



OUTWARD BOUND

LEADING

The Way



Main Index

Outward Bound Today

Leading the Way

For more than 50 years in the U.S., Outward Bound has led the way. What began as a single base camp high in the Colorado Rockies has grown into a national movement centered on using unfamiliar settings and an experiential learning model to help people of all ages discover “there is more in us than we know.”

Today in the United States, Outward Bound is a system of diverse schools dedicated to helping people learn through challenging experiences so they can grow individually and, in the process, become more active in the communities where they live and work.

With schools in spectacular wilderness settings as well as in bustling urban communities, we serve a diverse student population while delivering courses with consistently high standards of learning, safety and results.

Over the past 50 years, we have continued to grow and expand our course offerings while remaining true to the original idea that when you place students in physically and mentally challenging situations, in a supportive environment, they discover self-confidence, physical and mental strength and a compassion for others they never realized they had.

Outward Bound has courses for all ages. There are courses for motivated middle school and high school students seeking a physically and mentally demanding skill building experience in the wilderness. There are courses specifically designed for young adults transitioning from high school to college or taking a gap year to spend time in a foreign country. Adults and groups with special interests can find Outward Bound courses that address their needs. There are courses for military veterans returning from conflict zones and teenagers struggling with personal challenges at home or at school.

Outward Bound is the only organization in the field of experiential education with 50 years of a proven learning model, a national network of regional schools and a highly trained and passionate staff of instructors dedicated to helping students grow from the new experiences they encounter.

OUTWARD BOUND
STORIES
p. 4

OUTWARD BOUND
SCHOOLS
p. 12

PROGRAMS + COURSES
p. 32

SAFETY
STEWARDSHIP
ENROLLMENT PROCESS
p. 58

“To serve, to strive and not to yield.”
- Outward Bound Motto

A crew trekking in the Andes Mountains in Patagonia.

“The mind is not a vessel to be filled—but a fire to be kindled.”
- Plutarch



Photo: Steve Smith

Outward Bound: The Value of the Experience

No Education Is Complete Without Outward Bound

Why take an Outward Bound course?

Regardless of who you are or where you're from, there is an Outward Bound course for you. Once you have completed your course, you will know the meaning of the motto “to serve, to strive and not to yield.”

You will become part of a community of accomplished and passionate people making a positive difference in their lives, their communities and the world.

Outward Bound is not an adventure travel program or summer camp. It is first and foremost a school based on a proven experiential educational model.

Outward Bound is unique and powerful because of its focus on the interplay between character, leadership and service. That focus can help foster the self-confidence, compassion, resilience and skill that our founder Kurt Hahn* believed could make a difference in the world.

What makes Outward Bound unique? And powerful?

We believe that physically and mentally challenging experiences, when facilitated by trained professionals in a safe and supportive environment, can help students discover and develop their strength of character, ability to lead and desire to serve.

We believe that reflection is as important as action in developing skills and learning from experience. We respect the diverse capabilities and talents of each individual and are dedicated to helping all students discover their true potential.



For examples of how these qualities reveal themselves to students on an Outward Bound course, we invite you to read the personal stories on the pages that follow.

* To read about the origins of Outward Bound see page 63.



Sea kayaking lesson in North Carolina's Outer Banks barrier islands.

Photo: OB Photo Library



Building teamwork skills during a 21-day girls-only course.

Photo: OD Photography



Photo: Taylor Sheldon

Outward Bound: The Value of Character

Sometimes Getting It Right Begins with Getting It Wrong

Outward Bound was a life-changing experience for me. Outward Bound helped me with my self-confidence, and it served as the subject of my personal statement on my college application. And I recently found out that I've been accepted early to the college of my choice.

My Outward Bound experience began on July 6th in Asheville, N.C. I embarked on a 14-day backpacking program into the Blue Ridge Mountains with ten strangers and two instructors from the North Carolina Outward Bound School.

On day three, another girl and I volunteered to be co-leaders for the day, unaware of the challenges that were soon to come. We decided to follow a trail that ascended a rock face instead of forking off on more moderate terrain to the northeast. I led the group up the steep rock face in a rigorous climb that had us sweating profusely, only to discover there was no clear pathway leading towards our necessary descent.

It was at this moment that I realized I had to own the mistake and tell the group that, although we weren't lost, we faced some rough hiking before anyone got any

rest or dinner. Amid the nervous tension, I calmly took charge, leading the group by sliding down a steep, rocky drop-off, pack and all. The group followed reluctantly, and we soon discovered the correct trail, sliding happily towards our destination. When we reached the bottom, we were covered in dirt, laughing and bonding over the mess and how badly we wished we could take a shower.

On course, I found the courage and confidence I needed to lead my group, to recognize and take responsibility for a wrong turn but then correct it and to make the right decision at a crucial time. Outward Bound not only helped me put into perspective some of the petty matters of daily life, but it also made me realize I had the strength and resilience to push myself further than I had ever imagined.



Taylor Sheldon is a 2012 Outward Bound graduate and is from Bethesda, Md. She is a senior at Walt Whitman High School and will soon be a first-year student at Bucknell University.



An Outward Bound instructor works with military veterans course students to scout a rapid on the Colorado River in Utah.

Photo: Chad Spangler



Photo: OB Photo Library

Outward Bound: The Value of Leadership

Honoring Those You Lead

Leadership means a whole lot more than telling others what to do. Accomplishing a mission as a group takes a lot more than simply being the strongest or the smartest or the fastest.

Effective leadership makes all the difference in how a group performs and if a mission is accomplished.

Serving as a Captain in the U.S. Army, stateside and in two tours of combat duty in Iraq, has exposed me to many leadership styles. My experience in extreme environments has shaped my belief that effective leadership is about serving those under my command.

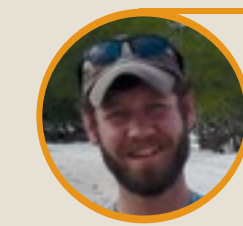
It is the responsibility of a leader to find ways to complete the mission that honor his or her soldiers' commitment, effort and sacrifice while keeping them safe.

After two tours of duty in combat zones, a career in the military and attending an Outward Bound wilderness course, I believe that the Outward Bound approach to leadership, coupled with the risks and challenges of the wilderness, provides an incredible opportunity to

learn leadership with skilled instructors, in a supportive environment, in an unforgettable way.

Though most people are unlikely to experience the pressure of combat, the natural demands and difficulties of the wilderness make for an ideal setting to practice and learn leadership skills.

Leaders need to know that success is not dependent on the leader but on the leader's ability to gain the respect, commitment and energy of the group and to transform the group into a high functioning team all focused on a shared goal and outcome.



Mike Kelly is a 2012 Outward Bound graduate and served as a U.S. Army Infantry Officer from 2006-2010—during which time he reached the rank of Captain. His service included two deployments to Iraq with the 3rd Infantry Division.



Copper Canyon, Mexico, staff training expedition.

Photo: David Kallenbach



Photo: Josh McLane

Outward Bound: The Value of Service

The Amani Aid Project in Tanzania

It was during the solo at the end of my Outward Bound course, while gazing across a seemingly endless landscape, when I promised myself I would make an impact in the world and be more than just a speck on the horizon.

At the time, I was 19 years old and had no idea that small promise would lead me to Tanzania four years later to work with a family-run orphanage and to create The Amani Aid Project.

Nestled on the southern side of Kilimanjaro lies the Kao La Amani Orphanage, home to 27 children, the orphanage mother and father and five caretakers. I was the first “mzungu” or white foreigner to live at the orphanage in Boma Ng’ombe, Tanzania. I stayed for three months in the fall of 2010. By listening and participating in daily life, I learned where I was needed.

Over the course of the first couple weeks, I learned of the orphanage’s struggles to pay its bills in the absence of a sustainable revenue stream. Working closely with the family, we decided to pursue an ambitious pig-farming project.

Tanzania is an agricultural country and pigs can be very profitable. The family already had several pigs; four were pregnant. I began fundraising and was able to raise enough money through my blog to build a 27-room pig barn and a water system capable of sustaining 54 adult pigs. Proceeds of the project subsidize food costs, medical expenses and school fees.

To launch the Aid Project, I tapped into many of the skills learned during my Outward Bound course, including self-reliance, empathy and courage. My instructors helped me discover my true strengths and confront my weaknesses. While my days during the project were emotionally and physically challenging, I knew from my Outward Bound experience that if I just kept at it, good things would happen.



Josh McLane is a 2007 Outward Bound alum and TEDx speaker. A graduate of Colgate University with a Bachelor of Arts in Environmental Economics, Josh currently lives in Chicago, Ill., where he works as a Management Consultant.

OUTWARD BOUND

A National Network of Regional Schools

SCHOOLS

Colorado	p. 14
Voyageur	p. 16
Hurricane Island	p. 18
Northwest	p. 20
North Carolina	p. 22
California	p. 24
Alabama	p. 26
Baltimore	p. 28
Philadelphia	p. 30

Hiking down from Desolation Peak back to Ross Lake in Washington State.

Photo: Mitsu Iwasaki

SEEK

Your Summit



Skiing the Sawatch Range of Colorado.

Photo: Francisco Tharpe

ACTIVITIES:

- ✦ Ice Climbing
- ✦ Backpacking
- ✦ Canyoneering
- ✦ Rock Climbing
- ✦ Mountaineering
- ✦ Service Projects
- ✦ Challenge Courses
- ✦ Backcountry Skiing & Snowboarding
- ✦ Whitewater Rafting, Kayaking & Canoeing
- ✦ Canyon Backpacking

PROGRAMS:

- Wilderness p. 36
- Gap Year/Semester p. 48
- Instructor p. 50
- Military Veterans p. 56
- Custom Programs p. 56

Above the small mining community of Marble, Colo., the Colorado Outward Bound School ran the first Outward Bound course in America in 1962. As with the original Outward Bound School founded in 1941 in Aberdovey, Wales, the Colorado Outward Bound School was created to provide character building experiences for young people by teaching “through the wilderness not for the wilderness.”

Extreme in the truest and best sense, the legendary Colorado Outward Bound School will help you travel higher and farther than you ever thought possible. The journey can take place in the broad expanses of Utah’s red deserts, in the forests of the Gore Range or above treeline in the Rockies.

Prepare yourself for a physically challenging, mentally toughening and emotionally exhilarating experience. Prepare to discover that you are capable of much more than you ever imagined.

These courses, like courses at all Outward Bound schools, are not summer camps or guided tours. Through course elements and intentional processing of the experience, students come away with an enduring understanding of their abilities and values. The transference of the wilderness experience to life at home, at school or on the job becomes essential. The result for students of all ages and all walks of life is a renewed or discovered strength of character, leadership and service.



Photo: OB Photo Library

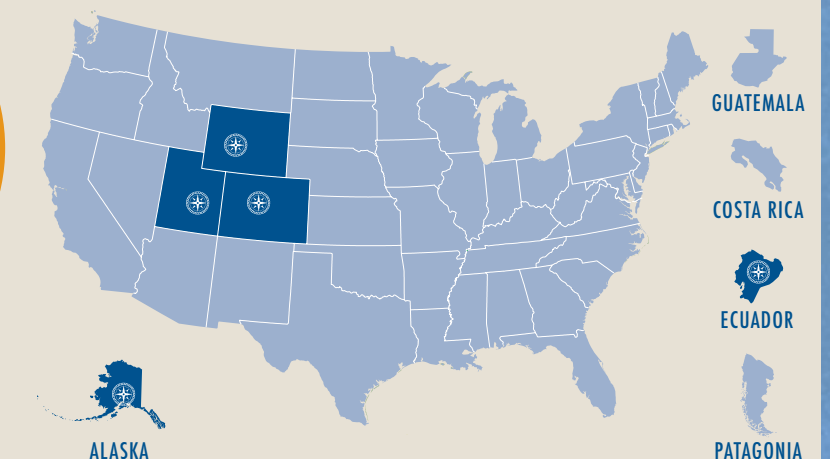
COLORADO

Outward Bound School

INSTRUCTOR PROFILE



- ✦ **Name:** Austin Gibney
- ✦ **Years with OB:** 5
- ✦ **Course Areas:** Colorado, Alaska, California & Ecuador.
- ✦ **Favorite Activities:** Mountaineering, rock climbing, sea kayaking, snowboarding & skiing.
- ✦ **Favorite Food on Course:** Backcountry pizzas or rice and beans with lots of cheese.



BEYOND

Boundaries

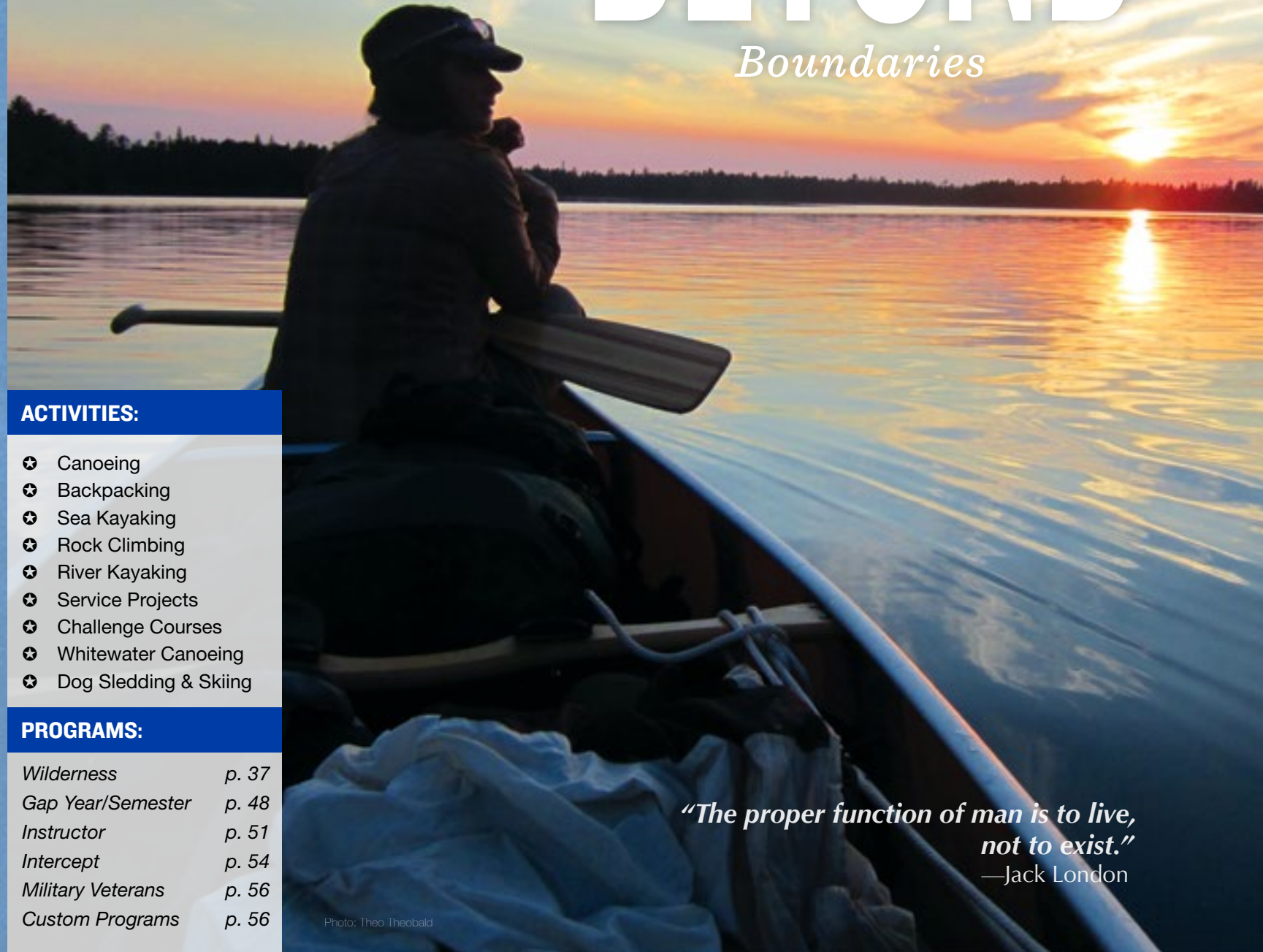


Photo: Theo Theobald

ACTIVITIES:

- ✦ Canoeing
- ✦ Backpacking
- ✦ Sea Kayaking
- ✦ Rock Climbing
- ✦ River Kayaking
- ✦ Service Projects
- ✦ Challenge Courses
- ✦ Whitewater Canoeing
- ✦ Dog Sledding & Skiing

PROGRAMS:

<i>Wilderness</i>	<i>p. 37</i>
<i>Gap Year/Semester</i>	<i>p. 48</i>
<i>Instructor</i>	<i>p. 51</i>
<i>Intercept</i>	<i>p. 54</i>
<i>Military Veterans</i>	<i>p. 56</i>
<i>Custom Programs</i>	<i>p. 56</i>

“The proper function of man is to live, not to exist.”
—Jack London

The base camp for the second Outward Bound school founded in the United States is located on the edge of the most spectacular canoe wilderness in North America. The Voyageur Outward Bound School is in Ely, Minn., the gateway to the renowned Boundary Waters Canoe Area Wilderness, a rugged maze of pristine lakes and rivers that straddles the U.S.–Canadian border, west of Lake Superior.

