



THE  
OUTWARD  
BOUND TRUST

BE MORE 

**OUTWARD BOUND**

LOCH EIL HIGHLANDS





# THE AIMS OF GENERATION GIFTED 2018/19

**Respect:** Improved ability to listen and communicate effectively with others

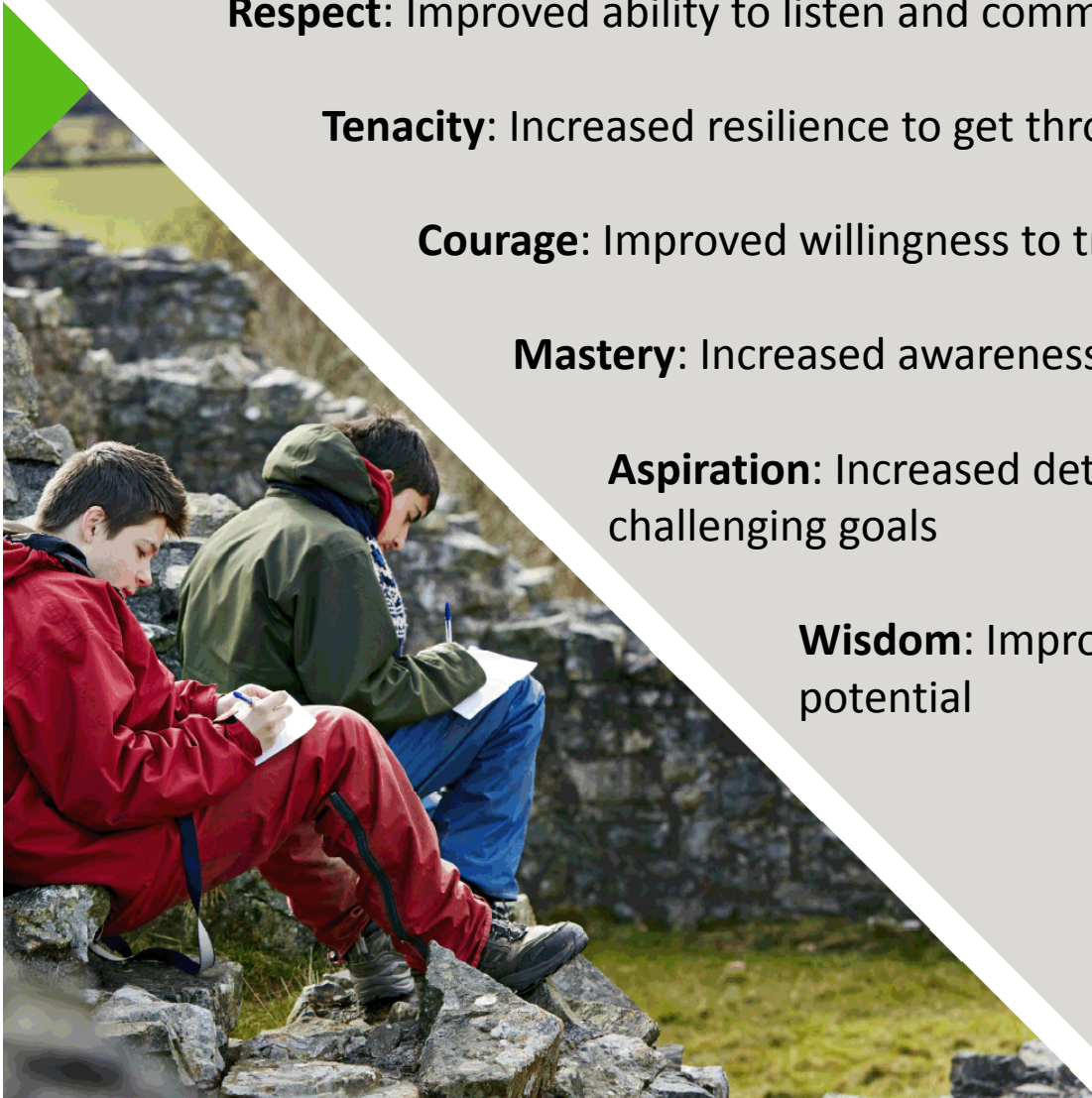
**Tenacity:** Increased resilience to get through difficulties and failures.

