



VIETNAM

OUTWARD BOUND INTERNATIONAL GLOBAL IMPACT REPORT 2020

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**OUTWARD BOUND
INTERNATIONAL**





“Before Outward Bound, I was ready to just stop and drop out of school and give up. I had no plans for a job. Now I can see a pathway ahead of me. It’s been just amazing to do Outward Bound...I’ve been able to see my potential, know happiness, and feel like I belong. I wish everyone could go to Outward Bound – I think the world truly would be a better place.”



Paige, OB New Zealand



BRAZIL

OUR BELIEF

**“We are all better than we know.
If only we can be brought to realise this,
we may never again be prepared to
settle for anything else.”**



**KURT HAHN, CO-FOUNDER OF
OUTWARD BOUND**



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HONG KONG

“Through Outward Bound, I have discovered I am much stronger than I thought. Every activity pushed me to discover where the boundaries of my courage lie. Through Outward Bound, I have been able to accomplish so much, not just on my course but in life as well. Outward Bound is an experience of a lifetime. I credit part of who I am today to Outward Bound.”



Bryce, OB USA

SPRIT OF OUTWARD BOUND HONG KONG





THE NEED FOR OUTWARD BOUND MESSAGE FROM DAVID KONG, CHAIR OF OBI

On behalf of the Outward Bound International Board of Directors, I am proud to present the 2020 Global Impact Report.

Outward Bound International (OBI) is committed to building a stronger worldwide network of more effective and resilient Outward Bound Schools; Schools which run quality programs that change lives for the better.

To support this vision, the OBI Board and management have made it a priority to share widely the significant impact that Outward Bound programs have on people around the globe.

Outward Bound started in 1941 as an authentic, rigorous, and adventurous “training for life” program.



Today, in the face of increasingly complex and ever-evolving challenges, Outward Bound programs are more relevant than ever.

At a time when great opportunities abound, people from all walks of life and all corners of the globe are struggling with the impact of having less and less time in authentic connection with themselves, others, and the natural world. This is leading to what many consider to be a worldwide crisis of personal and social disconnection not to mention significant environmental degradation. Evidence collected across the network of Outward Bound Schools tells a compelling story of how **Outward Bound programs enable participants to establish greater connections to self, to others and to the natural world;** developing fundamental life skills which in turn leads to a greater sense of well-being for themselves, the communities around them and society as a whole.

As this Global Impact Report clearly demonstrates, Outward Bound has an increasingly important role to play in preparing and supporting people to successfully navigate the massive social, economic and environmental shifts being experienced around the world.

Now, more than ever, the world needs Outward Bound.

David Kong,
OBI Board Chair



AUTHENTIC ADVENTURE AUTHENTIC LEARNING

Since 1941 Outward Bound has inspired millions of people across the globe to discover their potential and in doing so, contribute to a better, bolder, more compassionate and more resilient society.

WE CHANGE LIVES

Our expert instructors, using our proven learning model, facilitate authentic learning adventures in the outdoors for over 150,000 participants every year; adventures that connect individuals to their self, to others and to the natural world.

An Outward Bound program is an immersive, life changing experience that is carefully designed to take participants out of their familiar comfort zones and into an area of growth. It pushes them to the limits of what they think they're capable of, and shows them that there is "more in them than they think."

People return home, or back to school, college or work empowered with the attitudes, skills and behaviours they need to make positive changes to their lives and their performance, able to engage more productively with others, and to face life's challenges with increased resilience.

Working with individuals and also in close partnership with schools, colleges and employers, **Outward Bound Schools deliver challenging and inspiring courses that provide an authentic and relevant learning environment in which to grow the leaders of today and develop the leaders of tomorrow, something which is more vital than ever in the complex societies of the 21st century.**

CORE VALUES



ADVENTUROUS LEARNING

A belief in the power and intensity of learning through adventure in the outdoors - as a means of bringing out the best in people.



TRANSFORMATIONAL CHANGE

A deep appreciation of the balance between risk, reward and responsibility. We facilitate authentic learning through purposeful and intense experiences with real consequences and powerful, positive and memorable outcomes.



