

Mission Statement of Outward Bound International:

To help people discover their potential to care for themselves, others and the world around them through challenging experiences in unfamiliar settings

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Did you know over 60 percent of the money needed to run Outward Bound International comes from donations? This year we need to raise over \$100,000 US to conduct safety and quality reviews, produce newsletters, organize training and get new centres started. If you are able to support this work, please send a tax deductible donation of any amount to the above address:

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Forthcoming International Events

Visit the OBI online store www.outwardbound.net

2007 Staff Symposium to be held in New Zealand- More information to come...



UTWARD BOUND INTERNATIONAL

VOLUME 14 NUMBER 2 NOVEMBER 2006



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WHERE IN THE WORLD IS OUTWARD BOUND?



Executive Director's Report



The 2006 year has seen new levels of collaboration within the network of Outward Bound members and innovation in many areas: -

- In March OBI and OB Singapore delivered a first ever training for new licensees on how to successfully start and manage an Outward Bound center. Eleven staff from five new countries participated in two weeks of presentations, reflection, planning and hands-on experience. The Quality Improvement Framework developed in 2005 was our curriculum guide.
- John Hasell, former Director and Board Chairman of OB Canada, had an extraordinary year of service. He took the Quality Improvement Process to Indonesia, Taiwan (twice) and Tanzania spending 4 months assisting with marketing, strategy, Board development, and training staff. He concluded a memorable year by stopping in Armenia to consult with a potential licensee.
- Adam Horvath-Kovacs, Director of OB Romania, has visited Croatia to provide advice and training to the group planning a first Outward Bound school in the Balkans.
- OB Singapore has been supportive of the new Outward Bound centers in India and Korea and is planning joint programs in these countries. OB Hong Kong has joint plans with the new Outward Bound school in Taiwan.
- OB Germany, under the new leadership of Jus Henseleit, hosted a Safety Review Leader Training for 11 staff from 8 countries. The training completed Safety Reviews in Belgium, Slovakia, Czech Republic, and 4 locations in Germany.
- The Global Leaders Program delivered in Tanzania in July saw collaboration again with staff from Australia, Singapore, and USA working together and OB Indonesia playing a strong role in producing a film.

While these are the major areas of effective networking there was much more activity. The World Conference in South Africa exuded this spirit of collaboration and realizing the Ubuntu spirit the "each OB center exists because of being connected through the OB network"

Ian Wade
Executive Director .

Editor's Note



Outward Bound is an organization much larger and more diverse than it appears. Most of us experience it at the micro level first; we take a course at some wilderness or urban outpost: an unfamiliar excursion into the heart of a metropolis, a remote journey under the yoke of a backpack, or a long voyage in a small sailboat, and therein we form our perspective. For many of us, Outward Bound seems like a small organization with a big mission and an accommodating philosophy.

Small, however, is not what Outward Bound is today. In 2005 we operated in 32 countries and the number of participants worldwide surpassed 200, 000 for the first time. In 2006, we have expanded even further. We now have international collaborations between Outward Bound Centers in Australia, Brunei, Hong Kong, Japan, Korea, Malaysia, New Zealand, Sabah, Singapore Slovakia, South Africa, UK, and USA. And in July, the Global Leadership Program pilot took place in Tanzania. Thirteen participants from all over the world gathered on Mount Kilimanjaro to engage in a challenging expedition, a service project, and leadership skill courses.

How we interpret our mission and our distinct philosophy across diverse populations and manifold physical settings is almost as varied as the countries in which we operate. We are a global organization because we need to be where our clients are. We work with young people because they need Outward Bound more than they know. We work with educators because we are educators. And, we work with the business community because it's good business, and because we know we can make a difference.

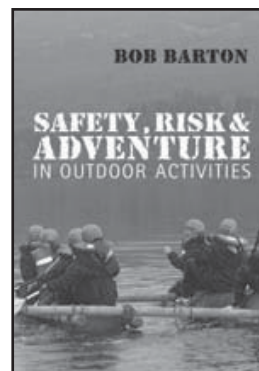
Where in the world is Outward Bound? Not quite everywhere, but we hope after reading this issue of the OBI Newsletter, you'll see how far an organization with a big mission and an accommodating philosophy has come.

Rob Chatfield
Editor

Reader's Corner

Safety, Risk & Adventure in Outdoor Activities

by Bob Barton



Paul Chapman Educational Publishing, 200 pages

Providers of outdoor education must strike the right balance between adventure and security. Effective risk management enables providers to deliver lasting educational value without breaching their moral and legal duties of care.

This practical guide shows how genuinely adventurous outdoor activities can be provided to acceptable standards of safety. Drawing on the author's own experience as an expert mountaineer, instructor, and consultant, the systems and processes of successful outdoor adventure are clearly explained using real life examples and case studies.

'Bob Barton's balanced and well thought out book will help anyone involved with the planning and management of outdoor activities for young people. Bob explores the issues that need to be considered when developing and implementing outdoor policies and procedures, in an interesting and thought provoking style, drawing on his wealth of outdoor experience' - Peter Westgarth, Chief Executive, The Duke of Edinburgh's Award

Bob Barton is Safety Adviser to the Outward Bound Trust and works as a consultant on the management of adventure activities. Bob's book can be ordered online at www.paulchapmanpublishing.co.uk

Ideals at Work: Education for World Stewardship in the Round Square Schools by Peter Tacy

Deerfield Academy Press, 194 pages

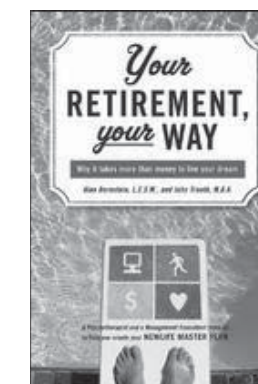
This is the title of a book printed very recently by the Deerfield Academy Press, written by Peter Tacy. Mr. Tacy has been involved with Round Square for many years, having hosted an annual conference at Marvelwood when he was head there. He served for nine years on the Board of Round Square, and in the preparation of this book, travelled the globe to interview students from member schools.

Dedicated to Jocelin Winthrop Young, Founding Director of Round Square, the book has a foreword written by Eric Widmer, former Head of School of Deerfield Academy.

Peter Tacy is Executive Director Emeritus, Connecticut Association of Independent Schools (CAIS), Mystic, CT.

Your Retirement, Your Way

by Alan Bernstein & John Trauth



McGraw-Hill, 224 Pages

"Why it takes more than money to live your dream" is the subtitle of this recently published book written by two authors who met as students on an Outward Bound course 24 years ago in Minnesota. "Your Retirement, Your Way" is an indispensable guide for the journey toward retirement. Alan and John's journey began as chance encounter while attending a ten-day career renewal course; it

helped form the bonds of friendship that have infused this book with a the same sense of adventure, opportunity, and self-discovery that makes it a 'must read' for anyone on the Outward Bound journey toward retirement.

Alan Bernstein, LCSW, has been a psychotherapist and career counselor for thirty years.

John Trauth, M.B.A., is a management consultant specializing in financial services.

Alan and John's book is available at <http://www.amazon.com>. Further Information is available at <http://www.yourretirementyourway.com>

Next Issue:

Defining Outward Bound's Mission for the 21st Century



When Nature Calls

By Lara Usinowicz

There is something piling up in the mountaineering community for which all of us must take responsibility—human waste.

The World Health Organization estimates that the average adult produces about one liter—some 2 pounds worth—of excreta per day, half of that being solid waste. For the sake of discussion, consider that in 2005, Grand Canyon National Park had 238,381 backcountry overnight stays. If most of the visitors stayed in the park for 24 hours, that means 120 tons of human urine and feces fell upon the Grand Canyon backcountry in 12 months.

In the summer of 2005, the Lower Saddle of Grand Teton issued permits for 1159 camper nights to the general public. Add to that the number of visitors going with guide services and we're talking over two tons of human waste in the high-country of Grand Teton National Park.

Then there is the case of Aconcagua, nicknamed "Acon ca-ca," due to the minefield of human feces upon the mountain. During the 2004-2005 season, 4206 people went to Aconcagua National Park in Argentina to climb this 20,886 foot peak. The trek to the summit takes between 10 days and two weeks. If half of those people summited, that means about 2000 people were on the peak for 10 days. Two pounds per day, 2000 people at ten days each... that is going to pile up!