**Courage:** Improved willingness to try new things and overcome fears

**Mastery:** Increased awareness of taking responsibility for performance

**Aspiration:** Increased determination in setting and achieving challenging goals

**Wisdom:** Improved confidence and self-belief in own potential





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# NETHER STOWE SCHOOL & THE OUTWARD BOUND TRUST

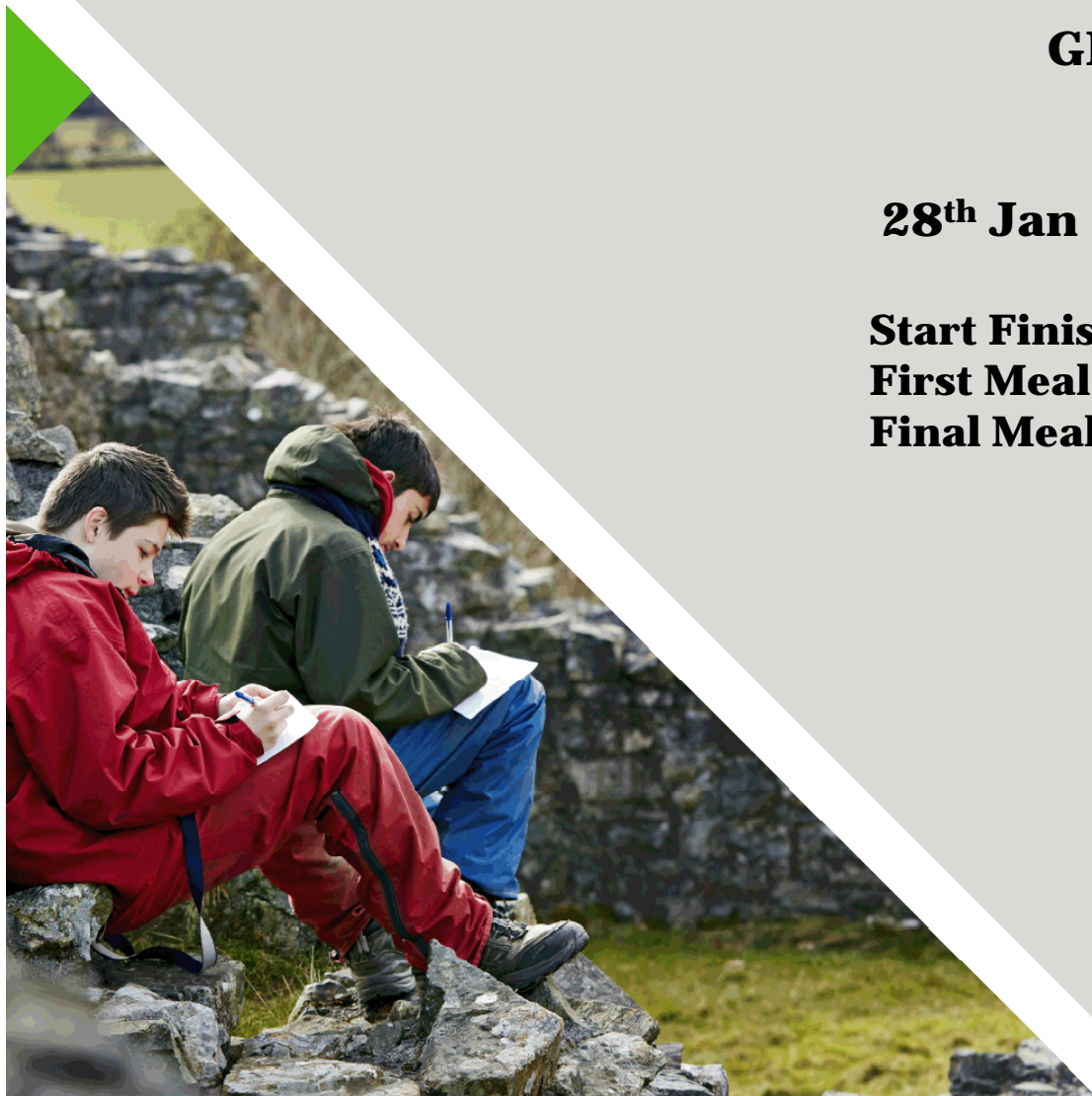
## **GENERATION GIFTED ABERDOVEY**

**28<sup>th</sup> Jan - 1<sup>st</sup> Feb 2019**

**Start Finish Times: 1pm**

**First Meal : Evening Meal**

**Final Meal: Packed Lunch**





# OUR MISSION



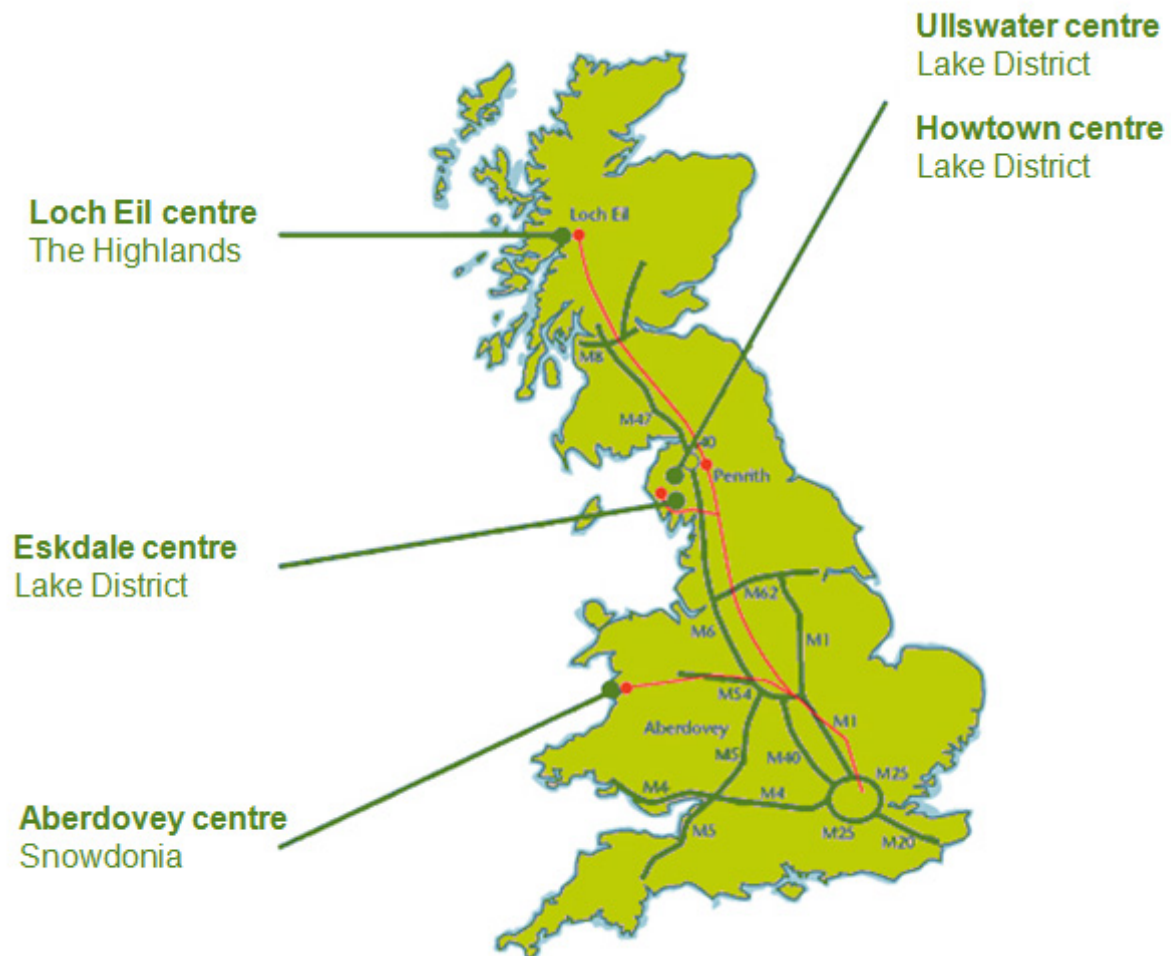
THE  
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TO UNLOCK THE POTENTIAL IN  
YOUNG PEOPLE THROUGH  
LEARNING AND ADVENTURE IN  
THE WILD.





# OUR CENTRES











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## AGENDA

- About The Outward Bound Trust
- Your experience
- Activities and learning outcomes
- Feedback from previous participants
- Top tips when preparing for your trip
- Questions and Answers





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# ENGAGING WITH CHALLENGE

**LEARNING FOR LIFE**







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# MANY HANDS MAKE LIGHT WORK COLLABORATING WITH PEERS







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# PROGRESS MADE ONE STEP AT A TIME







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# EXPECT BARRIERS BUT BUILD BRIDGES





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DIFFICULT ROADS  
OFTEN LEAD TO  
BEAUTIFUL  
DESTINATIONS.







