

## Outward Bound – Navigator Course



Outward Bound offers exhilarating personal development courses that take people into new territories, giving them the opportunity to test themselves, inspire each other and come back with a new outlook on life and the world. Outward Bound's Navigator Course is designed for young people aged 15-18 years, and is a 12 day journey of self-discovery.

### Aims and Objectives

Outward Bound experiences aim to promote self-awareness and a real sense of personal achievement. Students who have participated in an Outward Bound course have shown significant improvements across numerous fields including:

- Leadership Ability
- Coping Skills
- Emotional Control
- Academic Performance
- Motivation
- Self-confidence
- Teamwork
- Social Co-operation
- Optimism

Through their participation in an Outward Bound course, students can:

- Discover and develop their potential
- Leave behind their past, engage the present and prepare for the future
- Accomplish challenging and unfamiliar tasks
- Challenge their perceived limits
- Understand that they are capable of far more than they thought possible

Outward Bound's Navigator Course is a transformational learning experience that lasts throughout a student's schooling and beyond. When students return to school, they reflect upon more than just the activities:

*"I believe I am a better person for it...it was absolutely awesome."*

*"It has changed my views on life forever."*

*"Whilst on the course we learnt a lot about survival techniques, learning our values and morals but most of all we learnt how far we can push ourselves and I discovered a part of me that I didn't know existed, something that I am not going to forget quickly."*

Students consistently reflect upon Outward Bound as one of the most significant events in their schooling life. It provides students with the attitudes, life skills and inner strength that lead them to greater achievement and well-being back at school. Through the Navigator Course, students can explore their leadership potential as well as develop their personal confidence, teamwork, self-reliance and resilience.

In addition to the Navigator Course designed for young adults, Outward Bound also offers courses for family groups and adults.

### Key contacts

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