

What is Outward Bound?

Outward Bound runs wilderness adventures year-round for people of all ages. The heart of any Outward Bound experience is learning by doing. Our programs engage the whole person in order to cultivate the qualities and skills that help individuals achieve their greatest potential and help them to work together as effective teams. Participants embark on an adventure in an unfamiliar environment, engage in activities which are challenging and rewarding, and are asked to stretch beyond their preconceived limits in order to succeed as a team. Such adventures impel people into interaction at the level of fundamental human values: honesty, integrity, dignity, responsibility, trust, self-determination, and a readiness for service. We tie this foundation to the pursuit of individual and group excellence, illuminating how the support and collaboration needed to meet the challenges of Outward Bound can positively impact participants' interactions with others in their academic, work and home environments.

Outward Bound also cultivates environmental stewardship and a service ethic. The wilderness offers a spectacular and unique setting in which to address all program goals and objectives. Whole-hearted participation is encouraged, while personal choice is completely supported. Because of our commitment to a high-quality educational experience, and for safety reasons, we do not allow the use of alcohol or tobacco products on our courses.

For more information: **866-820-9577**



Outward Bound is a nonprofit, tax-exempt, educational organization and is approved as a 501(c)(3) organization under the Internal Revenue Code. All contributions are tax-deductible. Outward Bound considers applicants on an equal opportunity basis without regard to an applicant's race, color, creed, religion, sex, sexual orientation, age, disability or any other status protected by federal, state or local law. Outward Bound actively seeks to serve diverse students through recruiting, affiliations, dedicated scholarships and community programs.



WHAT IS OUTWARD BOUND?

2009 EXPEDITIONS



OUTWARD BOUND



2009 Pre-Orientation Expeditions for University of Chicago Students

Uncover adventure. Meet new friends. Tackle the challenge - together.

Whether scaling windswept mountain peaks or riding a surging river, join other incoming University of Chicago students on a 7-day **Outward Bound** expedition. You'll bring the desire for challenge. We'll provide the expedition and guidance that will develop your skills, test your limits, inspire achievement and reveal new paths that can help you set a course for a lifetime. No experience is necessary.

Outward Bound has delivered the definitive wilderness experience to over 500,000 youth, teens, adults and groups since 1961. For the sixth straight year, **Outward Bound** is offering courses exclusively for students entering the University of Chicago this fall.

Maine Coast Sailing September 1-7, 2009 Course #QSC921

Hoisting the sails to catch the afternoon breeze, you watch the wind stretch the canvas and lean back as the boat cruises along the coast of Maine. You're traveling between the many rocky islands and picturesque bays in an open 30-foot, ketch-rigged sailboat. On board there's a lot to learn: sail handling, knots, anchoring, seamanship skills, tacking, and navigation using charts and compass and other tools. You camp and cook on board, stop to hike on some of the coast's 3,000 islands, and watch for a wide range of wildlife. You learn how to make your way through fog, darkness and windless days (using oars) and begin to relish the cool breezes and salt air. The intricate New England coast is a paradise for sailors and will become a home for you and your crewmates. Begins in St. George, Maine. Tuition: \$1,295

San Juan Islands Sea Kayaking September 7-13, 2009 Course #WKC921

With eagles soaring overhead, the Olympic and Cascade Mountains rising on either side of you, and Orca whales swimming ahead in the distance, you have to remind yourself to paddle and not just gawk in the amazing Northwest. You explore a few of the over 400 islands in Puget Sound, a waterway rimmed by rugged shorelines and remote pristine beaches. You paddle solo and tandem kayaks, first working on paddling skills and wet exits. Then, you learn to read ocean currents, develop rescue techniques and navigate using charts. Sleeping under the stars, you camp with Leave No Trace techniques and perfect some backcountry cooking skills all while exploring the breathtaking ocean environment. Begins in Seattle, Washington. Tuition: \$1,295

Minnesota Boundary Waters Canoe Expedition August 30-September 5, 2009 Course #MCC921