There are countless other areas that are being heavily impacted by human waste and all of us have the responsibility to prevent another "Acon ca-ca." There are areas where you can bury your waste. The proper method is to dig a cathole 6 to 8 inches deep at least 200 feet from water, camp and trails. After use, cover and disguise the cathole and pack out all toilet paper and hygiene products.

While digging a cathole is a viable option, it is interesting to note a wilderness impact study commissioned by the Sierra Club in the 1970s. The nonprofit organization wanted to find out what impact its organized "Sierra Club Outings" backcountry trips were having on California's Sierra Nevada outings.

A group of researchers observed the defecation methods of the Sierra Club Outings participants—most of whom were traveling in large groups and using latrines to do their business. The group leader would determine where the latrine was dug, and this was then a receptacle for all of the group's waste for, in most cases, less than 24 hours. The researchers made a note of all the latrine sites scattered across the Sierras, then they went back anywhere from one to three years later and uncovered the latrines to see what had happened to the feces. The researchers found that the waste, along with the bacteria, was alive and well and had decomposed very little, if at all.

Another study about a decade later in Montana's Bridger Range discovered the same truths—except this time the focus was on catholes rather than latrines. Researchers from Montana State University buried bacteria-rich deposits of human waste in catholes that varied in depth from 2 to 8 inches and were located in six different types of Rocky Mountain soil environments and elevations. When the samples were dug up a year later, after one winter had passed, all the feces remained alive with various disease-causing bacteria (namely E. coli and salmonella).

The report, entitled "Potential Health Hazards from Human Wastes in Wilderness" said, "The idea that shallow burial renders feces harmless in a short time is fallacious." It continued, stating, "Site did not make the difference that we expected. The results seemed to apply to all elevations and exposures on the mountain. From our data, it is unrealistic to hope for a rapid die-off of intestinal bacteria in catholes. Pathogens might be transferred to later campers in three ways: direct contact with the feces, by insect, or by water."

Both studies pointed out, however, that putting waste in catholes was preferable to a latrine because the smaller the fecal deposit, the greater its contact with surrounding soil, organisms, and air, which are central to the decomposition process. There are many areas where burying your waste is not an option. These include: heavy use areas: at trailheads and other areas where digging a cathole might entail digging up someone else's waste; in deep river gorges: where it is impossible to travel the required 200 feet away from the river, along any waterway where there is only sandy soil which doesn't have the nutrients to decompose waste; in canyons and high deserts where the soil is also without the microorganisms necessary to biodegrade human waste; above the treeline: in any mountaineering or climbing venue where the soil is too rocky to dig the required 6-8 inches for a proper cathole.

While any method of carrying out your waste is better than the alternative, whether it is a plastic baggie, a PVC tube, or the "blue bag" that is offered in several mountaineering venues, such as Rainier, compliance is an important issue so the method should be as pleasant as possible.

The Restop products offer a safe and sanitary means to deal with human waste in the wilderness. The Restop 2 solid waste bag contains the odor as well as the waste. Inside the bag is a powder, a polymer/enzyme blend, which biodegrades and gels the waste, giving it EPA approval to be simply thrown away in the trash after use. Restop provides the user with an inexpensive and effective means to comply with the outdoor ethics of Leave No Trace. The Restop bags retail for \$12.95 for a five-pack so they are an effective, accessible means for everyone to take things into their own hands. We can each take responsibility for ourselves in the wilderness or we can let it go to shit... www.whennaturecalls.com

(Reprinted with permission of the American Alpine Club) 

2006 World Conference Report

Outward Bound South Africa welcomed the Outward Bound community in October when it hosted the biennial world conference. The conference attracted 108 participants from 25 countries. The location for the conference was superb: a beautiful resort on a lovely beach with comfortable rooms and superb traditional African food.



But it was the content of the conference that was truly exceptional and a little revolutionary!"

Within the Ubuntu conference theme we looked creatively at how Outward Bound could grow to become a leading 21st century organization, and a respected and powerful "brand" that inspires and motivates everyone that it touches. Ubuntu (pronounced oo-BOON-too) is a fundamental South African ethic or ideology concept ("I am what I am because of who we all are") that stands for personhood and morality. The important values of Ubuntu are group solidarity, conformity, compassion, respect, human dignity, and collective unity. All and sundry know that charity begins at home. Respect is reciprocal irrespective of race, ethnicity, class, age, and gender. Ubuntu requires one to respect others if one is to respect him or herself.


As the 2006 world conference drew to a close on the shores of the South Atlantic Ocean, and under the banner of Ubuntu, it had clearly inspired those who attended to ensure Outward Bound's future as a motivating force in the 21st century. And in the words of Outward Bound South Africa's board member, Steve Carver, "We came together in a land that is the international success story in terms of transformation and renewal and worked hard together to forge new ways to co-create a high functioning



global network. The wisdom, the energy, the contribution of all the delegates to the spirit of Ubuntu was admirable in contributing to the planning and has inspired us to action."

"During the conference itself, I was moved time and time again by South Africa itself: By the hard work that is being done by everyone: By the transformations which have taken place among so many. By the social and human concerns which are so tangible. For me it was wonderful to have the Outward Bound Conference take place against this backdrop. It raised lots of questions in my own mind about the work I'm doing – is it good enough? Am I dealing with the really



important issues like South Africa is? Is Outward Bound dealing with the really important issues like South Africa is? This process was a bit unsettling, but absolutely necessary, I felt." —Jen Nold – OB Belgium 

"Good communication is as stimulating as black coffee, and just as hard to sleep after."

Anne Morrow Lindberg



JOHN HASELL: CONNECTING WITH YOUTH

by Wendyani Kusumowidagdo



His tall towering stature may seem intimidating at first. But the instant you talk to this English born gentleman, you will find that the saying ‘don’t judge a book by its cover’ could not be more factual. The outspoken John Hasell is a warm, high energy personality, and affable.

He is a professional Personal and Organizational Development Consultant. His career began in the British Army, which allowed him to develop and work with people as well as see the world. Twenty years later, he had an opportunity to serve at the Army Outward Bound School that was running Outward Bound courses for young men coming into the Army. Again, he was dealing with young people and developing characters. In 1969, he left the army to launch Outward Bound in Canada. He has since been a long time member of the Outward Bound community, having served in a number of capacities ranging from Instructor to Board Chairman.

He believes that it was his own development and experience that constantly drew him into the realm of youth development. “From my own experience in the Centers as an instructor, I can see the rewards of working with young people.” Asked if he had found any challenges working with youth considering the age gap, swiftly he replied, “If you are conscious of the age gap, then it can become a barrier. The main thing that I get from working with youth is their energy and I steal it for all I can,” and ended the sentence with a huge grin on his face. The energy this 75 year-old gentleman spoke of can be exemplified by the routine he has been involved in with a group of friends that call themselves “The Wednesday Wonderers”. For almost a decade, weekly

on Tuesdays, they have been day-hiking in the wilderness areas around his hometown in Victoria, Canada. The group whose members average at 67 years of age focuses on exploration by this activity. Apart from keeping fit, their purpose is to enjoy themselves and each other’s company, the beauty of the natural environment and all that its ecology has to offer. Why the peculiar name “The Wednesday Wonderers”? With a bit of humor he responded, “We often Wonder where we want to go, we sometimes Wonder where on earth we are, others may Wonder why we hike on Tuesdays”. Hasell explained that after all these years, the group had stuck to their motto “Where there’s a Hill there is a Way.”

Hasell believes that it is important for young people to have a goal and know what they want to do in life. Albeit, he acknowledges the challenges young people face in doing so because the world is full of options and they need to make the right choices. In light of parental guidance, Hasell affirmed the importance of parents in the role of shaping their young ones into becoming independent. “Parents play a crucial part in helping their children to identify what the choices are in life and to develop their children in creating a goal. If kids can develop and focus on that goal, it will lead them forward towards it. Things will shift and change, but if you are moving towards the goal then the options will start to vary. If you stay still, they will remain the same, and you become stuck with the same options,” he added.



When John is not on the computer, making computer programmes, his passing time is spent by doing outdoors and physical activities such as skiing in the winter and kayaking in the summer apart from spending time with his family. His advice for parents and educators is to support and encourage young people to put forward as many feet into different things in order to get a feel for it. This father of three daughters and a grandfather to two grandchildren added, “The more real life experience that you can give young people, the more likely

Outward Bound’s International Emissary: The Spirit of Outward Bound, Hong Kong

by Aaron Funnell



By the end of this year, Outward Bound Hong Kong will have two new ketch sailing vessels. This will bring our sailing fleet up to four ketches and one lugger in addition to three staff sail training vessels currently available for instructors’ professional development. When combined with our fleet of kayaks we will be able to keep all our groups in the field and on the ocean at any one time.

