



Outward Bound Baltimore Chesapeake Bay

PEER LEADERSHIP URBAN EXPEDITION

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 day urban expeditions that explore the cultural, historical, educational and community resources of Baltimore City. 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 a safe yet 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™, equipment set-up and safety standards, meal preparation, navigation using MTA transportation map and compass, journaling/personal reflection, and community service. Ultimately, we seek to achieve Outward Bound’s educational outcomes – character and team development, leadership, and an ethic of service as outlined below. Course design can be moderately customized to suit the desired outcomes of the group. A sample itinerary is provided on the next page.

VALUES	DESIGN PRINCIPLES	OUTCOMES
<p>We teach to and work by these values:</p> <p>COMPASSION</p> <ul style="list-style-type: none"> • Demonstrating concern and acting with a spirit of respect and generosity in service to others <p>INTEGRITY</p> <ul style="list-style-type: none"> • Acting with honesty, being accountable for one’s decisions and actions <p>EXCELLENCE</p> <ul style="list-style-type: none"> • Being one’s best self, pursuing craftsmanship in one’s actions, and living a healthy and balanced life <p>INCLUSION AND DIVERSITY</p> <ul style="list-style-type: none"> • Valuing and working to create communities representative of our society that support and respect differences 	<p>We use these principles to design and deliver programs:</p> <p>LEARNING THROUGH EXPERIENCE</p> <ul style="list-style-type: none"> • Facilitating engaging, relevant, sequential experiences that promote skill mastery and incorporate reflection and transference • Learning from success as well as failure <p>CHALLENGE AND ADVENTURE</p> <ul style="list-style-type: none"> • Using unfamiliar settings to impel students into mentally, emotionally and physically demanding experiences • Utilizing and managing appropriate risk <p>SUPPORTIVE ENVIRONMENT</p> <ul style="list-style-type: none"> • Designing an experience that supports physical and emotional safety • Developing a caring and positive group culture 	<p>These are the outcomes common to all of our programs and what we measure:</p> <p>CHARACTER DEVELOPMENT</p> <ul style="list-style-type: none"> • Demonstrating increased self-confidence and self-actualization • Demonstrating compassion toward others and living a healthy and balanced life <p>LEADERSHIP</p> <ul style="list-style-type: none"> • 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>SERVICE</p> <ul style="list-style-type: none"> • Demonstrating social and environmental responsibility • Actively engaging in service to others





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Sample Itinerary

5-day Peer Leadership Urban Expedition

Day 1 -

9:00am

Students arrive at our facility in Leakin Park, Baltimore
Begin with Ice Breakers and Teambuilding Activities
Issue Gear/Food & Learn how to pack their backpacks
Discuss safety issues & individual/group responsibilities
Learn how to travel safely within the group

Noon

Depart from base and walk to Bus Stop
Hike to sleep spot (i.e. Great Blacks in Wax Museum)
Orientation/Set-up sleep spot
Meal Preparation and Clean-up
Evening Meeting - Debrief the day / Relevant Life Skills



Day 2 -

Prepare Breakfast and Clean-up Sleep Spot
Students gradually begin taking on more responsibility
for their jobs as well as teaching other students
Explore the City and Travel to next destination (i.e. Living Classrooms Foundation)
Teambuilding challenges are presented throughout the day that focus on:
Trust, Communication, Collaborative Problem-Solving, Conflict-Resolution
Evening Meeting - Discuss the Values of Outward Bound
Compassion / Integrity / Excellence / Inclusion and Diversity

Day 3 -

Similar start as Day 2
Travel to Community Service Site (Our Daily Bread or Vacant Lot Beautification)
Perform Community Service followed by reflection discussing concepts such as:
civic responsibility, leadership, compassion, cultural diversity, etc.
Travel to next Sleep Spot (Clifton Mansion in Clifton Park)
Evening Meeting

Day 4 -

Similar start as Day 2/3
Travel to and Visit the Public Works Museum
Food Initiative at the Lexington Market/Cross St. Market
Travel back to Leakin Park to spend night in TreeHouse

Day 5 -

1:00pm

Students clean and de-issue borrowed gear
Participate on our Action Learning Course (high-ropes activities)
Graduation/ Debrief
Course Ends with a Graduation Ceremony & BBQ!!! (Friends & Family Welcome)