

OUTWARD BOUND

COURSES FOR TEENS



Outward Bound New Zealand is one of Aotearoa's leading providers of personal development in the outdoors. Our adventure-packed courses for teens takes them into nature to develop resilience, courage, determination, and instant life-long friendships. All courses are delivered from our school in **Anakiwa based in the beautiful Tōtaranui / Queen Charlotte Sound.**

MIND BODY SOUL

16-18 year olds (21 days)

Mon 6 April – Sun 26 April
Wed 01 Jul – Tues 21 Jul
Wed 23 Sep – Tues 13 Oct
Wed 02 Dec – Tues 22 Dec

Mind Body Soul focuses on helping teens build the independence and leadership qualities to make the most of their final school years and take on the new challenges lying ahead with confidence and self belief. Over 21 days you'll experience bush expeditions, water challenges, sea voyages and height activities in stunning scenery.

School Leaders aligns with our Mind Body Soul course but is designed for students transitioning to a leadership role in year 12 or 13.

SCHOOL LEADERS

16-18 year olds (21 days)

Mon 6 April – Sun 26 April

LEAPS & BOUNDS

13-15 year olds & parent/caregiver (8 days)

Wed 8 Apr – Wed 15 Apr
Sun 19 Apr – Sun 26 Apr
Fri 3 Jul – Fri 10 Jul

Tue 14 Jul – Tue 21 Jul
Fri 25 Sept – Fri 02 Oct
Tue 6 Oct – Tue 13 Oct

Leaps & Bounds is the ultimate parent/teen bonding experience.

Leave devices at home and reconnect with your teen over 8 days of outdoor challenge and adventure. Together you will problem solve, overcome challenges and celebrate each other's strengths.

To find out more go to outwardbound.co.nz or talk with our friendly team on 0800 688 927.