RESPECT & COMPASSION

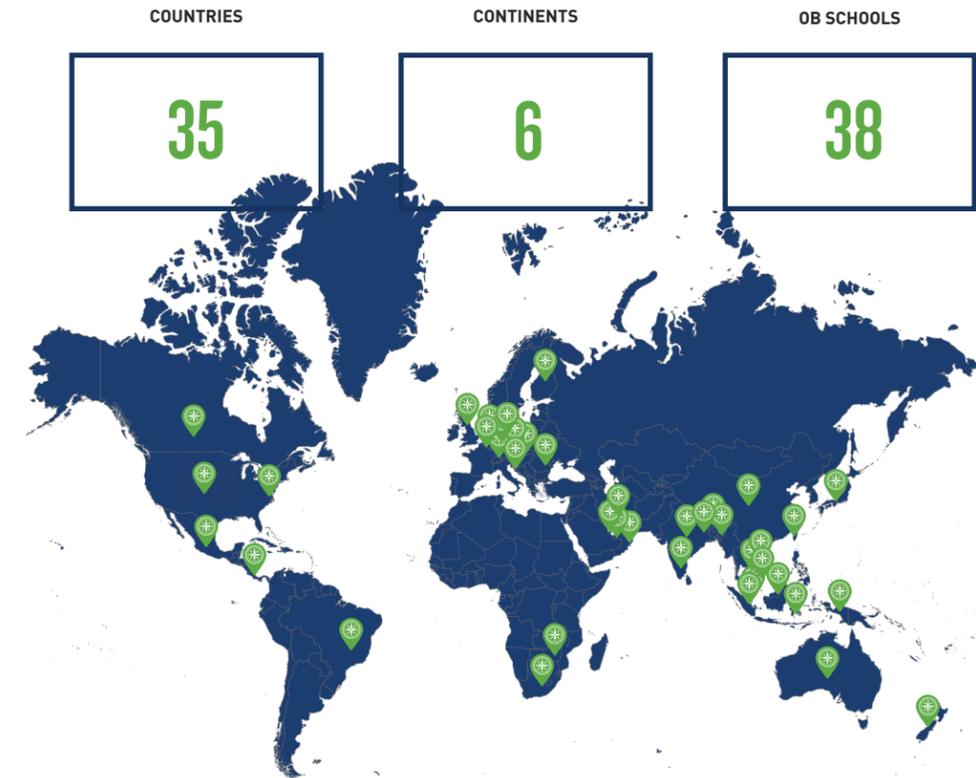
Our Schools aim to stretch people both physically and mentally. In doing so they act with care, concern and generosity towards people and the natural environment.