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# THE FEELING OF ACHIEVEMENT



# THE THREE PROGRESSION AREAS



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1. ENGAGEMENT

2. OWNERSHIP





# THE THREE PROGRESSION AREAS

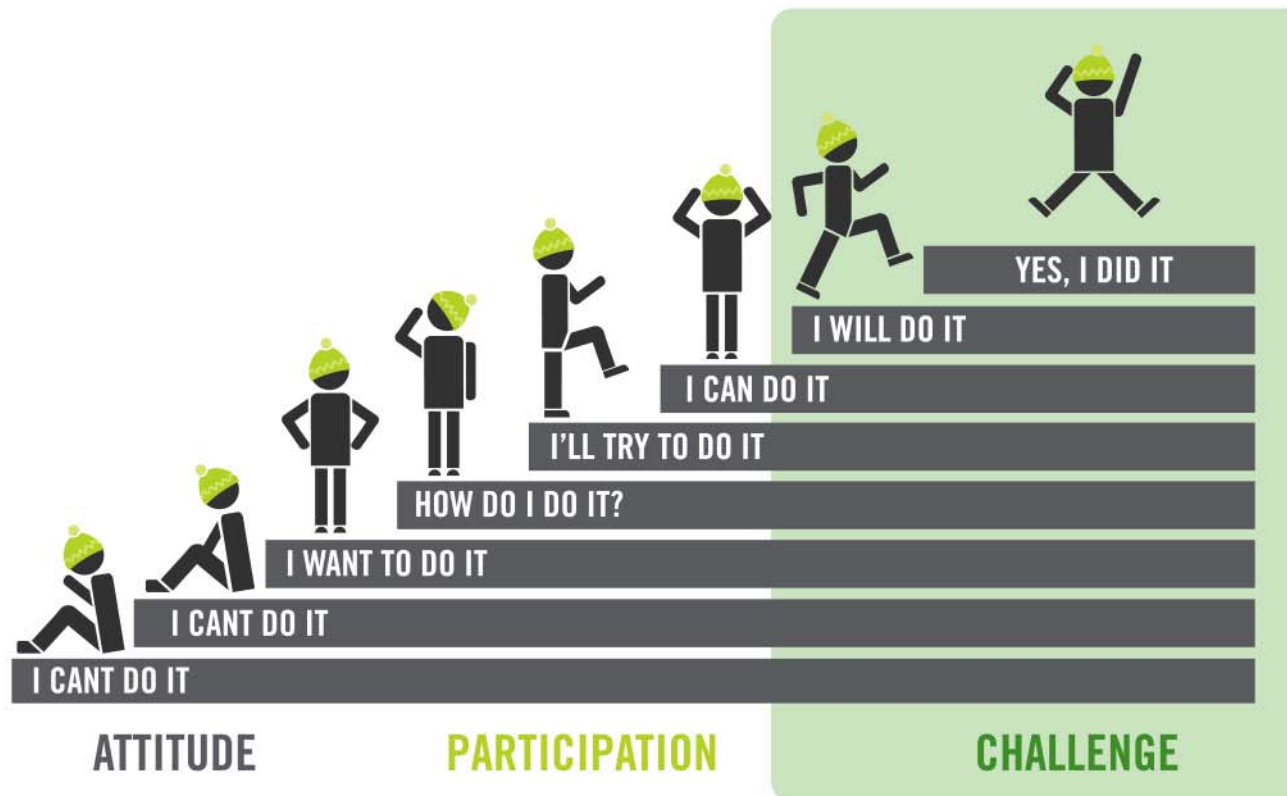


THE  
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1. ENGAGEMENT

2. OWNERSHIP

3. ASPIRATION





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## THE ICEBERG OF SUCCESS

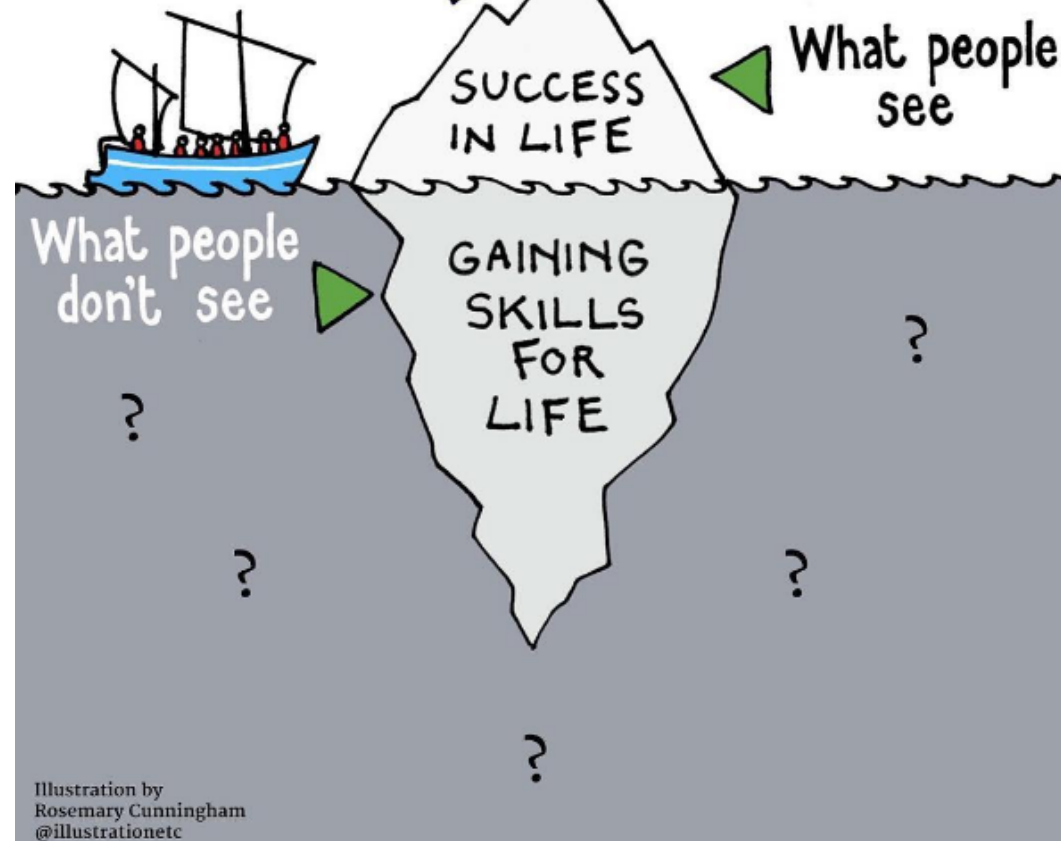


Illustration by  
Rosemary Cunningham  
@illustrationetc





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## THE ICEBERG OF SUCCESS

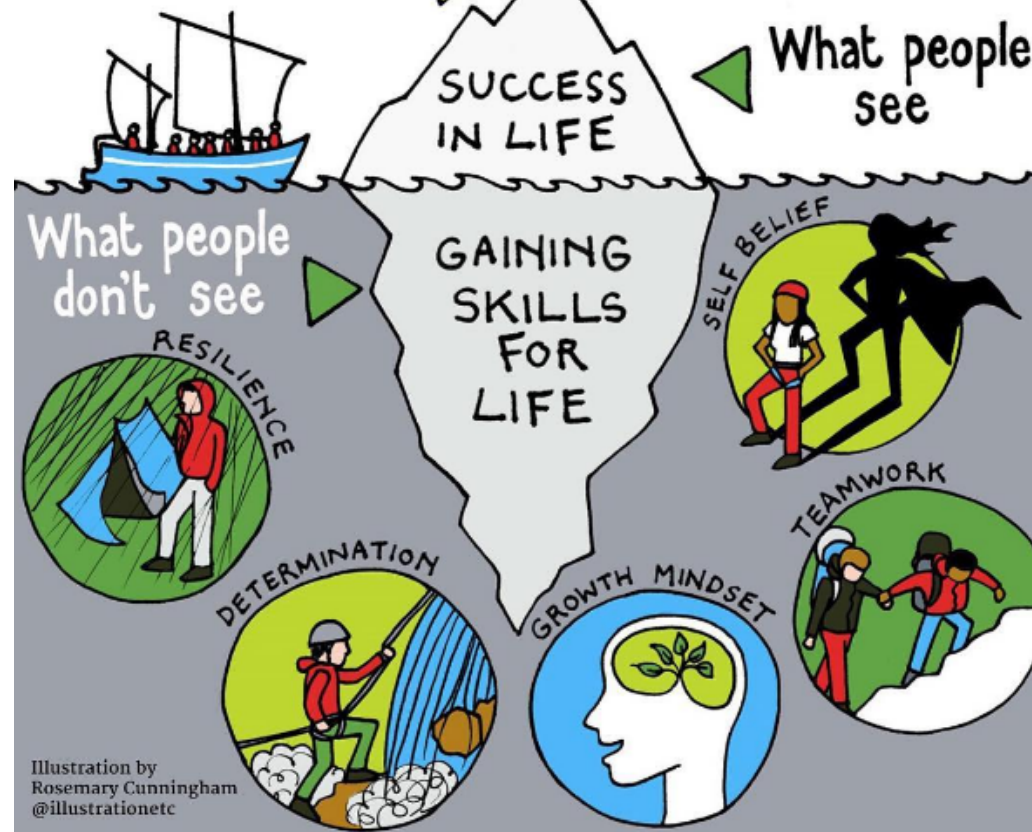


Illustration by  
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# A TYPICAL DAY AT THE TRUST

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- 7.00am – wake up, wash, dress, breakfast
- 8.45am – morning meeting
- 9.00am – morning session
- 12.30pm – lunch
- 1.30pm – afternoon session
- 5.00pm – dinner
- 7.00pm – evening session
- 8.30pm – free time, then bed



# FOOD GLORIOUS FOOD

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All of our food is freshly prepared on site

We can cater for all dietary requirements  
inc. vegetarian and Halal

Plenty of choice and variety





