



# OUTWARD BOUND

## School Holiday Teen Course

Our Explorer course is the ideal start to life's great journey for teens aged 14-15 years.

This seven day programme is designed to give you the skills - and friendships - to help you find a clear path for growth.

Activities include tramping, camping, kayaking, running, sailing, swimming, rock climbing and high-ropes.

“ I swapped social media for adventure, worries for quality chats with new friends and my comfort zone for some crazy and unforgettable experiences. ”

### Key outcomes include:

- Make friends and have fun
- Develop self-awareness and self-identity
- Increase confidence and motivation
- Experience success as a member of a team and develop team skills
- Develop an appreciation for the outdoors

### Upcoming course dates

Thurs 27 Sep - Wed 3 Oct

Sun 7 Oct - Sat 13 Oct

To find out more get in touch on 0800 688 927

[outwardbound.co.nz](https://outwardbound.co.nz)