



**OUTWARD BOUND
CANADA**

SCHOOL PROGRAM: IMPACT CASE STUDY



Van Tech and Outward Bound Canada

Preparing youth for a promising future through the Leadership and Resiliency Program

PROGRAM: Leadership and Resiliency Program

SCHOOL: Vancouver Technical Secondary School (Van Tech)



BACKGROUND

Vancouver Technical Secondary School, commonly known as 'Van Tech,' is home to the Leadership and Resiliency Program (LRP), funded by Vancouver Coastal Health.

The goal of the program is to empower young people and make them happy, healthy and valuable members of the community.

Van Tech has partnered with Outward Bound Canada (OBC) to provide students with a customized immersive nature experience as part of the LRP that includes outdoor work and unique learning opportunities.

The OBC team places a strong emphasis on building trust and a close relationship with participants to foster their growth and development.



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groups@outwardbound.ca



IMPLEMENTATION

Outward Bound Canada strategically partners with select school groups that show great potential for growth, but may lack the resources to fully realize it. In this context, our funding played an important role in making a positive impact.

The knowledge, leadership skills, and resilience students gained in their LRP prior to their Outward Bound course are put into practice as they face challenges and work together to solve real, immediate problems.

This practical application serves as a profound metaphor for life, and debriefings and reflection sessions give participants the opportunity to deepen these experiences and discuss their implications.



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IMPACT



Van Tech's Leadership and Resiliency Program strives to positively impact the lives of youth by focusing on the following outcomes:

- Helping participants cultivate healthy relationships: The program aims to foster the development of positive and nurturing connections among youth and empower them to build strong and supportive relationships.
- Promoting healthy coping strategies: Through guidance and support, the program helps youth develop coping mechanisms to face challenges and adversity in healthy and constructive ways.
- Encouraging optimistic and fulfilling goals: The program encourages youth to envision a bright and fulfilling future and gives them the tools and plans they need to achieve their aspirations.

Through these targeted outcomes, the LRP aims to equip youth with the skills and mindset they need to lead fulfilling, resilient, and successful lives.



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AN EDUCATOR'S PERSPECTIVE

“On top of the logistical pieces that Outward Bound takes on, such as gear, locations, and risk management, Outward Bound staff are really skilled at working with very diverse youth and youth of different backgrounds. For Van Tech LRP it’s really a match made in heaven for a youth group like us, coming together with an organization that really complements what we’re trying to achieve in our program.”

Murray Anderson, School Facilitator at Van Tech Leadership and Resiliency Program - [Watch his video testimonial.](#)



OBC is a flexible partner that can work with you to customize a program that meets your school's needs and budget. In support of our charitable mission to increase access to outdoor education, we raise funds to assist schools

For further information about OBC's current offerings for school groups, please visit outwardbound.ca/school-and-group-programs or email groups@outwardbound.ca



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Outward Bound Canada is a registered not-for-profit charitable educational organization.
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