

## A year of activity with The Outward Bound Trust

One of the John Muir Award’s longest-standing partnerships is with The Outward Bound Trust, operating across their four residential bases in England, Scotland and Wales. There’s plenty of common ground in our ethos and the value placed on first-hand experience of wild places.

Our educational and environmental approaches are complementary, encouraging awareness and care for the natural environment within programmes of adventurous outdoor activity and learning. The Outward Bound Trust’s Adventure and Challenge residential course for schools and their 3-week long Classic Courses (for individuals) offer ideal opportunities for integrating the Award. Features of our prospering strategic partnership include jointly branded certificates and materials, regular staff training inputs and impact measurement projects.

This Case Study summarises a year of partnership outputs, shows how activity across all centres relates to John Muir Award Challenges through a full year ‘Four Challenge Review’, and illustrates the partnership through photo-information boards specially created for each centre.

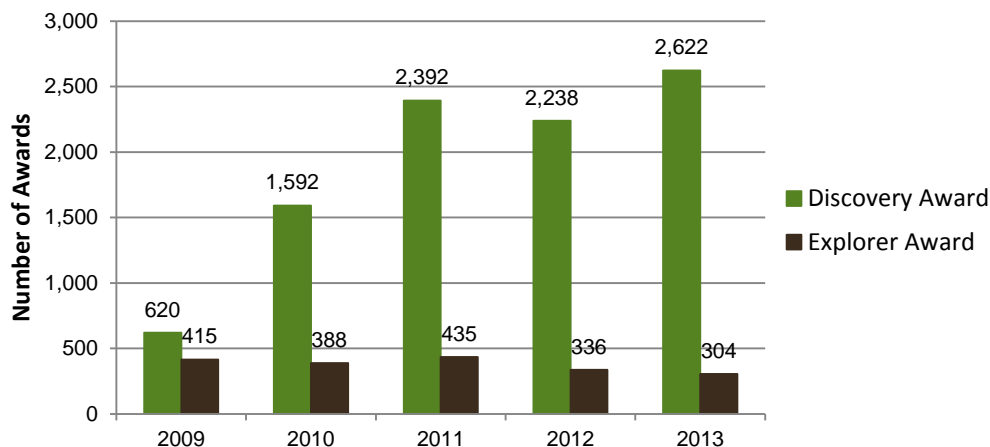
**“It’s helped Outward Bound® develop its environmental perspective. We’re always working in ‘the environment’, to explore our relationships with each other. Now we discuss our relationships with the environment as well.”**

*Nick Austin, Deputy Head of Centre, The Outward Bound Trust’s Ullswater Centre*

### Key facts

In 2013, 2,926 young people gained a John Muir Award as part of their Outward Bound experience. This equates to approximately 10% of all Awards achieved, and 12% of all those attending Outward Bound courses.

### Awards achieved with The Outward Bound Trust 2009 - 2013



### A 2013 Four Challenge Review

To gain a John Muir Award everyone meets four Challenges – Discover, Explore, Conserve, Share. A Four Challenge Review can help Award participants review and demonstrate that they have understood and successfully met the Award Challenges.

We summarised how all the John Muir Award activity across all Outward Bound centres throughout 2013 related to these Challenges by using this audit tool:

[www.theoutwardboundtrust.org.uk](http://www.theoutwardboundtrust.org.uk)