The Voyageur Outward Bound School doesn't *boast*. They *do*. The first all-women's Outward Bound course launched its canoes from Ely in 1965. The first urban programs were offered by Voyageur 25 years ago, and today they continue to deliver innovative courses at their Twin Cities Center in downtown St. Paul.

Leave it all behind as you disappear by canoe, on a true wilderness expedition, carrying all your supplies for one week or three. You can do more than you think you can. Discover your strengths, find new confidence and accomplish more than you ever thought possible. With both a wilderness base camp and an urban center, Voyageur brings the promise of Outward Bound to an incredibly broad spectrum of students, including those with special dietary needs.

Mush behind a pack of sled dogs in the Great White North or be mesmerized by the haunting wail of a loon on a summer night. Paddle a sea kayak beneath sandstone sea caves on Lake Superior or climb the rugged cliffs that tower above the lakes. A proud, rich history combines with a confident and compassionate approach to helping people of all ages and walks of life realize their true potential.

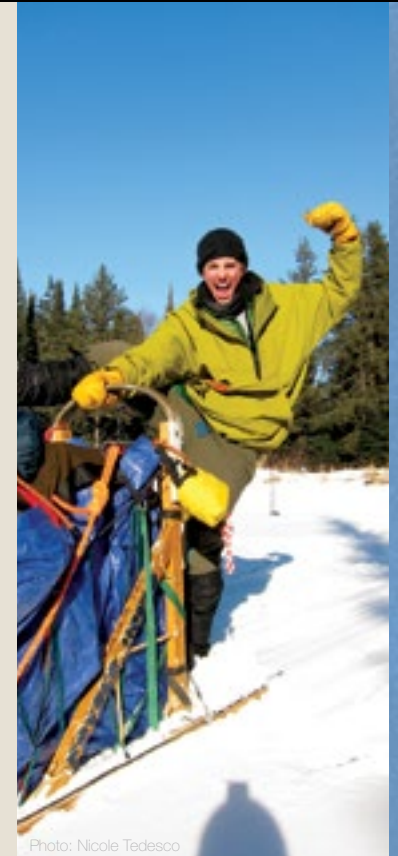
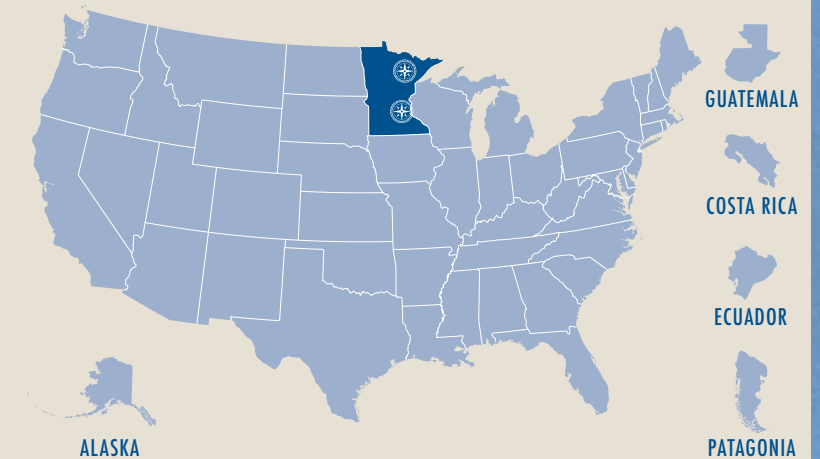
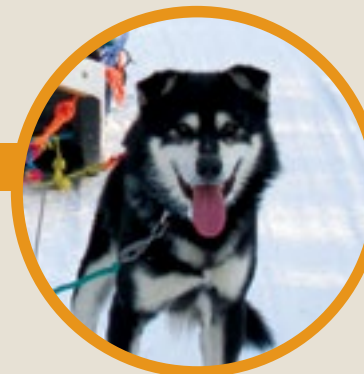


Photo: Nicole Tedesco

VOYAGEUR Outward Bound School

AT A GLANCE

- ✦ Two Voyageur instructors were the first Americans to ski unsupported to the North Pole.
- ✦ High staff-to-student ratio.
- ✦ Bread is baked fresh all year long.
- ✦ Sixty-six sled dogs call Homeplace Base Camp home.
- ✦ Staff expeditions have paddled from base camp to the Arctic, Pacific and Atlantic oceans.



EXPAND

Your Horizons



A steady breeze propels an Outward Bound pulling boat in the stunning blue waters of the Maine Coast.

ACTIVITIES:

- ✦ Sailing
- ✦ Canoeing
- ✦ Backpacking
- ✦ Rock Climbing
- ✦ Service Projects
- ✦ Challenge Courses
- ✦ Whitewater Canoeing

PROGRAMS:

- Wilderness p. 38
- Gap Year/Semester p. 49
- Intercept p. 54
- Military Veterans p. 56
- Custom Programs p. 56

Maine's rocky coastline and offshore islands are home to the Hurricane Island Outward Bound School founded in 1964. Today, from its headquarters in Camden, Maine, the school operates in four locations so students can take a sailing course around the 3,500 islands off the coast of Maine or in the sun-drenched Florida Keys or a backpacking course in the remote moose country of the Northwoods of Maine.

With this expansive and diverse course area, the Hurricane Island Outward Bound School provides a supportive learning environment that will challenge you physically, mentally and socially. You will meet people who share your interests and people who seem nothing at all like you. There will be moments when you're stretched and need to ask others for help and times when you can use your strengths to help others.

You'll meet incredible instructors whose mission is to help you develop inner-strength, self-confidence and technical skills and then they back away to let you and your group realize how much you can do on your own.

Successful completion of a course at the Hurricane Island Outward Bound School requires trust, mastery of skills, fitness, confidence, tenacity, leadership, initiative and compassion. The value of the Outward Bound experience and the purpose of Outward Bound is to help people of all walks of life discover their strength of character, their innate ability to lead and the meaning and fulfillment that comes with serving others.

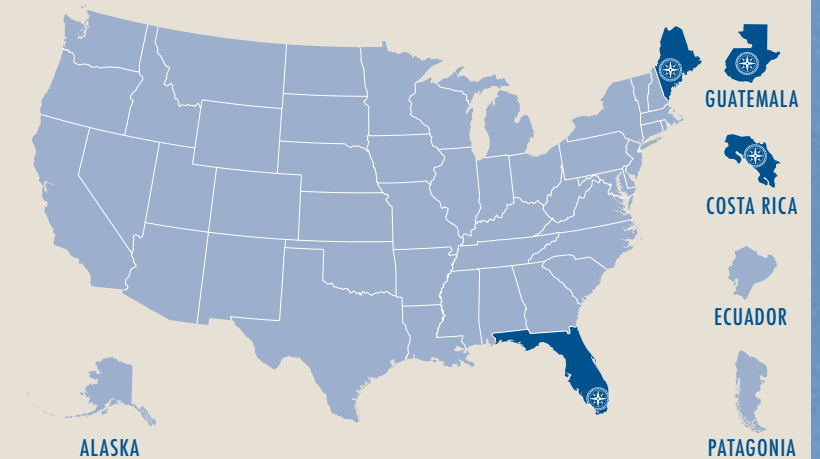


Photo: Elizabeth Marr

HURRICANE ISLAND Outward Bound School

INSTRUCTOR PROFILE

- ✦ **Name:** Sydney Cooper
- ✦ **Years with OB:** 2
- ✦ **Course Areas:** Maine Coast, Maine Mountains, Florida.
- ✦ **Favorite Food on Course:** I'm going to have to go with a good ol' PB&J and, on occasion, I get wild and have it with strawberry jelly.



*“Keep close to nature’s heart...
and break clear away, once in a while, and
climb a mountain or spend a week in the
woods. Wash your spirit clean.”*
- John Muir

FAR

From Ordinary



ACTIVITIES:

- ✦ Canoeing
- ✦ Backpacking
- ✦ Sea Kayaking
- ✦ Rock Climbing
- ✦ Mountaineering
- ✦ Whitewater Rafting
- ✦ Ski Mountaineering
- ✦ Alpine Backpacking

PROGRAMS:

<i>Wilderness</i>	<i>p. 40</i>
<i>Instructor</i>	<i>p. 51</i>
<i>Military Veterans</i>	<i>p. 56</i>
<i>Custom Programs</i>	<i>p. 56</i>

A sunrise on summit climb with Mt. Washington in the background.

Photo: Ali Rose

The Northwest Outward Bound School was founded in 1965, and since its inception, thousands of students have experienced positive life-changing experiences in the magnificent almost other-worldly settings of the great Pacific Northwest.

Lush forests with some of the tallest trees on earth and volcanic mountain landscapes are the classrooms where the Northwest Outward Bound School provides learning opportunities that strengthen character, build leadership skills, inspire compassion and help create an ethic of social and environmental responsibility.

Approximately 500 students and 100 military veterans participate in powerful wilderness programs using the Odin Falls Base Camp outside Redmond, Ore., and the Mazama Base Camp situated in the stunning Methow Valley in Mazama, Wash. In 2011, the Portland Center was opened to make elements of wilderness programs accessible to lower-income individuals and urban youth.

With a breadth and depth of incredible course areas and course offerings and some of the most gifted field instructors in the Outward Bound system, students will be challenged, inspired and amazed at what they are capable of.

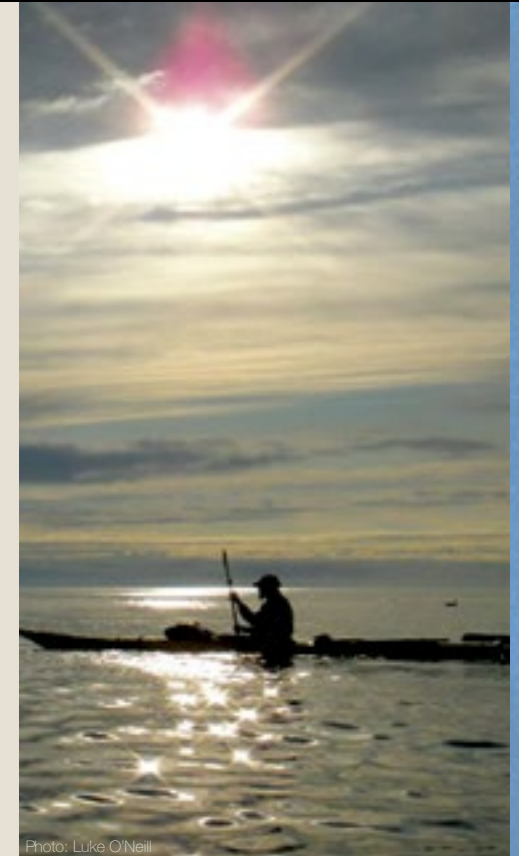


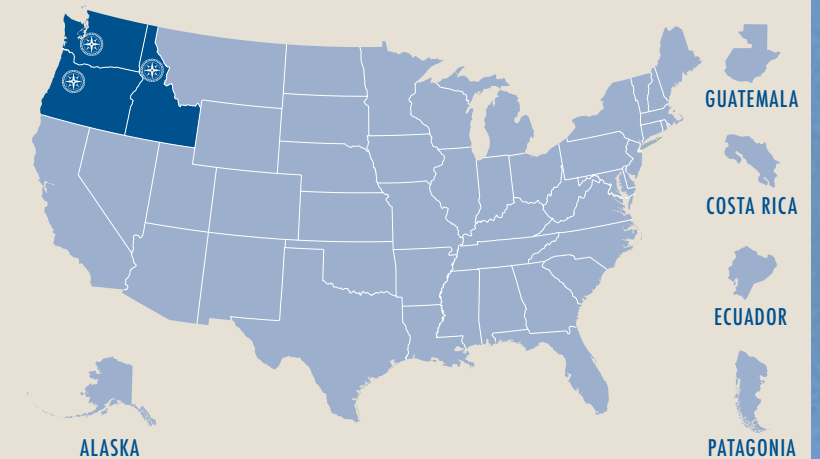
Photo: Luke O'Neill

NORTHWEST

Outward Bound School

AT A GLANCE

- ✦ Smith Rock is a world-renowned site for climbing.
- ✦ Only School operating on glaciers in the U.S.
- ✦ The Cascade Range has the second highest relief of any mountain range worldwide.
- ✦ The San Juan Islands are considered one of the best kayaking areas in the world.
- ✦ The lower Salmon River is the longest un-dammed river in the United States.



INNER

Journey

ACTIVITIES:

- ✦ Canoeing
- ✦ Backpacking
- ✦ Sea Kayaking
- ✦ Rock Climbing
- ✦ Mountaineering
- ✦ Whitewater Rafting
- ✦ Alpine Backpacking

PROGRAMS:

- | | |
|-------------------|-------|
| Wilderness | p. 42 |
| Gap Year/Semester | p. 49 |
| Instructor | p. 51 |
| Intercept | p. 54 |
| Military Veterans | p. 56 |
| Custom Programs | p. 56 |

On the summit of
Volcán Quetrupillán
in Patagonia.

