



## The Outward Bound Trust Scotland's Next Generation

The Outward Bound Trust provided a 19-day residential experience at their outdoor education centre at Loch Eil for 36 young people, aged 15-19, from disadvantaged communities across Scotland. Schools and Social Services and Youth Work services helped to identify the young people who would benefit from participation, all of whom were facing challenges of one kind or another. Some had mental health issues, others were care-experienced and some were recently bereaved. A number also had additional support needs.

Over the course of the residential experience, the young people took part in outdoor challenges to build resilience, confidence and skills. These included canoeing, gorge walking and an overnight expedition. They also had access to mentoring support in preparation for the programme, and to support their reflections on the experience afterwards.

### Direct Impact

- 90% of participating young people grew in confidence as a result of the experience.
- 81% said they were more confident to share their ideas.
- 77% said they felt more confident about taking on a leadership role in the team.
- 71% felt more confident to stick to tasks they found difficult and a similar number said they felt more confident to stay calm when things went wrong.
- All of the young people learned new skills by participating in new activities.

### Accredited awards

All of the young people who participated gained a Skills for Life Award.

### Young people

"I wouldn't have been able to challenge myself as big and discover a different meaning into life and a whole lot deeper into myself. I have learnt about myself in all different ways and made out a plan on how I can achieve my dreams."

"I think [now] it's okay to put yourself first sometimes, it's ok to say how I feel and it's OK to have negative emotions because they are part of your entire life. These lessons are ones I am going to carry with me, and I am already enacting."