Our flagship is the 67-foot offshore yacht, ‘The Spirit of Outward Bound, Hong Kong.’ ‘The Spirit’, as she is known by staff, is proving a more than worthy replacement to the tall ship, the Ji Fung. While a tall ship is like a floating ropes course, The Spirit is a high intensity version of more conventional sailing experiences at Outward Bound. It is also much more financially viable as it is easier to guarantee twelve berths per voyage rather than thirty.



The Spirit is a Challenge BT yacht designed for racing in the rough waters of the Southern Ocean, and is proving equally as effective in the typhoon region of East Asia. While she is a powerful vessel,

everything is still done manually on board: hanking on a foresail or controlling the spinnaker is a genuine teambuilding process in rough weather. Even simple tasks such as cooking and scrambling around on board while The Spirit is at a 45° lean offers challenging experiences for participants.

The Spirit takes 12 participants and 4 staff and has become a familiar sight as she plies the local Hong Kong waters. Our instructors relish a rotation through The Spirit, which also sees them voyaging further afield to other destinations in the region such as Japan, the Philippines, Taiwan and Vietnam.

The Spirit has had a full sailing schedule for 2006. The Spirit has been working non-stop. We ran a series of 18-day youth-at-risk voyages in cooperation with local development agencies, as well as corporate and public enrolment courses. She has done long international voyages to the Philippines, Japan, and Taiwan. Each one of these sailings involved a land based component. She has also been on a long series of 18-day voyages in the waters surrounding Hong Kong and South China.



As a professional development opportunity our staff entered her in four yacht races last year. This has provided an invaluable opportunity for all staff to interact in close quarters, as well as provide a greater profile for Outward Bound Hong Kong in the local community.

Staff most recently competed in the Hong Kong to Macau Chinese New Year yacht races during Chinese New Year holidays.

Aaron Funnell is the Training Manager for Outward Bound Hong Kong



Naturally, when the trainers get together, there will be bonding and inevitable informal exchanges. At times, the dialogues centred on issues from the participant's behaviour to facilitation techniques, to best practices to local environmental matters. All these interactions are mutually beneficial as they expand the trainers' worldviews.

The Outward Bound's Influence

It was in such conditions that resulted in the influence of the Outward Bound philosophy in the educational sections of Mongolia. Arguably, the past few years of collaborations allowed the Mongolian counterparts to know more about the Outward Bound movement. The knowledge derived through the formal training and informal exchanges was reinforced by the practice during the OYP co-instructions.

This was further catalyzed by the use of information technology. The relationships sustained and ideas were shared through means of emails, online messenger systems and internet video conferencing. Currently, there is interest amongst the Mongolians to work towards the establishment of an Outward Bound centre.

The Youths

"... I would have never expected such a strong bond that we as a group would form with them, despite the language barriers. Also the camaraderie forged between all of us, Mongolian or Singaporean..." - Shawn Choy, 17 years old, former participant



Flipchart publishing feelings, in different languages, before and after a height activity

At the end of the day, the key benefit lies in Outward Bound being able to reach out to the youths in countries where we do not have centres. Among the takeaways of the OYPs, the participants learn

about maintaining friendships in spite of the physical and language barriers. After returning to their country, the participants had to contact one another through letters, instead of the convenient emails and online messengers. Two years on, they are still doing so.

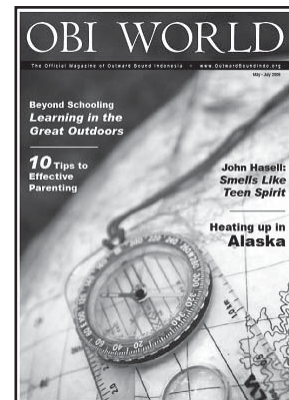
In a rapidly shrinking world, it becomes increasingly necessary for the youths to understand and find connections with people whom they perceived as 'The Others'. Outward Bound catalyzes this process of bridging different people even in countries where OB influence is minimal or absent.

Looking Ahead

"Some people come into our lives and go quickly. Some stay for a while and leave footprints in our hearts and we are never ever the same." - Flavia

Outward Bound Singapore looks ahead to leaving Outward Bound's imprints in the untapped areas of the world!

Outward Bound Indonesia launched a new magazine for 2006. "OBI World" is thoughtfully written; printed in full color, and distributed free of charge to alumni, clients and prospective clients. It is published three times a year and its articles center on personal growth, self-discovery, human resources, and that which is accomplished through experiential learning. It aims to chronicle the core values of Outward Bound through its articles.



The creative team members behind OBI World are Wendy Kusumowidagdo and Varina Kusumowidagdo. To receive a free copy of OBI World (Indonesia Only), please send your name and mailing address by e-mail to: obiworld@outwardboundindo.org



they are to make the right choice. Explore avenues is how you can make the best choice. If you haven't explored the avenue, you are not going to know whether you've made the right choice."

10 STEPS TO SUCCESSFUL PARENTING

John Hasell shares his pearls of wisdom on parenting:

1. **Love. Love your children.** Love that isn't smothering, love that wants to see them grow. Provide a loving and nurturing environment.
2. **Do as I do. Not do as I say.** Model a behavior that you want your children to adopt as their own.
3. **Support system.** Don't put your children down, but always give them support and encouragement. Criticize the behavior, not the person. Do's "That's a foolish thing to do." Don't's "You're a fool!"
4. **Comparisons are odious.** Don't compare your children with each other or yourself or anybody else. Love them for themselves. But provide the model that they can follow.
5. **Choices.** Give them options that they have to be responsible for and choices of which they have to face the consequences.
6. **Limits.** Provide boundaries and set standards.
7. **Communication is key.** Talk to your kids. Discuss your house rules and involve them in the responsibilities.
8. **Be firm, be fair and consistent.**
9. **A friend in need is a friend indeed.** Parents aren't the same as friends, but they have to be friendly with the children and have the attributes of a friend.
10. **Patience is a virtue.** Be patient with your kids.

OBI World Reprinted with permission.

If you think you can or if you think you can't, you are right.

Anonymous

Outward Bound Greet Harvard Business School's Class of 2008



Outward Bound Professional, the professional development division of Outward Bound USA, provided a landmark teambuilding experience for the incoming class at the Harvard Business School in Cambridge, Massachusetts. The program was delivered to over 900 freshman MBA students during a sunny late summer's day at the university's

Soldiers Field campus. The Class of 2008 gathered for learning-team orientation, during which facilitators from Outward Bound Profes-



sional led them through a day of team-building activities. One-hundred fifty-two learning teams of six students each paired up for the various personal and team goal setting activities. Launched last year, the learning team initiative is designed to help students benefit from the diversity in the MBA class, develop team skills, and energize the study groups that form the backbone of the highly regarded business school's program.



Copy, Choose, Create

Finding a common language in a neighboring land.

By Lee White



I vividly recall the room, the mood, and the discussion. Outward Bound South Africa in 1994 had invited an eclectic collection of Outward Bound instructors from around the globe in a time of major development and transition.

The seas were storming as was the group process of staff. We were in a passionate discussion about “What is Outward Bound?” Our points of view were representative of the various directions on the globe from which we came. Coming from Canada, I had a hard time seeing beyond the role of deep wilderness in the transformation process I had grown familiar with at Outward Bound Western Canada. Just as the tensions started to erupt, Rafe Parker, a visiting elder, spoke with ease and enthusiasm a resonant truth that rendered silence. “This is great! Each of you has a strong grasp on Outward Bound in so many different contexts, which will help you work together to discover what Outward Bound will become in South Africa. These are just birthing pains of something beautiful coming to life!” We sat with the silence pondering this slice of wisdom and somehow



discovered dialogue rather than debate.

In May 2006 a group of five staff from Outward Bound

Canada traveled to the Outward Bound Wilderness basecamp in Mazama, Washington to be trained in the Design Management Model (DMM). One of the members of our party had started his OB career at Mazama just as this training tool was being developed and introduced. With an increased issue surrounding staff retention at Outward Bound Canada, we wanted to import principles from the Design Management Model to accelerate accurate assessments within our new staff. With over 50 years collective Outward Bound experience in our cadre, we had a considerable history and diverse knowledge to refer to. I spent the first half of the day rejecting the



information in favour of more familiar methods, but that afternoon as we applied the concepts to tangible problems on rocky terrain I began to see my resistance for what it was.