AROUND THE WORLD



OUTWARD BOUND GLOBAL IMPACT

OUTWARD BOUND COUNTRIES



2017

142,398

PARTICIPANTS



2018

154,907

PARTICIPANTS



650,244

2018 PROGRAM DAYS

586,156

2017 PROGRAM DAYS



4,913

2017 PROGRAMS

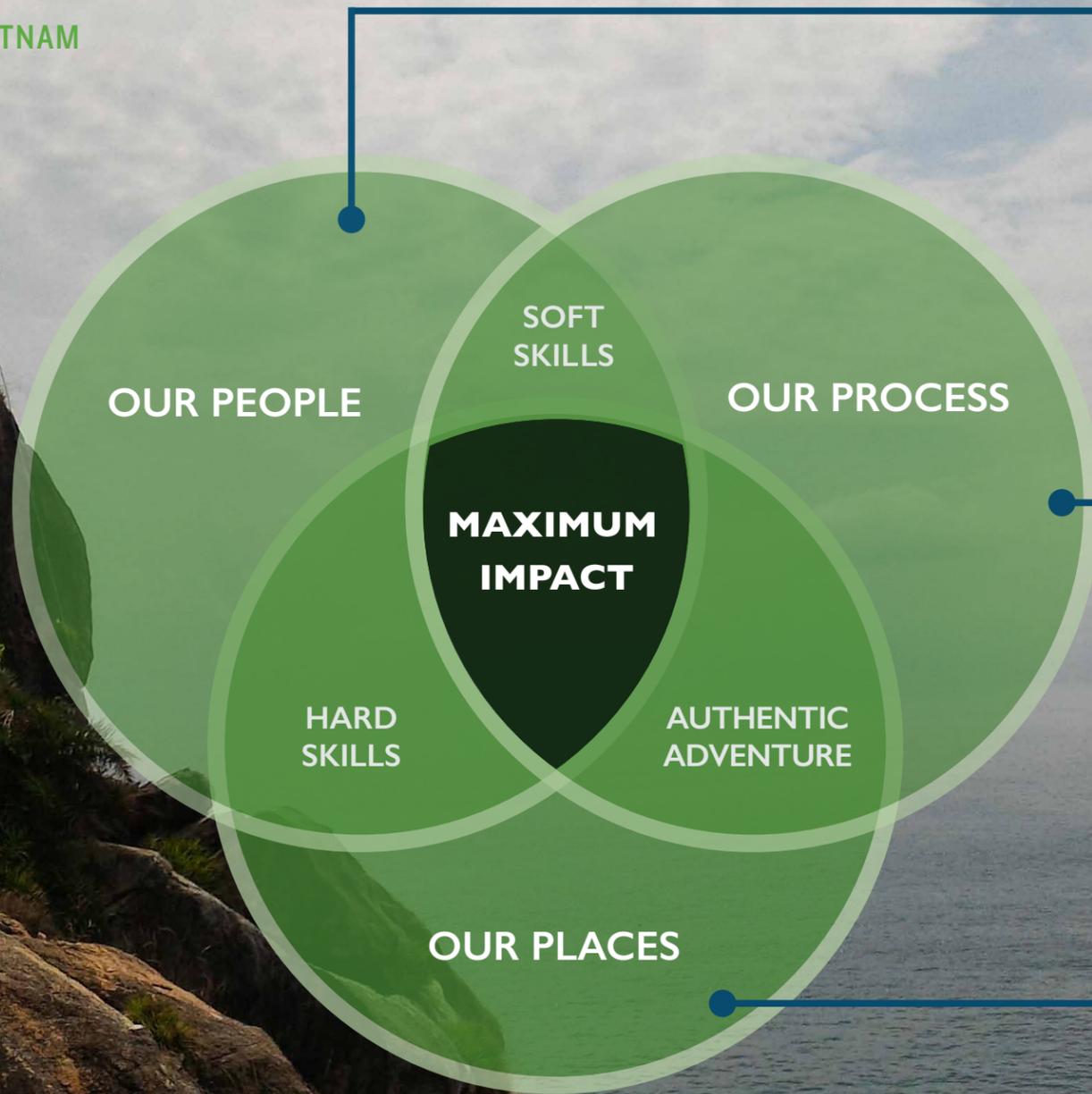


5,421

2018 PROGRAMS

OUTWARD BOUND'S DISTINCTIVE FEATURES

An Outward Bound program is all about learning and the impact this has on the individual. This is achieved through skillful people working in an inspiring and challenging environment and applying an effective process.



OUR PEOPLE



- Expert outdoor practitioners
- A pool of creative talent which enables development of solutions focused and innovative programs
- Experienced educators who facilitate learning
- Educators who challenge and impel participants to perform

OUR PROCESS



- Experiential learning and development using the outdoors
- Practical application of theoretical models with continuous reviewing and reflection
- Instillation of new behaviours and skills that transfer to the participant's home, school and work environments and that improve performance
- Focus on personal journeys
- Focus on continuous reviewing and reflection

OUR PLACES



- Real adventures in the natural environment
- Inspiring locations provide limitless opportunities
- Scale of experience and journeys is unique and challenging

OUTWARD BOUND'S IMPACT

This Global Impact report aims to share the collective impact of Outward Bound programs around the world with a wider global audience and represents a summary of evidence collected from member Schools in 2019.



A review of the evidence collected revealed the centralizing theme of **CONNECTIONS** across all regions and **5 CORE OUTCOMES** of Outward Bound programs consistent across the worldwide network of Schools.