# FOOD GLORIOUS FOOD

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## **Breakfast**

Freshly made  
porridge  
Hash brown  
Baked beans  
Grilled tomatoes  
Poached eggs  
Toast  
Selection of cereals  
Fresh fruit juice  
Grapefruit

## **Lunch**

Bread rolls, wraps and  
baguettes with a  
selection of fillings  
  
Flapjack and  
brownies  
  
Crisps

## **Evening meal (served with a selection of veg)**

Chicken & mushroom  
pie  
Traditional cottage  
pie  
Tuna & pasta bake  
Hot pot  
Chilli con carne  
Homemade pizza  
Chicken/veg curry  
with rice  
Sweet & sour pork  
Jacket potato

# WHAT TO BRING



**We provide each participant with all the specialist clothing and equipment, such as waterproofs and walking boots, that they'll need for their course. Participants will therefore only need to bring personal clothing and footwear. Including:**

- Casual t-shirts
- Sweatshirts
- Thermal tops
- Jumpers
- Fleece tops
- Thick and thin socks (a few pairs)
- Synthetic trousers (Not jeans)
- Two pairs of trousers
- Underwear
- Pyjamas
- Trainers x 2
- Shorts
- Hat and gloves
- Towel and swimwear
- Medication if necessary
- Notepad and pen
- Sunglasses
- Suncream
- Disposable camera
- Book/magazine



# TOP TIPS

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Bring enough medication for the entire course

Notify us of any medical conditions


Bring clothes suitable for the outdoors e.g. not jeans!

Bring a spare pair of trainers that will get wet

Bring playing cards, games etc. for evening entertainment, but not electronics.

[Come with an open mind](#)





**BECAUSE IN  
THE END YOU  
WON'T REMEMBER  
YOUR BEST  
DAY OF  
TELEVISION**



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## GET IN TOUCH

**Visit: [outwardbound.org.uk](http://outwardbound.org.uk)**

**Call: 01931 740000**

**Email: [enquiries@outwardbound.org.uk](mailto:enquiries@outwardbound.org.uk)**

**[Twitter.com/OutwardBoundUK](https://twitter.com/OutwardBoundUK)**



# AT OUTWARD BOUND WE...



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1. Work to build **confidence** and **resilience**.
2. Teach participants the difference between a fixed mindset and a growth mindset and promote the adoption of a **growth mindset**.
3. Help participants to **develop positive relationships** and learn to **work collaboratively**.
4. Ask participants to consider the **impact of their actions on others** and to **take personal responsibility**.
5. Help young people develop **skills for learning, life and work**.







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THE REWARDS OF  
THE JOURNEY FAR  
OUTWEIGH THE RISK OF  
LEAVING THE HARBOUR