

## Outward Bound Foundations Program

Year 9 students (14-15 Year olds)



### Main Theme

The *Foundations* Program is a significant shared experience that enables participants to understand that they direct their future, through their self-beliefs, choices and actions.

### Course Aims

1. To be a fun and significant event that participants can reflect upon for ongoing learning and encouragement when facing future challenges
2. To develop positive relationships with peers from different communities
3. To improve self-awareness
4. To develop resilience, initiative and responsibility
5. To challenge self-perceptions of ability to overcome difficulties

### Nature of the Program

'*Foundations*' is a 7-9 day journey based community experience, designed for 14-16 year olds. Groups (up to 18) do not stay at a centralised "camp" but rather set out on a wilderness journey. Along the way, participants will undertake the various outdoor activities available in the wilderness they are journeying through.

All groups move independently of each other, as an incredible sense of adventure and self-reliance can be stimulated by perceived isolation. This feeling of being alone, on a self directed journey, forces students to use their initiative and resourcefulness and develop teamwork to tap into individual strengths for the benefit of the entire group.



While the groups will learn bushcraft skills such as navigation, choosing and setting up a campsite, food and fire preparation and safe hygiene practices, the real learning is from the challenges they face along the way. The students will learn about each other, their own strengths and weaknesses and how to support each other in an environment that is beautiful and challenging.



The emphasis is on learning in a safe and fun environment, where the students are willing to take on new experiences. The program provides intellectual, physical, mental and emotional challenges for students across all developmental levels. Participants will take on many and varied leadership and problem solving tasks. An Outward Bound "*Foundations*" program is a great opportunity to begin the gradual transition from youth to adulthood, while assisting to prepare students for their final years at school, the workforce and life ahead.

## Cost

The cost of the program would normally equate to approximately \$80-\$90 per student per day however with thanks to Outward Bound Sponsors we are able to offer these courses via part scholarships at half this price at \$299 for a seven or eight day program. Outward Bound is the largest, not for profit, independent, educational organisation in the world, with over 50 schools established worldwide. Outward Bound are the country's leading outdoor education provider having provided personal development course experiences since 1956.

*"We are all better than we know. If only we can be brought to realize this, we may never be prepared to settle for anything less."*

(Kurt Hahn, Founder of Outward Bound)





# OUTWARD BOUND

Inspiring Australians

## South East QLD Combined Schools Foundations Year 9 Course



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If only we can be brought to realise  
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Kurt Hahn, Founder of Outward Bound

Monday 15<sup>th</sup> – Monday 22<sup>nd</sup> June 2009  
Toonumbar National Park, Kyogle, Nthn NSW

An eight day program designed to be fun,  
challenging and inspiring for young people 14-16  
years old undertaking a personal development  
journey!

Phone Outward Bound Regional Partnerships on 02  
6235 5755, or visit [www.outwardbound.org.au](http://www.outwardbound.org.au)



**OUTWARD BOUND**  
Inspiring Australians

## South East QLD Combined Schools Foundations Year 9 Course

Proudly supported Arthur Earle Youth Foundation

The South East QLD Combined Schools Foundations Year 9 Course will be running **Monday 15<sup>th</sup> – Monday 22<sup>nd</sup> June 2009** (8 days) in Toonumbar National Park, near Kyogle, Northern NSW for 54 Year 9 students aged between 14 and 16 years old. Students are invited to print and complete a scholarship application from [www.outwardbound.org.au](http://www.outwardbound.org.au) before applications close Friday 3<sup>rd</sup> April 2009.

Course	Dates	Ages	Number of Scholarships	Scholarship Value	Awardee's contribution
South East QLD Foundations Year 9	<b>Monday 15<sup>th</sup> – Monday 22<sup>nd</sup> June 2009 (8 days)</b>	14-16 years old	54	\$500	\$299 Includes Transport & GST

Outward Bound is the largest, not for profit, independent, educational organisation in the world, with over 50 schools established worldwide. Outward Bound is a charity, established in 1956, which for 50 years have been providing *challenging experiences that help people discover, develop and achieve their potential.*

Outward Bound runs programs through some of Australia's most breathtaking wilderness. Each course engages participants in a range of safe but demanding adventures and is designed to stimulate personal growth and self-esteem in young people, emphasising the importance of responsibility, self-reliance, leadership, teamwork, confidence, compassion and community service.

Through their course participants will learn that the opportunities the world offers them are limited only by their attitude to their personal situation, the choices they make and the consequences of those choices.

The scholarships cover 60% of the course fee to participate in a life-changing Personal and Character development experience. The scholarships are funded by the HBOS Australia Foundation.

A selection panel will examine all applications received. The panel will be looking for applications demonstrating enthusiasm and initiative. Successful applicants will also be considered by the panel as those most likely to exert a positive influence among peers and the local community (through their demonstration of a broad community involvement).

**APPLICATIONS CLOSE 3<sup>rd</sup> April 2009**

For an application form visit [www.outwardbound.org.au](http://www.outwardbound.org.au) , or contact  
Outward Bound Regional Partnerships on 02 6235 5755



**OUTWARD BOUND**  
Inspiring Australians

**Application Form**

8-day South East QLD Combined Schools  
Foundations Year 9 Course  
Monday 15<sup>th</sup> – Monday 22<sup>nd</sup> June 2009 (8 days)

Please complete all sections of this Application Form, preferably in your own handwriting. Please feel free to attach any additional information you feel may support your application.

Name:.....

Address:.....

..... P/Code: .....

Phone:..... Date of Birth:.....

Email:.....

**Education:**

	Institution Name	Years	Highest Level Reached
School			

**Employment History (if applicable):**

Years	Position	F/T or P/T	Employers Address & Phone No	Supervisor's Name

**Achievements – academic, sporting, cultural &/or community**

Year	School/Group/Team	Achievement details

Why would you like to participate in an Outward Bound Course?

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What do you consider to be your greatest strengths?

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Describe an instance of when you've worked as a member of a team to achieve a goal, or where you've had to work hard to achieve something difficult.

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Can you provide us with any other information you feel may assist your selection for a scholarship?

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In making this application I confirm that I would like to participate in an Outward Bound Australia personal development course, can attend on the dates advised , will adhere to Outward Bound Australia's training challenges and will contribute or fundraise the notified portion of the program fee. To the best of my knowledge, the information I have provided in this application is correct.

Signed:..... Date: .....

Thank you for applying - good luck!

### Referee's Form

This section is to be completed by a referee after reading the applicant's application form. This reference forms a key part of our scholarship selection process. Please provide any information you think we should be aware of in considering this application. Thank you.

I have known (applicant's full name) .....

for ..... years/months. My relationship to the applicant is.....

Name: .....

Address: .....

Occupation: .....

Phone: Home: .....

Work: .....

Any information you consider relevant to this scholarship application:

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I confirm that I have read through the attached application. To the best of my knowledge, the information given is a fair and reasonable description of the applicant. I agree to being contacted by the Selection Committee to discuss this application, should further information or clarification be required.

Signed: .....

Date: .....

Please send your application to:

**The South East QLD Outward Bound Selection Committee  
C/- Outward Bound Australia  
Naas Road, Tharwa ACT 2620**

Applications close on: **Friday 3<sup>rd</sup> April 2009**

Confirmation of receipt of this application will not be given. You will be notified of the selection committee's decision by telephone.

<p style="text-align: center;"><b>PRIVACY STATEMENT</b> The information within this application will only be used for determining the above course placements by the South East QLD Outward Bound selection committee.</p>
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