CONNECTIONS

TO SELF:



1 - RESILIENCE



2 - SELF-CONFIDENCE

TO OTHERS:



3 - COMPASSION



4 - SOCIAL COMPETENCE

TO THE NATURAL WORLD:



5 - ENVIRONMENTAL RESPONSIBILITY



CORE OUTCOMES OF OUTWARD BOUND

curiosity
compassion
connection
leadership
resilience
perseverance
communication
self-confidence
self-efficacy
well-being
emotional-control
self-reliance
teamwork
enviro-responsibility
optimism
social-competence
grit
creativity
self-management
courage
determination
critical-thinking



GERMANY & AUSTRIA



HONG KONG



CROATIA



FINLAND



RESILIENCE

“I believe I have grown as a person. I believe the term “Resilience” is a perfect fit. I know that in the future I will overcome a greater amount of challenges, and failure will not be a word or concept I will use lightly.” - Charlotte, OB Australia



RESILIENCE - Often described as the “ability to bounce back,” resilience is a core outcome of Outward Bound courses. Rather than letting adversity drain their resolve, people who demonstrate resilience find a way for their challenges to build them up and make them stronger. Resilience has a strong association with mental health and has been shown to protect individuals from various mental health conditions. On Outward Bound courses, participants have the opportunity to deal with challenge and adversity within a positive and supportive group environment.

OB OMAN // SPOTLIGHT

Developing Employability Skills - More than 41,000 people were engaged in shaping and producing Oman Vision 2040, the government roadmap for national development. Outward Bound Oman worked closely with the Vision 2040 management team and identified the unique contribution that Outward Bound courses could make through integrating the key pillars of that vision into their courses. A particular focus of the programs is placed on developing national talent, and the employability skills, resilience and work ethics of young Omanis. The end of course evaluation from 868 participants, ages 17 to 25, demonstrated the following positive results:

97%

POSITIVE MINDSETS

Participants believe that approaching situations with a positive mindset will result in better outcomes

96%

PERSONAL RESPONSIBILITY

Participants have gained a greater sense of responsibility, time management and improving self-performance.

95%

DEALING WITH CHALLENGE - 'STICKABILITY'

Participants are able to deal with failure, overcome problems and stick with difficult tasks.

95%

COOPERATION AND NETWORKING

Participants are able to work and cooperate with other people more effectively.

94%

CREATIVE THINKING

Participants feel more able to analyse situations and come up with creative solutions.

95%

COMMUNICATION AND EFFECTIVE LISTENING

Participants better understand the importance of communication when speaking and listening.

INCREASING THE RESILIENCE AND EMPLOYABILITY OF OMANI YOUTH



SELF CONFIDENCE



“Impossible is not in my dictionary any more, everything is possible in this life, all you need is determination.” *- Yarub, OB Oman*



SELF-CONFIDENCE - one of the core outcomes of an Outward Bound course, is also experienced as self-belief, self-esteem, self-efficacy, independence, and motivation to achieve. Outward Bound gives people a different experience of challenge and achievement – one they may never have felt before. It pushes them to the limits of what they think they're capable of and shows them that there is more in them than they think.

OB NEW ZEALAND // SPOTLIGHT

Changing Lives with the Outward Bound Regional Schools Program - Outward Bound New Zealand -
 The Outward Bound New Zealand (OBNZ) Regional Schools Program fosters genuine life skills for youth, providing youth the invaluable opportunity to develop their own personal toolbox to guide them through life. Students learn how to respect and protect our natural environment and become a contributing member of their communities through service and teamwork. OB NZ enlisted Research New Zealand to externally measure the program's long-term impact. Six months after the course all students, teachers and significant others are invited to complete an impact questionnaire. The results are compelling.

TEACHER FEEDBACK



92%

OF TEACHERS SAY:
 “Their students have more self-confidence since completing their course.”

POSITIVE CHANGE



Regional Schools Program Students 2008-2019, Personal Evaluation Questionnaire (PEQ), % Positive Change. N=446.



“I would describe the course by one word: wonderful. I climbed to the top of the mountain and completed the task that I thought I would never do.” - Trish, OB Vietnam

OB UK TRUST // SPOTLIGHT

Raising aspirations in Young People - Scotland, Outward Bound UK Trust -The life chances of disadvantaged young people growing up in Dundee, Scotland are very limited. The area has some of the poorest educational outcomes for disadvantaged students and the lowest numbers of young people going onto higher education. This program, which involves a partnership between The Outward Bound UK Trust, another charity and local government, aims to tackle these issues by developing the social and emotional skills that underpin students' confidence and engagement in learning. A recent evaluation of the program shows that it is making a significant difference to the students' **Confidence, Self-Belief and Aspiration.**

What the Teachers Say: “We have seen a massive change in the young people. Taking control, leading and being confident in undertaking new challenges.”



