Our approach... What it means to be Outward Bound.

**Authentic Adventure**
Adventure provides opportunities for individuals to respond to challenges and uncertainty. When positively experienced, this encourages them to embrace, rather than avoid, challenges and uncertainty in the future. Research confirms that adventure in natural environments improves psychological outcomes such as self-efficacy, resilience and well-being.

**In the Natural Environment**
Wild and unpredictable environments, such as those in which we operate, provide optimum conditions for authentic adventure to take place. Learning that takes place in natural settings has been associated with outcomes ranging from increased knowledge and understanding, the development of skills, improved attitudes and behaviours to health and well-being and self-worth.

**Deliberate Learning**
Programmes delivered with specific outcomes and integrated into the curriculum have been shown to deliver stronger and more lasting outcomes. Learning strategies such as goal-setting and feedback are effective at improving pupil outcomes. Instructors, qualified both as outdoor practitioners and to facilitate learning, work with participants for the duration of their course. The instructor has been shown to be an important factor in the effectiveness of outdoor learning programmes.

**The Residential Experience**
Research has shown that residential impact on relationships between peers, as well as between staff and students, develop resilience, self-confidence and well-being, and improve engagement with learning, behaviour, and preparedness for transitions into new environments.

The Outward Bound course acts as a catalyst for positive change. The positive results seen from small changes encourage further change, and thus young people continue to develop following their Outward Bound course.

The environment to which participants return after the course must provide opportunities for them to continue to develop.