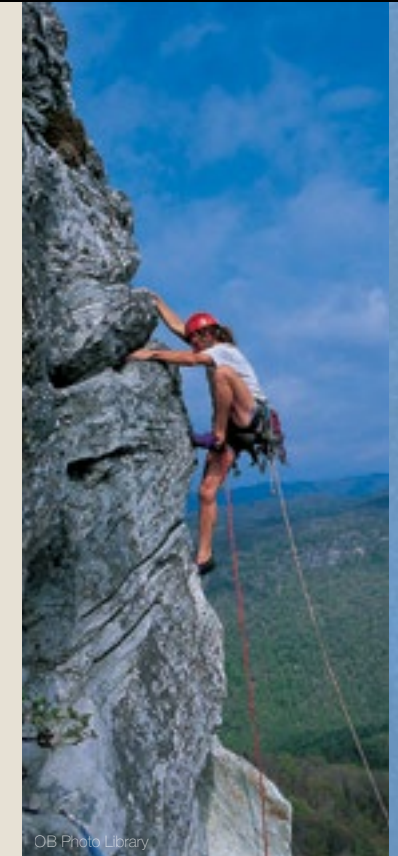
OB Photo Library

Hidden deep in the Blue Ridge Mountains of North Carolina, an imposing rock face known as Table Rock stands guard over the Linville Gorge Wilderness. In addition to recognizing the sheer beauty of the mountain, many consider Table Rock the preeminent rock climbing destination in the Southeast.

Since 1967, the North Carolina Outward Bound School has operated its Table Rock Base Camp in the shadow of this most impressive mountain, teaching much more than how to climb “TR’s” vertical face. Upon completing their course, students embrace and value teamwork, discover innate leadership abilities and feel a deep sense of accomplishment.

Today, the North Carolina Outward Bound School has branched out from its Table Rock beginnings to offer incredible course options at a variety of geographies. Course areas range from camps in the Appalachian Mountains and North Carolina’s 200-mile Outer Banks barrier islands, to the “rivers of grass” in the Florida Everglades and Patagonia on the southern tip of South America. Each area is unique, and collectively they offer some of the most dramatic landscapes on Earth.

With courses and locations to suit a variety of age groups and interests, the North Carolina Outward Bound School will help you discover your true character, develop leadership and teamwork skills, find inner strength you didn’t know existed and gain the confidence you need to succeed.



OB Photo Library

NORTH CAROLINA

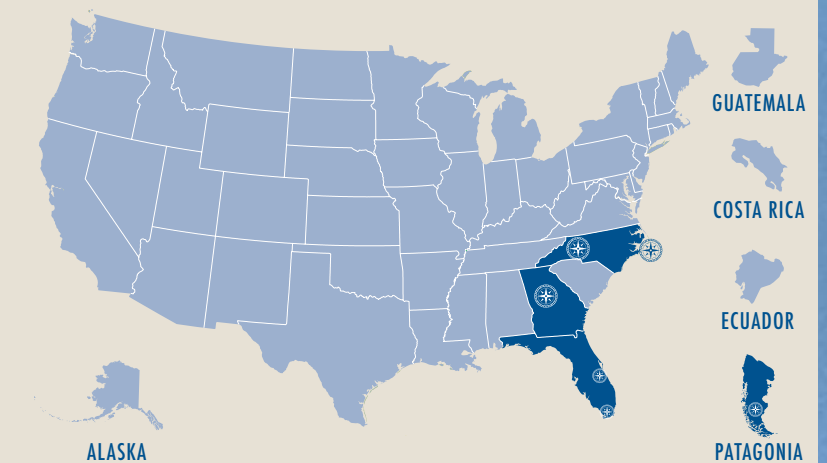
Outward Bound School

TESTIMONIALS

“The Outward Bound experience challenged me physically, stimulated me mentally and stirred me emotionally.”
- Monica M.

“It was the single most important and life-changing thing I have done.”
- Keenan B.

“I learned that you don’t always need a solution to the problem at the moment—just the willingness to keep searching for an answer.”
- Olaf M., Military Veteran



PEAK

Experience



ACTIVITIES:

- ✦ Backpacking
- ✦ Rock Climbing
- ✦ Mountaineering
- ✦ Desert Backpacking

PROGRAMS:

Wilderness	p. 44
Gap Year/Semester	p. 49
Military Veterans	p. 56
Custom Programs	p. 56

Trusting the Rappel. Sierra Nevada Range.

Photo: David Katz

Countless artists, writers, photographers and adventurers have found inspiration in California's majestic landscapes. From the High Sierra near Yosemite and the high desert in Joshua Tree to the Golden Gate Bridge in San Francisco, Outward Bound California offers a wide range of breathtaking course areas where students face challenge and adventure and discover newfound strengths and resiliency.

Technical alpine backpacking, mountaineering and rock climbing courses are offered out of the Midpines Base Camp, which serves as the gateway to the awe-inspiring Sierra Nevada Mountains. Our Joshua Tree programs offer world-class rock climbing and desert backpacking in a truly unique ecosystem. Outward Bound California also serves students year-round in the San Francisco Bay Area, with both backcountry and school-based programs from our Bay Area Center.

Multi-week courses run throughout the summer and early fall and are led by a team of highly motivated and skilled field instructors committed to helping people of every age discover, develop and achieve their full potential.

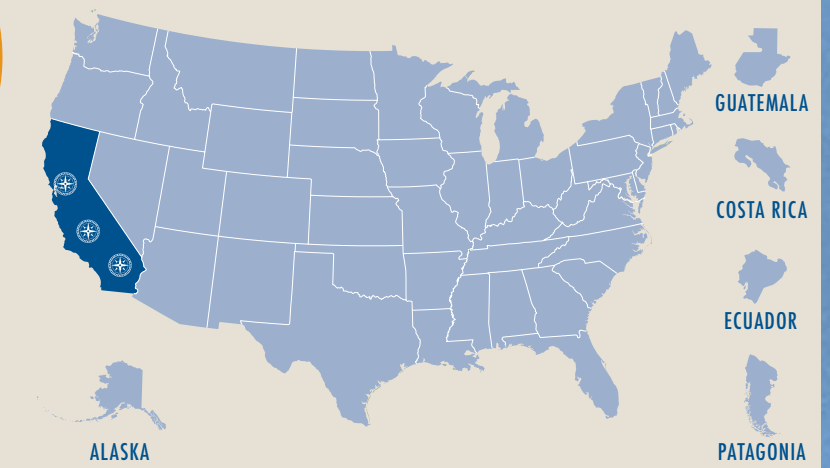
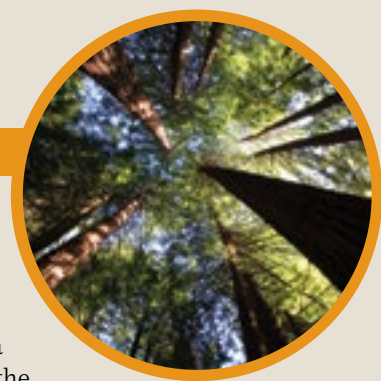
Capable, compassionate and inclusive: there's a mystique that draws people west and is revealed when they truly explore it—making for inspiring and unforgettable experiences. This is Outward Bound California.



Outward Bound CALIFORNIA

AT A GLANCE

- ✦ California is home to the largest, tallest and oldest living things in the world: the Giant Sequoia, the California Coastal Redwood and the Bristlecone Pine.
- ✦ The highest and lowest points in the continental United States are within 100 miles of one another in California. Mount Whitney measures 14,495 feet and Bad Water in Death Valley is 282 feet below sea level.



“There is no such thing as a weird human being. It’s just that some people require more understanding than others.”
 - Tom Robbins

FREE

To Be Yourself



Photo: Jay Harcum

ACTIVITIES:

- ✦ Canoeing
- ✦ Backpacking
- ✦ Sea Kayaking

PROGRAMS:

- Intercept p. 54
- Military Veterans p. 56
- Custom Programs p. 56

The Outward Bound philosophies of helping people find their true potential is nowhere more vital than the Alabama Outward Bound School. Located along the shores of Mobile Bay in beautiful Fairhope, Ala., the school was established in 2006 and has served over 700 students.

The Alabama Outward Bound School specializes in canoeing, backpacking and sea kayaking expeditions.

Specialized, professional instructors provide students guidance as they travel through the Mobile Tensaw Delta, rivers of the Alabama coastal plain and along the Mississippi’s barrier islands. The Alabama Outward Bound School helps students find their best selves. Here, students fully realize the philosophy of Outward Bound, “there is more in you than you know.”

Nationally accredited through the Council on Accreditation in Wilderness and Adventure-Based Therapeutic Outdoor Services, the Alabama Outward Bound School specializes in working with struggling teens at risk of school dropout and delinquency.

Our canoeing and backpacking expeditions aim to inspire students to stay in school to reach their full potential in education, community, career and life.

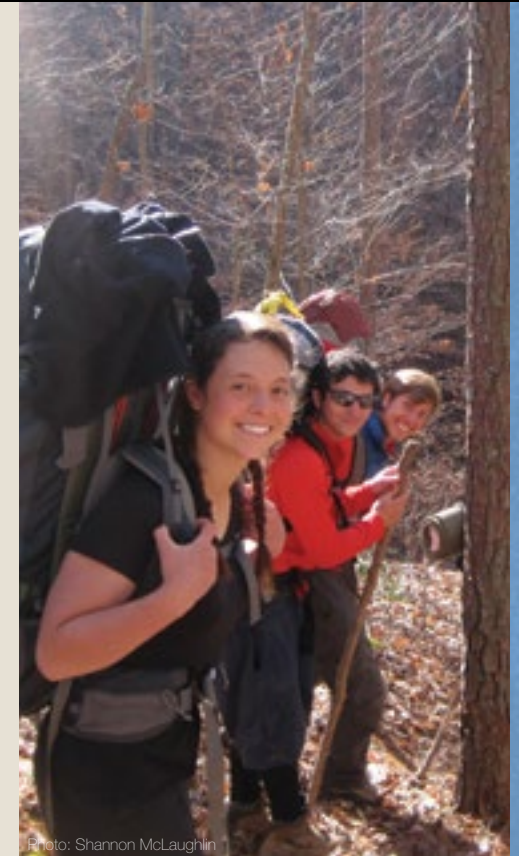


Photo: Shannon McLaughlin

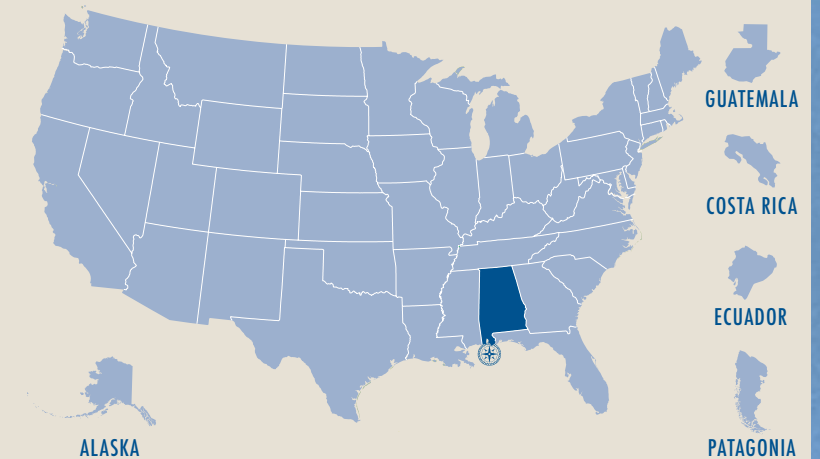
ALABAMA

Outward Bound School

TESTIMONIALS

“Thank you once again for the incredible experience for my son and me. My son is a changed, revealed, matured and essentially rescued person as a result. A year ago, I wasn’t sure if he would embrace his potential and back out of the negative path he had begun to go down. I felt helpless. Now, my son is confident, direct, present and making a wonderful difference at school and at home.”

—Parent of Intercept student



BEGIN

Your Adventure



ACTIVITIES:

- ✦ Canoeing
- ✦ Backpacking
- ✦ Sea Kayaking

PROGRAMS:

- Wilderness & Urban* p. 43
- Military Veterans* p. 56
- Custom Programs* p. 56

Photo: Zak Klein

Since its creation in 1986, the Baltimore Outward Bound School has led thousands of students into the wild ‘Dolly Sods’ of West Virginia and the Appalachian Trail, through the streets of Baltimore on urban expeditions and on the waters of Chesapeake Bay to experience education in a non-traditional setting.

The philosophy and experiential framework of Outward Bound’s founder Kurt Hahn has shaped the courses and programs offered at the Baltimore Outward Bound School. By living as a group in a wilderness setting and facing authentic challenges, participants realize what they are truly capable of and develop compassionate, capable leadership skills needed for actively engaging in their lives back home.

Outward Bound students are not passengers on a journey. They are the crew and return from their experience mentally stronger with enhanced compassion and more confidence to embrace personal growth.

There are thrills. But it’s not just about the thrills. An Outward Bound course is so much more than a one-dimensional adventure experience. A zip line is not a life-changing experience—a program designed by some of the world’s greatest outdoor educators is.

Students learn skills that help them redefine their future and their role in the world. Compassion, integrity, confidence and critical thinking cannot be learned in the classroom only. These life skills are earned through experience—experience that Outward Bound provides.

