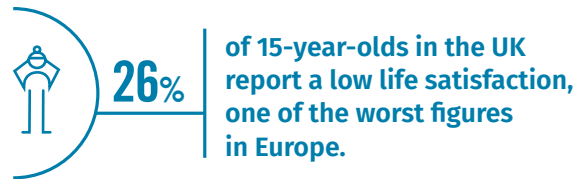


THE WORLD TODAY

Today's world feels uncertain, unpredictable, and noisy for many young people. They are struggling to find their way.



ABOUT OUTWARD BOUND

Outward Bound seeks to understand young people and support them in developing social and emotional skills, attitudes and behaviours.

OUR MISSION

To inspire young people to realise their potential through learning and adventure in the outdoors.

OUR CORE VALUES

We believe...

1. That we all have undiscovered potential.
2. In the power and intensity of learning through adventure.
3. In the balance between risk, reward and responsibility.
4. In compassion and respect for each other, and for our environment.
5. That all staff and participants should always feel valued and encouraged.



OUR CENTRE LOCATIONS



ENGLAND
Lake District
Ullswater
Howtown
Eskdale

WALES
Snowdonia
Ogwen
Aberdovey

SCOTLAND
Scottish Highlands
Loch Eil

WE PARTNER WITH OVER



387
SCHOOLS AND YOUTH GROUPS

WE WORK WITH



24,232
YOUNG PEOPLE IN THE UK
— 18,793 Education
— 4,113 Early Careers
— 1,326 Summer

MANY YOUNG PEOPLE



come from deprived areas or backgrounds where they face barriers to opportunities.

OUTWARD BOUND EXPERIENCES BUILD

resilience, confidence, relationships and broaden aspirations.



YOUNG PEOPLE CAN EXPECT

authentic adventures, pastoral support and to feel welcomed and understood.



WE CHANGE YOUNG LIVES

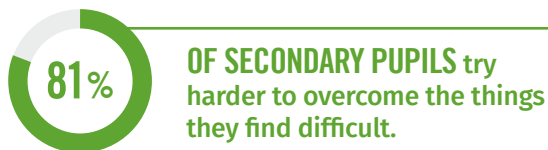
After Outward Bound, young people feel empowered and able to be who they want to be and achieve their aspirations.

IMPACT ON THE INDIVIDUAL



Young people who are confident and able to overcome feelings of stress and anxiety are more likely to feel empowered to choose their own path and achieve their potential.

AT THE END OF THEIR COURSE...



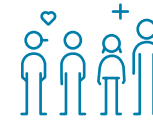
“

I developed my organisational skills and learnt about self-responsibility. As my exams are coming up, I need to be self-motivated and responsible for my own revision which I struggle with.

Five-day course participant, 15, North West of England.

”

IMPACT ON RELATIONSHIPS



When young people feel connected, accepted and understood by those around them, it has a positive impact on their mental health and wellbeing.

YOUNG PEOPLE IMPROVE THEIR...

resilience, social competence and their compassion for others after taking part in one of our courses.



“

Outward Bound has helped me to be more confident with new people when working collaboratively in a group. This helped me to be more vocal when expressing an opinion.

Participant, Rolls-Royce, commenting six years after the course.

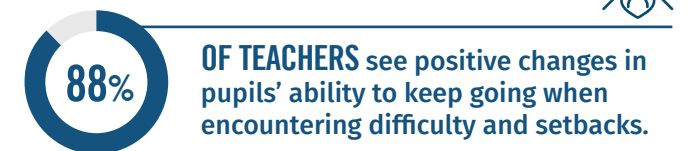
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IMPACT ON FUTURES + SOCIETY



Young people who are proactive, aspirational and compassionate will often realise their ambitions and have the confidence to lead, advocate for others, and stand up for what they believe in.

AFTER LEAVING OUTWARD BOUND...



“

Outward Bound has reminded me that there is more in my control that I perhaps realise: I have to put myself out there, make opportunities and believe in myself.

Tasha, 16, Summer Adventures participant.

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