

**11<sup>th</sup> March 2015**

**UNPLUG AND RECONNECT: GO OUTWARD BOUND IN NORTHERN NSW!**

Launching Easter 2015, global outdoor brand Outward Bound is offering adults the chance to unplug from technology and reconnect with yourself and the natural world that grounds and sustains us.

Just 40 minutes from the Gold Coast airport, commencing in the foothills of the Mt Warning, World Heritage National Park, you can safely challenge yourself to break through self-imposed barriers and, depending on the program you select, learn to master grade II rapids, navigate, mountain bike, hike, paddle flat water, or abseil.

Whether you choose the five day *Discover* program or the 14 day *Scenic Rim to River*, you'll walk away with new skills and your compass reset to your true north.

Outward Bound Australia opened its doors to teenagers from SE Qld / N NSW in 2012 when the company acquired local outdoor education provider, InterAction. Now adults can benefit from their programs too.

Outward Bound was set up in the 1940s to train young sailors in the skills of teamwork and leadership in harsh environments. Co-founder, Kurt Hahn, a leading advocate for experiential education at a time education was firmly in the classroom, sought to address the Six Declines of Modern Youth: physical fitness; initiative and enterprise; memory and imagination; skill and care; self-discipline; and compassion. He referenced the “confused restlessness of modern life”, the “ever-present availability of stimulants and tranquilisers” and “the unseemly haste with which modern life is conducted”. It seems things haven't changed so much after all!

Outward Bound Australia is located at 3022 Kyogle Road, Kunghur NSW. The five day *Discover* program commences April 13<sup>th</sup> 2015; the 14 day *Scenic Rim to River* program commences 29<sup>th</sup> June 2015. Both programs are open to over 18s.

*[Outward Bound is] a great way to challenge yourself in many different ways; allows you to realign your priorities in life. I came looking for a physical adventure which turned into a spell-bound trip of mental and physical obstacles.*

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