



OUTWARD BOUND
CALIFORNIA

Dear Parent/Guardian,

Your child will be participating in an Outward Bound Course with their school or organization. This will be an overnight wilderness expedition in one of the California's beautiful parks. We believe that challenging experiences, facilitated by trained professionals in a safe and supportive environment, can help students discover their confidence and develop skills for success.

With over 50 years of expertise in outdoor education, 650,000 alumni worldwide, and branches in more than 30 countries, as well as a strong reputation for safety and risk management, Outward Bound is a leading provider of experiential education programs.

Our programs are designed to be physically, emotionally and mentally challenging. The courses are consistently fun and engaging for students, but your child may also experience feelings of hesitation, homesickness or frustration. These feelings arise from being outside of their comfort zone, which is where we believe that real learning takes place.

As a parent or guardian, your encouragement in the weeks leading up to the course can be the key to your child's success while on course.

Your support in this process can begin now, by participating in the following:

- Please fill out all forms **completely** (it is **not** necessary to have a doctor fill out the medical forms). Signatures and contact information are very important.
- Talk to your child about the experience they are about to have. Are they excited? Nervous? Do they have questions?
- Please look at your personal calendar and your child's school calendar to make sure there are no conflicts on the course dates.

We look forward to working with you to help you and your child make the most out of this opportunity. Should you have any questions, feel free to reach out to your child's teacher or program leader for more information.

Warm regards,

The Outward Bound California Team