The Design Management Model focuses on intentionality behind all that we do at Outward Bound. Whether it is sailing or mountaineering or managing meal preparation, the model asks us to relate our plan and any ongoing interventions back to our intended outcomes and ultimately our Mission and Core Values. During our five-day training session in Mazama we practiced implementing the concepts of the Design Management Model into a series of micro activities and lessons. The more we immersed ourselves in the process the more vividly clear it became to me that the common language the model provided enabled us all to get to the point succinctly. One of the principles that was shared with us relating to educational design was “Copy, Choose, Create;” use what is already done, discern carefully to select what serves both the situation and the Mission, and then be creative. It was this principle that the five of us took back

Outward Bound Singapore Lives and Learns in Mongolia.

by Tan Ai Chin

The Singaporean boy felt displaced in an environment starkly different from Home. His tired feet ploughed through the endless grassy hills decorated with an occasional Mongolian tent. The picturesque terrain contrasted with Home's staple skyscrapers and the hurrying pace of its urban crowd. He knew in plain reality that he cannot wash without fetching water and he cannot get warmth without chopping those logs. Folding his arms, he observed his Mongolian fellow participant milking the cow with familiarity. Water taps, electrical switches and cartons of milk became somewhat less relevant. “Almost there... I'm quite sure the base camp is behind those two hills,” he helped his friend to put on her backpack and they walked on. The three-day trek in the Mongolian countryside effortlessly quietened down his inner voice. He saw differences but he also found connections with the Other people.

Background

In recent years, Outward Bound Singapore (OBS) has organised programmes in countries that do not have Outward Bound centres, collaborating with recognised local organisations. Two such organisations were the Chinese Mountaineering Association (CMA) and the Live and Learn Project of the Adventist Developmental and Relief Agency (ADRA) Mongolia.

In general, these organisations have well-entrenched networks of resources that facilitate the extension of Outward Bound programmes into these countries. Their key contributions to the partnerships include valuable contacts, strong rapport with the local authorities and excellent knowledge of the operations areas. More importantly, OBS found that these organisations have aims and methodologies that are congruent with Outward Bound's mission. This is crucial in creating the common platform for successful collaborations.

The Live and Learn Project, ADRA Mongolia

The Live and Learn Project of ADRA Mongolia has worked with Outward Bound Singapore since 2003. This not-for-profit agency uses adventure-based and experiential learning to deliver life skills training to Mongolian youths-at-risk.

In 2003, ADRA Mongolia sent two senior staff to attend training in Singapore, based on the recommendations they received from their connections with other outdoor education agencies outside Mongolia. It led to OBS trainers conducting subsequent train-the-trainer programmes for the Mongolian staff in Ulaan Baatar and its countryside.

Since 2005, OBS and Live and Learn Project has jointly organised two Overseas Youth Programmes (OYPs) and they were conducted by trainers from both organizations. Overall, the collaboration brought about benefits mainly in areas of training development and more importantly, the spread of the Outward Bound movement.

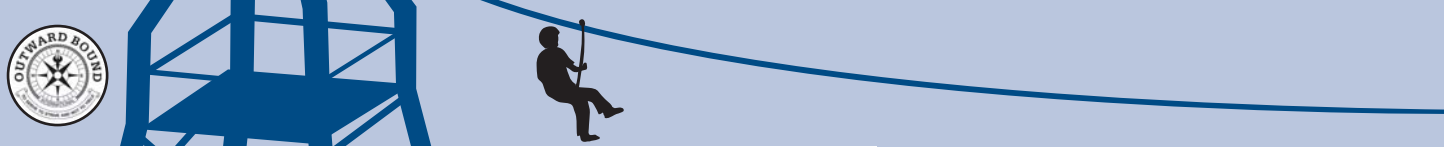
Raising standards, widening exposure

The Joint Mongolia-Singapore OYP provided much exposure for trainers from both organisations. Some of the challenges include having to facilitate the Mongolian and Singaporean participants, using at least two languages. For instance, the nightly debriefs in the Mongolian tents were lengthy at times because time was spent to translate the participants' learning and the trainers' questions!

The train-the-trainer programmes provide our partners the structured training development of hard skills and soft skills. They aligned the concepts of risk management and outdoor education. International standards of challenge rope courses and abseiling techniques were introduced too.



Mongolian participant showing her fellow Singaporean participant one of her daily chores



(A publication about this course can be found at <http://www.outwardbound.be/madzinga>.)

“This programme was not to be just a replication of previous courses but a ‘step-change’ beyond them. Previous courses had been limited to distinct national groups but this course was to be designed to attract an ‘open’ group from many different countries. It was aimed at people - who might broadly be depicted as ‘youth workers’ - who wanted to organise international youth exchanges and projects directly, or who wanted to encourage and support others in doing so. It was not simply about personal development but, from the very start the preparatory team maintained that while training was sometimes not about personal development, experiential learning was always about personal development - but, hopefully, about a lot more besides. The team was insistent that its intended programme was not just about providing another ‘tool in the toolkit’ (i.e. how to ‘do’ Outward Bound), although this was what toolbox trainers and agencies often wanted. Diverse expectations therefore had to be accommodated: there needed to be a focus both on process (personal development) and output (knowledge and skills for professional application). It was not, as one of the team put it, a question of “either/or...it is a case of and/and”. Or at least that was what it was hoped to be.” Extract from ‘Madzinga, publication by Howard Williamson and Mark Taylor

The course was a big success and the publication became an example of a different kind of Train-the-Trainer course within the framework of the European Youth Programme. This course also has been chosen by the Youth Programme of the European Union as a best example project.

A learning journey...

Once again, it was time to try something new. In 2005 a new Long Term Training program was launched. This time the team consisted of staff from Outward Bound Belgium and Romania along with partners from Lithuania, Iceland, Italy, and Germany. Participants were youth workers and group facilitators from these countries with limited experience in experiential learning.

Parts one and two were similar to the Madzinga program mentioned above, but part three would become something new. We were continuing to look for ways to really deepen participants’ learning about working experientially and more workshops, (inter-)active as they may be, were not enough. The idea of the Learning Journey was born.

Letting participants define the learning agenda:

A little bit like a Final Expedition, a little bit like an Open Space

Technology event, participants were presented with a basic framework: make an expedition together for 5 days. The campsite locations are fixed, as are several other elements such as kayaks available on Day 2, 1 day of silence on an island on Day 3, village visit on Day 1... some basic elements, but not overloaded. Mostly lots of open space for individual and group learning. Each day is to be facilitated by a team of participants and should open with a community meeting and close with a debrief session. The task for the participants is to learn what they need to learn about process experiential work and about themselves. The task for the daily participant-facilitators is to “follow and support the learning process” of the group and individuals. The team of program facilitators is available as coaches.

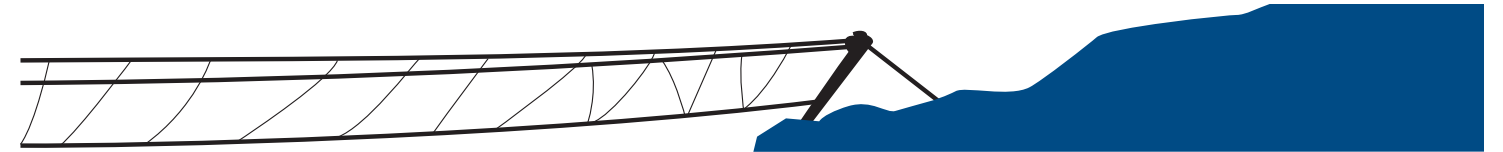
Two days of questions, workshops, theoretical frameworks, and networking following the learning journey gave the opportunity to take some distance from the experience and explore what had been learned. What does it mean to facilitate such an experiential learning process? What does it mean “to support the process”? What does this look like? How does this feel for me? What is “the process” anyway? ...

The five days were intense for everyone involved. Bad weather, cultural differences and really being in the experience together heightened the impact. Conclusion? It’s not easy to learn experientially about how to work experientially! It’s much more personal and less comfortable than sitting in a workshop talking about it! But isn’t that what experiential learning is all about?



