



Outward Bound Baltimore Chesapeake Bay

PEER LEADERSHIP WILDERNESS EXPEDITIONS

What is Outward Bound?

Outward Bound is one of the oldest and largest non-profit outdoor education organizations in the country and the world. We have been serving the Baltimore community since 1986. Every year, our programs challenge thousands of students, teachers, and community leaders to achieve more than they ever thought possible. 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.”*

Who? What? When? Where? Why?

Outward Bound delivers five- or seven-day expeditions featuring: **Backpacking** along the Appalachian Trail in Maryland and Pennsylvania or **Canoeing** on the Potomac River. These expeditions are offered to **intact** groups (i.e. middle/high schools, community organizations, companies, religious groups, etc.) during the spring summer, and fall.

Peer Leadership expeditions engage participants with their peers in challenging environments. Using a multi-day experiential leadership curriculum, participants build self-reliance and self-confidence, compassion and an awareness of their community and the world in which they live. Outward Bound strives for participants to gain a greater willingness to challenge themselves emotionally, physically, academically, and, ultimately, to become positive leaders in their communities.

Course elements are varied but always include lessons in Leave No Trace™, camping, equipment set-up and safety standards, backcountry cooking, navigation using map and compass, journaling and personal reflection. Ultimately, we seek to achieve Outward Bound’s educational outcomes – character and team development, leadership, and an ethic of service as outlined below. A sample itinerary is provided on the next page.

VALUES	DESIGN PRINCIPLES	OUTCOMES
<p><i>We teach to and work by these values:</i></p> <p>COMPASSION • Demonstrating concern and acting with a spirit of respect and generosity in service to others</p> <p>INTEGRITY • Acting with honesty, being accountable for one’s decisions and actions</p> <p>EXCELLENCE • Being one’s best self, pursuing craftsmanship in one’s actions, and living a healthy and balanced life</p> <p>INCLUSION AND DIVERSITY • Valuing and working to create communities representative of our society that support and respect differences</p>	<p><i>We use these principles to design and deliver programs:</i></p> <p>LEARNING THROUGH EXPERIENCE • Facilitating engaging, relevant, sequential experiences that promote skill mastery and incorporate reflection and transference • Learning from success as well as failure</p> <p>CHALLENGE AND ADVENTURE • Using unfamiliar settings to impel students into mentally, emotionally and physically demanding experiences • Utilizing and managing appropriate risk</p> <p>SUPPORTIVE ENVIRONMENT • Designing an experience that supports physical and emotional safety • Developing a caring and positive group culture</p>	<p><i>These are the outcomes common to all of our programs and what we measure:</i></p> <p>CHARACTER DEVELOPMENT • Demonstrating increased self-confidence and self-actualization • Demonstrating compassion toward others and living a healthy and balanced life</p> <p>LEADERSHIP • Demonstrating the ability to set goals and inspire and guide others to achieve them • Demonstrating the ability to collaborate, communicate, solve problems and resolve conflicts effectively</p> <p>SERVICE • Demonstrating social and environmental responsibility • Actively engaging in service to others</p>





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Sample Itinerary 5-day Peer Leadership Backpacking Expedition

Day 1 -

9:00am

Students arrive at our facility in Leakin Park, Baltimore
Begin with Ice Breakers and Teambuilding Activities
Issue Group Gear and Food
Discuss the importance of being a strong team and sharing the load
Learn how to pack their backpacks
Discuss safety issues
Discuss individual jobs/responsibilities and job rotation

Noon

Drive to Appalachian Trail
Discuss the principles of Leave no Trace
Learn how to travel safely as a group and how to carry a backpack
Hike to camp
Learn how to set up camp, tarps/tents, etc.
Learn how to cook on a camp stove
Dinner and Clean-up
Evening Meeting - debrief the day/ Life Skills
Discuss the Values of Outward Bound
Compassion / Integrity / Excellence / Inclusion and Diversity



Day 2 -

Students begin taking responsibility for their jobs and teaching other students
Hike
Teambuilding challenges are presented throughout the day that focus on Trust, Communication, Collaborative Problem-Solving, Conflict-Resolution
Evening Meeting

Day 3 -

Hike to Rock Climbing site
Students learn how to belay
Discuss Safety / Trust / Supporting one another / Personal Challenge
Students climb while other students belay and provide moral support
Evening Meeting



Day 4 -

Instructors encourage students to take ownership of their course (given more responsibility/decision-making)
Similar events as Day 2

Day 5 -

1:00pm

Students are responsible for getting themselves to the pick-up spot on time
Students are driven back to Leakin Park
Students clean and de-issue borrowed gear
Course Ends with a Graduation Ceremony & BBQ!!! (Friends & Family Welcome)