97%

WERE MORE MOTIVATED TO SET GOALS THAT WILL CHALLENGE THEM.



89%

WERE MORE MOTIVATED TO WORK HARD TO OVERCOME DIFFICULTIES.



71%

WERE MORE CONFIDENT TO STICK TO TASKS THEY FIND DIFFICULT.



COMPASSION



“Now I feel completely like a new person. A stronger, compassionate person. I lived in a place where everyone only cared about themselves, but came to a place where everyone looked out for each other.” - Anna, OB Canada



COMPASSION - Compassion is “empathy in action” and encompasses the ability to feel the emotions of another and the motivation to help. The practice of compassion is about going from ‘I’ to ‘We.’ Compassion is a core value of Outward Bound. On all Outward Bound courses compassion is put into practice daily.

OB HONG KONG // SPOTLIGHT

Developing Compassionate Leadership - The Hong Kong Youth Development Commission is focused on encouraging the next generation for a successful, positive, and prosperous Hong Kong. As the leading outdoor educational organization in the region, Outward Bound Hong Kong’s impact on future generations is significant. What participants take back to their school life, families, and communities will help improve their own outlook for the future and therefore that of Hong Kong. Compassion, “empathy in action,” is one of OB Hong Kong’s desired outcomes. In the post course questionnaire administered to all of their participants, 81% of the participants reported that they were more willing to respond to the needs of others.

81%

of the participants reported that they were more willing to respond to the needs of others.

SOCIAL COMPETENCE



“I now know that very different people can become like family leading me to become more accepting of diversity and more inclusive in social situations.”

- Participant, OB New Zealand



SOCIAL COMPETENCE - refers to getting along with others, being able to form and maintain close relationships, and being able to function peacefully and creatively in community and social environments. Outward Bound courses are uniquely crafted to create opportunities in which participants, many from diverse backgrounds, are compelled to connect on a daily basis.

OB SINGAPORE // SPOTLIGHT

A Rite of Passage for every Youth in Singapore - As part of the National Outdoor Adventure Education Masterplan, the Ministry of Education - Outward Bound Singapore Challenge Program seeks to develop ruggedness, resilience, and build cohesion amongst youths.

“In the next 50 years, Singapore will be facing new challenges in an increasingly uncertain and volatile world. Outward Bound Singapore (OBS) will therefore play an even more significant role in preparing the next generation for such a future. The bonds forged through shared OBS experiences will build social cohesion, one of the cornerstones of Singapore’s success. It will bring people together to face future challenges, regardless of race, language or religion.”

- Ms Grace Fu, Minister of Culture, Community and Youth and Chairperson of National Youth Council

SOCIAL COHESION



Build friendships with people from diverse socio-cultural backgrounds to achieve team goals in an inclusive manner.

OB SINGAPORE PARTICIPANTS FELT A NOTICEABLE INCREASE IN SOCIAL COHESION AND CONCERN FOR OTHER CITIZENS AFTER THEIR OUTWARD BOUND SINGAPORE EXPERIENCE.

SOCIAL COHESION



Out of a scale of 1-5



“I feel now I am slowly starting to trust others. I have gained more confidence and feel that I am now better at working in a team. I now have the tools to better not only my community but myself too.” - Yvonne, OB UK

