

NORTHWEST OUTWARD BOUND SCHOOL

I. What is the Northwest OUTWARD BOUND School?

It is one of five, private, non-profit, educational organizations in the United States chartered by OUTWARD BOUND, Inc., Andover, Massachusetts, to conduct programs which utilize the natural challenges of the wilderness to reveal and strengthen character. OUTWARD BOUND is a youth movement established to answer to the confusion of values, the rapid and often chaotic social change, the increasing sensitivity and dependence which characterizes modern industrial society. It seeks to provide value-forming experiences for young people through which they can develop initiative, self-reliance, a sense of responsibility, compassion, and the ability to get along with others. Character development through service and adventure is the aim.

Dr. Kurt Hahn, the educator who founded OUTWARD BOUND, has written:

"I regard it as the foremost task of education, to insure the survival of these qualities: an enterprising curiosity, an undefeatable spirit, tenacity in pursuit, readiness for sensible self-denial, and above all, compassion."

Originally conceived as survival training for young British merchant seamen during World War II, OUTWARD BOUND has now become an international youth movement with 22 schools around the world. There are five in the United States. They have been established in remote and wilderness settings, be it on the sea coast, in the mountains, or the North woods. Meeting the stern demands of nature at its primitive best provides the growth challenge. The program is built around service, adventure and rescue and survival skills relevant to the environment. Mountaineering, fire suppression, mountain rescue and alpine survival are the fundamental activities of the program offered at the Northwest OUTWARD BOUND School.

The typical Northwest OUTWARD BOUND course is a 26-day, residential, summer session involving young men and women between the ages of 16 and 22. Variations of the typical course have been developed to meet the curricular needs of both public and private schools for increased opportunities for the discovery and development of character. Courses have also been successfully developed for youth organizations, adults, teachers, youth workers, Peace Corps volunteers, college students and management personnel.

OUTWARD BOUND has been called many things. It has been often referred to as the realization of William James' dream for a moral equivalent for war. It has been referred to as an authentic substitute for violence. Whatever else it is, it is a rare opportunity for self-testing adventure that neither lacks thrills or adventure. Many of the authentic adventures which have been lost to young men in the past 50 years can be found at the Northwest OUTWARD BOUND School under expert guidance with just the proper amount of supervision and safety precautions. We are not in the recreation business. It is our purpose to provide, through our curriculum, meaningful challenges that will reveal to young people the great qualities they really have.

II. Who goes to OUTWARD BOUND?

Anyone in good health between the ages of 16 and 22 may attend the typical, 26-day summer session of OUTWARD BOUND. Admission is on a first-come, first-served basis, provided the applicant can pass a routine physical examination by his own family physician. Half the students at an OUTWARD BOUND school pay the tuition themselves or from their own family resources. We reserve the other half of our enrollment for scholarship students because this provides the "mix" that breeds lasting growth and leadership throughout the OUTWARD BOUND experience.

This year, the Northwest OUTWARD BOUND School, in addition to its typical summer courses, is also offering shortened, specialized courses directed primarily to teachers, management personnel, recreation leaders, and members of the clergy.

III. Where are the Northwest OUTWARD BOUND School courses conducted?

The school's basecamp is located atop Foley Ridge ten miles off of Highway 126, deep in the forest wilderness of the Pacific Northwest, approximately 75 miles east of Eugene, Oregon. This is the heart of the Central Oregon Cascades which is an area of high volcanic mountains, broad lava flows, living glaciers, alpine lakes and meadows, forests that range from dense fir and lower elevations to the stunted pines at Timberline. Dominant features of the area include the peaks of the Three Sisters, all over 10,000 feet in elevation, plus Mt. Washington, Three-Fingered Jack, and the Mt. Jefferson to the north. This vast wilderness makes up the OUTWARD BOUND campus.

In addition to its Foley Ridge courses, the Northwest school operates sessions which are entirely mobile. In mid-June, a group of 40 will start their course near Waldo Lake and terminate when they climb Mt. Jefferson 26 days later and nearly 100 miles north. In mid-July, another group will

repeat this expedition. The spectacular peaks of the North Cascades in the state of Washington is the scene of another of the Northwest school's entirely mobile courses. A group of 40 will start in the vicinity of Twisp Pass and terminate their experience 26 days later and nearly 100 miles south at Stevens Pass. In the future, similar courses are planned for the Sawtooth Range of Idaho. The mobile courses allow us to select outstanding examples of wilderness environment and take full advantage of the broad range of wild country available in the incomparable Pacific Northwest.

IV. OUTWARD BOUND -- Why?

At the Northwest OUTWARD BOUND School, young men and women substitute mountain climbing for television viewing.

The lure of the skyline trail replaces the phony kick of hot rodding.

Survival in an unmatched wilderness proves more satisfying than cigarettes and obscenity.

