it,' but then actually going and doing it and overcoming it, it gives you the biggest sense of pride.

Lauren Kallides, 37, course in 2000 at Ullswater.

”

NO BARRIERS.

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.



In a typical year we receive £4m 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.

This is thanks to...

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

Who qualifies?

Charitable funding is available to all UK residents who are in the education system. Our funding levels are based around criteria such as:

- 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

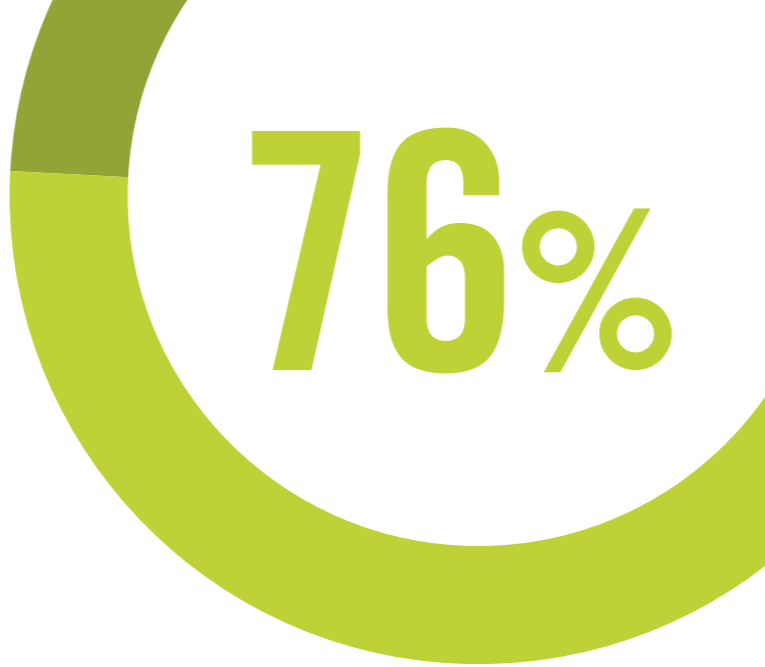
WHATS INCLUDED IN OUR COURSES

- ✓ 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 support.
- ✓ One free teacher place per group.
- ✓ One dedicated instructor per group.
- ✓ Accommodation and bedding.
- ✓ Breakfast, lunch and dinner.
- ✓ All equipment and kit including walking boots.
- ✓ CPD opportunities for visiting staff.



OUR IMPACT

At the end of their course, **76% of young people** reported improved scores for self-confidence compared to their retrospective pre-course score.



“

When they've got to dress themselves, get the kit organised and make sure things go back. Those things, I think, are quite a difficult thing for them to do. So that is a real thing to learn and they have no choice – if you have to do it yourself, you'll get on with it.

Joanne Ramsbottom, Headteacher, Daisyfield Primary School, Blackburn.

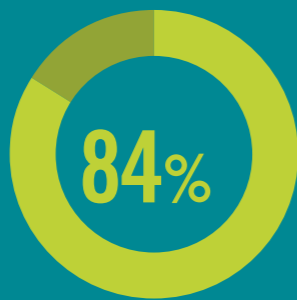
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At the end of their course.
PRIMARY PUPILS...



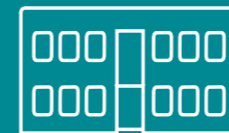
Had learned to look after themselves.



Had achieved things they thought they couldn't do.

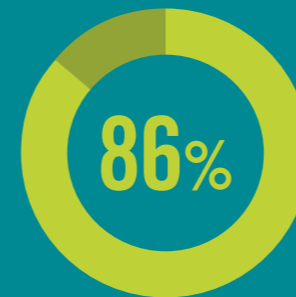


Had found they could do things on their own.

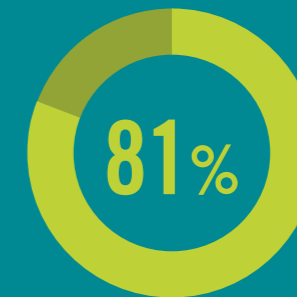


At the end of their course.
SECONDARY PUPILS...

reported feeling more motivated to:



Set learning goals that will challenge them.



Try harder to overcome the things they find difficult at school.

FEELING SECURE.



We believe that the outdoors should be accessible, and a place where everyone, regardless of background, identity or where they come from, can feel accepted and inspired. We want to ensure that Outward Bound reflects this, and we strive to be somewhere where every young person can see themselves represented so that they feel seen and understood.

Kate O'Brien, Equity, Diversity and Inclusion Strategic Lead, Outward Bound.



The percentage of young people reporting they experienced feeling welcomed, positive relationships and felt understood 'often' or 'always' whilst at Outward Bound.

I FELT WELCOMED AND ABLE TO BE MYSELF...



At the centre. N=80.



When with my group. N=79.

I HAD A POSITIVE RELATIONSHIPS WITH...



My instructor. N=77.



Other young people and staff at the centre. N=79.

I FELT UNDERSTOOD BY MY INSTRUCTOR



INSPIRING 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.





THE
OUTWARD
BOUND TRUST

SPEAK
TO US.

“

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

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