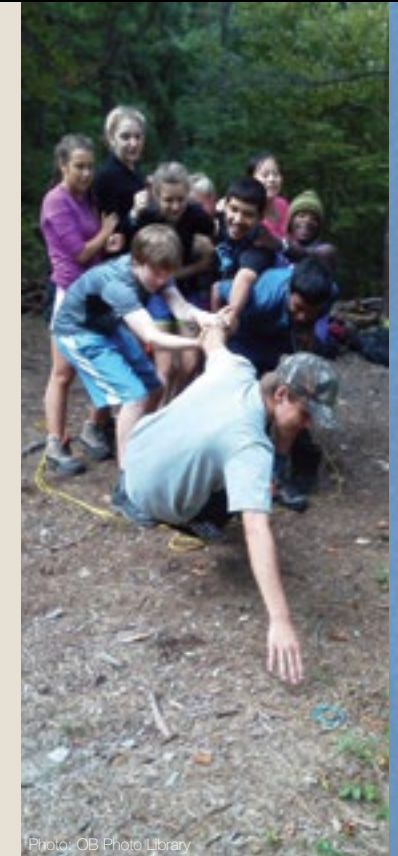


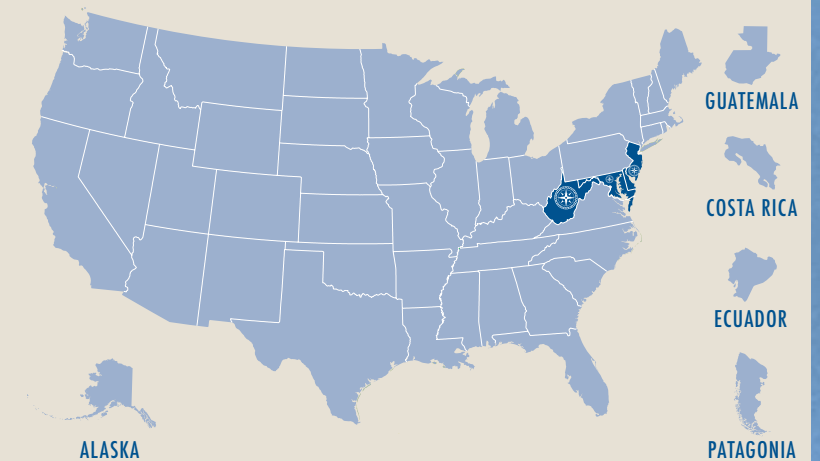
Photo: OB Photo Library

BALTIMORE CHESAPEAKE BAY Outward Bound School

TESTIMONIALS

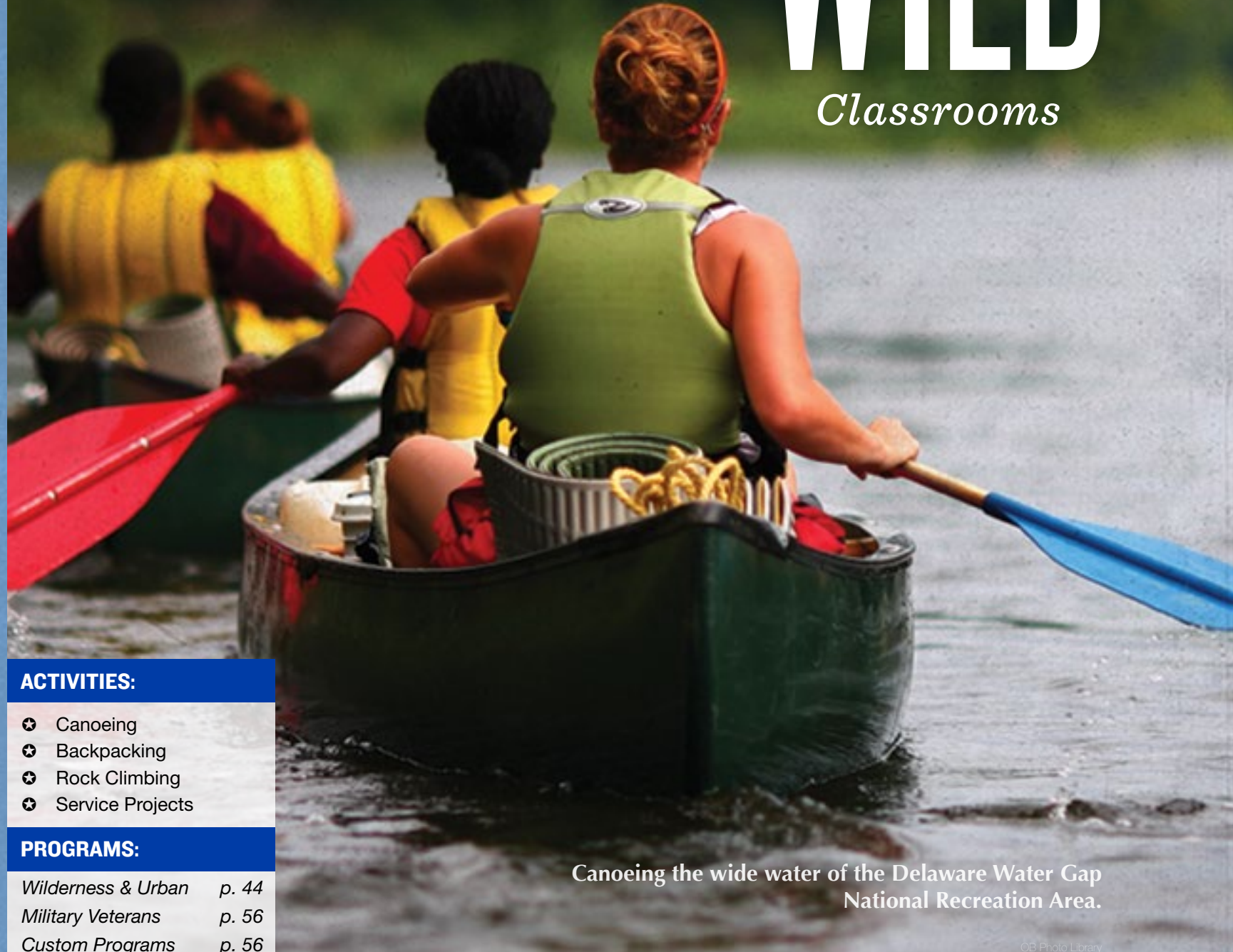
“Safe physical challenges for teenagers are hard to come by in the 21st century, especially for those students who live in an urban environment. Outward Bound gives students the opportunity to test their own strengths and come away stronger and more confident in their ability to successfully face the everyday challenges of living in the city.”
—Kelly Caswell

“Honestly, I learned so much I can’t fit it in this space!”
—M. Macklin



WILD

Classrooms



Canoeing the wide water of the Delaware Water Gap National Recreation Area.

ACTIVITIES:

- ✦ Canoeing
- ✦ Backpacking
- ✦ Rock Climbing
- ✦ Service Projects

PROGRAMS:

- Wilderness & Urban p. 44
- Military Veterans p. 56
- Custom Programs p. 56

©B Photo Library

The Philadelphia Outward Bound School is deeply embedded in the community, working with young people and adults; students, educators and school administrators; and business, corporate and community leaders.

Since its founding in 1992, the Philadelphia Outward Bound School has focused on creating leadership capacity within the region by providing opportunities to develop a better understanding of each individual's capabilities and value to their community.

The centerpiece of the Outward Bound educational philosophy is the belief that for young people to succeed they need character growth and skills to assume leadership roles and take positive approaches to life's challenges.

By engaging students in demanding situations, often in unfamiliar environments, Outward Bound allows students to develop as leaders while also encouraging self-reliance, physical fitness, craftsmanship, service to those in need and the environment and, above all, compassion.

The Philadelphia Outward Bound School is dedicated to inspiring young people to embrace their common humanity, engage in service and become active citizens. Courses balance a focus on personal growth with the life-long value of an ability to master challenges, an appreciation for reflection, action and the importance of teamwork.

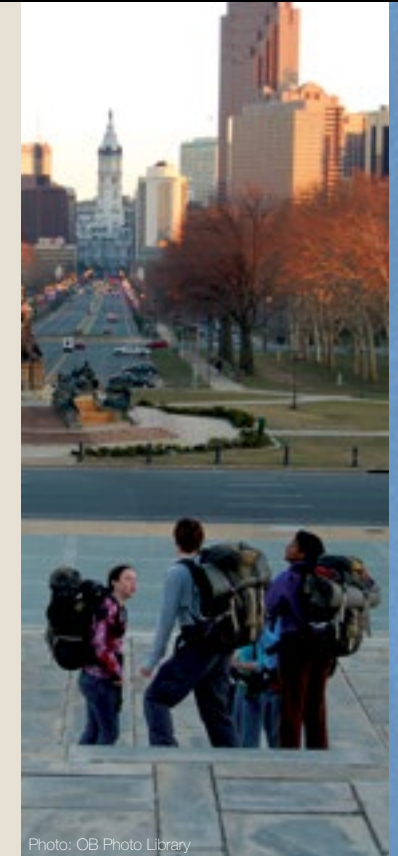


Photo: OB Photo Library

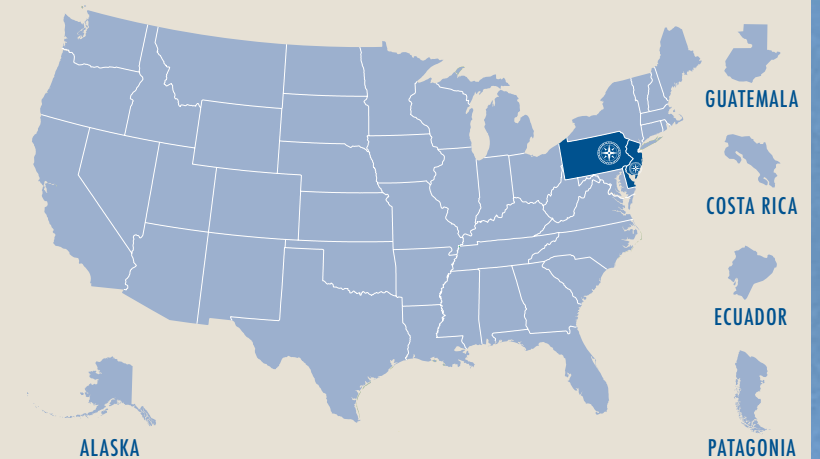
PHILADELPHIA

Outward Bound School

INSTRUCTOR PROFILE

- ✦ **Name:** Erica Morey
- ✦ **Years with OB:** 4
- ✦ **Course Areas:** Florida, Alabama and the Mid-Atlantic.

✦ **Favorite Activities:** In the off season, you can find Erica practicing yoga, cooking up a new recipe, or helping build a community garden in East Falls, PA. where she currently resides.



CHOOSE YOUR COURSE

Find dates, tuitions and the most up to date information at www.outwardbound.org

Rock climbing at Smith Rock State Park, Central Oregon, with Mt. Jefferson in the background.

Photo: Ali Rose

PROGRAMS + COURSES

Wilderness	p. 34
Gap Year/Semester	p. 46
Instructor	p. 50
Intercept	p. 52
Custom Programs	p. 56
Additional Schools	p. 57

PUSH

Yourself

Rock climbing at Smith Rock State Park,
Central Oregon.

Photo: Jof El Zayat

Wilderness Courses

Why Wilderness?

Wilderness is the great equalizer. For each of us—regardless of age, ability, background, belief or personal history—a wilderness experience levels the playing field.

At Outward Bound, we use the wilderness classroom to provide unparalleled opportunities for discovery, personal growth, self-reliance, teamwork and compassion.

Almost 75 years ago, Outward Bound founder Kurt Hahn emphasized the importance of training through, not for, the wilderness. Climbing a mountain demands commitment, tenacity and courage.

Navigating in open water necessitates skills and teamwork. Preparing a meal in a rainstorm involves sacrifice. Exploring a desert canyon requires perseverance. Traversing a frozen lake by dog sled calls for a sense of adventure.

In this arena, we are free to be ourselves, take risks and make mistakes. We are compelled to be accountable. We are challenged to open our minds and question our so-called limitations.

We are encouraged to see ourselves and others differently. In essence, the wilderness experience is a catalyst for change and growth—an opportunity to accomplish more than we ever thought possible.

Outward Bound is a school like no other. Our instructors are world-class educators and adventurers. Our programs are designed to allow you to learn from experience in some of the most beautiful places on earth.

Come join us!

“There is more in 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

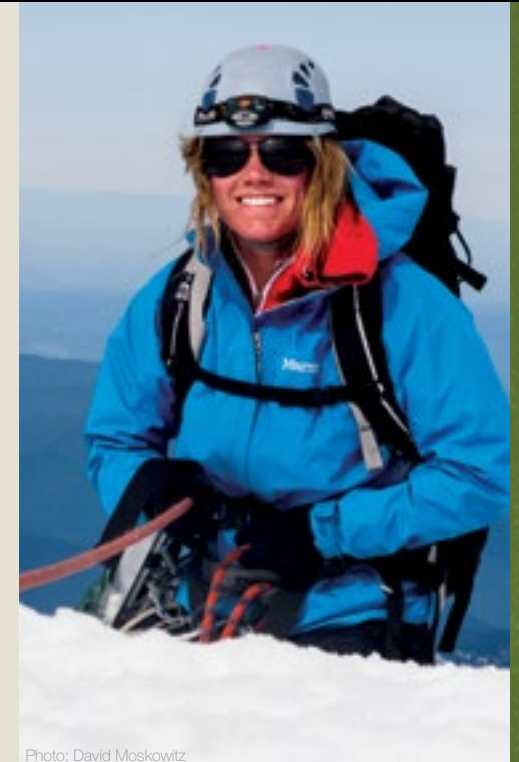


Photo: David Moskowitz

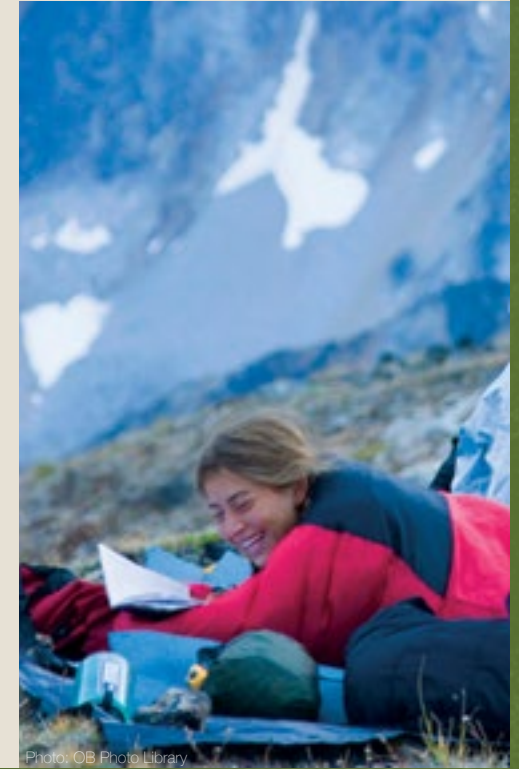


Photo: OB Photo Library



Photo: OB Photo Library



Photo: Chad Spangler



Photo: OB Photo Library



Photo: OB Photo Library

Wilderness Courses:

Colorado Outward Bound School

ALASKA BACKPACKING

This 15-day backpacking course takes place in the Chugach Mountains of Alaska and focuses on the art of traveling light, exploring the natural world and becoming a high-functioning team. During the course, you can expect to travel on and off trail, over steep alpine terrain and through thick brush. As the course progresses and your skills and experience increase, your instructors will turn more and more responsibility over to you and your crew.

- ✦ Season: Summer
- ✦ Ages: 16+
- ✦ Length: 15 Days

COLORADO ROCKIES ALPINE BACKPACKING

Take off on a classic Colorado Rockies expedition. You'll spend the first days of your course rock climbing and getting familiar with the gear you need for a backcountry expedition. After that, it's off to the mountains where you'll travel with a backpack that contains everything you need. Your instructors will teach you how to cook, set up shelters and navigate. Expect to travel on and off trail as you wind your way through the mountains.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages/Groups: 14-16, 16+, 23+, Families, All Girls
- ✦ Length: 8-22 Days

COLORADO ROCKIES BOOMER BACKPACKING

This eight-day backpacking course takes place in the Rocky Mountains and focuses on exploring self and community in the natural world. Once in the field, you and your group will hike high into the alpine, above treeline, and attempt one of the many high peaks that adorn Colorado's skyline. You will learn modern camping and travel skills, basic first-aid and map and compass use.

- ✦ Season: Summer, Fall
- ✦ Ages: 55+
- ✦ Length: 8 Days

COLORADO ROCKIES MOUNTAINEERING

This is a two- to three-week mountaineering expedition in the heart of the Colorado Rockies. Mountaineering is distinct from backpacking in that peak attempts require technical gear and the travel may be more challenging. These factors contribute to making this one of our most physically challenging courses.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages: 14-16, 16+, 17+, 18+
- ✦ Length: 15-30 Days

COLORADO ROCKIES MOUNTAINEERING AND ROCK CLIMBING

This three-week course offers fit, motivated teens and college-aged individuals a chance to experience a challenging mountaineering expedition in the Rocky Mountains. Each day, you will travel to climbing sites from the camping area, and you may spend one or more nights in the backcountry. This course includes a mix of teaching, climbing and hiking, where you will become acquainted with gear, then quickly move on to building skills, moves and techniques as well as safety.