[www.johnmuiraward.org](http://www.johnmuiraward.org)  
Spring 2014

## The Outward Bound Trust UK-wide John Muir Award Four Challenge Review 2013

<p><b>Discover a wild place</b></p> <p>What wild places have you discovered?</p> <p>What did you like or not like about the wild places you visited?</p> <p>What's special about them?</p>	<p><b>Places</b> Centre grounds, valleys, woodlands, moorlands, combes, coves, rock faces, ridges, ghylls, becks, rivers, burns, tarns, lochs and lakes, mountains, coast, islands and beaches, ruins, valleys, estuaries, waterfalls, glens, footpaths, canals.</p> <p><b>Specifics</b> Ullswater - Lake District, Aira Force, Thacka Beck, Hallin Hag, Scalehow Beck, Scafell Pike, Peel Island, Glencoyne, High Borrowdale, Oxford Crag, Greenside, Keppel Cove, Grisedale, Catstycam, Red Tarn, Halsteads wood, River Eamont, Aberdovey - Cadair Idris, the Rhynogydd, Dyfi and Dysynni tidal estuaries, Ynys Hir, Beaches of Aberdyfi, Trefidian Corner, Picnic island, Tonnfanan, Dolgoch falls, Dolgellau, Mawddach trail, Cwm Lau, Ynys Las</p> <p>Loch Eil - Ben Nevis, Glen Nevis, Lochaber mountains, Mealle Banavie, Caledonian Canal, Glen Suilig, Glen Borodale, Meall Banavie, Corpach Basin, Steall falls and meadow, Smirisary beach, Kinloid/Scamadale/Arisaig, Dubh-lighe, Glen Finnan, Peanmeanach beach and ruins, Inch forests and River Spean, the Fairy Glen, Scimitar ridge.</p>	<p><b>Adventure</b> Journeys in wild places, orienteering, ghyll scrambling, rock climbing, raft building, hill walking, canoeing, rowing, camping, lake shore bivi, swimming, scrambles, wild camping, abseiling, gorge walking, mountain biking, walking, sail boating (including overnight anchor watch), trekking, crossing wire bridge.</p> <p><b>Local interest</b> Geology, foraging, bird/plant spotting, forestry, local farm, local history/issues, facts, legends, language, place names, culture, mining sea shore history/stories.</p> <p><b>Tuning in</b> Watching the sunset from Scafell Pike, experiencing a huge thunderstorm at Seathwaite, 24hour solo on Seatoller Fell with glorious views, jumping in the lake off Peel Island on Coniston Water, wild camping for 14 nights, unaccompanied 4 day expeditions, listening, quiet moments, bouldering, touch, blindfold climbing, patterns of rock, sights &amp; sounds, tasting wild plants, Kelly Kettle, walking (1000 mile collective journey), star gazing (shooting stars), sound maps, rock pooling.</p> <p><b>Creative</b> Reflection time, quizzes, poems, drawings, feelings, understanding of 'links' and biodiversity, recording, problem solving, scavenger hunts.</p>	<p><b>Explore its wildness</b></p> <p>What have you done to get to know wild places? How have you experienced them?</p> <p>What things have you found out?</p>
<p><b>Conserve - take responsibility</b></p> <p>How have you taken responsibility?</p> <p>What have you done to make a difference and put something back for wild places?</p>	<p><b>Activities</b> Litter picks/sweeps/surveys and recycling, drainage ditch clearance, fence removal, footpath maintenance, non-native species removal, planting plugs, bracken bashing, fencing, Himalayan Balsam removal, bird feeders, nest boxes, minibeast habitat, sheep rescue from snow drifts, tree planting, wildlife corridors, fencing, wildlife habitats, footpath maintenance, orchard revival.</p> <p><b>Impact</b> Country Code, Access Code, Leave No Trace, carbon neutral transport, Kelly kettle use, minimum impact camping, 'poo tubes' , Yellow Fish Campaign, green travel, raising awareness, Keep Tidy campaigning.</p> <p><b>Working with</b> National Trust, Cumbria Wildlife Trust, local farmers, Eden Rivers Trust, Friends of the Lake District, RSPB, Snowdonia National Park, local residents.</p> <p><b>Surveys/Data collation</b> Mini-beasts, Marine Conservation Society Beachwatch, BTO 'What's Up' Upland bird survey.</p>	<p><b>Informal</b> Discussions, chats, debates, 1:1's with instructors, frontloading and reviewing sessions, relate local to global issues, raising awareness, social media.</p> <p><b>Creative</b> Environmental art, poetry, posters, drawings, tweets, graffiti boards, recordings, mini National Parks, collage, natural sculptures, photos, stories, painting, John Muir themed, quotes and pictures.</p> <p><b>More formal</b> John Muir quotes in morning meeting, presentations, assemblies, talks, Record books, CAT "where's the impact" game, the 'survival game', final course reviews, campaigning, Record Books, debating Scotland's Big Five, learning journals.</p>	<p><b>Share your experiences</b></p> <p>Who have you shared with?</p> <p>How have you shared your experiences of wild places?</p> <p>What things have you thought about?</p> <p>How do wild places make you feel?</p>

