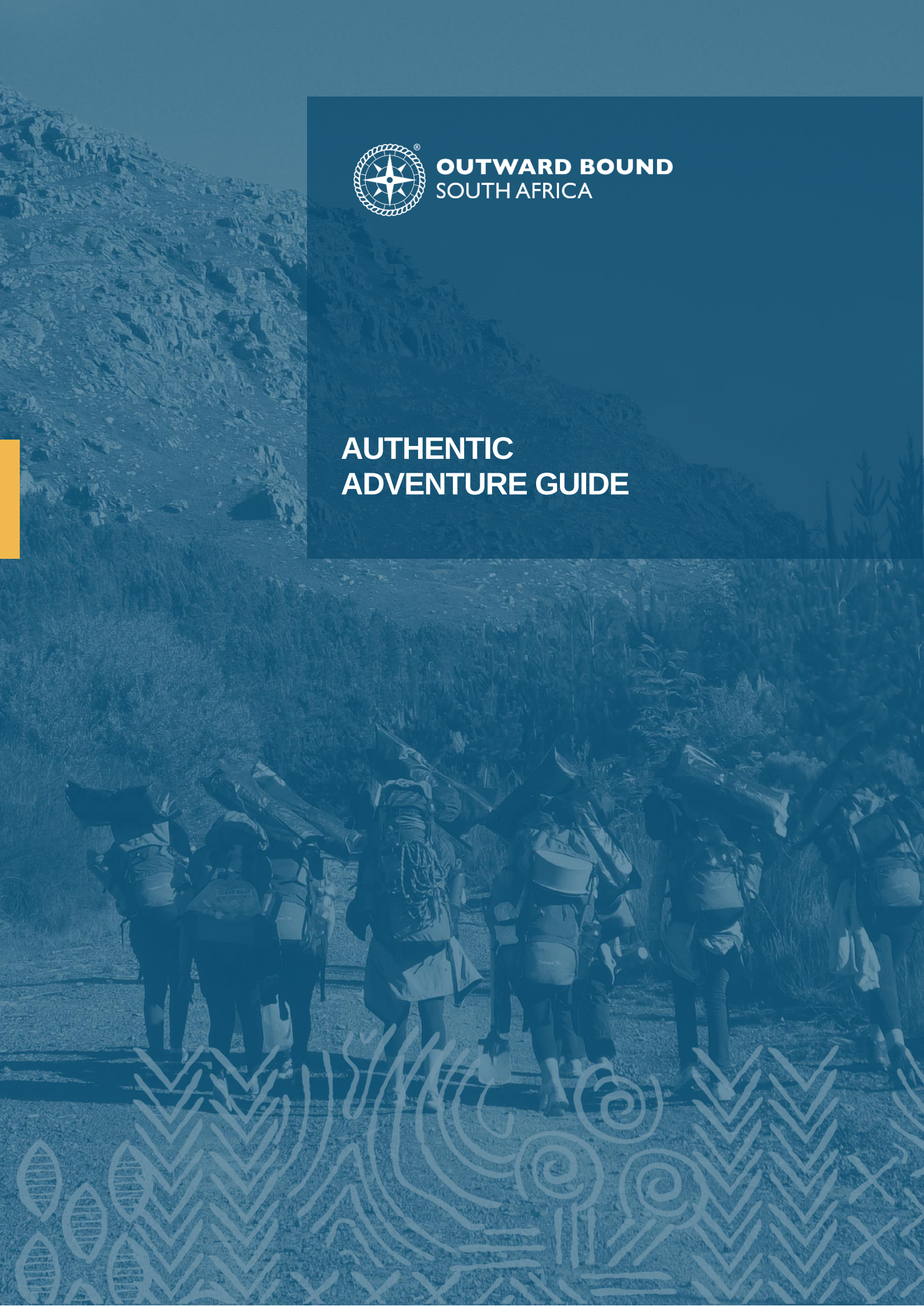




OUTWARD BOUND
SOUTH AFRICA

AUTHENTIC ADVENTURE GUIDE



Who we are

PURPOSE, MISSION AND IMPACT



Who We Are

Outward Bound is the largest non-profit, experiential education organization in the world. Using adventure and the outdoors, our courses have a powerful impact on people's lives. Our goal is to set thousands of young people free from mediocrity and to contribute to the success of our country. Programmes are developed to impact participants through experiential learning, assisted by experienced, skillful facilitators in challenging and inspiring environments.

Our Purpose

Helping youth reach their full potential through challenges in the outdoors.

Our Mission

To develop in young people the character, will, values and self-belief to live their lives to the fullest and to make better choices.

Our Impact to Date

Since 1992, 65 000 participants have been on an Outward Bound course, 200 instructors have been trained and 125 schools have taken part.

Why us

WHY EXPERIENTIAL LEARNING?



In a 'learning by doing' atmosphere individuals can strengthen their skills in a meaningful way that helps to promote life-long learners. Experiential learning can take on different forms, as a solo activity or as a collaborative effort. In a collaborative environment team members not only learn more about themselves and their communication skills, but those of others as well. As individual's strengths, weaknesses, and attitudes become apparent, they can be addressed and acknowledged, thereby creating a stronger sense of community. Experiential learning may begin with a set objective or goal that the learner wishes to accomplish, or tasks can be developed as the project progresses to accommodate the learners involved. Either form allows participants to take on new roles, discover new sources of information, and develop skills they may not have realised they possessed.



