

## OUTWARD BOUND PROFILE

### World Leader

Outward Bound is one of the world's leading international non-profit experiential education organisations. Outward Bound programs are designed to positively affect change in the lives of young people through outdoor activities. The participants face challenges that teach them to draw on their inner resources. The objective is to develop leadership, communication, integration and both team and personal development skills. Primary focus is on sustainability – through reflection and mediation the individual will be able to share these experiences and positively impact the lives of those around them. Youth empowerment and leadership programs in turn give youth at risk the opportunity to change paradigms in their communities by making the right choices.

### Mission Statement

"To empower young South Africans with the character, will, values and self-belief to live their lives to the full and to consistently make the right choices."

Outward Bound South Africa does this through adventure-based learning interventions, providing safe, transformational learning experiences that open the eyes, mind and souls of our participants. In so doing Outward Bound South Africa aims to set thousands of young people free from lives of poverty, mediocrity and destruction, and to contribute to the prosperity, pride and success of our country.

We use outdoor and adventure activities as a profound metaphor through which to promote individual growth and community transformation.



**Outward Bound History** Outward Bound started as a sea education school in Britain 1941. Kurt Hahn, the founder, felt that young people were not prepared for the hardships of life... He saw their lack of enthusiasm, lack of care and skill, lack of adventurous spirit and lack of motivation. He knew that qualities like perseverance, compassion, initiative, fitness and life experience were lacking. He started a school for young people where they could experience adventure and hardships, learn to overcome challenges, and develop compassion through service to others.

**Outward Bound International** We are part of a global network today, of more than 50 Outward Bound schools found in 35 different countries with access to cutting edge research and methodologies. For detailed information, OB International Web Site at <http://www.outward-bound.org>. 60 years of experience internationally. All profit goes to youth development.

**Outward Bound South Africa** Founded in the aftermath of Apartheid, as a result of the visionary efforts of Charles P Stetson, an American philanthropist from Connecticut, OBSA started in 1992. Today, OBSA's central focus is to impact the lives of young people in South Africa who have been marginalised and disadvantaged by the political history and injustices of the past. It helps people develop life skills, compassion and a determined, positive attitude toward life and its many challenges.

## THE ACTIVITIES

Safety is the backbone of our operation and is ingrained in the culture at Outward Bound. World class safety standards with regular international audits. On an Outward Bound course participants may find themselves hiking, camping, kayaking, rock climbing, abseiling, canoeing, sailing and doing various other group activities. Time is allowed for discussion and reflection, monitoring and evaluation so that students can process their experiences and internalise their learning. Lessons learnt on Outward Bound South Africa can be transferred to their situations at home, in their schools, communities or workplace.

Combining challenging activities with skilled facilitation we maximise the learning experience. We create learning opportunities and help participants to seize them. Our programs are challenging, but never overwhelming; they stretch but never break; they are memorable and life changing.

Each program is designed to meet the specific needs of the group.

### Youth Activities

- Low & high ropes
- Rafting Kayaking or canoeing
- Sailing
- Solo wilderness experience
- Expedition hiking
- Camping
- Rock climbing or abseiling
- Low and high ropes
- Navigation and orienteering
- Mental & physical challenges
- Group dynamics & Team Challenge



## PROGRAM OVERVIEW

Outward Bound offers holistic sustainable programmes, which focus on empowering youth at risk with constructive alternatives. It aims to transform communities through the influence of transformed individuals. It helps people develop life skills, compassion, and a determined, positive attitude.

Marginalised youth find themselves trapped in perpetuating cycle of unacceptable behaviour that negatively impact society. Through intervention and reflection Outward Bound provides the tools to break the cycles and heal the root cause of crime.

### Leadership Courses

These courses focus on the experiencing of different leadership styles and situations, developing confidence and trust, time management, decision-making and teamwork.

### Personal Development Courses

It encompasses such skills as learning how to learn, confidence, developing strengths, understanding others, self-awareness, self-management and interpersonal relations.

### Youth and Schools Programme

Our Outcomes Based outdoor training education programmes are designed to meet the contemporary needs of young people and the requirements of the curriculum. A specialist education advisor is available to design programmes that meet schools' differing requirements,

### Adult Challenge Programmes

A variety of Adult Challenge programmes focus on self-development and relationship development. They provide an opportunity to participate in exciting and challenging outdoor activities aimed at discovering your true potential, facing your fears and defying your limits!

### Corporate Programmes

Your people are your competitive edge. Your success depends on their performance. At Outward Bound we specialise in superior performance. Sixty years of experience in developing people has given us the knowledge and skills to bring out the best in your staff.

The learning on our programmes is real and profound and the transfer back to the workplace is measurable in its impact.

## OUTCOMES

Outward Bound programmes have been used successfully in the areas of personal, professional, team and community development. Many participants arrive as ordinary people and leave as decision makers, problem solvers and leaders

- Personal performance
- Interpersonal skills
- Leadership
- Managing Change & Diversity
- Communication & Negotiation Skills
- Stress Management
- Team effectiveness
- Problem solving
- Motivation Tenacity & Perseverance
- Initiative Assertiveness
- Self Concept
- Discipline & Self Control
- Integrity, Character & Values

## CHALLENGE BY CHOICE CAMPAIGN

The campaign was launched on Youth Day the 16<sup>th</sup> of June to draw attention to and to address the issues facing young people today. We are committed to effecting positive change and facilitating interventions that will reduce crime, curb xenophobia and engender respect for self, community and environment.

