



THE  
OUTWARD  
BOUND TRUST

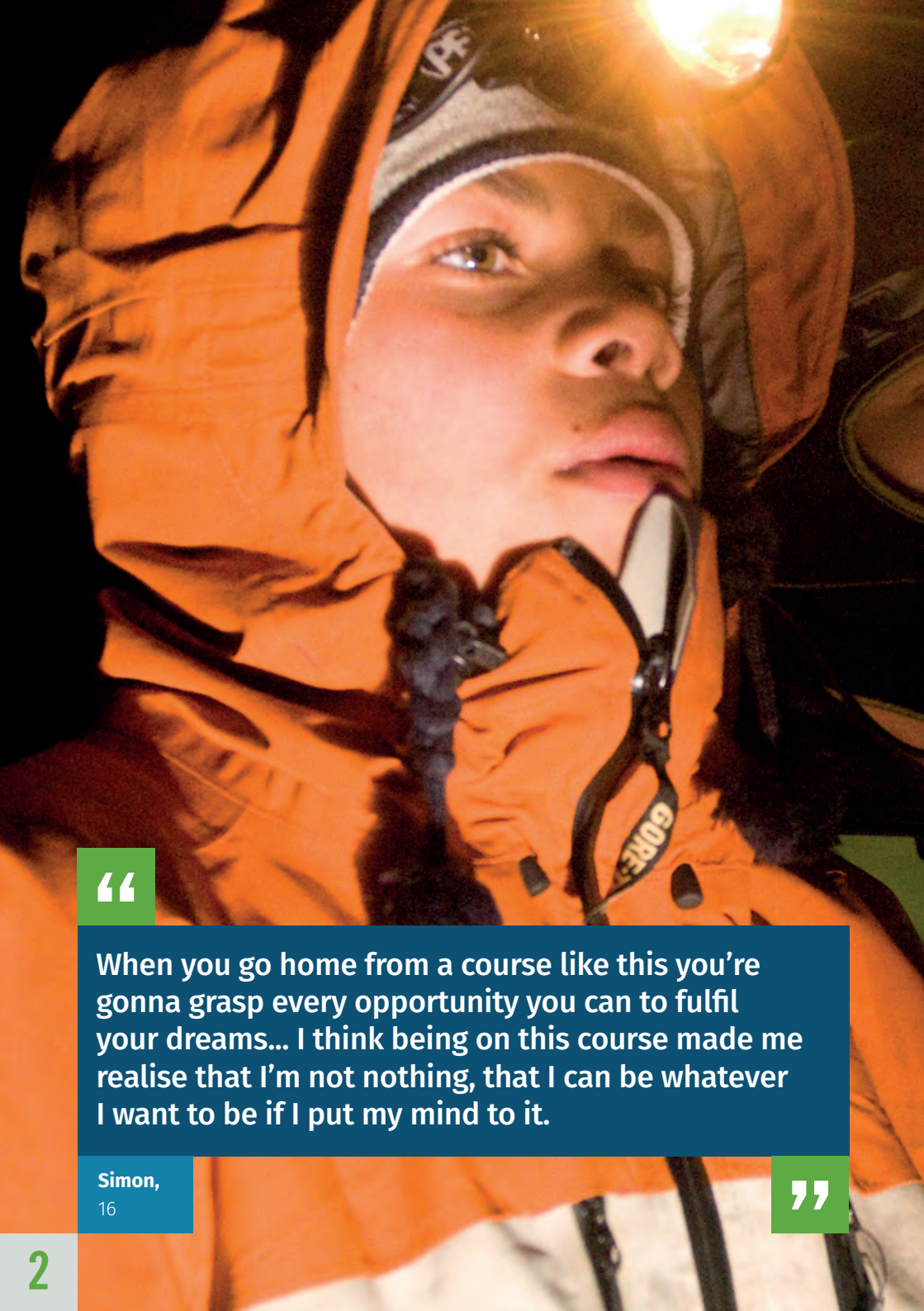
THE

***MOUNTAIN***

**CLUB**

A vital group of friends working with  
Outward Bound to bring disadvantaged  
young people to new heights.