OB USA // SPOTLIGHT

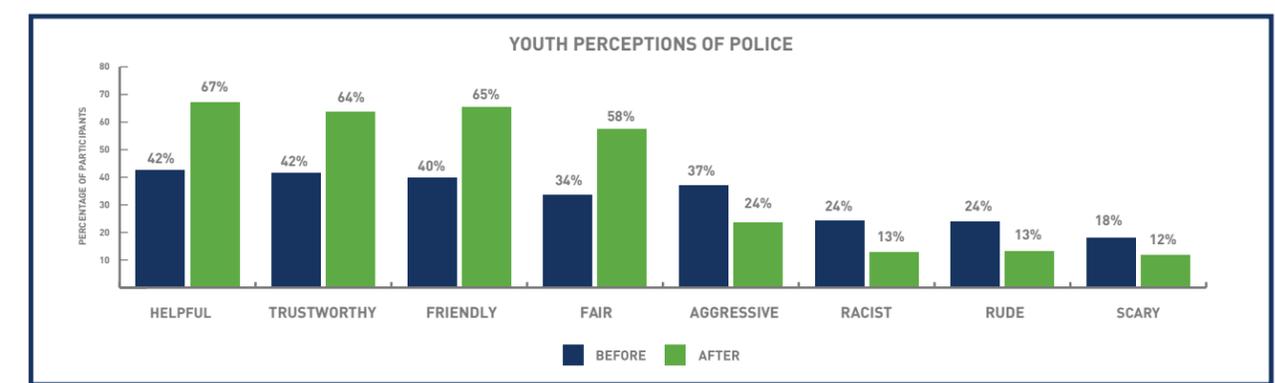
Police Youth Challenge; Forging Relationships, Outward Bound USA - The PYC program engages various levels of the Baltimore City Police Department and Baltimore City school-age youth in order to shift perceptions and improve interactions between youth and police in the city of Baltimore. A study to look at the program effectiveness revealed evidence of a clear shift in perceptions, strengthening of positive attitudes and dramatic drop in negative attitude between the two cohorts after the program.

POLICE YOUTH CHALLENGE: PARTICIPANTS

| SCHOOLS / ORGANIZATIONS | TOTAL PARTICIPANTS | AVERAGE YOUTH AGE |
|-------------------------|--------------------|-------------------|
| 77 | 7,263 | 14 |

POLICE YOUTH CHALLENGE: SHIFTING PERCEPTIONS

Youth are given an opportunity to rank their perceptions of Officers on a 7-point Likert scale both before and after the PYC. The data below represents the percentage of the surveyed population that experienced a statistically significant change in their perceptions. Findings demonstrate an increase in positive perceptions and a decrease in negative perceptions across all adjectives given.



Y-axis indicates percentage of youth who responded to the survey questions. Each of the attitudes included here show significant differences in attitudes after participation in PYC; all paired t-tests were <0.001, n=2,595.

ENVIRONMENTAL RESPONSIBILITY

“The unchallenged carpet of green trees and brown earth against the blue canvas of sky left a definite impression. And the bright luminous stars that captured my soul entirely are something I will return to see and feel.” - Youth Participant, OB South Africa



ENVIRONMENTAL RESPONSIBILITY - Outward Bound's classroom is the outdoors. Developing connections to the natural world and fostering respect and responsibility for the environment is an essential part of all Outward Bound courses around the world. In a time of increasing environmental degradation across the globe, when people are spending more time interacting with media and technology and less time participating in activities in nature, developing this connection is more crucial than ever for the well-being of individuals, society and the planet.



98% of participants on OB Oman courses indicated that after their course, they were more aware of their responsibility to care for the environment.



90% of OB UK participants felt motivated to be environmentally responsible after their course and 79% felt more motivated to discover nature close by.



80% of OB Romania participants said they will pay more attention to their surroundings and nature as a result of their Outward Bound course.

OB CANADA // SPOTLIGHT

Connecting with the Natural World - Outward Bound Canada conducted an extensive survey with past and present participants to look at the role in which the natural environment impacts the individual learning experience.

92% agreed that the course allowed them to connect with the natural world.

87% reported increased sense of restorative-ness/mental well-being as a result of their course.

73% stated that their Outward Bound experience increased their concern and connection to the natural environment.



RELEVANT THEN, EVEN MORE RELEVANT NOW...

“Outward Bound transcends individual differences and kindles within each of us a sense of community. The wilderness environment allows one’s veneers to slip away, and each person can grow through daring to risk, to care, and to share with others. As an educational forum, Outward Bound offers true learning, involving heart, mind and body, in a way that will last a lifetime.”



Kurt Hahn, Co-founder of Outward Bound