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# EQUIPPING YOUTH FOR THE FUTURE THROUGH AUTHENTIC ADVENTURES IN NATURE

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“Outward Bound opened my eyes to a world of adventure, hard work, new friends and nature. It made me realize that I should be grateful for the little moments in life that I take for granted. At times it was hard and I just wanted to give up and go home, but I didn’t.”

— Youth Participant



**OUTWARD BOUND  
CANADA**





"My daughter just came back from the Flatwater Adventure trip and I'm so amazed at the change in her. She's now happier, less anxious, more engaged and more positive than I've seen her in ages. She was really at risk and now I feel positive for the future. Amazing program." —**Shoshana, Parent review on Facebook**

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"This course was an incredible experience which has benefited me in numerous ways. It allowed me to expand my connection to people as well as nature. I continue to use the skills and confidence I took away from this course in my life. I continue to practice patience, acceptance and compassion, as well as remaining resilient in harsh situations and having more tolerance for adversity." —**Helen, Youth Participant**

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"On my course, I learned more about self-reliance, empathy and teamwork than at any other time in life. It is a gift I will cherish for my whole life, thanks to the generosity of the donor who funded my scholarship." —**Youth Participant**



# Our Story

Outward Bound Canada is committed to helping Canadian youth change the trajectory of their lives. With young people desiring to thrive in an unpredictable and changing world, OBC, a registered charity, offers social-emotional education through experiential adventures in the outdoors. Since 1969, OBC has inspired over 150,000 participants, with a particular emphasis on providing greater access to those facing socioeconomic barriers, to discover their potential. These experiences develop resilience, social competence, and environmental awareness to contribute to a better, more compassionate, and resilient society.

In addition to courses available for individual registration, OBC partners with Indigenous Nations, schools, universities, community groups, government agencies, corporate groups and learning institutes across Canada to provide a wide range of programs so that youth from diverse backgrounds can explore nature with the support of highly skilled instructors who are trained in risk management to conduct expeditions in a challenging and supportive manner.

## MISSION

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**To cultivate resilience, leadership, connections and compassion through inspiring and challenging journeys of discovery in the natural world.**

## VISION

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**A healthy, resilient society formed through lasting connections to self, others and the natural world.**

## CORE VALUES

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### AUTHENTICITY

Being true to our mission, and approaching all we do with honest self-awareness and purpose.



### ADVENTURE

Embracing challenge and positive risk-taking in our daily lives, and modelling and encouraging the same within our community.



### COMPASSION

Demonstrating care and respect for self, others and the natural world, we seek to benefit from greater diversity, striving to remove barriers for increased equity and inclusion.



### TRUST

Firmly believing and having confidence in each other and in the philosophies, practices and core purpose of the organization.



# What We Do



## Provide Outdoor Adventure Education to Youth

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We enable youth in Canada to get away from their daily lives, creating space in nature to engage in self-discovery and experiential learning. Expert instructors lead participants through novel, real-life experiences that require groups to collaboratively problem solve through challenge, failure, and success.



## Employ A Curriculum Promoting Personal Growth

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Using nature as our classroom, we focus on three primary attributes: building resilience; developing social competence; and fostering environmental awareness. These require skills often missed in the traditional classroom, and essential for future success at school, work and in life.



## Reduce Financial Barriers So That All Can Benefit

Through the support of our generous donors, government and corporate partners, we raise funds to ensure as many youth as possible from all socio-economic backgrounds can partake in these life-changing educational programs.

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## LAND ACKNOWLEDGMENT

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Outward Bound Canada respectfully acknowledges that we operate in the traditional territories of many Indigenous Peoples across the country. To honour Indigenous ways of knowing, we find ways to work in partnership with local Indigenous Knowledge Keepers and to incorporate their worldviews and teachings.