Public service activities such as forest fire fighting, first aid, mountain rescue and evacuation techniques help students understand society rather than complain that the world doesn't understand them.

A mile run, a cold plunge, teamwork on a ropes course will prove to be a refreshing substitute for liquor, goofballs and "pot."

OUTWARD BOUND is accomplishment with aching muscles and tired feet; a night spent in a downpour; a close look at yourself when you may not want to look; a climb to the top of the ridge, just so you can come down again; a long, long run when you may not feel like it--a stab of joy when you make it.

OUTWARD BOUND is all these things and more. It is all kinds of people doing things that most other people only read about, and dream about. It is people doing these things well. It is a group of young men from every conceivable corner of this country, going into action as a team, and as individuals against an impartial but always beautiful and awesome nature.

OUTWARD BOUND yields joy after hardship, builds leadership through experience, brings high adventure from hard work, teaches skills which build confidence, and always provides the challenging opportunities for a person to find out just who he really is--if he wants to know.

OUTWARD BOUND does not guarantee to work miracles. The rewards are there. The adventure is real. But the student will have to sweat for most of them--a mountain peak is a fascinating place, but the climber is going to have to push himself all the way to the top.

There will also be thinking, talking, aching, walking, rowing, looking, laughing. It will be difficult, but it can be done.

At the end of the course, a student's mind, body and spirit will know each other very well.

That's what it's all about, and that's WHY?

V. The Program

The Patrol:

Virtually the moment a student arrives, he becomes part of a small group, usually 9-12 men. For the length of the course, those other members of the patrol are going to be with him day and night, sharing his tent, his food, his fatigue, his exhilaration. They aren't all going to be like his friends at home because OUTWARD BOUND believes that the mixed group provides one of the course's greatest challenges. Some of these companions are going to exasperate him, others are going to become his friends; but by the end of his stay at OUTWARD BOUND, he will probably know each one of them better than his "closest" friends and relatives at home.

The Patrol Instructor, though a guide and adviser, increasingly places responsibility and direction in student hands. The opportunity to both lead and to observe other techniques of leadership under conditions of genuine stress and danger--these are but two of the things provided through the patrol, and through the wilderness.

The Staff:

OUTWARD BOUND instructors come from the world over. Besides Americans, you will probably meet Englishmen, Africans, Scots, Australians and others, each with his own way of doing things, but all with one thing in common--OUTWARD BOUND.

The instructors will be real people, more than likely on the loose side of 30, and with more experience under their belts than most people collect in a lifetime. For the most part, they will be college graduates or in the process of getting an advanced degree.

There are few ordinary men in OUTWARD BOUND--they are rare types who have the ability to combine skills with a basic understanding of what makes people go.

Many things are learned at OUTWARD BOUND--mountain rescue, white water canoeing, mountaineering, fire fighting, rock climbing, survival, wilderness hiking, first aid, navigation. And, since most things at OUTWARD BOUND are

TYPICAL 26-DAY PROGRAM

- DAY
- 1 Arrive Eugene, Travel to Camp, Director's Welcome
 - 2 First Aid, Woodcraft, Use of Tools
Orienteering Hike with Map and Compass
 - 3 Fire Suppression, Ropes Course, Initiative Tests
Preparation for Expedition
 - 4 Depart on Alpine Expedition
Survival foods, Campcrafts, Search and Rescue Techniques,
Basic Knots & Belays, Geology and Ecology
 - 5 Continue Hiking toward Rock Climbing Area and Base of
Operations for First Mountain Climb
 - 6 Basic Rock Climbing, Belaying, Rapelling
 - 7 Basic Snow Techniques on Glacier, Crevasse Rescue, Glacier Study
 - 8 Climb a Major Peak
 - 9 Break Camp, Hike to Resupply Rendezvous, Answer Mail
Sort, Plan, Pack Food, Travel to New Campsite
 - 10 Cross Lava Fields exploring volcanic vents and cones
Arrive at Base of Major Peak
 - 11 Second Major Ascent
 - 12 Clean Up & Repair Selves and Equipment
Service Work, Solo Orientation
 - 13 Solo Drop
 - 14-15 Solo
 - 16 Solo Pick-up P.M. Return to Base Camp, Clean-up and Free Time
 - 17 Solo Interviews, Ropes Course Final
 - 18 Patrol Competition
 - 19 Public Service Project; Trail Building
 - 20 Depart on Final Expedition
 - 21-23 Final Unsupervised Expedition in High Country in Groups of Four
 - 24 Return from Final, Clean-up
 - 25 Pack, Final Interviews, Course Impressions, Award Ceremony
 - 26 Depart Via Chartered Bus, Arrive Eugene & Make Connections for Home

done in small groups, there will be plenty of time for the students to get to know their instructors. There will be at least one instructor, sometimes more, assigned to each group--he will be, in a sense, the student's own instructor. The students will know him well, and there will be little about them which he will not learn.

