



OUTWARD BOUND
Inspiring Australians

Outward Bound Australia

Women of Courage Program

Application Form

Outward Bound Australia (OBA) has been providing outdoor programs for over 60 years in Australia to a diverse range of organisations including schools, community groups, government and the private sector. Outward Bound Australia is a not for profit organisation and are the pioneers of outdoor experiential education in Australia.

OBA is offering a unique opportunity specifically tailored for Women who have experienced trauma and loss to participate in a 7 day wilderness program called “Women of Courage” which will commence at our Uki Base in the Tweed Shire, NSW on **Sunday 6 October 2019 and finish on Saturday 12 October 2019**. The Women of Courage program is intended for women who have progressed through their own personal healing and are ready to challenge themselves in a new setting. With a highly trained and experienced team of compassionate female instructors the course will focus predominantly on increasing self-esteem and self-reliance, building supportive relationships with other women and encouraging a sense of “trying something new”. This could be anything from hiking for the first time, sleeping in the outdoors or trying abseiling. Participants are facilitated through a challenging and inspirational outdoor journey, including activities like rock climbing and rafting, wilderness hiking expeditions and personal development sessions. These activities encompass our philosophy of “challenge by choice”.

An application form and questionnaire will need to be completed by each participant. After we receive this you will be contacted for a telephone interview. The purpose of the interview is to confirm this is the appropriate course and the right time to participate. There will be plenty of time to ask questions to ensure you are making a well-informed decision to attend the program. The last step is to complete and on line medical screening form.

No prior outdoor experience is necessary and most levels of abilities and fitness are catered for. We encourage you to take part in some form of regular exercise most days of the week like walking or cycling leading up to the program as this will help you gain the most out of the program.

The program is heavily funded by generous donations from individuals and family foundations to the Australian Outward Bound Development Fund. The cost per person is **\$700 inclusive** and includes all equipment, gear, food and local transport.

For further information please contact Lisa Flower, Business Development Manager on 0419 203 371 or lisa.flower@outwardbound.org.au.



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Outward Bound Australia Women of Courage Program Application

Name:.....

Address:.....

Email.....

Phone (mob).....

Your signature:..... Date:.....

Reference Name and contact number.....

(Counselor, Doctor, Social Worker or a professional who can support
your choice to participate in the program)



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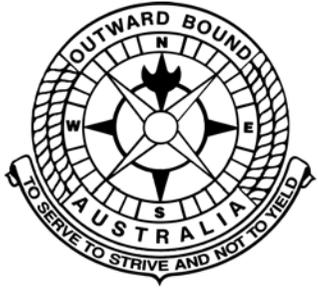
Women of Courage Pre Course

Confidential Questionnaire

This questionnaire is designed to help you understand the challenges of the Women of Courage Program and to support you in preparing emotionally, physically and mentally. This information is confidential. Once your application is successful this information is shared with your female instructors so they can effectively support you during the course. Your answers allow us insight into any challenges you may be currently experiencing. Once we have received your completed application we will contact you to arrange a telephone interview. The interview will provide a chance for you to ask questions and for us to review your application with you.

How did you find out about OBA's Women of Courage program?

Why do you want to participate and what do you hope to gain from your experience?



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Outward Bound Australia Women of Courage Pre Course Confidential Questionnaire

What excites you about participating in the program?

What are your initial fears about participating in the program?

How will you take care of yourself during times of stress and discomfort?