- ✦ Season: Summer
- ✦ Ages: 16+
- ✦ Length: 22 Days

SOUTHWEST CANYONEERING

This canyoneering course includes technical descents into some of the most beautiful and challenging canyons in Utah. It is perfect for students looking for technical skills, adventure and an experience in a desolate and mysterious place unlike any other on earth.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages: 16+, 18+
- ✦ Length: 8 Days

SOUTHWEST MOUNTAIN, CANYON AND RIVER EXPEDITION

This is a three-week multi-expedition, including mountaineering in the La Sal Mountains, canyon backpacking and canyoneering in or around Canyonlands National Park and rafting on the Colorado or the San Juan River. This is one of Outward Bound's premier courses and is perfect for fit, motivated teens or adults looking for skills for life-long success.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages: 16+, 18+
- ✦ Length: 24 Days

SUPER YOUTH ROCKIES ALPINE BACKPACKING

This eight-day expedition features backpacking and rock-climbing in the Rocky Mountains of Colorado. This course is designed for middle-school students who are looking to improve their leadership skills, are interested in challenging themselves and are open to discovering the life-long benefits and perspective that only wilderness travel with Outward Bound can offer.

- ✦ Season: Summer, Fall
- ✦ Ages/Groups: 12-13, All Girls
- ✦ Length: 8 Days

Find more courses online at www.outwardbound.org/course-finder

Voyageur Outward Bound School

APOSTLE ISLANDS SEA KAYAKING

Travelling by sea kayak is a close encounter with the elements of water and wind. You will learn the art of paddling a sea kayak in varied weather, landing the craft, navigation and rescue techniques. You will develop your paddling skills and come to know your group while traveling from island to island and camping just inland from sandy-beached bays. Beginner kayakers are definitely welcome, and intermediate students will have the opportunity to hone their skills further.

- ✦ Season: Summer, Fall
- ✦ Ages: 18+, 30+
- ✦ Length: 7 Days

BOUNDARY WATERS DOG SLEDDING AND SKIING

On skis and dog sleds you blaze trails across the snow-covered frozen lakes. This course is designed for anyone who

wants to experience companionship with a working husky, to have conversations around a roaring fire and do more than you thought possible. Learn to drive a dog team, cross-country ski, travel across frozen lakes, split wood and build toasty fires.

- ✦ Season: Winter
- ✦ Ages/Groups: 18+, 30+, 16-18, All Women
- ✦ Length: 8-22 Days

BOUNDARY WATERS WILDERNESS CANOEING

This is a canoe expedition in one of America's last true wilderness areas. Rock climbing, ropes courses, service, solo, final expedition and a wilderness triathlon are only a few aspects that make this adventure a true life experience that you will never forget. From portaging canoes to taking care of your teammates, from building a fire to building character, the Boundary Waters are a perfect place to experience Outward Bound.

- ✦ Season: Spring, Summer
- ✦ Ages: 14-16, 16-18, 18+, 30+
- ✦ Length: 8-22 Days



Photo: Theo Theobald



Photo: OB Photo Library



Photo: OB Photo Library



Photo: OB Photo Library

Wilderness Courses

BOUNDARY WATERS WILDERNESS CANOEING AND SUPERIOR TRAIL BACKPACKING

This three-week multi-element course features a backpacking section along the north shore of Lake Superior and a canoe expedition in the Boundary Waters Canoe Area Wilderness. It is a great way to experience two beautiful environments in the remote and amazing North Woods in Minnesota's border country. This course is ideal for motivated teens seeking challenge through a variety of course elements, group living and personal discovery.

- ✦ Season: Summer
- ✦ Ages: 14-16, 16-18
- ✦ Length: 22 Days

CANADIAN LAKE SUPERIOR SEA KAYAKING AND BACKPACKING

Travel Lake Superior by sea kayak and hike the Sawtooth Range along the northern shore of Minnesota. You will gain skills to command single and tandem sea kayaks in wind, waves and surf. You will explore the rugged coastline, learn to read nautical charts and gain the skills and awareness to manage your group safely. After your sea-kayaking expedition, spend a day gaining climbing skills on the 80-foot sheer rock walls of Shovel Point.

- ✦ Season: Summer
- ✦ Ages: 16-18, 18+
- ✦ Length: 22 Days

MINNESOTA ALUMNI SERVICE WEEK

Come together with other alumni who are familiar with the Outward Bound challenge for this unique blend of service work and community building. The Alumni Service Week is not designed as a standard Outward Bound course, but as an opportunity for alumni and us to benefit from each other's energy and enthusiasm. You will work with Outward Bound staff, preparing for the upcoming season or preparing the Homeplace Base Camp for winter.

- ✦ Season: Spring, Fall
- ✦ Ages: 18+
- ✦ Length: 8 Days

ST. CROIX SCENIC RIVERWAY CANOEING AND ROCK CLIMBING

This canoe expedition will travel down one of the few national scenic riverways in all of the U.S. Paddling, service and a final expedition make this adventure rich with varied challenges. You will get to know your group as you learn the wilderness skills needed to travel safely down the beautiful St. Croix River corridor.

- ✦ Season: Summer, Fall
- ✦ Ages/Groups: 12-13, 14-16, All Boys, All Girls, Families
- ✦ Length: 7-10 Days

Find more courses online at www.outwardbound.org/course-finder

Hurricane Island Outward Bound School

FLORIDA KEYS SAILING

On this classic sailing expedition, you will learn to sail a 30-foot open sailboat in and around the turquoise waters of the Florida Keys. Our rugged, engineless vessels, modeled after traditional fishing and rescue boats, are simple yet challenging classrooms for beginner and experienced sailors alike. As you rotate responsibilities during this expedition, you will learn the art of sailing, navigating, rowing and living aboard a small open boat.

- ✦ Season: Winter, Spring
- ✦ Ages: 18+
- ✦ Length: 8-14 Days

RANGELEY LAKES CANOEING

Tailored for adult students, this week-long canoe expedition will not only get you away from it all, it will allow you to form new perspectives. Throughout the Rangeley

Lakes, thread canoe routes traveled for centuries by Native Americans and then European explorers and adventurers. Whether you are a seasoned canoeist or have never been in a small boat before, this expedition will be the ideal setting for bonding with a new group, trying new leadership roles and stretching perceived limitations.

- ✦ Season: Fall
- ✦ Ages: 23+
- ✦ Length: 8 Days

MAINE COAST SAILING

This course is a classic Hurricane Island sailing expedition off the rugged coast of Maine. One of our original courses, students on the flagship offering have discovered there is more in them than they know. The expedition is physically and mentally challenging and unforgettable. With the rest of your watch, you will live aboard one of our 30-foot open sailboats, learning sail handling, navigation, seamanship and much more.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages/Groups: 14-16, 16-18, 18-22, 23+, All Women
- ✦ Length: 8-22 Days

MAINE COAST SAILING AND MAHOOSUC MOUNTAIN BACKPACKING

This course, designed for teens, will explore two contrasting wild environments of Maine: the intricate coastline and the rugged Mahoosuc Mountains. Learn the art of sailing, navigating and living aboard a small open boat, using only human and wind power as propulsion. Shoulder backpacks and hike the mountains that make up the northern section of the Appalachians. Students find new strengths in themselves and in each other and learn to adapt to change and prepare to succeed.

- ✦ Season: Summer
- ✦ Ages: 16-18
- ✦ Length: 22 Days

MAINE COAST SAILING AND SERVICE

Learn expedition and sailing skills to reach the remote islands off the coast of Maine and engage in community service projects. The coast of Maine is home to centuries-old fishing communities, and the offshore islands have some of the nation's last remaining one-room schoolhouses. A 30-foot open sailboat will be your home and classroom. The skills you learn, working together aboard the boat and looking after

your crewmates, will enable you to enter these communities and make a difference.

- ✦ Season: Summer
- ✦ Ages: 16-18
- ✦ Length: 22 Days

MAINE MAHOOSUC BACKPACKING AND CANOEING

Backpack and paddle through the bold granite Mahoosuc Mountains and the picturesque Rangeley Lakes of western Maine. This section of the northern Appalachians is steep, rugged and beautiful; it will test you physically and reward your efforts. Paddling and portaging the centuries-old canoe routes of the Rangeleys will test your navigation and ability to work together. Leadership, sharing responsibility and communication are integral to success, and you will return home ready to take on new challenges of all kinds.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages: 14-16, 16-18, 18-22
- ✦ Length: 14-22 Days



Photo: Ali Rose



Photo: Ali Rose



Photo: CB Photo Library



Photo: Luke O'Neill

Wilderness Courses

MAINE MAHOOSUC BACKPACKING AND ROCK CLIMBING

Hike among Maine and northern New Hampshire's bold mountains and wild valleys. Stop to rock climb on the granite crags that make this a climber's destination. Motivated teens ready to stretch the boundaries of their own limitations will reach new heights on the rock and as an expedition team member. In addition to camping, navigating, backpacking, climbing, rappelling and belaying, you will learn the teamwork, leadership and communication skills that will make your expedition the experience of a lifetime.

- ✪ Season: Summer
- ✪ Ages: 16-18
- ✪ Length: 22 Days

MAINE MOOSEHEAD CANOEING AND WHITEWATER

Your wilderness classroom will be the headwaters of the Penobscot, Kennebec and Allagash watersheds in Maine's Northwoods. In tandem canoes, you will travel 10 to 15 miles each day through the Northeast's largest tracts of undeveloped land, learn to maneuver your canoe precisely and progress to whitewater of increasing difficulty. Practice and rescue drills will expand your confidence to take

on greater challenges, and you will depart the course with an enhanced ability to take on new obstacles.

- ✪ Season: Summer
- ✪ Ages: 16-18
- ✪ Length: 22 Days

Find more courses online at www.outwardbound.org/course-finder

Northwest Outward Bound School

NORTH CASCADES ALPINE BACKPACKING

Alpine backpacking in the spectacular North Cascades will give you the opportunity to explore some of the most beautiful and pristine wilderness in the U.S. Alpine backpacking courses carry less weight than mountaineering courses and focus on covering greater distances through more diverse landscapes. But this course will undoubtedly challenge you and help guide you to your true potential.

- ✪ Season: Summer
- ✪ Ages: 16-18, 18+
- ✪ Length: 14 Days

NORTH CASCADES MOUNTAINEERING

The North Cascades are considered one of the premier mountaineering locations in the U.S. and contain several of the "50-classic climbs in North American Mountaineering." Mountaineering is distinct from backpacking in that your peak attempts require technical assistance and the travel may be more challenging. Courses are team environments where you and your group work closely together to travel, navigate and camp every day.

- ✪ Season: Summer, Fall
- ✪ Ages: 16-18, 18+
- ✪ Length: 14 Days

NORTHWEST SEA KAYAKING AND MOUNTAIN EXPEDITION

This is a multi-element expedition in the San Juan Islands and the North Cascade Mountains of Washington. It includes two distinct expeditions—one by kayak and one on foot. The 22-day course is more physically rigorous and involves technical mountaineering, whereas the 14-day course combines kayaking with alpine backpacking. In addition to technical skills, your instructors will teach the interpersonal skills that will allow the group to function effectively as a team.

- ✪ Season: Summer
- ✪ Ages: 16-18, 18-22, 18+
- ✪ Length: 14-22 Days

OREGON RAFTING AND MOUNTAIN EXPEDITION

This expedition features a rafting trip down the Deschutes River and an alpine expedition in the Central Oregon Mountains. You will begin with lessons in safety and river travel then progress to reading currents and working as a team. Then you trade in your water shoes for hiking boots and head into the mountains. Regardless of your experience level, this course is best suited for motivated teens ready to take on challenge.

- ✪ Season: Summer
- ✪ Ages: 14-16, 16-18
- ✪ Length: 15-22 Days

OREGON ROCK N' RIVER

What a great way to finish up the summer, 14 days of rock climbing and rafting! You will rock climb for 4-5 days and embark on a 96-mile whitewater rafting expedition. You will receive individual rock-climbing instruction and have your skills tested against vertical cracks, steep faces and boulders. In addition, you will progress to learning about reading whitewater currents, anticipating obstacles, scouting

difficult rapids and working as an effective team.

- ✪ Season: Summer
- ✪ Ages: 14-16, 16-18
- ✪ Length: 15 Days

VOLCANO SKI MOUNTAINEERING

Attempt to ski off the summit of a 10,000-foot volcano. Designed for the intermediate-to-advanced level resort skier who desires to take their skills into the backcountry and away from the crowds. Course participants will spend a day or two at a local ski area before heading into the Three Sisters Wilderness for the final week of the course.

- ✪ Season: Spring
- ✪ Ages: 18+
- ✪ Length: 10 Days

WASHINGTON ALPINE BACKPACKING AND ROCK CLIMBING

Backpacking and rock climbing in the spectacular North Cascades is an ideal course for younger teens and will give you the opportunity to explore some of the most beautiful and pristine wilderness in the United States as you travel through the mountain range nicknamed the "American Alps." In addition to technical skills, your instructors will teach interpersonal skills,

allowing the group to function effectively as a team to accomplish your goals.

- ✪ Season: Summer
- ✪ Ages: 14-16
- ✪ Length: 14 Days

WASHINGTON CANOEING AND ROCK CLIMBING

We plan youth courses to set students up for success no matter where they are starting on the spectrum of wilderness experience. You will begin a multi-day canoe trip into the heart of the North Cascades. You'll learn how to navigate, organize and camp, while learning about the local forests and wildlife. Then you will have the opportunity to rock climb at our front-country climbing sites where you will learn the basics of climbing technique as well as developing confidence and trust in team members.

- ✪ Season: Summer, Fall
- ✪ Ages/Groups: 12-13, All Boys, All Girls
- ✪ Length: 10 Days

Find more courses online at www.outwardbound.org/course-finder



Photo: OB Photo Library



Photo: OB Photo Library



Photo: J. Milnes



Photo: OB Photo Library

Wilderness Courses

North Carolina Outward Bound School

APPALACHIAN MOUNTAINS BACKPACKING AND ROCK CLIMBING

While exploring the unique Pisgah National Forest, with its thick mountain laurel, cool mountain streams and rock formations, you will learn to tie knots, belay and read rock faces for climbs. You will then put those skills to use over several days of progressive climbs. You will develop teamwork, leadership and confidence while working together with your group to meet your goals each day.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages: 14-16, 16-18, 18+, 20+, 30+
- ✦ Length: 4-14 Days

APPALACHIAN MOUNTAINS BACKPACKING AND ROCK CLIMBING—PARENT/CHILD

Family courses offer the same challenges as all of our courses, with an added focus on building trust between parent and child. On this course, you and your child will learn about teamwork, communication and respect, giving you the opportunity to forge a stronger relationship with your child while sharing a tarp, navigating the wilderness, trusting each other while

belaying and climbing and participating in group discussions with other parent-child pairs.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages/Groups: Families
- ✦ Length: 4 Days

APPALACHIAN MOUNTAINS BACKPACKING AND WHITEWATER CANOEING

Journey deep into sculpted rock channels twisting through whitewater rivers, a perfect place for you and a partner to develop the collaboration and communication required for executing synchronized strokes, eddy turns, peel-outs and ferries. You'll leave the course with newfound strength that can help you through everyday situations as well as the unknown challenges to come.