Want to know more?

The intention is to broaden the scope of the Learning Journey and make this available to interested Outward Bound staff internationally. Please contact Dirk De Vilder at Outward Bound Belgium for more information: dirk.devilder@outwardbound.be



to our mountain program in Pemberton, BC to apply to our staff training two weeks later. We presented our version of the Design Management Model to both new and returning staff and watched the language proliferate over the course of the season. The true litmus test was a decrease in incidents, reduction in satellite phone calls from the field, and indicators of course quality. Outward Bound Canada is now embracing the DMM nationally as a training vehicle. I believe the DMM will help us greatly to overcome both cultural and geographical barriers to become more aligned and unified as a single school in Canada.

I think back to both birthing and growing pains, to the many rooms, and moods, and discussions I have sat in at various Outward Bound bases. Each has its own distinct culture and modes for delivering transformative educational experiences. A common language to translate our underlying intentions and Missions into actions and courses makes us better at what we do. The Design Management Model provides a wonderful foundation from which we can copy, choose, and create.

For more information regarding the Design Management Model contact James DeSalvo, Northwest Region Program Director, Outward Bound Wilderness, Mazama USA, e-mail: jdesalvo@outwardboundwilderness.org

Lee White is Outward Bound Canada’s Community Programs Manager for western Canada. He is the author of “Rapt in Awe” and the soon to be released novel “and then we dance.”

My father said all children must look after their own upbringing. Parents can only give good advice or put them on the right paths, but the final forming of a person’s character lies in their own hands.

Anne Frank

A Ride Across Japan

A sea-to-sea bicycling adventure in Honshu

Bicycles and Outward Bound have had a long history. They have been used in both long and short courses in such countries as Costa Rica, Germany, and the USA. Bicycling has also been the central focus for numerous guest expeditions, and for the occasional special fundraising event, such as the “Girls on the Move” project, which involved a bicycling expedition from Portland, Ore. to New York, N.Y.



Over the years, Outward Bound Japan has used mountain biking as a frequent and challenging element in its programming for young people, and 2006 was no exception.

In August, Outward Bound Japan’s staff worked with a local community project, the “Promotion Party for Adventure Education,” in nearby Otari village to design, instruct, and provide logistics support to the “Youth Adventure Camp” initiative, a program for children 15 – 18 years old, funded by the Ministry of Education.



The Outward Bound Japan staff accompanied a group of boys and girls on a journey, by bicycle, from Odawara, an old castle town on the Pacific coast, south west of Tokyo, to the sea coast port city of Joetsu on the other side of Honshu Island. The 8-day long trip covered close to 400 kilometers, and included riding through the Tanzawa Mountains; visiting Lake Sai (one of 5 volcanic lakes around Mt. Fuji), riding into the hilly Yatsugatake range, and then completing the final ride from the ski town of Sugadaira to Joetsu. During the trip the group participated in a variety of activities including waterfall climbing. The trip concluded with a long drive back to the school’s Nagano base camp.



The Origin of U.S. Challenge Courses

by Mark Wagstaff, Radford University



As the challenge course industry continues to grow, it is important that we have a clear picture of our roots. Understanding the history of our trade allows us to chart a more intentional future.

The popularity of challenge course programming has taken on a life of its own since the early Outward Bound days. The first Outward Bound schools gave birth to the industry we recognize today. It is estimated that in the early 1980s up to 800 courses existed in the United States. Today, it is believed that over 15,000 courses operate in the United States alone.

Challenge course use for educational and recreational purposes found its way into American culture through the Outward Bound school system. In their book, *Outward Bound USA*, Josh Miner and Joe Boldt discuss the use of ropes courses as an integral part of the first Outward Bound schools in the United States.

Rafe Parker, Outward Bound instructor at Aberdovey in 1963, believes that the first challenge course was built at Aberdovey. Parker remembered his interactions with Captain Freddy Fuller, the second warden at Aberdovey and one of the original instructors. According to Parker, Fuller maintained that a ropes course had been on the Aberdovey site since its inception. The original Outward Bound curriculum required that the “cadets,” as they were called then, were graded according to their ability in events, such as the challenge course, shot put, long and high jumps, javelin, and other athletic events.

Eskdale was the third Outward Bound School to be developed in England. John Lagoe, the third Warden of Eskdale, describes in personal correspondence his memories and experience with the Eskdale ropes course. “A ropes course was included from the start at the Eskdale Mountain School, clearly inherited from Aberdovey... There’s a photo of the ropes course in the first brochure describing the school, and one of the staff on Course Number 4, in 1950, tells me that it had the usual vertical rope climb, a rope bridge (always

known as the Burma Bridge), a rope swing to reach and regain on to a horizontal rope, a scramble net. A zip wire, luridly called the Death Slide, was added a litter later.” [sic]

While we know that the inspiration behind the first ropes courses was from the military, the author of this article has yet to find indisputable documentation that determines where the first course was built within the British Outward Bound system and by whom. Although the Outward Bound movement is responsible for challenge course development in the United States, it is also important to know that challenge course curricula were not unique to the British Outward Bound schools.

A movement in France must be mentioned that integrated challenge course-type experiences into educational settings in the early 1900s. This movement was known as *hébertisme*, which was derived from the name of George Hébert. From 1895-1903, Hébert served as a French Navy officer and later became responsible for the physical training of the French navy. He developed obstacle courses in natural areas that required the use of fundamental movements, such as jumping, climbing, running, crawling, balancing, throwing, and carrying. Drawings of *hébertisme* obstacles, found in C. Cousineau’s manual (1976), resemble modern-day challenge course elements. In addition to emphasis on physical conditioning, *hébertisme* created opportunity to discover personal potential and limitations while moving in a natural environment. In 1949, *hébertisme* was first implemented in North America at Camp Ecole Trois-Saumons located near Québec City, Canada. Two Canadian army officers who served in France during World War II brought it to Canada.

The First American Challenge Courses

American educators interested in Kurt Hahn’s educational model brought Outward Bound to the United States. The first Outward Bound School was established in 1962 in Marble, Colorado. The challenge course, along with many other outdoor adventure activities, became an important part of the first Outward Bound curriculum. “Tap” Ernest Tapley, designer and builder of the Marble base camp, constructed the first Outward Bound challenge course in the United States in 1961 after visiting Eskdale. British Outward Bound instructors, Higel Peacock and Ralph Cough, later approved the course and made a few minor adjustments. The entrance to the course was a forbidding 35-foot rope ladder.

Tapley also served as mountaineer advisor for the Colorado Academy in Denver. Chuck Froelicher, headmaster, asked Tapley and academy students to build a small challenge course in a one-acre wooded area

Intercultural Experiential Learning

by Dirk De Vilder, Outward Bound Belgium

Since 1998, Outward Bound Belgium has been organizing international training courses on experiential learning in co-operation with other Outward Bound schools in Europe or other youth work partners. These courses are financed by the European Union (Youth Program), the Council of Europe and the Soros foundation.



The most recent program took place in September in Lithuania - part two of a Long Term Training Course on experiential learning (Odyssey II). Wanting to try something new, we came up with the idea of a “Learning Journey” for this program – maybe not the most original name, but we are very excited about the concept! We’d like to share this excitement and... also invite you to maybe take part in it.

To sketch a bit of history first...

From Sauna to

Towards the end of 1997 two people sat in a sauna at the European Youth Centre in Strasbourg discussing different ideas about training. The conversation focused in on planning a training course in Lithuania, a course where youth workers could “get a taste of experiential learning and then think about how to use it with the young people they work with.”

From an idea in a sauna to the implementation of such a course is a long road and involves a great deal of hard work. The “Roof on Fire” website recounts the history of looking for partners, applying for funding, arranging logistics... (<http://www.angelfire.com/mt/Roofonfire/>)

The first course was born. Involving youth workers and trainers from

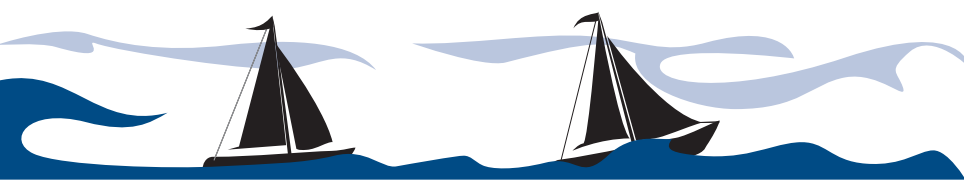
Belgium, Greece, France, Latvia, and Lithuania, the training focused on using experiential learning methods for working with socially disadvantaged young people. It was described as a ‘success’; it is considered to have provided a major catalyst for informal youth work in Lithuania. The eight participants from Lithuania went back to their local realities and used the principles and methodologies they had learned to sow the seeds of experiential learning practice throughout the country – an influence that is felt strongly in the youth field to this day. A second 10-day course was held in Lithuania, involving 25 youth workers, this time from four different countries. The focus was on using experiential learning for intercultural projects in working with socially disadvantaged young people.

