



**OUTWARD BOUND
NETHERLANDS**

Proud to deliver

**THE INTERNATIONAL AWARD
FOR YOUNG PEOPLE**



Get out and discover what's within

Skills for Life Expedition

In cooperation with the International Award for Young People we organize a unique programme to develop your skills and confidence needed to face the challenges of today's world and succeed in the future. You'll spend time sailing, hiking and bush-craft. Through each adventure you'll learn about yourself, others and the world around you.



Interested in adventure?

Monday 24th - Friday 28th July

Price €775 per person

Location IJsselmeer/Zeeland

Contact us:

Stichting Outward Bound Nederland

T +31 6 1211 9655

www.outwardboundnederland.com

info@outwardboundnederland.com

Hogezoom 14 - 4328 EG

Burgh-Haamstede - The Netherlands

Itinerary Overview

Each 5-day Outward Bound course is unique. Individual and group ability as well as weather can impact the exact features of a course. The following is a guideline for your expedition, detailing how your five days might be spent.

DAY 1 SETTLING IN

Welcome and get to know the Outward Bound staff and your crew members during various group activities. Share your personal goals for the expedition and beyond. Prepare for your voyage together and board the ship. Get acquainted with life on board.

DAY 2 LEARNING THE ROPES

As we set sail, get inducted into nautical life. Learn the basics of route planning, navigation, setting a course, points of sail, tacking, gybing and safety drills. This will involve plenty of teamwork, creative thinking and communication - essential skills for later in life. Receive feedback from your team on how they think you are doing.

DAY 3 TAKE COMMAND!

Build your friendships as you and your crew set course for open water. Test your leadership skills as you take over the helm to command the crew. You will be totally dependent on yourself, your crew and the skills you have learnt thus far to make it through this adventure!

Our aim: "To change how young people think and feel about themselves and their lives by building their personal, social and emotional skills so they become more effective individuals, whether in school, life or work."

DAY 4 SOLO & NATURE

Take some time out from the group to reflect on your achievements so far. You will begin to take charge of your personal choices and decisions. Discover life and nature in the delta with your crew before cooking a scrumptious dinner with ingredients directly from nature. Sleep under the stars tonight!

DAY 5 TAKE CHARGE!

Your final sailing challenge! You will work as a group and put into practice everything you have learnt. Later, with the help of the group and staff, develop a personal 'pitch' and action plan presenting what you have learnt and how you will take charge of your future! As we say goodbye, receive the coveted Outward Bound® pin as a reminder of your adventure, what you have learnt and the friendships you have made.

INTERNATIONAL AWARD

The Skills-for-Life is accredited for both the Expedition and the Residential Projects of the 'International Award for Young People'