**Outward Bound Course 2019**

Letters have been issued to S2 pupils offering them the opportunity to apply for a place on a 5 day course with the Outward Bound Trust in 2019. This is a fantastic opportunity to attend an adventurous and challenging learning programme that takes place in the outdoors and helps to equip young people with confidence, problem solving and teamwork skills that they can use in school, college and the workplace.

KGS pupils have attended these courses previously and the following are just some of their quotes after attending:

 *‘A skill that I improved on during this course was my confidence’*

*‘I thought Outward Bound was an amazing experience, I really learned what I can do if I push myself hard enough’*

*‘Outward Bound helped me to trust others and work efficiently as a team to achieve our goals’*

 *‘Outward Bound is a great learning experience and I would recommend people to go’*

*‘I discovered that I’m stronger mentally and physically’*

*‘I learned that if you are finding something difficult and don’t give up, you will eventually be able to do it’*

The course will take place at the Outward Bound Centre at Loch Eil, near Fort William in January 2019.

All outdoor clothing and equipment is supplied by the OBT and sponsorship from Chivas and OBT has reduced the cost to £216 per head. Further support and sponsorship is available, please contact your child’s Guidance Teacher. A range of payment plans are available, the details of which are laid out in the letter.

For further information on the Outward Bound Trust, watch the video ‘This is Outward Bound’ or visit their website [www.outwardbound.org.uk/centres/loch-eil/](http://www.outwardbound.org.uk/centres/loch-eil/)