The Training:

The training program serves each individual differently as he is allowed to face his own shortcomings directly without the alternative of easy retreat. For each student, therefore, OUTWARD BOUND offers the promise of growth. The individual will not necessarily change character, but will reveal, face and build upon what is already there. The task at OUTWARD BOUND is not to form the model young American, if there is such a thing, but rather to encourage in the individual that which makes him different. Thus disadvantage may be turned into advantage, weakness into strength, and liability into asset. The pace is fast and all lessons are essential and required. The high quality of the special OUTWARD BOUND training equipment, from ice axes to mountain boots, will be of great aid to the students in learning the necessary skills.

Early in the training, students will face many different physical challenges designed to perfect the strength, agility and balance that they will need to climb to the summits of snow-capped peaks or to serve as an effective mountain rescue unit.

The instructors teach these skills through personal example, and close individual attention, but with the understanding that the student and his group are being trained to become totally independent of his presence. He will confront the patrol with numerous tests demanding coordinated, group problem-solving and give his opinion of each man's performance.

On later expeditions, students, or student groups, may be a half day's hike from the nearest staff member. These expeditions will be the ultimate reward in the absorption of the skills of OUTWARD BOUND.

The idea of self-discovery is central. "Know thyself," said Socrates. Emphasis is placed upon stress, overcoming difficulties. Fear, hunger and loneliness are used as a means of unsettling a personality sufficiently to encourage re-assessment, a fresh view. Overcoming difficulties gives one increased confidence, a sense of increased potentiality. Fitness is important, as much for its mental health connotations as for the feeling of physical well-being it imparts.

Introspection, self-examination, contemplation are placed side by side with vigorous physical activity. Inspirational readings, discussion, and the keeping of diaries set a philosophic tone which culminates in the solo, a period of three days and nights alone in the wilderness without food and the barest minimum of shelter.

The problem approach to teaching and the discovery of learning, where instruction is kept to the barest minimum, fosters inquiry, an experimental outlook and independence. More is learned than just the fact of the skill. An approach to life is conveyed.

The interdependency of mankind is dramatically conveyed through shared adventure and mutual hardship. On a mountainside, "No man is an island," and in a very literal sense. The interdependency of human beings becomes a living reality for two men roped together on a climbing rope.

In the OUTWARD BOUND training, students have to take on one new skill after another, many of which they will never use again. But more important than the individual skills themselves will be the development of the student's confidence and attitude of willingness to face new and unfamiliar challenges regardless of their nature.

The Solo:

At some point in the second half of the course, when the intense pace and great physical exertion of patrol life has students highly keyed up, they will go out on "solo." Solo is at least three days and nights of just the individual, his thoughts, and his own empty canyon, mountainside or wilderness valley.

The students may have a piece of plastic for shelter, a knife or a few other basic items, but, at best, he will be given the minimum equipment necessary to existence in his particular environment. He will be taught to live off what he can take from the land, or to fast for the duration of the solo. No one will bother him, no one will entertain him. It will be during this time that the students will write most of their thoughts about OUTWARD BOUND.

Solo means different things to different people--rest, loneliness, fear, boredom, peace, contemplation, new direction. It is an opportunity to take time out to look at one's self and at others, free from society's demands or diversions.

Service:

In an age and society stained by impersonalization and non-involvement, OUTWARD BOUND challenges and prepares its students for not just caring about other people, but being able to effectively help them. From the very beginning of OUTWARD BOUND, the saving of life has been a primary purpose of the organization.

Students are taught emergency medical aid, fire fighting, search and rescue, casualty handling, cliff evacuation, and life saving techniques. A student may not face an actual emergency on his particular course, but in the past, OUTWARD BOUND students have distinguished themselves at the Northwest school in evacuating mountaineering casualties and battling major

forest fires. In a less dramatic way, there will be many opportunities to serve directly within the patrol and the school.

Kurt Hahn, the founder of OUTWARD BOUND, points out that:

"The experience of helping a fellow man in danger, or even training in a realistic manner to be ready to give this help, tends to change the balance of power in a youth's inner life with the result that compassion can become the master motive."

Students may be asked to serve the outdoor community by rebuilding trails, building bridges, or simply picking up litter left by less sensitive outdoor enthusiasts. Like the Peace Corps, Crossroads Africa and Vista, the rewards of OUTWARD BOUND service are not material.

VI. The Results

The results of the OUTWARD BOUND experience are indicated from three principal sources:

- 1) the reports of the boys themselves
- 2) letters from their parents
- 3) letters from their schools

The following examples are selected as typical of those received.

VII. To summarize:

The OUTWARD BOUND concept aims at enhancing in young men and women a sense of themselves through the confrontation of challenge in a wilderness setting, a sense of compassion for their immediate companions through shared adventure in small groups, a sense of responsibility for society at large through involvement in service and rescue training, and an understanding of man in a cosmic or spiritual context through the use of solitude and introspection.