## 2013 Conserve Audit

In order to meet the 'Conserve' challenge of the Award, course participants undertake some practical conservation action, as well as taking steps to reduce their impact. In 2013, for all Outward Bound courses that included the John Muir Award, we gathered information about these activities. The results of this audit revealed the following:

- ▶ During 2013, more than 8,000 hours of Conserve activity were completed by young people on courses integrating the John Muir Award.
- ▶ Conserve activities took place in a wide range of wild places - predominantly within coastal and mountainous areas, and woodland and National Parks.

Conserve activity	Group engagement (as monitored by Outward Bound instructors)
17,594m <sup>2</sup> of invasive plant species cleared	98% followed the Countryside/Access Code
568 litter bags filled	86% engaged in litter picking
339m of fencing created	72% followed the 'Leave No Trace' principles
1,000m <sup>2</sup> of meadow seeded	58% engaged in recycling
8,909m of footpath maintained, improved or created	32% used environmentally friendly modes of transportation during their course

## Inspiring Visuals

To mark the development of the partnership and give it more presence, The Outward Bound Trust created a range of display boards for each of its centres:

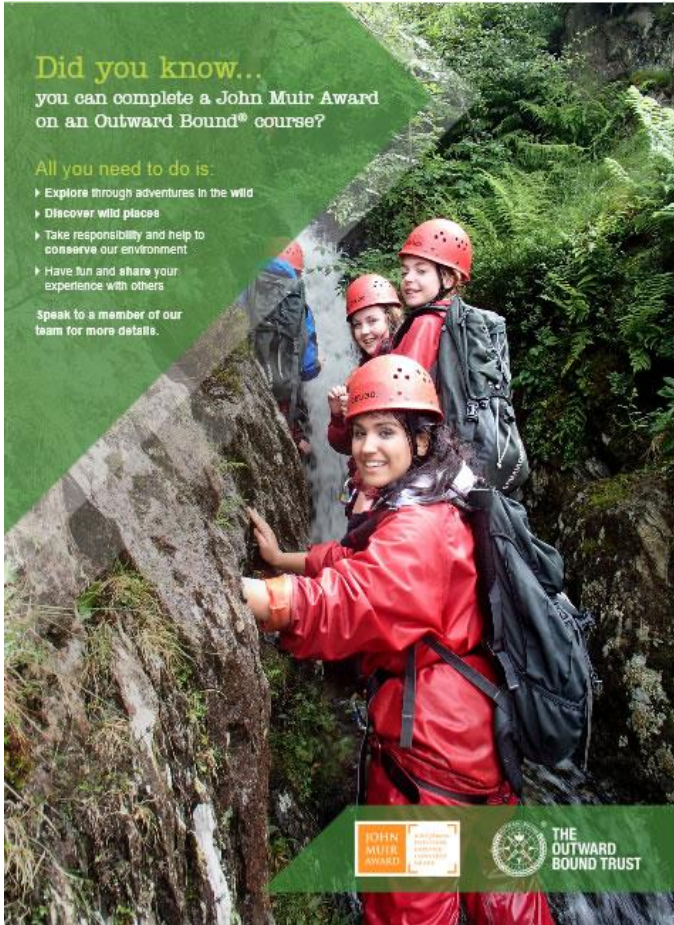


**Did you know...**  
you can complete a John Muir Award on an Outward Bound® course?

**All you need to do is:**

- ▶ Explore through adventures in the wild
- ▶ Discover wild places
- ▶ Take responsibility and help to conserve our environment
- ▶ Have fun and share your experience with others

Speak to a member of our team for more details.