**#MORETHANYOUTHINK**



“

When you go home from a course like this you're gonna grasp every opportunity you can to fulfil your dreams... I think being on this course made me realise that I'm not nothing, that I can be whatever I want to be if I put my mind to it.

Simon,

16

”





WHO

WE ARE

**The Outward Bound Trust is an educational charity that helps young people defy their limitations through learning and adventures in the wild.**

We immerse young people in new experiences to develop better social and emotional skills and teach them the most important lesson: to believe in themselves. The skills developed on our courses are critical to help young people navigate the challenges of adolescence and early adulthood.

We **never** let financial need stand in the way of attendance.

**Over 80% of attendees** receive funding to come on courses.

Our goal is to empower all young people to succeed; for themselves, their communities and greater society.



# LIFE FOR

# *YOUNG PEOPLE*

# IN THE UK

**Young people at their best are strong, resilient, curious and ready for the challenges that life throws at them.**

But many are facing crippling levels of loneliness, where 1 in 5 will experience a serious mental health issue annually. 75% also spend less time outdoors than prison inmates.

As a result, the majority spend most of their waking hours in front of a screen. 84% feel overwhelmed when given any responsibility and 90% of school leavers are considered 'unready' for work.



**1 IN 5**

1 in 5 will experience a serious mental health issue this year

**84%**

84% of young people feel overwhelmed when given any kind of responsibility or leadership role



**1 IN 6**

**1 in 6 young people will experience anxiety at some point in their lives**

**75%**



**75% are spending less time outdoors each day than prison inmates. The majority are spending 75% of their waking hours in front of a screen**

## **The situation at home is also a significant contributor to these statistics.**

30% of children in the UK are living in relative poverty, with a substantial amount also affected by poor quality housing; with issues ranging from respiratory problems, prolonged illness, anxiety, sleep disturbance, physical overcrowding, delayed development and lack of security.

25% of parents are now worried about being able to feed their children and food bank usage is at an all-time high.

Caught in this cycle, many young people feel they are no longer in control of their own lives, but together we can show young people that there is a different story.



“

If I hadn't have gone on the course, I don't think I'd be leaving my home town, I think I'd be stuck here for quite a while doing a job that I probably wouldn't like that much. I realised I could have any job I want so long as I put effort in and I try.

Daniel,

15

”





# LET'S SHOW THEM WHAT'S POSSIBLE

**Outward Bound is dedicated to helping young people combat challenges in their lives head on. Courses can be attended for as long as 19 days, and we work directly with schools, youth groups and individuals all over the UK.**

An Outward Bound course is filled with new experiences - some of our participants have never even left their own postcode, let alone seen the sea. Immersed in the wilderness, young people are encouraged to push past limitations and try new tasks such as rock climbing, gorge walking and overnight expeditions, returning home transformed, with new-found resolve in their own ability.

Extensive evaluation confirms the impact of our courses on participants, their peers, schools, families, and wider communities. In short, getting young people out of their usual environments and into rugged nature is the key to discovering their true potential.

After a **5-day course**, levels of **emotional control, organisation, independence, self-belief and interpersonal skills** increase. These outcomes lead to positive results in school, including feeling able to **speak out, meet new people** and show more commitment to **their work**.

More details can be found in our full Impact Report.



“

My relationships with people have improved. I am now in control, a positive mindset is essential. I have learnt the value of life.

Katja,  
15

”



# THE MOUNTAIN CLUB



HOW

***YOU***

**CAN HELP**

**The Mountain Club is a special group who works with us to bring disadvantaged young people to new heights. It's an uphill struggle trying to improve lives and teamwork is an integral part of getting there. We simply can't go it alone.**

As Outward Bound receives no government funding, it is through the support of our Mountain Club and fundraising from our unique and award-winning events that we can offer funding to **25,000** young people per year. We also plan to increase our reach by 30% over the next 3 years with the opening of a new centre, so your support is needed more than ever before.

