

# TEEN COURSES



## North Carolina Outward Bound



*Live the adventure!*

**800-841-0186 • [www.NCOBS.org](http://www.NCOBS.org)**

Outward Bound is the oldest and most respected outdoor educator in the world.



## Looking for the adventure of a lifetime?

North Carolina Outward Bound is not summer camp; it's a wilderness experience unlike any other. To reach your destination, you will be traveling on your own two feet or paddling a boat. It's challenging, adventurous and fun! Our course areas are amazingly beautiful pockets of wilderness that are deceptively challenging and powerfully inspiring.

It's the beginning of a life-long journey for teens that opens up opportunities for all participants. In the midst of a great adventure, teens discover the tools needed to travel and live in the backcountry while learning valuable life lessons.

Our alumni often talk about the difference in their "life before Outward Bound" versus "life after Outward Bound" as they remember their successes and new friends from their expedition.

*"I can't wait to tell everyone [back home] about all the obstacles I faced and how I overcame them. This has encouraged me to give 100 percent rather than just 80 or 90 percent."*

*—Francesca, 2010 alumnus*



Since 1967, North Carolina Outward Bound has delivered challenging wilderness adventures that teach more than outdoor skills. Our courses can help you learn the value of teamwork, discover your leadership abilities, find inspiration and feel a sense of accomplishment. Upholding the same ideals and goals as the first Outward Bound school established in the 1940s in Britain, every North Carolina Outward Bound course is built around a progression that delivers powerful life lessons by allowing participants to step outside their comfort zones and travel in spectacular wilderness areas.

**Our teen courses take place from June to August in the North Carolina Mountains and Outer Banks.**



Courtesy of Chris Schuld



With all the courses available, it can be hard to choose what's right for you! For more information and advice regarding course dates, tuition prices, fees and information on scholarships, give us a call or visit our Web site!

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## Are you ready to go Outward Bound?

Under the supervision of highly trained instructors, who are as amazing as they are skilled, **teen courses for ages 14-16 or 16-18** focus on an impactful course progression that begins with developing wilderness travel skills and then adds challenge, reflection, team work, service and leadership.

By working through challenges and uncovering new-found strengths, such as your leadership abilities, the wilderness creates a lasting impact that you can use as a positive model while being challenged in school or in life transitions such as childhood to adulthood and high school to college. Outward Bound courses also teach wilderness travel skills so when you return home after your course, you will be able to continue to enjoy the outdoors.

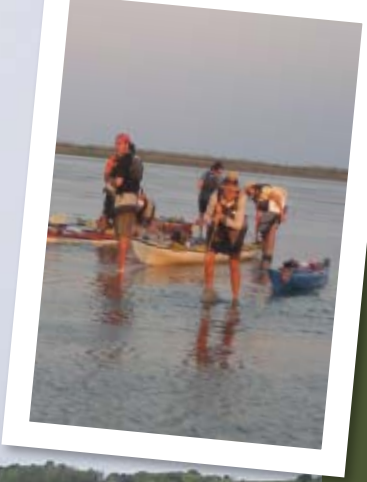
*"I came for the physical challenge and walked away with the best experience of my life."*

*—Daniel, 2010 alumnus*



*"I met interesting people and learned to push myself. I learned the importance of cooperation with others and hard work. My instructors were encouraging us the whole way."*

*—Caroline, 2009 alumnus*



Expeditioning by sea kayak, teens can truly come to understand the nautical term “outward bound,” which means leaving the safety of the harbor. With either an **8-day or 14-day course** to choose from, sea kayaking in the North Carolina Outer Banks is an exciting way for teens to learn about themselves and to make long-lasting friendships.

Kayaking in the Core Sound along the Cape Lookout National Seashore, students will persevere through coastal winds, choppy waves and raging tides as they are challenged by perfecting paddling strokes and monitoring weather using a VHF weather radio and reading tidal charts.

Students camp each evening on sandy beaches and enjoy spotting wildlife such as dolphins, sea fowl, stingray, wild ponies and sea turtles during their expedition. Students should come with a strong commitment to enjoy a fun and exciting course, but also be ready to tackle physical and mental challenges of sea kayaking and traveling as a group.

**North Carolina Outer Banks Sea Kayaking**  
For ages 16-18 only. Starts in New Bern, N.C.

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## This is one summer adventure you'll never forget!

The Southern Appalachians (which include the Blue Ridge & Great Smoky Mountain Ranges) are some of the oldest mountains in the world. You'll camp under the stars and learn how to navigate using a map and compass through the highest mountains east of the Mississippi River with your crewmates and instructors by your side.

These lush, dense forests feature incredible biodiversity of flora and fauna. The rocky crags and granite outcroppings of these mountains provide exceptional climbing opportunities. Rivers such as the French Broad, Chattooga, Nantahala and Tuckasegee provide exciting whitewater canoeing opportunities. All courses start in Asheville, N.C.

Our intensive courses (8 days or less) fit into less flexible schedules while giving students an introduction to the benefits of a wilderness experience. Shorter doesn't always mean easier, as our short courses are still jam-packed with fun, adventure and full of the core philosophies we teach. For ages 14-16 and 16-18. Parent/Child courses for ages 12+.

**Blue Ridge Mountains Backpacking & Rock Climbing**  
**Blue Ridge Mountains Backpacking & Whitewater Canoeing**  
**Blue Ridge Mountains Backpacking & Rock Climbing – Parent/Child**  
**Blue Ridge Mountains Backpacking & Rock Climbing – Father/Son \***

\* in September



Courtesy of Luiz Leonetti



Courtesy of Thomas Oliver



Courtesy of Chris Schuld



*"It was fantastic. It taught me the difference between what I thought I could do and what I could actually do and the value of choosing to balance my commitment to my own progress with the progress of a group."*

*–Roger, 1973 alumnus*



In mid-length courses (14 days), students gain more competencies in outdoor skills and have ample time to explore the wild landscapes of the Appalachians. There are more opportunities for self-discovery on longer courses which include a broad variety of team building activities, yet still fit into demanding summer schedules. For ages 14-16 and 16-18.

### **Appalachian Mountains Backpacking & Rock Climbing**

### **Appalachian Mountains Backpacking & Whitewater Canoeing**

To take a classic North Carolina Outward Bound course (21+ days) is to become a member of a select group of Outward Bound alumni who seek the ultimate adventure, live the Four Pillars of Outward Bound and face challenges head on for the rest of their lives. Our classic courses fully immerse students in the wilderness experience and offer the most opportunities for self-discovery and the most variety of activity for teens. Longer is better, in our opinion, when it comes to uncovering newfound confidence that helps teens navigate from adolescence to young adulthood. Choose between co-ed or Girls Only for ages 14-16; co-ed only available for 16-18; 28-day available for ages 18-30.

### **Appalachian Mountains Backpacking, Rock Climbing & Whitewater Canoeing**

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# North Carolina Outward Bound

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In an effort to be good stewards of the environment, North Carolina Outward Bound has chosen to use online resources for course specific information. Please visit us on the Web at [www.NCOBS.org](http://www.NCOBS.org) or call us at **800-841-0186**.

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Courtesy of Luiz Leonetti



*"To serve, to strive and not to yield—the Outward Bound mantra—has been my personal mission statement now for 34 years! Life is all about survival so you better have a great attitude on your journey. Thank you Outward Bound for teaching me pro-active life survival skills and for helping make me a successful individual"*

*—Becky, 1975 alumnus*