



PRE-COURSE INFORMATION FOR COURSE PARTICIPANTS AND PARENTS

For many of you this may be the first time you or your child is taking part in an Outward Bound course. This document contains all of the essential information you will need in order to prepare to get the most out of the course, but in case you need to know more please do not hesitate to contact us.

WHO WE ARE

Outward Bound Netherlands is a not for profit, educational organisation that inspires people to fulfil their potential through challenging outdoor experiences, raising self-esteem, developing personal skills and creating effective teams and leaders, so enabling people to face the future with confidence.

Founded in 1941, today there are Outward Bound schools operating in thirty countries and six continents worldwide, and over 200,000 people take part on an Outward Bound course each year. Outward Bound Netherlands was established in 1964 and is the leading provider of experiential education in The Netherlands.

Outward Bound Netherlands uses the lakes, beaches and sea as an outdoor classroom to enable people to return to the classroom or enter the workplace with the skills required to succeed. It works in close partnership with schools and employers to develop courses that expand people's horizons and give them the confidence to achieve things they never thought possible, developing essential life skills such as collective responsibility, teamwork and respect for others. Outward Bound Netherlands helps develop the skills employers seek when recruiting and training young people.

WHAT YOU NEED TO DO NEXT

Participants need to bring personal clothing, and you will find an equipment/kit list on the downloads section of the Outward Bound Netherlands website to help you pack. This pack includes all the essential information you will need in order to get your child organised, and to make sure they arrive ready to learn.

The Enrolment and Medical Information form must be fully completed by all participants - the form can be located on the Outward Bound Netherlands website www.outwardboundnetherlands.com; click on the *Downloads* link located in the footer of each page. All information will be treated in strictest confidence.

For participants on medication, please remember to include this on the form and to ensure that they have their medication with them on arrival.

EQUIPMENT - WHAT TO BRING, AND HOW TO PACK

We will provide participants with sleeping bags, sleeping mats, rucksacks, waterproof jackets, fleece tops and tents.

HOW TO PACK

You are only away from home for a very short time. Bring the minimum, in one small bag. Only bring what is really essential. You will be given a backpack when the course begins, and your small bag will be stored in the back of an Outward Bound vehicle.

WHAT NOT TO BRING

Our request is for you to leave valuable watches, jewellery, iPods and music players at home. Knives of any sort, and matches/lighters are prohibited. Mobile phones will be collected from participants at the start of the course and returned at the end.

MONEY

Participants do not need to bring any money, as all our courses are fully inclusive. If you do choose to bring money, it only needs to be a very small amount, and Outward Bound Netherlands cannot be responsible for it.

SAFETY

The safety of our course participants is of paramount importance to us. We have been welcoming people on our courses and accompanying them on adventurous journeys for over 70 years. As a result, we have accumulated considerable experience in managing all aspects of safety and enjoy an enviable record in this area.

SMOKING AND ALCOHOL USAGE

Smoking is actively discouraged. If you insist on smoking, and are legally old enough to smoke, please ask your instructor where and when it is acceptable to do so. Smoking is not permitted in Outward Bound vehicles or tents at any time. In addition, consumption of alcohol during an Outward Bound course is banned.

INSURANCE

Outward Bound Netherlands has full public liability insurance cover. Participants are advised to ensure they have their own insurance cover in place that includes cover for repatriation and medical treatment in case of emergency.

CONTACTING COURSE PARTICIPANTS

If a real emergency arises and you need to contact a participant during a course, you can contact the office on +31 (0)6 12119655. As our courses run in remote outdoor areas, contacting the group may take several hours. Please only do this in the case of a real emergency situation.

OUR EXPECTATIONS

Our experience is that participant behaviour on courses is excellent, but to make sure you know what to expect, it is worth you are reading these simple expectations before you come on the course;

- Participants must follow the requests and safety advice of Outward Bound Netherlands staff at all times.

- Any participant who behaves in a way that has a negative impact on the safety of other participants, or who fails to observe the requests and advice of Outward Bound staff, will be withdrawn from the course.

CONTACT DETAILS FOR OUTWARD BOUND NETHERLANDS

Phone: +31 (0)6 12119655

Email: info@outwardboundnetherlands.com