A year later, a third course was held in Slovakia, this time involving participants and staff from five countries (OB Belgium, Slovakia and Finland, together with partners in Lithuania and Iceland). The course was further adapted and developed. A host of both local and youth exchange projects were then ‘infected’ with the experiential virus across Europe and participants from each of the training courses met in Iceland to compare results and continue to learn from each other.

Intercultural via experiential

In 2002, after these three courses we felt that we were ready to challenge ourselves and to rethink the concept. The course would be open for youth workers and trainers from all European countries and would focus on intercultural learning via experiential learning. The program would take the form of a “Long Term Training” and would consist of 3 phases: first, a 10-day training course in Belgium on the basics of experiential learning, then a second phase where participants would return home to work with the concepts in their own work environment and a final 8-day session in Lithuania to further deepen and anchor the learning.





square of the nearest village, sitting by a tree and writing a poem, or climbing a cliff in the costume of an elderly middle-class lady. Why not?

All that was said up to now, indicates that describing “an average INTERTOUCH experience” is next to impossible. This planet offers countless possibilities, offers safe and supportive environment. It is full of goodwill, immense creativity, endless energy and trust. Trust in people’s ability to learn, to share, to develop and to make the world a better place – for oneself, and for the others, too. Everybody chooses their own story at INTERTOUCH, their own way to live out their trip to this extraordinary place. No particular outcome is guaranteed. What can be guaranteed is a spectacular spectrum of challenges in which you may choose to challenge and explore all of your SELVES. Everybody chooses their own treasure to take home with them.

On the way home...

You will feel happy, tired, refreshed, recharged, and maybe a bit melancholic. You will feel absolutely sane and normal. However, everybody around you (who has not shared your extra-experience) may seem a bit weird. Don’t worry, you will look as weird for them as they do for you.

You may decide to change something in your life. You know that you have to because something had changed inside of you. We cannot say what it is; it is different for each visitor of the INTERTOUCH planet. Or you may suddenly see your old life with new eyes and appreciate all that is there. Or you just get a glimpse of something you might consider doing in the future. Or you may decide to live on the other side of the world. You may chase the grey men out of your job. Or grow a tomato plant. Or travel to the Moon. Or something else.



How do we know?

We do know, yes, because the same happened to us as well. We had been there, we had gone through it (as participants, trainers, as people) – and we are a living example of the fact that “it works, it just cannot be described.” You can come, too, if you wish. You can also learn about “the Czech way” and dramaturgy in the follow-up workshop. See you next time when the INTERTOUCH planet enters our space-time! ...meanwhile see the website www.intertouch.cz.

- the Intertouched ones

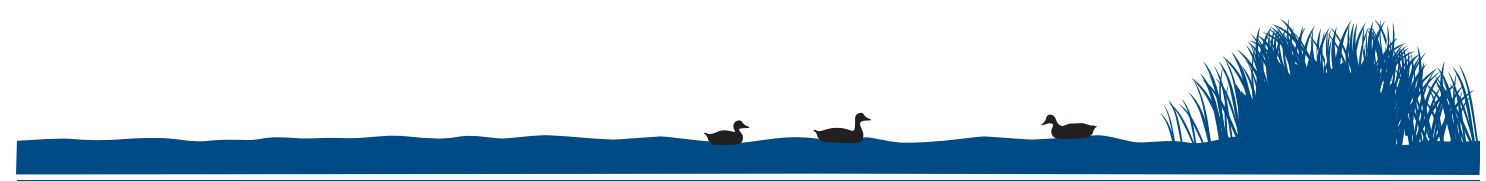


INTERTOUCH has been a long-term international project by Vacation School Lipnice – Outward Bound Czech Republic. It is one of the “classical” experiential courses with a special methodological workshop supplement. Thirty participants from 14 countries worldwide enrolled in 2006, 23 of them with a professional instructors background in and outside Outward Bound network. The course has been supported by Outward Bound - Ceska cesta.

All photos are the copyright of Zdenek Cimrman Benes.

“Until a person can himself grow, he will tend to be stuck with cookbook approaches. He will be deprived of the opportunity to improvise and invent learning structures that might be unique. Thus he remains a technician instead of becoming an artist, limited in his opportunities to be creative and to fulfil himself in his work.”

Aaron Hillman



on academy grounds. This was probably the second course built in the United States for educational use. Students participating in these first U.S. challenge course experiences were put on belay and encouraged to take a practice fall so student belayers could practice catching a fall. Students were debriefed after the event to bring out the whole experience. The use of challenge courses for educational purposes had taken root in the United States!

Continued Push Toward Mainstream Education

American Outward Bound instructors began taking their expertise to other settings. Programs were slowly being established in the late 1960s and early 1970s. Outward Bound instructors built a challenge course at Lincoln-Sudbury High School in Lincoln, Massachusetts. Mike Stratton, former Colorado Outward Bound instructor, constructed a few elements for the Carroll School near Walden Pond in Massachusetts. Stratton created a climbing wall out of boulders, sometimes over 100 pounds each, by embedding them into a cinder block wall in a gymnasium. Karl Rohnke, North Carolina Outward Bound instructor, created a challenge course for Southern Illinois University.

The Outward Bound phenomena also spawned an entire movement of programs that promoted challenge course use, adapted from the Outward Bound model. One of the most influential organizations in challenge course development has been Project Adventure. Project Adventure is noteworthy because its focus was on reforming the traditional education system. Jerry Pieh, principal of Hamilton-Wenham Regional High School, Massachusetts, had helped his father, Bob Pieh, start the Minnesota Outward Bound School. Jerry and Gary Baker submitted a grant proposal to the U.S. Office of Education to integrate the Outward Bound model into mainstream education. The new program, developed in 1971, was called Project Adventure. Jerry was able to hire staff with an Outward Bound background to help Hamilton-Wenham faculty develop the new curriculum.

Staff member Karl Rohnke and a group of high school sophomores built a challenge course used primarily in physical education classes. The course was constructed with whatever materials were at hand—goldline and manila hemp ropes, 1/2-inch cable, and a ladder. The elements went only as high as the ladder or tree climbing would allow. Goldline belay ropes were hung through single alloy or steel carabiners. Debriefing the experience was primarily a question and answer session similar to

what had been passed down from the Outward Bound process.

The majority of the new curriculum focused on the tenth grade physical education class. English, history, science, theater arts, and counseling were also explored in the context of what came to be known as “adventure activities.” Bob Lentz, former Outward Bound instructor, teacher, and principal, became the first director of Project Adventure. Bob found a way to help students become more “alive, alert, and responsible” inside schools in the Project Adventure curriculum and to institutionalize the process. In 1972 Karl Rohnke built the first Project Adventure indoor climbing wall for the high school in Newburyport, Massachusetts.

Birth of an Industry

Many courses in the 1960s and 1970s were constructed in-house, reflecting individual ingenuity. No universal standards or formal risk management protocol existed to manage these programs. Little if any formal staff training existed, so experience was gained through trial and error. There were no national organizations promoting the use of courses, which left the early pioneers of challenge course programming isolated. The first formal gathering of challenge course professionals occurred in 1988 at the North Carolina Outward Bound School. In 1991, this seminal group of professionals decided to form a national organization to support the development and standardization of challenge course practices. This was the beginning of ACCT and of the development of standards and the sharing of best practices in the industry.

Please visit the ACCT Web site for the complete version of this article and the references. <http://www.acctinfo.org/>

Mark Wagstaff, Ed.D., is Associate Professor, Radford University, Department of Recreation, Parks and Tourism, Radford, Virginia USA. He has instructed outdoor leadership and adventure education at the college level for 13 years, and has taught for Outward Bound and the Wilderness Education Association, and has worked as a professional river guide for over 10 years.

