



**Outward Bound**, founded in 1941 by educator Kurt Hahn, is a non-profit educational organization that serves people of all ages and circumstances through challenging learning expeditions that focus on character development, leadership and service.

In the U.S., Outward Bound is a national network of schools and is the leading provider of experiential education offering over 1,000 courses throughout the year, across the U.S. and internationally.

North Carolina Outward Bound School (NCOBS) is part of the national network of Outward Bound schools in the US and has been since 1967.

**The Mission** change lives through challenge and discovery.

**The Impact** of Outward Bound is significant and measurable. Studies show that participants grow in their understanding of who they are, their place in the world, their ability to persevere and overcome challenge, and the importance of strong work ethic. Students also found that courses helped them to set, achieve, and in many cases, surpass their goals.

### Special Programs

We believe there is an Outward Bound program for people of all ages and backgrounds. North Carolina Outward Bound School offers specialized courses for...

- Parents and Children
- Military Veterans
- School Groups
- Educators
- Corporations
- Executive Leadership
- Gap Year/Semester Students
- Struggling Young People

NORTH CAROLINA  
OUTWARD BOUND SCHOOL



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The most powerful and sustainable learning comes from direct, relevant experiences.

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**[www.ncobs.org](http://www.ncobs.org)**

North Carolina Outward Bound School is a 501 (c) (3) nonprofit, tax-exempt, educational organization and is part of a national network of Outward Bound schools in the US. NCOBS believes working within a small group of individuals builds life skills that make us all stronger: communication, leadership, tolerance, problem solving, ability to embrace differences and ultimately, compassion. We accept people of any race, color, sex, age, socioeconomic class, sexual orientation, national origin, gender identity, ethnicity, religion and family make-up.



NORTH CAROLINA  
**OUTWARD BOUND SCHOOL**



*Go Places*

# EDUCATION *for life*



*“Before this course I had low self-confidence and next to no goals around what I wanted to accomplish in life. Now, I truly have learned to love people and be myself. I do not necessarily know what I want to do, but I know what person I want to be, which is more than I could ever ask for.”*

–Alum, Age 16

**At North Carolina Outward Bound School,** we will guide you on the first step of a journey that will continue the rest of your life. On the outside, you may be climbing mountains, paddling rapids or navigating your way through forests in some of the most beautiful wilderness areas in the world. Inside, you will go far beyond what you thought you knew about yourself, your capabilities and your limits. Our world-class educators support, encourage and inspire you to discover your potential, but it is you who tackles the challenge.

On our courses students will work together to live and travel in the wilderness. Through these experiences, participants learn important skills for life, such as leadership, grit, communication, conflict resolution and teamwork. A large part of Outward Bound focuses on group dynamics and development. However, it is a very personal experience as well. By conquering their own challenges, participants discover their true potential and realize ‘there is more in them than they know.’

## Educational Approach

### Learning Through Experience

Outward Bound students move through a sequence of engaging experiences that promote skill, mastery and incorporate reflection. Through these challenges, students are given the opportunity to learn from their success as well as failure in a safe, compassionate environment.

### Challenge and Adventure

The unfamiliar settings where Outward Bound expeditions occur challenge our students mentally, emotionally and physically. Amidst the demands of the expedition, students learn to manage risk appropriately, but also to utilize it as a tool for growth.

### Supportive Environment

Each expedition is designed to support physical and emotional safety. Skilled and compassionate instructors use group facilitation methods and the natural world to help foster a caring, positive and inclusive group culture that is optimal for learning.

## Program Locations and Activities

North Carolina Outward Bound School (NCOBS) offers year-round courses that range anywhere from 4 to 72-days. Historically our School was founded in North Carolina, however our course areas now include the Blue Ridge Mountains and Outer Banks of North Carolina, the Ten Thousand Islands and Central Rivers of Florida and the mountains of Patagonia in South America. During our classic wilderness courses, participants engage with a number of activities such as backpacking, rock climbing, sea kayaking, whitewater canoeing, and service learning. No prior experience is necessary. You just have to be willing to dig deep, embrace the moment and tackle the challenge. Financial aid and academic credit are available for many of our courses.