### Father's and Son Program

Tackle the disintegration of family structure and of lack of role models and mentors by improving communication, building trust through outdoor activities. Participants can rebuild relationships based on integrity, honesty and bond through mutual experiences.

### Schools and University Challenge

Create an environment of healthy competition where teams will tackle various activities designed to promote cohesion, strategic planning and implementation. Primarily focused on integration and reinforcing developmental skills. Qualified instructors will evaluate participants on their performance

### Pride of Africa-Nation Building Program

A community service based program that endeavours to redefine false perceptions and prejudice through developing mutual trust and respect. Participants will be drawn from different socio-economic backgrounds and encouraged to integrate, managing diversity and handling change.

### Environmental Education Program

Encourage community leadership for conservation action by demonstrating the benefits of building bridges between people and nature. Environmental education raises awareness and develops local economic initiatives.

### Lion Heart -Corporate Mentorship Initiative

Breaking with traditional training techniques, we pair team-building initiatives with community and social responsibility. Employees partner with youth at risk while participating in our adventure initiatives. The youth have the opportunity of interacting with mentors and role models whilst observing the accomplishment of anticipated outcomes. We aim to develop continuity with youth at risk through evaluation and intervention. The learning process is real and profound and the transfer back to the workplace is measurable and lasting in its impact.



*"...A new kind of school where the world of thought and action are no longer divided"*

Kurt Hahn

## OUTWARD BOUND STAFF

In order to enhance the quality of our school and our courses, and to underscore the importance of personal responsibility and self discipline, Outward Bound South Africa's Code of Conduct: All trustees, staff and students shall act deliberately with all school policies, commit to honest and best efforts, respect and care for the natural environment and respect the rights and diversity of others.

Our programmes are delivered by a unique, diverse and motivated team of highly trained professionals that we have put together from all over South Africa - They are the product of an intense and lengthy training programme, and make use of the natural challenges of nearby mountains, lakes and rivers, to guide participants through powerful learning activities.



## GEOGRAPHICAL AREAS OF OPERATION

One of our greatest strengths is mobility. We are able to facilitate programmes almost anywhere. Our highly trained team is able to assess an area and set up an Outward Bound expedition within weeks.

Our current operational areas are:

### Willow Point (Sedgefield) – Western Cape

Surrounded by massive lakes, petrified sand dunes, endless beaches, and the magnificent Outeniqua mountain range,

### Lapalala - Limpopo

The Waterberg Lapalala Wilderness endless vistas of mountains and bushveld, is one of the last remaining true wilderness areas in South Africa. -At night the only light to be seen is starlight. A gorge crossing is usually included in a course

### Grabouw – Western Cape

Situated in the Hottentots Holland Nature Reserve, The picturesque mountains and rivers create the perfect setting for adventure education and team challenges. The variety of fauna and flora adds more beauty to this perfect wilderness setting.

### Harrismith - Free State

Experience the majesty and serenity of Sterkfontein Dam Nature Reserve explore the Sandstone and foothills of the Drakensberg

### Venterskroon–North West

Vredefort Dome World Heritage Site, the world's oldest and largest meteorite impact crater. Rafting on the mighty Vaalriver,



## PROGRAM DEVELOPMENT PARTNERS

- Starfish Greathearts Foundation
- Gordon Institute-Spirit of Youth
- Western Cape Education Department
- Raymond Ackerman Academy
- BBSSA
- The Shaster Foundation

## PRESENT AND PAST EXPERIENCE IN PROJECTS

The Outward Bound Trust of South Africa currently has various projects aimed specifically at the youth of South Africa. They consist of:

- Murray and Roberts Street Youth Programmes
- De Beers Outward Bound Kimberley Schools Project
- Anglo American/Mondi Schools Project
- Manyelethi Youth Leadership Project
- Umsobomvu-NW Province Youth Project
- East Rand Project
- Chrysalis Academy
- Boys and Girls Town
- LoveLife
- Intsika Yethu-Eastern Cape Youth Project
- Unemployed Youth Project

## ACHIEVEMENTS TO DATE

- In 2004 won international “most innovative programme of the year” award working with disadvantaged communities in South Africa
- Instrumental in bringing ANC and INKHATA youth together on an OB programme in the turbulent 1990s
- Successful holistic youth empowerment projects in the impoverished Eastern Cape with European Union funding
- Set up collaborative empowerment programmes in collaboration with a network of other NGOs
- Selected as the 2006 Outward Bound World Conference hosts – 120+ delegates from around descended on South African soil in October 2006

## CLIENTS AND DONORS

Some of our past and present clients and donors include about 30 schools in the country and then:

- Ø Murray and Roberts
- Ø De Beers
- Ø Chrysalis Academy
- Ø National development Agency
- Ø European Union
- Ø Open Society Foundation
- Ø Anglo American Chairman’s Fund
- Ø LoveLife
- Ø Delta Motor Corporation
- Ø BMW
- Ø Petro SA
- Ø Aspen Pharmaceuticals
- Ø TBWA Hunt Lascaris
- Ø First Rand
- Ø Hollard
- Ø FNB Card Division
- Ø Umsobomvu Youth Fund

## CONTACT AND REGISTRATION DETAILS

### Name

- Outward Bound Trust of South Africa

### Postal Address

- P.O. Box 209, Riverclub, 2149

### Street Address

- 15 Valk Avenue, Fourways, Sandton 2191

### Telephone Number

- (011) 467 8106

### Fax Number

- 086 651 2604

### Web site

- [www.outwardbound.co.za](http://www.outwardbound.co.za)