“Change and growth take place when a person has risked themselves and dares to become involved in experimenting with their own life.”

Herbert Otto



Global Leadership Program Update

Finding Deep Connections That Transcend Cultural Differences

We caught up with Ian Wade, Outward Bound International's Executive Director, to talk about the recently completed Global Leadership Program (GLP) pilot.

The Global Leadership Program (GLP) pilot took place this summer in Tanzania. Led by Outward Bound instructors and Global Leadership Network partner facilitators, 13 participants from all over the world gathered on Mount Kilimanjaro to engage in a challenging expedition, a service project and leadership skill courses. "We learned that the GLP has power. And, while recruitment presents some problems, this model can be applied to many other populations and situations—for example in bilateral conflicts such as in Israel and Palestine," said Ian Wade, Outward Bound International's Executive Director. "It can be used by multi-national corporations and in youth programs. It has potential for a very broad application."

The participants—all highly committed leaders in mid-career—



represented the Philippines, Afghanistan, Thailand, India, Taiwan, New Zealand, Slovenia, Liberia, Kenya, Australia, Sultanate of Oman, USA and Canada. "They found the chance to be with people from other countries sharpened their awareness of how communication and leadership issues differ in a heterogeneous group," said Wade.

What the global results of the GLP are and will be have yet to be determined. However, the GLP serves as just one example of the relevant and innovative programming that is being designed and tested by Outward Bound and which is only possible through your continued interest and support.

Their words say it best...

GLP participant evaluations reflect the effectiveness of using the Outward Bound model to bring individuals together with the common goal of bringing the world together. Their words say it best:

"On this expedition, we find out who we really are. It's 24-7; you can't go back to your hotel room and close the door. Maybe we can bring the whole world into our wide blue tent."




"You can go to a conference and see everyone's Power Points yet come out with nothing. But on this journey, when I started to trip as I climbed, I saw the hand of someone from another culture reach out to help me... You can't get that at a conference."

"Having a conference on global leadership is as different to this experience as day is to night. Seven days with your life on the line is a totally different experience—no conference can do that."

"You'll remember the mountain, but you'll remember each other more."

About the Global Leadership Program

Outward Bound International's Global Leadership Program (GLP) brings together emerging leaders from both the public and private sectors and represents the spectrum of socio-economic, political, racial, religious and cultural groups from around the world. Its purpose is to develop a network of emerging leaders from diverse backgrounds who can find constructive ways to transform conflict into cooperation. GLP focuses

on enhancing leaders' self-confidence, leadership, teamwork, compassion and moral courage so that they can take action to improve social conditions worldwide. 

Planet INTERTOUCH

by Daniela Zoumkova and Petr Kubala

Yes, it did happen again! Planet INTERTOUCH welcomed 30 new inhabitants this summer. They joined an ever-growing crowd of those who had "...been there, seen it, gone through it." And understood why the previous generations say: "It is so different, you gotta experience it, it cannot be explained." Yes, they are also INTERTOUCHED. They have met a group of young people from all over the world, they have met themselves—but on the levels they never thought existed.



How to get to a planet INTERTOUCH

First, you have to wait. It is all about time. Planet INTERTOUCH only enters our part of the universe once in a while. When the time is right, you get on a local train somewhere in the middle of Europe. You need to get off in a tiny little station called Pohled. Two men in grey, dark glasses covering their eyes, already expect you there. They accompany you to a medieval castle on a hill. On the way, you meet a turtle, two ladies in white and a man who owns all time in the world. You have to introduce your alarm clock, feed one of your new friends with your hands, and realize that sometimes things move faster when you walk backwards. The next morning, after a night spent in the castle, you walk couple of more kilometers and you are there. Now, you are ready to accept that everything can happen on this planet. And IT IS JUST ABOUT TO HAPPEN.

Life on the planet INTERTOUCH

There is an old stone quarry full of water. There is an open space with a Babel Tower in the middle. There is a huge granite block above wa-

ter that is ideal for reflection and chill-out times. There are vast meadows filled with morning dew and mist, with the silhouette of the castle in the background—there you can run till you drop. (And you will...) And yes!—there is a sauna, too.

If you wish to write a message to somebody, just use the local b-mail, consisting of an array of glass bottles. But first, you have to fish for them in the quarry! Alternatively, you can use them for performing a cosmic concert.

Of course, there are other channels for communication, too. Actually, there are as many as you wish. On this special planet, people begin to open up, share their stories, talk about themselves—about their real SELVES, reveal information more fundamental than surname, age or number of siblings. They begin to "touch" each other—and are touched from different angles, through different experiences, through various meetings. And you meet the strangest creatures here. The men in grey tend to stay in the background and "operate behind the scenes," but there are all the others: sailors, angels, all the nice and interesting people from all over the world... and yourself. Your SELF, the former one, the real one as well as all the potential ones.

In this companionship, you can visit a number of attractive places: a cruise ship (even though it may accidentally sink on its way), an art gallery (you may be asked to paint your own picture with your nose or big toe). You can enjoy the water in the quarry (or NOT enjoy it, but you will find yourself there sooner or later), you can enjoy the free space above the quarry (climbing up or down one of the ropes). Together with this, the labyrinth of the world and the paradise of your heart are open for your visit, too.



You may find yourself in the middle of a team competition, at a free market business meeting, on the stage performing a theatre play on the



offers several different experiences from trekking to kayaking, birding to fishing and unforgettable opportunities for photographs. Tina and Paul Allaire traveled by camper throughout Alaska in 2006 and we anxiously await the itinerary Tina will design for Outward Bound International.

New Zealand Trek

Itinerary to be designed and operated by Outward Bound New Zealand

Dates: Late October Early November

Length of Trip: 12 to 14 days moderate to active trekking

Hosts: Dick Hubbard and Outward Bound New Zealand staff

Outward Bound International isn't just another eco tour company, where you may see much of the local scenery from a bus window. Outward Bound believes the scenery needs to be experienced. What better way to experience New Zealand than the Outward Bound way. Give back to the local community and interact with the Outward Bound schools and their students, a community service project and experience the scenery by trekking, biking, or paddling. The itinerary for New Zealand is still in the planning stages but promises to be one amazing adventure.

Panama and the Panama Canal

Itinerary designed and operated by the Costa Rica Rainforest Outward Bound School

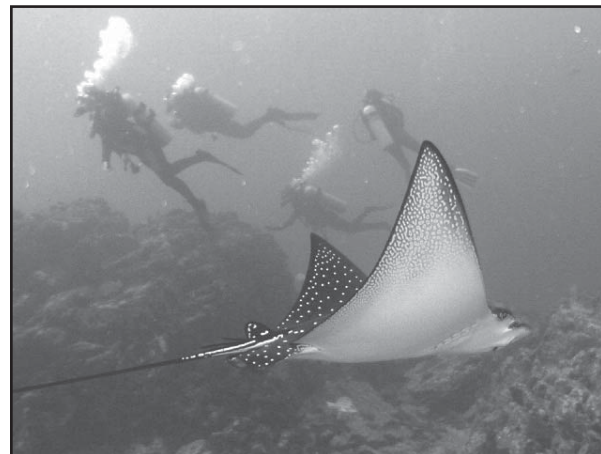
Dates: October 27th to November 9th

Length of Trip: 14 days moderate to advanced activity

Host: Tina Allaire



Outward Bound opportunities abound on this magical Panamanian voyage. Activities like kayaking, white water rafting, trekking and touring are all included. The expedition begins in



historical Panama City and heads through the Panama Canal. Opportunities to stay in indigenous villages with the San Blas Island Kuna Indians and the Boca Del Toro Guaymi/Ngobe Indians, where you can interact in the local community and participate with a service project or just experience the glorious scenery. Other expedition activities available are sailing, snorkeling, and swimming. This Expedition promises to enlighten your passion to travel in an Outward Bound way.

How To Sign Up

Would you like to design and host your own guest expedition for your friends and colleagues? No problem we can do it! Please contact
Caryn G Robinson;
Expedition Director
Outward Bound International
248-505-4497
carynrobinson@outwardbound.net
www.outwardbound.net

You may be cold, you may be tired, but being miserable is definitely an option.

Anonymous

Outward Bound International's Guest Expeditions for 2007

Outward Bound International Guest Expeditions once again invites you to satisfy your wanderlust with a slate chock-full with adventure offerings for 2007. We hope that you, your family and friends can join us on one of these "can't miss" opportunities.