- ✦ Season: Summer
- ✦ Ages: 14-16, 16-18, 18+
- ✦ Length: 8-14 Days

APPALACHIAN MOUNTAINS BACKPACKING, ROCK CLIMBING AND WHITEWATER CANOEING

Take your journey deep into some of the oldest mountains in the world. On this classic multiple-activity course, you will learn to climb rock faces, paddle through

whitewater and travel in the backcountry. In addition to physical challenges, you will build communication and leadership skills, confidence, initiative and teamwork. Participants will leave this course with a newfound strength that can easily be applied to everyday obstacles.

- ✦ Season: Summer
- ✦ Ages: 14-16, 16-18, 18-30
- ✦ Length: 22-28 Days

APPALACHIAN MOUNTAINS ROCK CLIMBING INTENSIVE

Cradled in the southern Appalachian Mountains is some of the best rock climbing country in the world. For nearly 50 years, our climbing specialists have been teaching novice and advanced climbers alike to tackle technical climbs with respect. This non-traditional course focuses on skill acquisition. Participants will spend most of their time backpacking to each rock-climbing site where they will learn skills like anchor building, stance management, multi-staged ascent and descent, lead climbing and improvised rescue.

- ✦ Season: Summer
- ✦ Ages: 16-18
- ✦ Length: 9 Days

FLORIDA TEN THOUSAND ISLANDS SEA KAYAKING

Travel between tropic and semi-tropic, land and sea, salt and fresh water during this course. This 99-mile long wilderness waterway begins at Everglades City, Fla., and ends at Flamingo Key at the southern tip of the Florida peninsula. You will develop your sea kayaking skills as you paddle through a maze of mangrove trees, learn to read tidal charts and maps, explore fragile and unique ecosystems, work with your team to find your way to a sandy beach each evening and cook your own meals.

- ✦ Season: Winter, Spring
- ✦ Ages: 18+, 30+
- ✦ Length: 7 Days

NORTH CAROLINA OUTER BANKS SEA KAYAKING

Steeped in legend and history, this 200-mile stretch of barrier islands sets the stage for adventure. Travel by kayak along the Cape Lookout National Seashore, learn to read tide charts, see amazing wildlife and challenge yourself to something new. Be ready to tackle the physical challenges of sea kayaking in varied weather and the mental challenges of living and traveling in a group.

- ✦ Season: Summer, Fall
- ✦ Ages: 16-18, 18+
- ✦ Length: 8-14 Days

PATAGONIA SERVICE AND BACKPACKING

Immerse yourself in a unique cross-cultural experience, from eating local food and participating in a service project to backpacking deep into the terrain of the Cuyin Manzano region and summiting 12,000-foot peaks. This course requires a high level of fitness and commitment. After some long, challenging days, you will be rewarded with a huge sense of accomplishment and memories that will last a lifetime.

- ✦ Season: Winter
- ✦ Ages: 18+
- ✦ Length: 14 Days

*Find more courses online at
www.outwardbound.org/course-finder*

Baltimore Outward Bound School

WEST VIRGINIA BACKPACKING AND CANOEING

Hike and explore diverse ecosystems; travel over high mountain ridges into deep valleys and past waterfall-laden streams as you backpack through wilderness areas. You will also experience life on the river when you switch over to canoeing, learning the art of paddling a canoe in a variety of water conditions. This course is designed for teens and pre-teens and takes place in a somewhat less remote setting than other courses—perfect for younger, motivated teens ready for adventure.

- ✦ Season: Summer, Fall
- ✦ Ages/Groups: 12-13, 16-18, All Boys, All Girls
- ✦ Length: 12 Days

*Find more courses online at
www.outwardbound.org/course-finder*

Photo: OB Photo Library



Photo: OB Photo Library



Photo: Herwood

Wilderness Courses

Outward Bound California

SIERRA NEVADA ALPINE BACKPACKING

Alpine backpacking in the spectacular Sierra Nevada will give you the opportunity to explore some of the most beautiful and pristine wilderness in the U.S. Your multi-day backpacking expedition will take you into the heart of the Sierra Nevada. You will learn to read a map, use a compass, set up shelters and cook in the backcountry. Travel will include time on and off trail both above and below tree line.

- ✦ Season: Summer
- ✦ Ages: 16-18, 18-22, 18-30
- ✦ Length: 14-22 Days

SIERRA NEVADA ALPINE BACKPACKING AND ROCK CLIMBING

Join us for some of the most spectacular alpine routes in the U.S. Above the tree line, you will find the endless land of wilderness and the unlimited potential in yourself. Regardless of your previous climbing experience, instructors will teach you step by step how to use a rope and a harness to climb on beautiful rock features in Sierra Nevada. The curriculum is designed to develop trust in

team members and confidence in yourself. Programs are designed with various lengths, locations and challenge levels to meet the needs of specific age groups.

- ✦ Season: Summer, Fall
- ✦ Ages/Groups: 12-13, 14-16, 16-18, 18-22, 18-30, All Boys, All Girls
- ✦ Length: 7-22 Days

SIERRA NEVADA MOUNTAINEERING

Considered one of the premier mountaineering locations in the U.S., The Sierras stand out due to high-quality granite and stable, sunny summer weather. Mountaineering is distinct from backpacking in that your peak attempts require technical assistance and the travel may be more challenging. Our courses cover a wealth of technical skills including: navigation, basic knots and hitches and technical climbing on snow and rock.

- ✦ Season: Summer
- ✦ Ages: 16-18, 18-22, 18-30
- ✦ Length: 14-22 Days

Find more courses online at www.outwardbound.org/course-finder

Philadelphia Outward Bound School

DELAWARE WATER GAP BACKPACKING AND CANOEING

This course is expedition-style, featuring backpacking and canoeing in and around the Delaware Water Gap National Recreation Area. Designed for middle school students who are looking to improve their leadership skills, are interested in challenging themselves and are open to discovering the life-long benefits that only wilderness travel with Outward Bound can offer.

- ✦ Season: Summer
- ✦ Ages: 12-13
- ✦ Length: 10 Days

DELAWARE WATER GAP BACKPACKING & ROCK CLIMBING

Adventure awaits along the Appalachian Trail as it passes through gorgeous sections of Pennsylvania. This backpacking and rock climbing co-ed, expedition-style course is designed for middle-school students who are looking to improve their wilderness skills and are open to discovering a new perspective in life.

- ✦ Season: Summer, Fall
- ✦ Ages: 12-13
- ✦ Length: 7 Days

DELAWARE WATER GAP CANOEING

This course is expedition-style canoeing in and around the Delaware Water Gap National Recreation Area. You will travel with all the food and equipment you need to conduct your expedition: stoves, tents, food, etc. Your crew might occasionally sleep at the same campsite twice, but generally you will be moving to a new campsite every night as you hike and paddle along your expedition route.

- ✦ Season: Summer
- ✦ Ages: 12-13
- ✦ Length: 7 Days

YOUTH SERVICE LEADERS—PHILADELPHIA

Twelve-day, service-based training expeditions that combine Outward Bound's renowned leadership training with a focus on environmental stewardship. This wilderness-based backpacking expedition provides students with hands-on conservation and environmental service opportunities in Pennsylvania's beautiful state parks and forests.

- ✦ Season: Summer
- ✦ Ages: 14-16
- ✦ Length: 12 Days

Thompson Island Outward Bound Education Center

BOSTON HARBOR ISLAND EXPLORATION AND CLIMBING

Join new friends and your instructors on Thompson Island for seven days of exploration, camping and climbing. Discover and investigate the geology and ecology of the island's forests, salt marshes, tidal pools and beaches. Learn camp craft, wilderness skills and environmental stewardship while living in the outdoors. Climb the 62-ft. Alpine Tower and other high-ropes challenges.

This course provides students with extra support to achieve greater potential.

- ✦ Season: Summer
- ✦ Ages: 12-13, All Boys, All Girls
- ✦ Length: 7 Days

BOSTON HARBOR SAILING AND CLIMBING

On this 12-day course join nine new friends and your instructors on a 30-foot pulling boat for an adventure in the Boston Harbor Islands National Park Area. You will explore islands throughout the harbor and sleep on your boat. Learn navigation and seamanship skills. Challenge yourself as you climb the 62-ft. Alpine Tower. Students participate in a service project and learn environmental stewardship from their experiences as well as through interactions with National Park rangers.

- ✦ Season: Summer
- ✦ Ages: 12-13, All Boys, All Girls
- ✦ Length: 12 Days

BOSTON HARBOR SEA KAYAKING AND CLIMBING

Propel yourself through the waters of Boston Harbor in a two-person kayak. Learn paddling techniques, capsize and rescue procedures, weather and forecasting and navigation skills. Investigate water and shoreline ecology that only a kayak can access and camp out on island beaches. As your skills progress, tackle new challenges such as plotting your own course to another island and leading your crew.

- ✦ Season: Summer
- ✦ Ages: 12-13, All Boys, All Girls
- ✦ Length: 12 Days

MASSACHUSETTS COAST SAILING AND CLIMBING

On this 14-day course travel on a 30-ft. pulling boat for an adventure in the Boston Harbor Islands National Park Area

and Massachusetts Bay. You will explore marine habitat throughout your sail from Boston Harbor to Cape Ann and sleep by night on your boat. Learn navigation and seamanship skills, environmental stewardship, visit the Maritime Heritage Center in Gloucester and whale watch with an interpretive naturalist.

- ✦ Season: Summer
- ✦ Ages: 14-17
- ✦ Length: 14 Days



TEST

Yourself

Gap Year and Semester Courses

Explore. Discover. Learn. Do.

Sometimes you have to step off the path to understand where it is you're going. Our gap year and semester courses are the ideal alternative for college-age students looking for something beyond the traditional classroom environment and for those who want to learn by doing.

No other Outward Bound experience is as in-depth, absorbing and comprehensive as our wilderness semester and gap year courses. Taking students to exotic and wild locales including Colorado, Utah, California, Minnesota, North Carolina, Florida, Costa Rica, Ecuador and Patagonia, these 30-day to 85-day courses are unique opportunities to gain real wilderness skills and develop life skills in decision making, problem solving, leadership and teamwork.

With activities as varied as the world we inhabit, you will raft, sail, rock climb, dog sled, kayak, hike and push forward with your team as you form bonds and friendships that will last a lifetime.

When you live and travel in the great outdoor classroom, you gain a clearer sense of your abilities, build teamwork and leadership skills and walk away with a greater understanding of the wilderness, our world and the direction you want your life to take.

With more than 50 years in outdoor expeditionary learning and some of the most talented and experienced instructors in the field, Outward Bound provides you with the tools, training and skills that no other organization can provide.

As challenging as they are unforgettable, our gap year and semester courses are truly the adventure of a lifetime.

"What we have to learn to do, we learn by doing"
- Aristotle



Photo: OB Photo Library

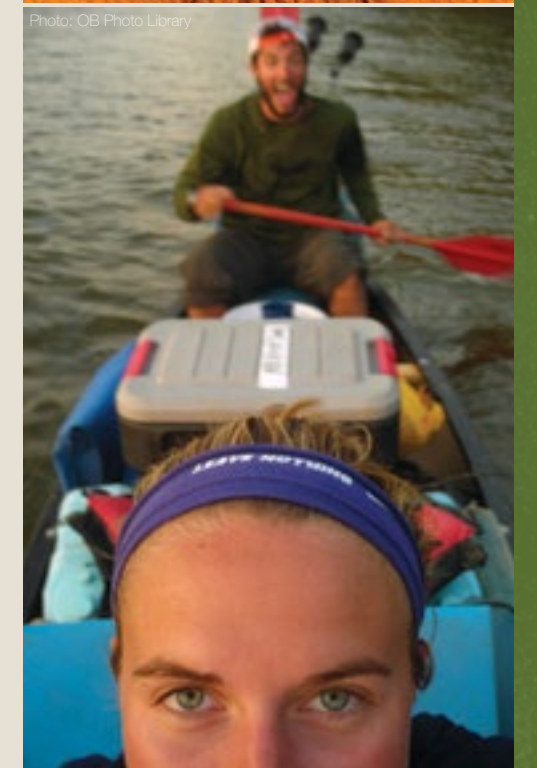


Photo: OB Photo Library

High camp in the Sawatch Range just below La Plata Peak.

Photo: Adam Fischer



Photo: OB Photo Library



Photo: OB Photo Library



Photo: OB Photo Library



Photo: Jor-Ei Zajatz

Gap Year and Semester Courses

Colorado Outward Bound School

CANYONLANDS LEADERSHIP SEMESTER

Located in Outward Bound's most remote course areas, the Canyonlands Leadership Semester is your launching point into the exciting and rewarding field of outdoor adventure education. This Canyonlands Leadership Semester is a 50-day journey through the mountains, canyons, deserts and rivers of one of the most beautiful and geologically stunning landscapes in the world. This challenging course is designed for individuals seeking to begin a career in outdoor or adventure education or those looking to find personal growth by challenging themselves the Outward Bound way. Graduates receive a Wilderness First Responder Certificate.

- ✦ Season: Summer, Fall
- ✦ Ages: 16+, 18+
- ✦ Length: 50 Days

PATHFINDER LEADERSHIP EXPEDITION—ROCKY MOUNTAINS

The Pathfinder Leadership Expedition allows students to reflect on their strengths while giving them skills and ideas that could help to shape their future. This 30-day course takes place

in both the wilderness of the Rocky Mountains and the rural towns of the Arkansas Valley. Course includes a Wilderness First Aid Certification and professional group life-coaching sessions.

- ✦ Season: Spring, Fall
- ✦ Ages: 18-22
- ✦ Length: 30 Days

ROCKIES TO ECUADOR INTERNATIONAL LEADERSHIP SEMESTER

The Rockies to Ecuador International Semester is an extraordinary expedition, which combines beautiful, challenging environments and activities with an intensive leadership curriculum, emphasizing individual growth and community. As you travel through the pristine mountains, into the meandering canyons and across continents to a new culture, you will certainly encounter considerable hardships and challenges. These experiences will not only push you physically, but also emotionally and socially.

- ✦ Season: Winter, Spring, Fall
- ✦ Ages: 18+
- ✦ Length: 81 Days

Voyageur and Hurricane Island Outward Bound Schools

BOUNDARY WATERS DOG SLEDDING TO FLORIDA KEYS SAILING SEMESTER

On skis and dogsleds you blaze trails across the snow-covered frozen lakes. Experience companionship with a working husky, have conversations around a roaring fire and see what you are made of when the temperature dips below zero. Then travel to the warm, turquoise waters of south Florida, where you will sail, navigate and live aboard an open boat. Challenge your teamwork and leadership skills as you adapt to the rhythms of wind and wave and maneuver your boat in shallow waters.

- ✦ Season: Winter, Spring
- ✦ Ages: 18+
- ✦ Length: 60 Days

Voyageur Outward Bound School

PATHFINDER LEADERSHIP EXPEDITION - BOUNDARY WATERS

Explore the interconnected lakes on the rugged Minnesota-Canadian border. Combine hiking, canoeing and rock climbing in summer and skiing and dog sledding in winter to gain far

more than just technical skills. Develop a mastery of these skills that fosters confidence in yourself, independence from your instructors and pride in your abilities. Emerge with a stronger sense of self and inspiration for the road ahead.

