



**THE
OUTWARD
BOUND TRUST**

Outward Bound Himalaya & The Outward Bound Trust

Ullswater Summer 2015









**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



Why go Outward Bound®?

- Exciting outdoor activities like **kayaking**, **rock climbing** and **gorge scrambling**
- Explore amazing new places, from beautiful coastlines to wild and remote mountain valleys
- Make **new friends**, meet new people and get to know your classmates better
- Build your **skills**, boost your **confidence** and feel ready to take on your next challenge





**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



Why a school residential with The Outward Bound Trust?

- Taking part in an outdoor learning residential with The Outward Bound Trust not only gives your child the chance to try out challenging outdoor activities
- They'll also learn about new environments, explore new places in the wild and experience the responsibility of living away from home.
- They'll return home with confidence, new skills and a fresh perspective on life.
- Highly qualified and experienced instructors
- ~~There are no hidden extras – food, bedding, equipment and insurance are all included.~~

Since the residential, my son has made huge improvements in the classroom, he's full of confidence and he's actively seeking new challenges in life. He says it's because of his Outward Bound course.

Parent

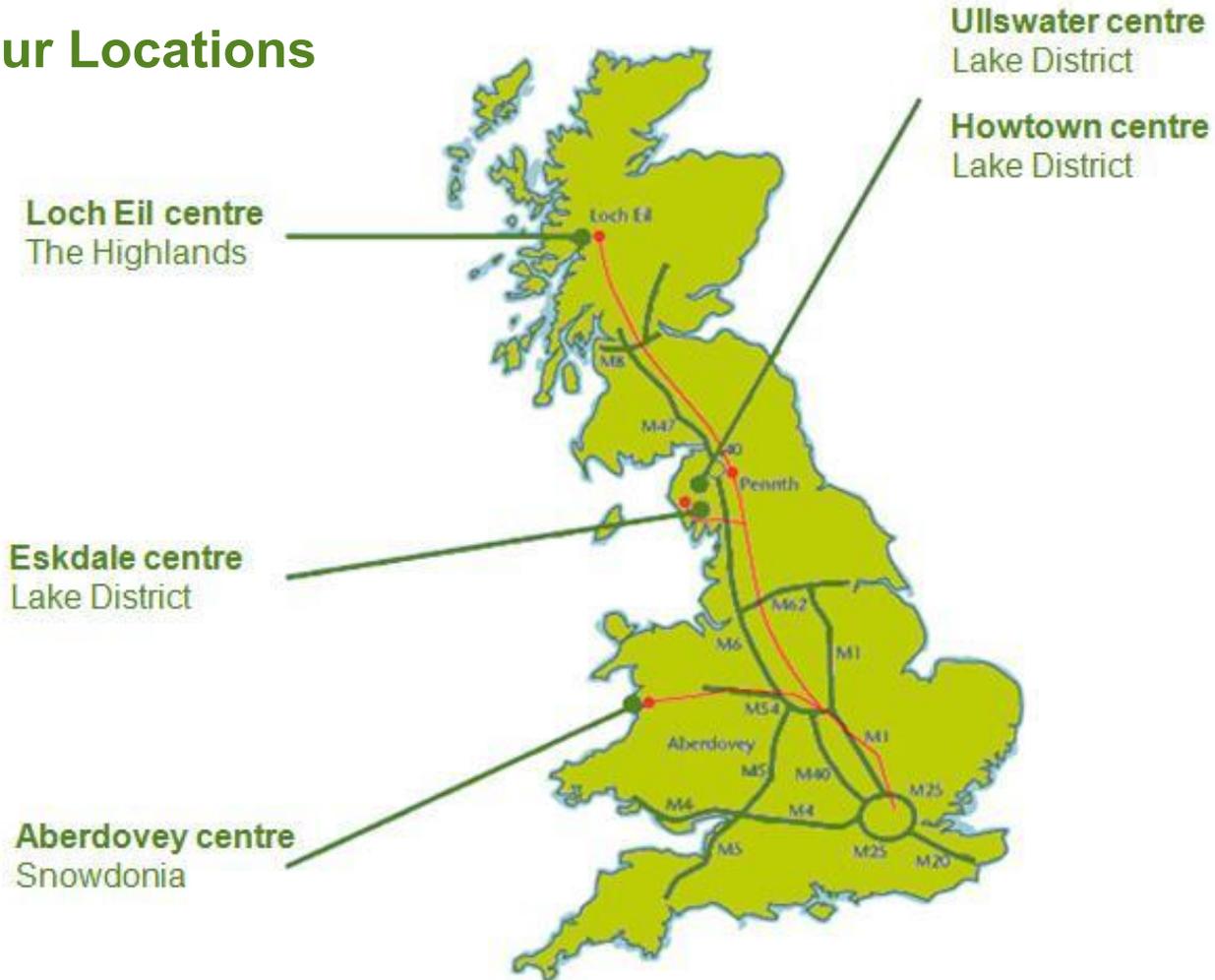


**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



Our Locations





**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



Ullswater Centre

- A 9 day program in the Ullswater center, Lake district, UK
- Our residential centres are based in some of the most beautiful and dramatic landscapes the UK has to offer
- Ullswater is a Georgian Grade II listed building
- Close to Helvellyn mountain range, perfectly placed for overnight expeditions
- A stunning yet accessible location for learning through adventure.









**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



All of our food is freshly prepared on site and can cater for all dietary including vegetarian and Halal

Sample Menu

Breakfast

Freshly made porridge
Hash brown
Baked beans
Grilled tomatoes
Poached eggs
Toast
Selection of cereals
Fresh fruit juice
Grapefruit

Lunch

Bread rolls, wraps and
baguettes with a
selection of fillings

Flapjack and brownies

Crisps

Evening meal (served with a selection of veg)

Chicken & mushroom pie
Traditional cottage pie