# Why Your Support Matters

Today's youth often lack the critical social and emotional skills needed to thrive at school, at work, and in their communities. Traditional education systems are often confined to the classroom and focus on skills required for jobs of the past, an issue particularly pronounced for underserved communities. In our increasingly complicated world, youth struggle to connect in meaningful ways with themselves, with others, and with nature, particularly due to the growing emphasis on digital learning and leisure. Together, these realities leave many youth ill-prepared to overcome challenges or to take advantage of opportunities throughout life.

With the COVID-19 global pandemic, youth are facing significantly more disruption to their lives, education and careers, which is why Outward Bound Canada remains committed to helping them and society "build back better." Outward Bound was founded during the Second World War—another period of economic and social instability—so we have a rich history of helping young people build skills in problem-solving, teamwork, communication, leadership and compassion so they can navigate life's challenges and opportunities with confidence.

Thanks to the support of generous donors, funders and partners, Outward Bound Canada is dramatically improving the lives of youth facing socio-economic barriers through our transformational programs which improve resiliency and develop greater leadership skills and social connectedness. **A recent study by Bain & Company demonstrates that every \$1 donated to Outward Bound Canada returns at least \$13 in value to society.**

## Your support allows us to:



### 1.) Partner with schools and groups in underserved communities

As experts in providing outdoor education and social-emotional learning, we strive to offer customized programs for schools and groups in underserved communities. Through charitable and government support, we offer a mix of co-pay and fully funded programs for schools and groups across the country.



### 2.) Provide financial assistance through our Youth Access Fund

As many of our courses available for individual registration can be cost prohibitive for many families, our Youth Access Fund, which is funded through charitable donations, eliminates barriers to participation by providing financial assistance to those who qualify.

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**To donate, partner or learn more, please visit [OutwardBound.ca](https://OutwardBound.ca) or call 1-888-OUTWARD (688-9273).**  
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# Outward Bound Canada leaves a lasting and measurable impact on participants' lives in three key areas :



## Physically and Mentally Healthy Citizens

Thank you to Bain & Company for partnering with Outward Bound Canada to analyze the societal impact of our programs as part of their global commitment to pro-bono Social Impact work.



BAIN & COMPANY

### Program Results

More resilient individuals



showed an increase in their **resiliency**

“It has made me more resilient and willing to take on challenges”  
Youth Participant

“I am better equipped to cope and navigate adversity.”  
Youth Participant

### Individual Outcomes

Greater control over physical and mental health



indicated that they are much more prepared to **manage depression/anxiety**



indicated that they are much more prepared to **manage stress**



get at least **150 minutes of exercise** per week

### Societal Impacts

Lower risk of physical and mental illnesses in the future

**\$4M**

saved in lifetime **mental and physical health costs**

**\$5M**

in **workplace productivity benefits** due to improved mental health





## Skills needed to succeed at school, work, and in life

### Program Results

Greater leadership and social connections



showed an increase in their **leadership**



showed an increase in their **social connectedness**

### Individual Outcomes

More confident, collaborative, and bold team players



are much more likely to step outside of their **comfort zones**



are much more likely to **believe in themselves**



indicated a strong improvement in their **ability to collaborate**

### Societal Impacts

Higher likelihood of school completion and success in the workforce

**\$40M**

in **higher lifetime earnings** and welfare savings.



more likely to hold a **managerial position**



higher likelihood of struggling youth **completing school**



## Promoting Environmentalism

### Program Results

A stronger connection with nature



showed a strong increase in their **connection to nature**

“ I found a deep reverence and connection to nature, which I never had before. ”

Youth Participant

### Individual Outcomes

Higher environmental consideration throughout life



showed a strong increase in their **environmental awareness**



are much more likely to **make eco-friendly choices**

### Societal Impacts

Greater levels of pro-environmental behavior



Higher likelihood of **recycling** and other eco-friendly household behaviors

Higher likelihood of engaging in **environmental conservation efforts**





**OUTWARD BOUND  
CANADA**

Get out. Look in.

**WHERE YOU  
CAN FIND US**



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