- ✦ Seasons: Winter, Summer
- ✦ Ages: 16-18, 18+
- ✦ Length: 30 Days

Hurricane Island Outward Bound School

FLORIDA KEYS TO COSTA RICA LEADERSHIP SEMESTER

In this exciting and demanding three-month semester course, you will explore and master the art of water-based wilderness expeditions and adventure, developing the skills and leadership abilities to teach and travel safely and widely on our blue planet. Three months. Three countries. Oceans and Rivers. Opportunities to test your leadership skills in five aquatic wilderness elements: sailing, rafting, surfing, scuba diving and sea kayaking.

- ✦ Season: Winter, Spring
- ✦ Ages: 18+
- ✦ Length: 85 Days

MULTINATIONAL SAILING AND SERVICE SEMESTER

Invest in a progression of adventure while learning expedition and leadership skills to become a competent and prepared international service volunteer. Begin with traditional sailing and navigation in an open sailing boat. Transition to Panama and immerse yourself in sea kayaking exotic coastal regions woven with service opportunities in remote villages. Complete the expedition and be welcomed as a highly prepared service volunteer with our partner organization, Safe Passage, to serve the children and families of Guatemala City for a final month.

- ✦ Season: Winter, Spring, Fall
- ✦ Ages: 18+
- ✦ Length: 80 Days

North Carolina Outward Bound School

INTERNATIONAL LEADERSHIP SEMESTER

Three distinct and majestic landscapes await you on this extended, multi-regional course designed for challenges in leadership, teamwork and personal development. In this 72-day course you will master your outdoor technical skills atop mountains in the Andean Range of

Patagonia, the Everglades of Florida and the southern Appalachian Mountains of North Carolina. With your crewmates, you will find your way, set up camp, cook your own meals over a camp stove and learn Leave No Trace techniques to minimize your impact on the land.

- ✦ Season: Winter, Spring, Fall
- ✦ Ages: 18-30
- ✦ Length: 72 Days

Outward Bound California

HIGH SIERRA WILDERNESS SEMESTER

This 50-day semester is a "tour de force" of the Sierra Nevada Mountain Range. California's 400-mile long "Range of Light" is filled with granite domes, steep peaks and alpine lakes. You will learn how to navigate mountainous terrain, rock climb and ascend technical peaks up to 14,000 feet. You'll earn a Wilderness First Responder Certification, explore one of the most stunning areas of the U.S. and gain the expertise to pursue your own adventures.

- ✦ Season: Summer
- ✦ Ages: 18+
- ✦ Length: 50 Days



Photo: OB Photo Library



Photo: Nicole Tedesco



Photo: OB Photo Library



Photo: Chad Spangler

Instructor Courses

Outdoor instructors are not camp counselors—they are highly trained outdoor professionals. Becoming one is no easy task, but if you ask any who do it, it’s one job that’s absolutely worth it.

Outward Bound instructor courses are longer length courses that train aspiring instructors in the technical and interpersonal skills required for an entry-level position in the field of outdoor education. Our instructor courses teach students to face challenges, lead by example and instruct others in the values and tenants of the Outward Bound program. Like all our courses, these are structured to give you opportunities to grow as an individual, as a member of a team and as a leader. A few elite graduates may go on to become Outward Bound instructors. Many use the skills sets gained in a variety of related outdoor and educational settings.

Named one of the toughest jobs in the world by *Backpacker Magazine*, Outward Bound instructors set the standard for experiential learning and continue to be the best in the industry for more than 50 years.

Outward Bound instructors receive annual training in:

- ✦ Wilderness First Responder
- ✦ Group Facilitation
- ✦ Diversity and Inclusion
- ✦ Communications Skills
- ✦ Expedition Leadership
- ✦ Conflict Resolution
- ✦ Leave No Trace Camping Practices
- ✦ Safety and Wilderness Risk Management

Instructor Courses

Colorado Outward Bound School

ROCKY MOUNTAIN INSTRUCTOR DEVELOPMENT COURSE

During this course, you will develop the technical skills required for outdoor adventure activities while, at the same time, gaining hands-on leadership and teaching experience with the goal of preparing you for an entry-level position as an outdoor adventure educator. Successful graduates will be well-positioned for future work with camp programs, leading trips, high school or college outdoor programs or Outward Bound positions.

- ✦ Season: Summer
- ✦ Ages: 18+
- ✦ Length: 50 Days

SOUTHWEST RIVER INSTRUCTOR COURSE

The Southwest River Instructor Course is designed for aspiring outdoor instructors with an interest in river guiding. This expedition takes you through some of the most beautiful, wild and remote whitewater river corridors in the Southwest. The course curriculum balances the development of technical skills with the other necessary skill sets of instructing—group management and

facilitation, educational and interpersonal skills, risk management strategies, expedition planning, Swiftwater Rescue and Wilderness First Aid Certification.

- ✦ Season: Spring
- ✦ Ages: 18+
- ✦ Length: 40 Days

Voyageur Outward Bound School

NORTHWOODS EXPERIENTIAL EDUCATOR SEMESTER

This is a training course for individuals interested in a career in outdoor education. It includes Wilderness First Responder (an advanced first-aid certification) and focuses on teaching and facilitation as well as wilderness skills. It includes a canoe expedition in the Boundary Waters, backpacking and rock climbing on the north shore of Lake Superior and a sea kayaking expedition in the Lake Superior National Marine Conservation Area. Applicants will undergo a thorough review process to ensure that the course is right for them.

- ✦ Season: Fall
- ✦ Ages: 18+
- ✦ Length: 50 Days

Northwest Outward Bound School

NORTHWEST WILDERNESS LEADER EXPEDITION—OREGON

The Northwest Wilderness Leader Expedition is a specialized Outward Bound course in the Central Cascades, Smith Rock State Park and on the Deschutes River in Oregon. Enhance your readiness to work in outdoor programs by participating in this extensive multi-faceted educational expedition. Develop your skills in rafting, mountaineering and rock climbing. Learn group facilitation methods and creative course planning strategies. Study risk management in a variety of settings and situations, planning for and actually teaching area youth as well as earn your Wilderness First Responder Certification.

- ✦ Season: Spring, Fall
- ✦ Ages: 18+
- ✦ Length: 50 Days

NORTHWEST WILDERNESS LEADER EXPEDITION—WASHINGTON

Designed for aspiring outdoor educators, this multi-expedition course offers you the chance to sea kayak, rock climb, mountaineer and backpack while

developing skills necessary for an entry-level job in outdoor education. This 50-day expedition travels through two of Washington’s most breathtaking and prized wilderness areas: the North Cascade Mountains and the San Juan Islands. Practice conflict resolution, group facilitation, risk management and course design while developing your leadership style and earning your WFR Certification.

- ✦ Season: Summer
- ✦ Ages: 18+
- ✦ Length: 50 Days

North Carolina Outward Bound School

OUTDOOR LEADER COURSE

North Carolina Outward Bound’s Outdoor Leader Course combines technical outdoor skill development with hands-on learning and teaching experience with the goal of preparing you for an entry-level position as an outdoor educator. Like all Outward Bound courses, the Outdoor Leader Course is structured to give you opportunities to grow as an individual, as a member of a team and as a leader.

- ✦ Season: Spring, Fall
- ✦ Ages: 18+
- ✦ Length: 50 Days

FIND *Yourself*



Photo: OB Photo Library

Intercept Courses

Clear Your Mind. Discover Your Path.

In a world filled with considerable parental and peer pressure, our award-winning Intercept wilderness courses help youth, teens and young adults connect their desire for more freedom and independence with the reality that they must take on the responsibility that comes with that freedom.

Outward Bound Intercept courses are designed to replace the often negative challenges of the teen years with extremely positive ones. The group expedition in “unfamiliar territory” instills confidence and strength and helps teens develop new perspectives and skills for dealing with the transition to adulthood.

With a focus on increasing self-awareness, communication and goal-setting, students return home from their wilderness expedition having further developed the values and skills needed to create and maintain a healthier self-image, trustworthy relationships and productive life skills.

Intercept instructors believe that everyone has talent and potential. Instructors know that wilderness expeditions are a wonderful crucible of known and unknown, clarity and confusion, challenge and reward that help individuals discover their strengths.

Outward Bound leaders have an unconditional positive regard for the importance of family and know that all the family members are needed. Parents and guardians join us for the last three days of the program in a pivotal and productive workshop with instructors and students.

An Intercept course combines the benefit of the expedition together with the purpose of the family for a powerful outcome.



Photo: OB Photo Library



Photo: OB Photo Library



Photo: Theo Theobald



Photo: Amy Boxell

Intercept Courses

Voyageur Outward Bound School

BOUNDARY WATERS CANOEING AND CLIMBING—INTERCEPT

The waters of one of the nation’s largest wilderness areas help carry your load on a journey of almost 200 miles across the Boundary Waters Canoe Area Wilderness. You and your team will become an efficient unit as your instructors teach you the skills you’ll need to work together moving your food, gear and canoes across to the next lake.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages: 14-17
- ✦ Length: 28 Days

BOUNDARY WATERS SEMESTER— INTERCEPT

Learn the art of paddling a sea kayak in varied weather, climb rock faces and embark on a canoeing expedition in the beautiful Boundary Waters. Our award-winning Intercept Program helps students and parents discover the basis of hope for a happier and more productive future—recognizing strengths, good intent, understanding and potential.

- ✦ Season: Year Round
- ✦ Ages: 16-20, 18-22
- ✦ Length: 50 Days

Hurricane Island Outward Bound School

MAINE BACKPACKING AND CANOEING—INTERCEPT

Your wilderness classroom will encompass a journey through Maine’s beautiful North Woods. Backpacking on your course will take you to sections of the Appalachian Trail—in the 100-mile Wilderness Area, the mountain ranges near the Kennebec River, the Bigelow Range or the Caribou-Speckled Mountain Wilderness. Our Intercept courses are designed to serve teens and their families and help them address issues like risky behaviors, low-motivation and defiance.

- ✦ Season: Summer
- ✦ Ages: 14-17
- ✦ Length: 28 Days

North Carolina Outward Bound School

FLORIDA CANOEING ODYSSEY— INTERCEPT

Designed for individuals who are struggling to take the next positive step in their lives, this course starts on the unique river systems of central Florida that head out to the Intercoastal Waterway on the Atlantic Ocean. Students will be introduced to the

joys and challenges of expeditionary canoe travel, camp-craft and group dynamics. Students achieve greater and greater autonomy as they practice communication skills, conflict-resolution, goal-setting and technical travel skills.

- ✦ Season: Spring, Summer, Fall
- ✦ Ages: 12-13, 14-17, 18-22
- ✦ Length: 20-28 Days

Alabama Outward Bound School

GULF COAST CANOEING AND BACKPACKING—INTERCEPT

This four-week canoe and backpacking expedition starts on the rivers of the Mobile Tensaw Delta and ends in the mountains of Talladega National Forest on the eastern shore of Alabama. It is designed for teens exhibiting challenging behaviors at home or school who are ready to make a change. This expedition is an opportunity for teens to learn about themselves and their strengths in a new setting, away from their typical pressures and temptations.

- ✦ Season: Summer, Fall
- ✦ Ages: 14-17
- ✦ Length: 28 Days

Lost And Found

“Discover What You Want from Life—for Your Life”

When I was 16, I went on an Outward Bound Intercept course in the woods of Maine and New Hampshire. As I look back, my reasons for going are rather embarrassing and hazy to say the least.

My senses were dulled by the constant use of substances. I remember feeling as though my parents, and others who were attempting to guide me in any direction different from the path I was on, were not concerned with my interests.

I felt they were trying to hold me back from the life that I enjoyed. I felt trapped and that any figure of authority was my enemy. I cared only about my friends and myself.

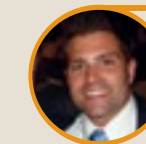
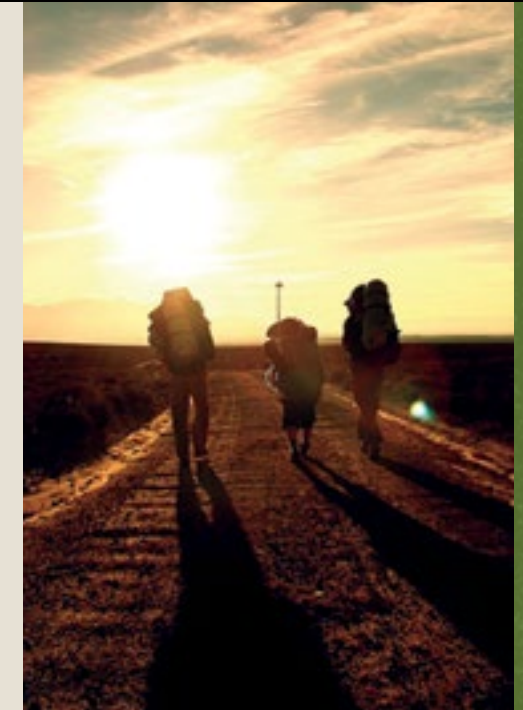
The most beneficial aspect of my Outward Bound experience was that I was forced to clear my mind for a period of time. Working with a group of people from different backgrounds but with similar issues, I discovered the importance of learning from others and working as a team to accomplish unified goals.

Being away from my friends and the substances that consumed my life at the time provided the opportunity to contemplate what I truly wanted for myself. The instructors were supportive, regardless of personal beliefs and backgrounds, and each individual was encouraged to use the experience in a way that would be most beneficial to them as a human being. Our individual learning led to a strong bond.

The solo experience is about a week into the trip. I vividly remember the sense of accomplishment I felt constructing adequate shelter and surviving with no assistance. I took the time to reflect on what was causing so much conflict in my life. With a clear mind, I began to realize that those who I thought were punishing me on a constant basis actually were genuinely concerned with the path that my life was taking.

I brought home a variety of perspectives and the knowledge that there are plenty of people who felt the same way about life that I did. Accomplishing goals on that trip I would never have imagined possible gave me a newfound sense of confidence.

Take advantage of the opportunity to escape the pressures of daily life. Allow the experience to enable you to clear your mind and discover what you want from life—for your life.



Vincent Tofani is a 1998 graduate of the Outward Bound Intercept program. He is a trial lawyer specializing in criminal defense and is actively involved with the Wounded Warrior Project.



Photo: OB Photo Library



Photo: David Moskowitz Photo: OB Photo Library



Photo: OB Photo Library

Custom Courses and Programs

Outward Bound has a long commitment of providing services and education for virtually any type of group that's up to the challenge of finding their true potential for success.

We offer courses for:

Schools and Groups

Whether you're with colleagues, friends, academic peers or any type of social group, Outward Bound believes that an individual, a team or an organization is capable of transcending virtually any challenge that stands between them and fulfilling their highest aspirations. Engaging, exciting and fun, our courses cultivate the qualities and skills that help individuals achieve their greatest potential and help them to work together as effective teams.

Grieving Teens

Heroic Journey is a special program from Outward Bound that takes grieving teens and young adults on our outdoor expeditions. Thanks to our donors, all participants receive reduced tuition. By combining personal growth methodologies of Outward Bound, with a simple support model that honors the griever, we deliver an intensely profound healing experience relevant to the lives of people who are coping with the death of a loved one.

