



Outward Bound Baltimore Chesapeake Bay

ONE-DAY INSIGHT PROGRAM

What is Outward Bound?

Outward Bound is one of the oldest and largest non-profit outdoor education organizations in the country and the world. In Baltimore, we have been serving the community since 1986. Our mission is: *“To build leadership capacity within communities by providing students, educators, and community leaders with opportunities to develop a better understanding of their capabilities and value to their community.”* Every year, our challenging programs aim to impel thousands of students, teachers, and community leaders to achieve more than they ever thought possible.

Who? What? When? Where? Why?

The Insight program is a day-long course offered to **intact** groups (i.e. schools, community organizations, companies, religious groups, etc.). The program takes place at Outward Bound’s campus in Baltimore City’s Leakin Park. Participants, from age 9 to adults, spend the day engaged in activities that attempt to foster the following: collaborative problem-solving, constructive communication, a supportive environment, interpersonal trust, and intrapersonal intelligence (i.e. knowing one’s own strengths and weaknesses). In doing so, we seek to achieve Outward Bound’s educational outcomes – character and team development, leadership, and an ethic of service.

Activities range from ground games, or *initiatives*, to low- and high-ropes challenges. The high-ropes challenges include a 40-ft climbing wall, a 20-ft Power pole, and a Hi-Y. As participants engage in these activities, they confront fears, build self-confidence and develop a sense of trust and support from their peers. After each activity, the group reflects, or *debriefs*, the activity in order to reinforce the lessons learned.

All activities take place outdoors unless weather is severe. Participants are asked to dress appropriately and be prepared to be challenged both mentally and physically. Outward Bound can loan clothing if students are unprepared.

Insight Day Programs run from Tuesday through Friday in the spring and fall seasons and by request during the summer months. On occasion, we can accommodate groups on weekends or in the winter.

Programs are funded through a variety of sources, including state funding, foundations and corporations. Maryland public schools, especially those with Title I status, receive special consideration for funding and pay a nominal admissions fee to participate.

SAMPLE ITINERARY

9:00 A.M. *Arrival and Tone-Set*

Introductions, Large group initiatives, Energizers/ Ice Breakers

~10:00 A.M. *Split into small groups & begin Team-building/Leadership Initiatives*

Focus on Dynamics of Effective Teams:

Trust, Support, Communication, Collaborative problem solving, Risk-taking, Conflict Resolution, Affirmations, etc.

(Ex: Group Juggle, Balance Beam, Blind Maze, Over/Under/Through)

****Time and space allotted for constructive activity debrief / reflection****

12 Noon(ish) **LUNCH** (*Participants Provide*)

(After Lunch) **Action Learning Course**

Depending on goals/objectives of the group, students may have the opportunity to participate in one of the following high-ropes elements:

- Climbing Wall
- Power Pole
- High Y

2:45 – 3:00 P.M. **End of Day Debrief / Reflection / Goodbye**