The journey of a young person

Away from home, they meet new people, work with others in a team, and are supported by their instructor. The experience of trying new things and being challenged builds confidence and helps develop new skills and behaviours.

Back at home and school/college, these new skills help them more focused and able to cope with challenges.

The skills they developed at Outward Bound help them to flourish and thrive throughout their life.

They are more engaged in their learning, have higher aspirations and are better prepared for employment.

They become more confident in their relationships with others and are better able to communicate ideas or concerns.

Employment

Apprenticeships

Education

Higher education

Outward Bound

The future

Home

School

Higher education

Apprenticeships

Employment

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I'm afraid of failing

I'm worried about what people think about me

I don't know how to handle my workload

I don't know what I'm good at