Military Veterans

Fully funded by generous donors, Outward Bound helps thousands of returning service members and military veterans readjust to life at home through the healing power of the wilderness and by reinforcing the gratification, confidence and self-worth that comes with working within a group. These courses build the skills necessary to successfully return to life after wartime service.

Special Populations

Wilderness courses are offered for special populations such as youth (ages 12-13), family (parent/child duo or trio), adults (30+ and 55+) and single-gender groups. Each course is designed to fit the specific needs of the population, including considerations for the length, time of year, appropriate activities, specific course elements and instructor training. Courses for special populations provide unique opportunities to develop teamwork, leadership and life skills.

Additional Schools and Offices

Expeditionary Learning

New York, New York

Since 1993, Expeditionary Learning has partnered with school districts and charter boards to open new schools and transform existing schools to boost student engagement, character and achievement. They provide school leaders and teachers with professional development, curriculum-planning resources and new school structures.

New York City Outward Bound Schools

Long Island City, New York

Founded in 1987, NYC Outward Bound Schools work with over 300 schools and other youth-serving organizations throughout New York City to inject adventure and discovery into schooling, ground academic content in real-world issues, promote teamwork and individual initiative and to place character and intellectual development on equal footing.

Outward Bound USA

Golden, Colorado and New York, New York

Outward Bound USA is the national Outward Bound organization in America governing national safety, risk management and scholarship fundraising for the Outward Bound system. Outward Bound USA owns the Outward Bound brand and charters schools to provide student programs in the U.S.

Thompson Island Outward Bound Education Center

Boston, Massachusetts

Thompson Island Outward Bound Education Center provides outdoor adventure and experiential learning programs for young people from diverse economic backgrounds. Courses in environmental education, peer leadership, challenge and wilderness adventure are designed to unleash the potential in every student. TIOBEC also serves professional and corporate clients through custom team building and leadership programs.

Omaha Outward Bound School

Omaha, Nebraska

Founded in 2010, Omaha Outward Bound School brings high-quality experiential education programs to Nebraska. Focused on developing leaders within the Omaha metro area, they serve students through school-based programs, one-day challenge course programs and backcountry expeditions. They also provide corporate team building and educator training.



Photo: ©B Photo Library



Photo: OB Photo Library



Photo: OB Photo Library



Photo: OB Photo Library

Stewardship

Outward Bound is proud to operate in some of our nation’s most precious wilderness areas, and we take the responsibility of environmental stewardship seriously. Protection of these wild places is a central part of the Outward Bound philosophy. Students are instructed in local practices for Leave No Trace™ and low-impact camping, illustrating that the outdoors can be shared and enjoyed while still preserving its magnificent beauty.

We work with a variety of federal, state and county agencies, providing service to them and, in some regions, responding to calls for assistance.

We wish to thank these agencies for allowing our students to share in the beauty of these amazing places.

Safety

There is no aspect of outdoor education on which we place more importance than student and staff health and well-being. However, there are risks associated with wilderness and urban travel, including the possibility of being hours or even days away from emergency services. At Outward Bound, we are committed to managing risks by preemptively and systematically identifying, assessing and mitigating hazards and dangers while, at the same time providing real challenges to our students. For 50 years, we have acted as a leader in wilderness risk management and establishing safety practices utilized as a guide for outdoor educators across the country. Our instructors are experienced and qualified outdoor professionals committed to students’ well-being through their values, judgment, words and actions. They are certified as Wilderness First Responders, Wilderness First Aiders or the equivalent, and meet all Outward Bound, local, state and federal requirements for their positions.

Risk and uncertainty are central to the Outward Bound experience. While we cannot eliminate the risks associated with both the urban and outdoor environments we explore, we approach these risks as a learning tool to be managed. *For more information on our safety management system, please visit outwardbound.org/safety.*

Outward Bound Operates under Permits from the Following Agencies:

U.S. Forest Service

- ✦ Apache Sitgreaves National Forest, AZ
- ✦ Arapaho National Forest, CO
- ✦ Boise National Forest, ID
- ✦ Chattahoochee National Forest, GA
- ✦ Cherokee National Forest, TN
- ✦ Chugach National Forest, AK
- ✦ Coronado National Forest, AZ
- ✦ Deschutes National Forest, OR
- ✦ Gifford Pinchot National Forest, WA
- ✦ Gila National Forest, NM
- ✦ Gunnison National Forest, CO
- ✦ Inyo National Forest, CA
- ✦ Manti-La Sal National Forest, UT
- ✦ Medicine Bow National Forest, WY
- ✦ Monongahela National Forest, WV
- ✦ Mount Hood National Forest, OR
- ✦ Nantahala National Forest, NC
- ✦ Okanogan National Forest, WA
- ✦ Payette National Forest, ID
- ✦ Pike National Forest, CO
- ✦ Pisgah National Forest, NC
- ✦ Prescott National Forest, AZ
- ✦ Rio Grande National Forest, CO

- ✦ Roosevelt National Forest, CO
- ✦ Routt National Forest, CO
- ✦ San Isabel National Forest, CO
- ✦ San Juan National Forest, CO
- ✦ Sequoia National Forest, CA
- ✦ Sierra National Forest, CA
- ✦ Sumter National Forest, SC
- ✦ Superior National Forest, MN
- ✦ Tonto National Forest, AZ
- ✦ Uncompahgre National Forest, CO
- ✦ Wenatchee National Forest, WA
- ✦ White Mountain National Forest, NH & ME
- ✦ White River National Forest, CO
- ✦ Willamette National Forest, OR

U.S. Fish and Wildlife Service

- ✦ Cedar Island National Wildlife Refuge, NC
- ✦ Lake Umbagog National Wildlife Refuge, ME
- ✦ Leadville National Fish Hatchery, CO
- ✦ Ten Thousand Islands National Wildlife Refuge, FL
- ✦ Ute Tribe and Fisheries for use of land in Desolation Canyon, UT

National Recreation Area

- ✦ Apostle Islands National Lakeshore, WI
- ✦ Big Cypress National Preserve, FL
- ✦ Cape Lookout National Seashore, NC
- ✦ Ross Lake National Recreation Area, WA
- ✦ Upper Missouri National Scenic and Historic River, MT

Bureau of Land Management

- ✦ Deschutes River, OR
- ✦ Gunnison Resource Area, CO
- ✦ Henry Mountains Resource Area, UT
- ✦ Owyhee River, OR
- ✦ Price Field Office for Desolation Canyon and Labyrinth Canyon, UT
- ✦ Rogue River, OR
- ✦ Royal Gorge Resource Area, CO
- ✦ Salmon River, ID
- ✦ San Juan Resource Area, CO
- ✦ San Juan Resource Area, UT
- ✦ San Rafael Resource Area, UT

National Park Service

- ✦ Acadia National Park, ME

- ✦ Allagash Wilderness Waterway, ME
- ✦ Appalachian Trail, ME & NH
- ✦ Big Bend National Park, TX
- ✦ Big Cypress National Preserve, FL
- ✦ Blue Ridge Parkway, NC
- ✦ Boston Harbor Islands National Park Area, MA
- ✦ Canyonlands National Park, UT
- ✦ Dinosaur National Monument, UT
- ✦ Everglades National Park, FL
- ✦ Grand Canyon National Park, AZ
- ✦ Grand Portage National Monument, MN
- ✦ Great Sand Dunes National Monument, CO
- ✦ Joshua Tree National Park, CA
- ✦ Kenai Fjords National Park, AK
- ✦ Kings Canyon National Park, CA
- ✦ Mojave National Preserve, CA
- ✦ Mt. Rainier National Park, WA
- ✦ North Cascades National Park, WA
- ✦ Rocky Mountain National Park, CO
- ✦ Sequoia Kings Canyon National Park, CA
- ✦ Voyageurs National Park, MN
- ✦ Wrangell/St. Elias National Park, AK
- ✦ Yosemite National Park, CA

City Parks

- ✦ Boulder Mountain Parks, CO
- ✦ Chautauqua Park, CO
- ✦ Genesee Park, CO

International Parks

- ✦ CONAF, Chile

State Parks

- ✦ Alaska State Lands, AK
- ✦ Bahia Honda State Park, FL
- ✦ Baxter State Park, ME
- ✦ Big Bend Ranch State Park, TX
- ✦ Castlewood Canyon State Park, CO
- ✦ Colorado State Forest/Park, CO
- ✦ Deception Pass State Park, WA
- ✦ Eldorado Canyon State Park, CO
- ✦ Interstate State Park, MN
- ✦ Lost Dutchman State Park, AZ
- ✦ Maine Bureau of Parks & Lands, ME
- ✦ Odlin State Park, WA
- ✦ Pearygin State Park, WA
- ✦ School & Institutional Trust Lands Administration (SITLA) for the La Sal Mountains, UT

- ✦ Smith Rock State Park, OR
- ✦ Spencer Spit State Park, WA
- ✦ Tettegouche State Park, MN

Private Land Owners

Additionally, we would like to thank the private landowners/managers who give us permission to use their lands:

- ✦ Great Northern Timberlands
- ✦ Katahdin Forest Management
- ✦ KI-Jo Mary Multiple Use Management Forest
- ✦ Louis Hilton
- ✦ Mahoosuc Land Trust
- ✦ Maine Coast Heritage Trust
- ✦ Maine Island Trail Association
- ✦ MeadWestvaco
- ✦ The Nature Conservancy
- ✦ North Maine Woods
- ✦ Plum Creek Timber Company
- ✦ Seven Islands Land Company
- ✦ Stephen Phillips Memorial Preserve, ME
- ✦ Thompson Island Education Center
- ✦ Many private island landowners along the Maine Coast



Photo: OB Photo Library



Photo: OB Photo Library



Photo: OB Photo Library



Photo: OB Photo Library



Find

- ★ Select the course that fits your schedule.
- ★ Use our catalog, website or phone; 866-467-7651
- ★ Do you need financial support? Let our advisors know.



Apply

- ★ Apply online or by phone.
- ★ Complete required forms.



Get Approved

- ★ Completed forms are reviewed.
- ★ Financial aid is processed; if applicable.
- ★ Application is approved.



Plan

- ★ Complete payment; 60 days before course start.
- ★ Gather your clothing/gear.
- ★ Schedule travel.
- ★ Get in shape.



GO Outward Bound!

- ★ Meet an Outward Bound representative at your course start location.
- ★ Set off on a life-changing experience!

“From the very beginning Outward Bound was intended to develop self-confidence and self-awareness through *self-discovery*...It is the philosophy of Outward Bound that it is never too early or too late for anyone to begin the journey of *self-discovery*.”

- His Royal Highness, Prince Philip
(Excerpt from *The Inward Odyssey*)



A Powerful Force for Good Since 1941

Over 50 Years of Outward Bound in the U.S.

The history of Outward Bound goes back to 1941, when Kurt Hahn founded the first Outward Bound Sea School at Aberdovey, Wales. The idea was not only to teach sailing skills but also to demonstrate that strength of character could be taught and was as vital to individual success in life as academic achievement.

Named for the nautical term when a ship leaves the relative safety of the harbor, Outward Bound was a joint effort between British shipping magnate Sir Lawrence Holt and German-born educator Kurt Hahn.

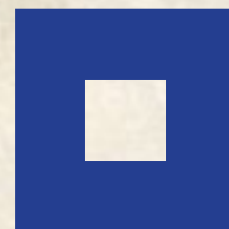
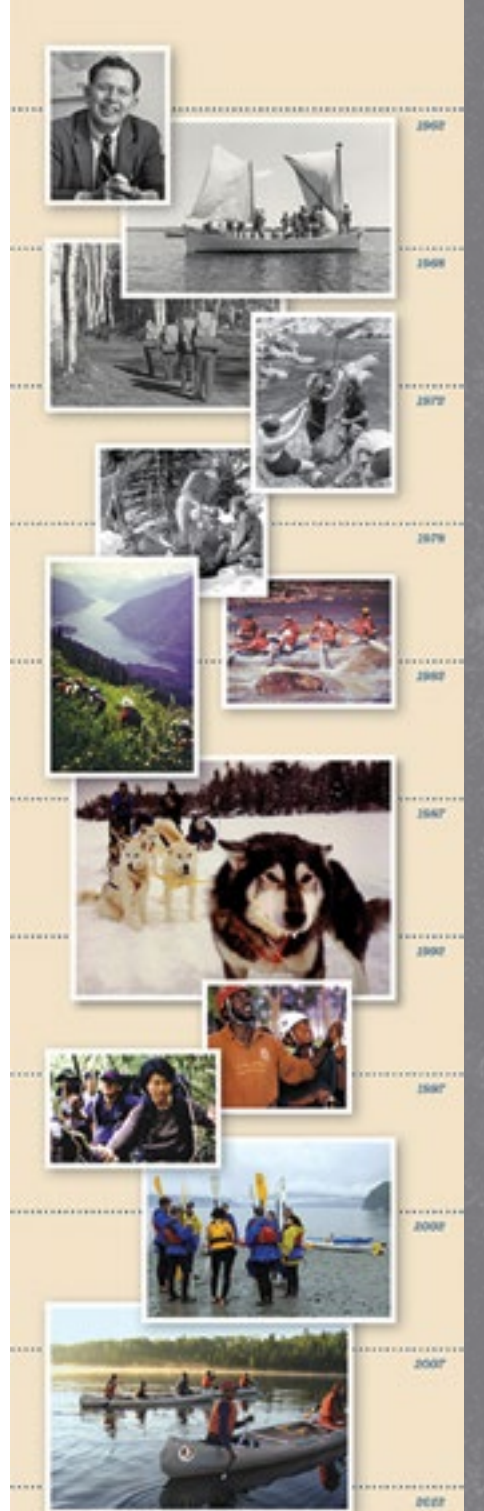
Hahn believed education must encompass both the intellect and the character of a person. In creating the first Outward Bound school, he expanded the concept of experiential learning to include real experience to gain self-esteem, the discovery of innate abilities and a sense of responsibility toward others.

Kurt Hahn believed when people discover their inner-strength, their ability to lead and their capacity to help others, the experience would forever change their lives for the better. This kind of self-discovery, driven by a love of adventure and a spirit of service, can do much more than benefit the people who experience it directly. What people learn about themselves and others through Outward Bound has the power to make the world a better place.

In 1962, Outward Bound opened our first wilderness school in the United States. Today, with its programs spanning the continent, it is as strong and relevant as ever. Hundreds of courses are delivered each year through a national network of regional schools, and we serve thousands of students with diverse interests, varying physical abilities and social backgrounds.

Outward Bound is the leading experiential education organization that helps to change lives for the better. In these challenging times, Kurt Hahn’s vision of learning through experience is as valuable and necessary now as ever before.

“...there is more in us than we know.”
- Kurt Hahn, Outward Bound Founder



The Blue Peter nautical flag indicates that a vessel is ‘outward bound.’

The flag is used by our Outward Bound schools to symbolize the journey for Outward Bound students as they leave their familiar surroundings at the start of a program.



OUTWARD BOUND

OUTWARD BOUND

2582 Riceville Road
Asheville, NC 28805
www.outwardbound.org
(866) 467-7651

 Main Index



EDUCATION FOR LIFE

BEGIN TODAY. 866.467.7651 www.outwardbound.org

“If you never try, you’ll never know...”
- Chris Martin

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.