**Depending on your level of giving, our Mountain Club offers a host of benefits. Please consider what level of annual support you might be able to give us:**



# BASE CAMP

Strap on your boots, head to Base Camp and get started on your Outward Bound adventure with a pledge of £1,000. This allows for six young people to experience one of our powerful courses.

**Your support is vital, and we will ensure you are well informed of the impact of your giving by providing:**

- Our latest Social Impact Report
- Our Annual Report
- An invitation to come to one of our breakfast events throughout the year for regular updates on our work, and to hear from beneficiary students first-hand.



**£1,000** P/A



# ASCENT

Start to lift up whole communities at Ascent level, by donating a minimum of £5,000 per annum. This gift will allow an entire classroom of 30 students to go on a course. The classroom's experience will impact not only those young people, but also their peers, families and wider communities.

**Your support would be celebrated with the benefits below, in addition to those of Base Camp:**

- Invites to annual 'Hike in My Boots' centre visits to see your giving in action and the opportunity to partake in some activities that push you out of your comfort zone
- An invitation to our annual supporters' 'Thank You Dinner' - most recently held at Windsor Castle
- Invites to private supporter lunches to hear about our updates, often hosted at inspirational locations such as Buckingham Palace
- Invitations to our annual festive reception - the legendary Snowstopper
- Exclusive invites to participate in once-in-a-lifetime fundraising events and challenges; recent occasions have included private performances by Gladys Knight at Ronnie Scott's and Carole King at Buckingham Palace, and our epic Rusty Rally adventures in Europe.



**£5,000** P/A



# VISTA



Donating a minimum of £10,000 per annum, see the impact of your support first hand, with opportunities to visit the schools benefiting from your generous support. £10,000 per annum will fund not only an entire classroom, but also allow for six young people to go on an intensive 19-day 'Skills for Life' course. This is no small feat and we welcome you alongside us to create life-changing experiences.


**In addition to the benefits of Ascent, your support would be celebrated with:**

- An opportunity to visit the school which has benefited from your donation to hear directly from young people and their teachers about their course
- Personalised Investment Report detailing the impact of your giving
- Opportunity to organise a bespoke visit to one of our centres.



**£10,000** P/A

# SUMMIT



Reach the Summit of our Mountain Club and play an integral role in Outward Bound's future by making an annual donation of £25,000. This gift allows for multiple classrooms to attend courses, young people to have their lives altered with Skills for Life courses and will fund game-changing Outward Bound work. Summit supporters are always the first to know about our events and news, are often directly involved in planning, and act as our inner most circle.

**In addition to the benefits offered to all levels of giving, the support of those who have reached Summit level also include:**

- Being personally recognised at our Annual Supporter's Thank You dinner
- An invitation to observe a school that you've funded participate in their Outward Bound course
- An invitation to visit schools before and/or after their course attendance to learn more about the young beneficiaries, with opportunities to mentor
- Opportunity to host an assembly at a supported school
- Opportunity to speak at Outward Bound events regarding your own motivations for giving and experience
- Personalised visits to our centres
- Be the first to know about all exclusive events.

**£25,000** P/A





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We are all better than we know. If only we can be made to realise this, we may never again be prepared to settle for anything less.

**Kurt Hahn,**  
Founder of Outward Bound

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We are eternally grateful for the support of our Mountain Club members, without them Outward Bound simply would not exist.

**Join Mountain Club today and together we'll take youngsters to new heights.**



# SUPPORT

# YOUNG PEOPLE

Join our Mountain club online today and make a real difference to the lives of young people. Follow the link below to complete your donation.

## JOIN THE MOUNTAIN CLUB



#MORETHANYOUTHINK



## GET IN TOUCH

If you want to continue the conversation or find out more about our work please contact Kristina Spindler, Director of Development.

### **The Outward Bound Trust**

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Names of people referenced in this brochure have been changed to protect their identity. All are genuine quotes captured from young people who have attended an Outward Bound course.

**OUTWARDBOUND.ORG.UK**