Why us

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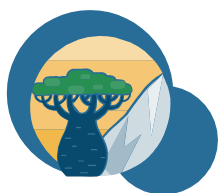
Our Programmes

Designed to unlock potential through authentic adventure and to empower young people to live healthy and productive lives.



Our People

Our expert instructors are positive role models who demonstrate compassion, patience, commitment and energy towards all participants.



Our Places

Our environments are adventurous, in nature and play a vital role in each participants learning experience.



Our Process

We use challenging outdoor adventures to produce deep insight and lasting change through experiential learning.

TELL ME, AND I WILL FORGET. SHOW ME AND I MAY REMEMBER. INVOLVE ME AND I WILL UNDERSTAND.



Outcomes

COURSE OUTCOMES

Personal Development

For participants to push their self-imposed limits and discover strengths and resilience they did not know they had.

- Understanding and overcoming of self-imposed limitations
- To recognise and use strengths
- Take up challenges
- Facing and overcoming fears
- Accepting responsibility

Capacity Building

For participants to be given the opportunity to develop capacities of mind, body and spirit to better understand their responsibilities to themselves, others and the community at large.

- Recognise and use their personal strengths
- Gain a deeper awareness and understanding of themselves
- Ability to go beyond self-imposed limitations
- Ability to manage self-perseverance and determination
- Ability to deal with conflict and challenging situations
- Taking risks and facing fears



Resilience and Coping Skills

To help participants to understand their environments and to work towards a better solution for themselves and those around them.

- Positive attitude despite hardship and tiredness
- Active participation
- Positive decision making
- Goal setting and planning
- Managing conflict
- Solving problems creatively

Decision making and problem solving

For participants to identify problems and consider the options and consequences before deciding on a solution.

- Find alternative solutions to problems
- Being persistent in finding solutions, using all resources
- Using suggestions made by others
- Considering consequences before making decisions
- Taking responsibility





Motivation and Support

To show participants the importance of attitude and how it can work towards a better lifestyle for all.

- An understanding of the power and importance of attitude
- An ability to motivate self and others
- Increased team spirit
- Confidence

Teamwork and team effectiveness

For the participants to realize that the effort of the group results in a better performance and higher success rate than any individual effort alone.

- Working towards a common goal
- Improved communication – the value of good listening skills
- Improved cooperation between team members
- Commitment to the team
- Volunteering for tasks
- Completing and following up on all tasks
- Sharing ideas
- Cooperation with all team members
- Increased trust
- Support and motivation to help others to complete activities/challenges
- Observing and evaluating different leadership styles



Leadership skills

For the participants to experience and learn different leadership styles and to work effectively with others as members of a team.

- Understanding of effective leadership principles and practice
- Positive role modeling
- Listen to and communicate effectively with other people and with groups
- Understanding of what makes a team effective
- Delegating tasks
- Management of a team



ACTIVITY LEARNING OUTCOMES

These activities are designed to enhance the learning outcomes from experiential programming and help participants transfer their learning back into everyday life.

Opening Circle

- Tone Setting

Ice-Breakers

- Tension breakers

Environmental Talk

- Being comfortable in the outdoors
- Environmental awareness
- Foster a sense of generosity and caring
- Personal hygiene

Gear Issue

- Discipline
- Learning to listen
- Learn, improve outdoor skills

Food Sort

- Problem solving
- Communication
- Teach to plan properly
- Decision making
- Taking others into consideration

Breeches Buoy

- Teamwork
- Communication
- Leadership
- Problem solving
- Decision Making
- Creative thinking

Camp Craft

- Active participation
- Learn, improve outdoor skills
- Communication
- Working together as a team

Rafting

- Teamwork
- Communication
- Perseverance
- Leading others

Navigation

- Planning
- Goal setting
- Decision making

Orienteering

- Leading others
- Active participation
- Learn, improve outdoor skills

Camping

- Resilience
- Teamwork
- Group interaction

Rock Climbing

- Teamwork
- Motivation
- Determination
- Goal setting
- Trust
- Sense of self-worth

Hiking

- Perseverance
- Tenacity
- Resilience
- Motivation
- Teamwork

Abseil

- Sense of self-worth
- Overcoming self-imposed limitation
- Trust in self / Motivation

Raft Building

- Teamwork
- Planning
- Creative Thinking
- Leadership

Community Service

- Creating positive self-image
- Role Modeling
- Sense of generosity and care

Solo

- Independence
- Self-sufficiency
- Versatility
- Patience
- Stamina

Sailing

- Teamwork
- Listening skills
- Leadership
- Motivation
- Communication
- Goal setting
- Trust

Kayaking

- Over-coming fears of water
- Teamwork
- Listening skills
- Goal setting
- Communication
- Determination

Canoeing

- Over-coming fears of water
- Teamwork
- Listening skills
- Goal setting /
- Communication
- Determination

Group Dynamics

- Problem solving
- Teamwork
- Communication
- Determination
- Creative thinking
- Leading others
- Trust

High Ropes

- Overcoming self-imposed limitation
- Trust in Others
- Trust in self
- Motivation
- Determination

For more information about
unlocking potential through authentic
adventure, please contact
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