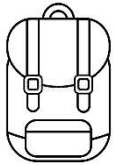


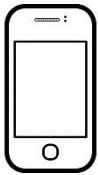


Dear parents and participants,

Your OUTWARD BOUND experience is approaching and we are looking forward to accompany you during this thrilling and growth-inducing time. Since there might still be questions which have gone unanswered so far, we would like to provide you with a few more pieces of information in order to ensure that you know everything necessary.



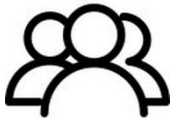
Equipment itinerary: Since you will need certain equipment during your OUTWARD BOUND experience, we would like to remind you of our detailed **equipment list**. Please make sure all items are included in your luggage without shouldering extra expenses. Having your own hiking boots might pay off, comfortable, but our rental hiking boots or the backpacks can **be rented** out without extra cost if needed.



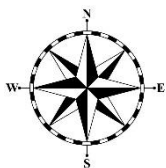
Cell phone: Most of the OUTWARD BOUND activities are outdoors, away from electronic devices which are present in all our everyday lives. It is our goal to give our participants the opportunity to experience nature **with all their senses and no electronic distraction**. Furthermore, cell phones might get damaged during some of the activities. That being said, during a regular course day or expedition days, we advise everyone not to bring their cell phones, i.e. leave them in their rooms, with the chaperones, or best at home. Designated cell phone using times could be arranged with the chaperones or teachers beforehand if needed. Obviously, **photo cameras** are allowed and welcome.



Medical form: Please make sure the medical forms are read, understood and filled in completely. Concerning the dietary needs form, we would like to remind you that special dietary needs due to **allergies, intolerances, religious belief** or other, not dietary wishes, should be addressed.



Group size: In order to ensure that all participants are contributing and benefiting to the same extent from the activities, a group lead by one of our instructors consists of no more than 10-15 people. Thus, the newly acquired social and personal skills can ideally be transferred to a different setting at home, in school, in club or anywhere else in life. **Groups are usually formed randomly**. By doing so, we aim at broadening the participants social horizons, giving them the opportunity to get to know different people and potentially even establish **new friendships**.



Independence and self-awareness: OUTWARD BOUND courses aim at diverse aspects of personal development. Independence and self-awareness for example are playing major roles when receiving, organizing and implementing tasks and **meeting responsibilities** assigned by the group. Whether on multi-day expedition or in the educational centre, responsible tasks are always awaiting the groups: **navigating, shopping, cooking**, but also **taking care** of used equipment and facilities.



Physical fitness: You do not have to be an athlete to successfully participate in an OUTWARD BOUND course, but you should be ready to shoulder **physical and mental challenges**. Basic fitness, **being rested and being open for new experiences** is helpful to have an enjoyable time

OUTWARD BOUND participants gain new personal insights, develop new social perspectives, and further an array of personality traits. We would like to encourage each and every one of you, no matter if as a participant, a teacher or a parent, to further the acquired skills and experiences.

Thank you very much,

Your OUTWARD BOUND Team