Tuna & pasta bake
Hot pot
Chilli con carne
Homemade pizza
Chicken/veg curry with
rice
Sweet & sour pork
Jacket potato



**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



To bring, or not to bring? That is the question...

We provide each participant with all the specialist clothing and equipment, such as waterproofs and walking boots, that they'll need for their course. Participants will therefore only need to bring personal clothing and footwear. Including:

- **Casual t-shirts**
- **Sweatshirts**
- **Thermal tops**
- **Jumpers**
- **Fleece tops**
- **Thick and thin socks (a few pairs)**
- **Synthetic trousers (Not jeans)**
- **Two pairs of trousers**
- **Underwear**
- **Pyjamas**
- **Trainers x 2**
- **Shorts**
- **Hat and gloves**
- **Towel and swimwear**
- **Medication if necessary**
- **Notepad and pen**
- **Sunglasses**
- **Suncream**
- **Disposable camera**
- **Book/magazine**



**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



A typical day at Outward Bound

- **7.00am** – wake up, wash, dress, breakfast
- **8.45am** – morning meeting
- **9.00am** – morning session
- **12.30pm** – lunch
- **1.30pm** – afternoon session
- **5.00pm** – dinner
- **7.00pm** – evening session





**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



Top tips for your course

- Bring enough medication for the entire course
- Notify us of any medical conditions
- Bring clothes suitable for the outdoors e.g. not jeans!
- Bring a spare pair of trainers that will get wet
- Bring playing cards, games etc. for evening entertainment, but not electronics.
- Come with an open mind





**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



Itinerary

Day 1: Travel from Delhi Airport – Ullswater Centre (Flight and Bus in Manchester)
Course starts from evening.

Day 2 to Day 7: Outward Bound Course

Day 7: Course finish and travel to Manchester (Bus) with evening out in the city.

Day 8: Depart for Delhi

Day 9: Arrive in Delhi early in the morning

Cost: 1,105 GBP

Note: Cost does not include flight prices: 587 GBP which may differ upon the date of booking and food other than the meals provided during the course at the center.

Fixed Departure Dates:

5th - 13th July 2015

Maximum 12 Participants per group



**THE
OUTWARD
BOUND TRUST**

**Outward Bound
Himalaya**



For more information

Visit: outwardboindia.com

Email: info@outwardboundindia.com

Phone: 011- 43565425 / 23340033

**Mobile: +91- 9810184360
+91- 9899712485**