Listening to the early morning call of a loon across the still waters, you paddle through reeds to an open lake and see the morning sun glistening off the water. Welcome to the Boundary Waters Canoe Area Wilderness of northern Minnesota, a land of interconnected lakes and rivers creating one of the largest inland navigable waterway systems in the world. During the day, you and seven other travelers paddle your canoes along clear lakes and scenic rivers and portage canoes and equipment across inland trails between lakes and around rapids. Along the way you are likely to see eagles, beaver, loons, and possibly a moose or deer in a quiet bay. At night, you learn to cook meals over a stove or fire and enjoy a sky chock full of stars and laughing with new friends. You also stop for a day of rock climbing, learning the basic techniques to ease your way up a rock face. Come take on the challenge, become a part of this fascinating landscape and reset your body's clock to rise with the sun and sleep with the moon. Begins in Duluth, Minnesota. Tuition: \$1,295

Cataract Canyon Whitewater Rafting September 1-7, 2009 Course #URC921

Ride the wild whitewater of the Colorado River as it descends through the heart of Canyonlands National Park. You paddle as a team, positioning your boat for each big rapid and celebrating, often soaking wet, after coming through giant waves. Red sandstone canyon walls rise thousands of feet above you and see fantastic rock formations shaped by wind and weather. On the river you learn commands, ruddering strokes, identification of obstacles and how to anticipate the force of the current. You work together to develop rhythm, power and finesse as a crew and each of you has an opportunity to captain a set of rapids. But it's while you're camping out on beaches under stars, cooking meals together, or talking about the events of the day that you begin to feel the power of the water and the desert canyons on your soul. You're living the life of a "river rat" in the great Southwest. Begins in Grand Junction, Colorado. Tuition: \$1,295

Colorado Rockies Backpacking August 21-27, 2009 Course #CBC921

Taking in the view as you backpack over a high mountain pass in the heart of the Rockies, you wonder if others could ever imagine such breathtaking scenery. You push through hanging valleys with flower-filled meadows, over "walk-up" peaks with 100-mile views, across streams that tumble into steep waterfalls and between aspens that shimmer and whisper in the cool mountain breeze. Welcome to the Collegiate Peaks Wilderness. As you travel this awe-inspiring landscape, you learn map and compass navigation, Leave No Trace camping, backcountry cooking, and a bit of geology and natural history. Whether it's rock climbing, reaching the summit of a 14,000-foot peak or just preparing dinner at the end of a long event-filled day, your group will learn to work together and become a team of tight-knit companions. Begins in Denver, Colorado. Tuition: \$1,295

Blue Ridge Mountains Backpacking/Rock Climbing August 29-September 4, 2009 Course #NBC921

Journey into the Pisgah or Nantahala National Forest, accessing areas rarely seen by average visitors. As you and your fellow University of Chicago crewmates traverse ancient ridges, instructors will introduce you to the basic skills for backcountry travel. Learn how to set up camp, how to cook over a campstove, use a compass, read a topographical map and reduce the environmental impact of your activities. You gain personal and life skills that build perspective and will help build long standing relationships with your classmates. This course includes: backpacking, up to two days rock climbing or rappelling, solo, personal challenge event. Course begins: Asheville, North Carolina. Tuition: \$1,295

UNCOVER ADVENTURE

MEET NEW FRIENDS



SIGN UP TODAY!

Join other incoming University of Chicago students on the adventure of a lifetime! Meet new friends and prove to yourself you can do much more than you ever thought possible. Enrollment is limited. For more information, please visit www.outwardbound.org/uofchicago.

- 1) To apply call 866-820-9577
- 2) Mention you are a University of Chicago student
- 3) Complete the enrollment packet provided by Outward Bound and return forms promptly
- 4) Pay tuition of \$1,295
- 5) Prepare for the adventure of a lifetime!

Note: All participants must be approved through Outward Bound's medical screening process