

THE OUTWARD BOUND TRUST PARTNERSHIP REPORT

PHILIP GOWER FOUNDATION & THE OUTWARD BOUND TRUST: 2019



**THE
OUTWARD
BOUND TRUST**

CONTENTS

| | |
|--------------------------------------------------------|---|
| SUMMARY | 1 |
| GRAINVILLE SCHOOL'S EXPERIENCE DURING THE COURSE | 1 |
| THE LEARNING OUTCOMES | 2 |
| MESSAGES OF THANKS | 5 |
| FURTHER INFORMATION AND RESOURCES | 6 |

SUMMARY

In 2019, The Philip Gower Foundation kindly supported The Outward Bound Trust with a donation which enabled **12 pupils** from **Grainville School** to develop their capabilities and unlock their potential through an Outward Bound course. The pupils, all of whom were Jersey Premium pupils¹, attended a five-day course at our Howtown centre (see Table 1), where they had the opportunity to build their **confidence**, improve **resilience** and develop their **teamwork** and **communication** skills.

Table 1: The course funded by The Philip Gower Foundation in 2019

| School | No. of pupils | Age | Type of course | Date and location of course |
|---------------------------|---------------|-----------------|-----------------------|-------------------------------|
| Grainville School, Jersey | 12 | 13-14 years old | Adventure & Challenge | 14-18 October 2019 Howtown |

GRAINVILLE SCHOOL'S EXPERIENCE DURING THE COURSE

During the week, pupils² took part in a range of activities such as **hiking**, **gorge walking**, **rock climbing** and an **overnight expedition**. For many pupils, being away from home was also a new experience and many had never left Jersey before.

During the week the pupils learned how to **work together as a team**; helping and supporting each other and learning **how to communicate effectively**.

They were encouraged to **step outside their comfort zones** and **try things that were new** to them, building their **confidence** as the week progressed. Through their adventures in new surroundings, they also learned new things about nature and how their actions can affect the environment.

¹ Jersey Premium is a targeted Jersey government funding programme. Pupils in receipt of Jersey Premium come from more disadvantaged backgrounds, such as Looked After Children or children from households in receipt of or eligible for income support.

² The names of the pupils have been changed throughout this report to protect their anonymity. Visiting staff member names have been quoted only where they have given us permission to do so.

THE LEARNING OUTCOMES

At the end of the course, participants completed a questionnaire for us to assess the key outcomes. The accompanying staff also completed a feedback form at the end of the course. The feedback from the participants indicates that their Outward Bound experience improved their **self-awareness**, **problem-solving skills** and **resilience**.

At the end of the course, the participants improved in the following areas:



100% were **more aware of skills they needed to develop**



92% were **more aware of their strengths**



92% felt they would be **better able to solve problems in the future**



92% felt that they would be **more likely to keep going when facing difficulties** in the future



“

I enjoyed doing things I have never done before because I have found out things about myself.

”

Sarah, age 14



“

I learnt if you need support just ask and help others.

”

Anna, age 14

“

I learnt that other people's opinions matter and I have learnt to trust new people and work better in groups.

”

Grace, age 13



“

We don't have to be stuck behind our phones all the time and [I learnt] that nature and outdoors is a really special place.

”

Sarah, age 14

The two accompanying staff also observed a change in the young people's **resilience**, **awareness** and **teamwork** skills throughout the course.

Both accompanying staff agreed that during the course:



The pupils realised they were **capable of more than they thought**



The pupils developed their ability to **work collaboratively with others**



Many students became more confident but in different ways. For some it was socially (talking more, or with people other than their close friends). For others it was confidence with water, leading a team or just confidence to try new things.



Steph Georgeson, Teacher

Both accompanying staff agreed that as a result of the course:



The pupils' **confidence had increased**



They were more **aware of the impact their actions and behaviour have on the environment**



They will hopefully be willing to 'give things a go' with more confidence in themselves.



James Scott, Assistant Headteacher

MESSAGES OF THANKS

Pupils and accompanying staff wished to express their gratitude for the funding that made it possible for the pupils to attend their Outward Bound course:

“

Thank you, you have given me the opportunity to do things I haven't done before.

Sarah, age 14

Thank you so much for this opportunity. It has been unbelievable and unforgettable. Thank you so much.

Lily, age 13

Thank you for making it possible for me to go on this course.

Jonathon, age 14

Thank you for allowing us to go on this course. If I didn't I never would have met my new friends.

Anna, age 14

Thank you, it's very memorable and I think many young people can benefit from it.

Amrit, age 14

Thank you for letting me enjoy this experience.

Grace, age 13

“

Thank you so much for giving both myself and the students this opportunity. They have all gained so much from this experience in their own way, and to personally see them grow has been a fantastic positive experience.

Steph Georgeson, Teacher, Grainville School

Thank you, thank you, thank you...without your support our pupils would not have been able to be involved in this once in a lifetime experience.

James Scott, Assistant Headteacher, Grainville School

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FURTHER INFORMATION AND RESOURCES

The Outward Bound Trust's Official Website

Our official website contains a wealth of information about The Trust, including information on our centres, the courses we offer, staff members and our upcoming events, as well as our latest news and additional case studies.

www.outwardbound.org.uk

The Outward Bound Trust Alumni

At the end of 2009, we launched a new initiative called 'Generations' to reach out to the million+ individuals who have participated in an Outward Bound course since the creation of the Aberdovey Outward Bound Sea School in 1941. The stories that over 400 alumni have shared with us suggest that an Outward Bound course can have a positive and enduring influence on their lives.

<http://www.outwardbound.org.uk/about-us/alumni/>

Patron's Company Members

A number of businesses and individuals support The Trust on a regular basis.

www.outwardbound.org.uk/about-us/our-supporters.html

The Outward Bound Trust's Social Impact Report 2017

<https://www.outwardbound.org.uk/our-impact/social-impact-report/>

The Outward Bound Trust's Latest Annual Report and Accounts

<https://www.outwardbound.org.uk/media/102611/annual-report.pdf>

The Outward Bound Trust Images on flickr

This site is full of photos from courses and of the stunning landscapes in which our centres are based.

www.flickr.com/photos/outwardbounduk/sets/