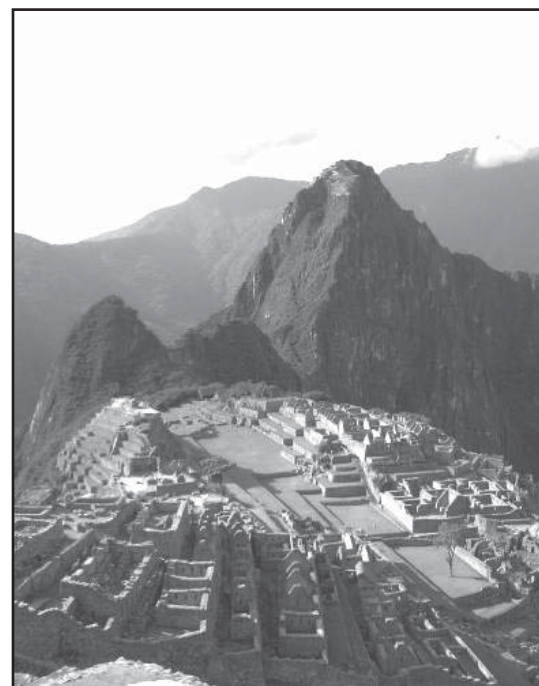
The Magic of the Incan Empire and the Inca trail to Machu Pichu

Itinerary designed and operated by the Costa Rica Rainforest Outward Bound School

Dates: February 2nd to 12th

Length of trip: 11 days moderate trekking

Host: Karen Watson



The Incan Empire known as Tahuatinsuyo (Land of Four Quarters) conquered most of the cultures in the region from southern Colombia to near Santiago, Chile. This vast empire was centered in Cuzco. This itinerary will bring to life this magical region. We will first focus on Cuzco and the rich environment and culture. This will allow us to put into historical perspective the mysteries of this ancient civilization. Later we will embark on a four-day expedition along the famous Inca Trail that leads us to the incomparable Machu Pichu. This is a moderate trek and we will have plenty of support for assisting with carrying the majority

of the weight and gear needed for such an expedition. We will also be accompanied by bilingual local guides throughout to help understand the local perspective. We will also explore the belief systems of the descendents of Incans as we visit and stay in their villages.

Camino de Santiago Pilgrimage Trek

Itinerary designed and operated by the Outward Bound Spain

Dates: May 26 to June 3

Length of trip: 9 days moderate trekking

Hosts: Francois and Karen Burman

The Camino is such a beautiful and spiritual path that everyone should see, at least once in their lifetime. It is an incredible journey in terms of scenery and culture, and what a wonderful opportunity for a divine adventure! So much history and culture surround this experience for all people who simply want to journey along this magical route. Some of the famous travelers who have journeyed this path and left their names in the journal of history include Carlos Magno, El Cid, San Francisco of Assisi, Fernán de Aragón and Isabel de Castella [the sponsors of Christopher Columbus]. Santiago de Compostela is also known as "The Field of the Star" and upon visiting this beautiful city in Spain, it is immediately apparent how appropriate this title is.

Alaska

Glacier Bay, Denali National Park and Kechemak Bay

Hosts: Tina Allaire and Bill Grabe

Itinerary design still under construction

Dates: Late August to September

Length of Trip: 10 days moderate to advanced activity

Alaska offers unprecedented wildlife in the most pristine, dramatic wilderness you could find in the world. The proposed expedition



Continued on page 14



Australia

In August, Australian Capital Territory (ACT) Senator Gary Humphries officially opened the new facilities at the Outward Bound national headquarters near Tharwa, ACT. Outward Bound Australia received a \$400,000 federal grant to support the expansion and upgrading of its facilities, including a ropes course, training facilities, accommodation, and a warehouse.



Brunei

During the Hari Raya festive season, a 60-person group of foreigners working in the Sultanate (government) took time away from their Temburong River trip to visit Outward Bound Brunei Darussalam and participate in a river crossing using a hanging bridge, which joins one part of the campus to the other.



Bermuda

Outward Bound's 10-year plan aims to enable every child in the final year of middle school to be sent on an Outward Bound course at the expense of the government. The program projects raising as much as 30-million dollars during the ten-year period to pay to renovate buildings, increase the number of students, and enlarge family and other programs in team-building.



Canada

The fourth annual Neil Falkner Memorial Scholarship BBQ and Putting Tournament took place in August in the British Columbia community of Whistler. The scholarship, which aims to help youth from the Sea to Sky corridor between Vancouver and Whistler attend 17-day Outward Bound courses. Falkner, an Outward Bound graduate, died in April 2002 while backcountry skiing in the Rocky Mountains.



Hong Kong

The annual Corporate Challenge event will be held on December 17 at the Joint Sports Centre in Kowloon Tong. Modeled after the UK game show "It's a Knockout," the event gathers teams representing

Hong Kong's leading companies, to compete in games specially designed for fun and team building. In 2005 the event raised nearly 1 Million for underprivileged youth.



Indonesia

In August, Outward Bound Indonesia announced that it had adopted the founding principles of the Global Leaders for a Better Tomorrow (GLBT) program and will implement them in Indonesia and regionally in ASEAN countries. Ian Wade and Djoko Kusumowidagdo, Founder and CEO of Outward Bound Indonesia spoke to the press in Jakarta to address the objective that Outward Bound has for the program.



Japan

Sixteen students from Outward Bound Hong Kong came to Japan and completed a personal development course in September. The course took place at the Nagano basecamp. River rafting, waterfall climbing, and mountaineering trip to the Mt. Hakuba area were a part of the course.



Malaysia-Lumut

In September, Outward Bound's staff provided logistical support to the jungle trekking portion of the Ministry of Education's "Semangat Maharaja Lela" event. Approximately 500 young people participating in the drug outreach program, which was held in conjunction with the third annual Pemadam Pals National Assembly held in Telok Batik, Lumut.



Mexico

Outward Bound has completed its first full year of operations, during which: it ran programs for inner city middle school students in Monterrey, for Reintegra (a foundation for at risk and incarcerated youth from Mexico City), for some of the finest private schools in Mexico City, and a program for instructors. Outward Bound has also received a substantial grant from Cemex S.A., one of Mexico's largest companies.



New Zealand

Outward Bound has received the Marlborough Award. The prestigious award was presented to recognize the contribution Outward Bound has made in the Marlborough Sound district over the last 44 years. A number of the school's staff attended the presentation.



Singapore

Outward Bound Singapore saw a change in leadership in the second half of this year. Since July 1, 2006, Mr Nicholas Conceicao has taken over as Director from Mr Jeremy Tay who returned to the Headquarters of the People's Association. Nicholas is no stranger to the Outward Bound community as he came through the ranks some 14 years ago when he joined OBS as an Instructor. His prior appointments included senior leadership positions in overseas program development, training operations and staff development as well as operations support and administration.



South Africa

Dr. Karen Carroll Mundy, professor of sociology at Lee University, and sociologist Dr. Bennett Judkins are in the process of a studying a faith-based initiative operated by Outward Bound South Africa. In the last two years, Mundy and Judkins have presented five papers on Outward Bound South Africa, including two this summer at the World Congress of Sociology in Durban and the National Faculty Leadership Conference in Washington, D.C.



Sri Lanka

The Annual General Meeting of the Outward Bound Trust - Sri Lanka was held at its Headquarters in Colombo in late June. It was noted that focuses on professional development, such as the involvement of Outward Bound in the capacity building initiatives of two agencies associated with the Tsunami Housing Support Project of GTZ demonstrated that Outward Bound models could be used to address special needs.



United Kingdom

A new program that recognizes non-academic achievements such as Duke of Edinburgh Awards and Outward Bound may become available to Scottish school students. A certificate with a value on the existing Scottish Credit and Qualifications Framework, which ranks all Scottish exams, would be issued. The certificate could be used in getting a job, or when applying to a college or university.



USA

Discovery: Discovery is running courses for students in Alabama and expanding courses in of South Carolina.

Wilderness: Open enrollments have increased by 5% so far this year.

North Carolina Outward Bound School: a small group of Jewish and Arab teenagers from Haifa, Israel participated in a wilderness expedition in August. The students are a part of the Palestinian-Israeli Unity Project, a project of North Carolina Outward Bound School and Breaking the Ice, an international peace organization.

"Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together."

Vesta M Kelly