**JOHN MUIR AWARD** Recognising the achievements of individuals and teams who have completed an Outward Bound course

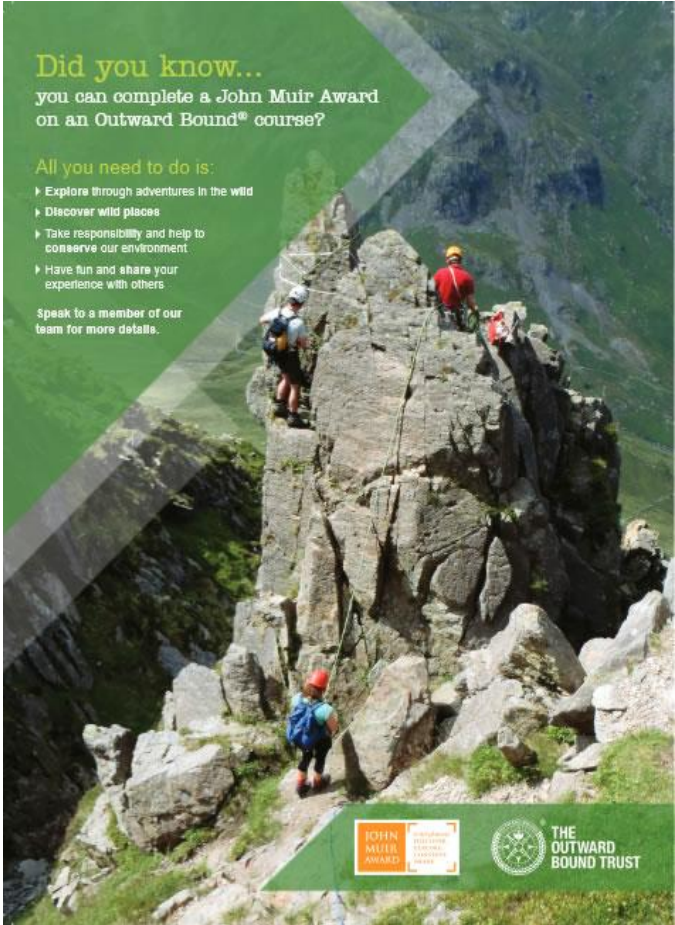
**THE OUTWARD BOUND TRUST**

**Did you know...**  
you can complete a John Muir Award on an Outward Bound® course?

**All you need to do is:**

- ▶ Explore through adventures in the wild
- ▶ Discover wild places
- ▶ Take responsibility and help to conserve our environment
- ▶ Have fun and share your experience with others

Speak to a member of our team for more details.



**JOHN MUIR AWARD** Recognising the achievements of individuals and teams who have completed an Outward Bound course

**THE OUTWARD BOUND TRUST**

▶ Perhaps more than ever before we need to better understand our relationships with wild places and natural processes. ◀

Dr David Thompson, OVO, CEO

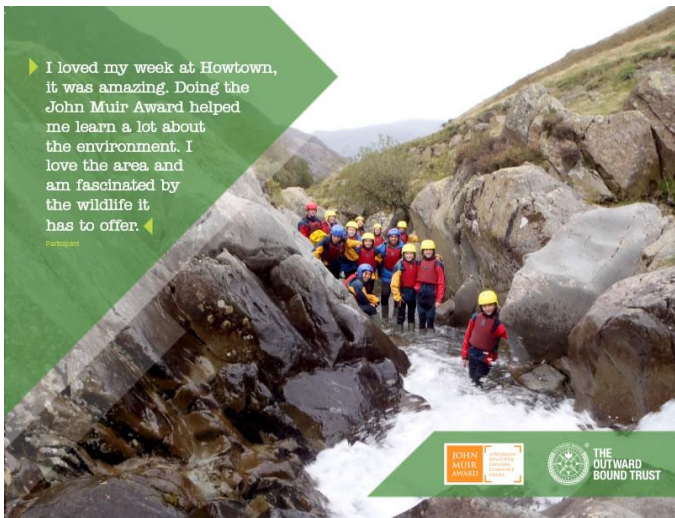


**JOHN MUIR AWARD** Recognising the achievements of individuals and teams who have completed an Outward Bound course

**THE OUTWARD BOUND TRUST**

▶ I loved my week at Howtown, it was amazing. Doing the John Muir Award helped me learn a lot about the environment. I love the area and am fascinated by the wildlife it has to offer. ◀

Participant



**JOHN MUIR AWARD** Recognising the achievements of individuals and teams who have completed an Outward Bound course

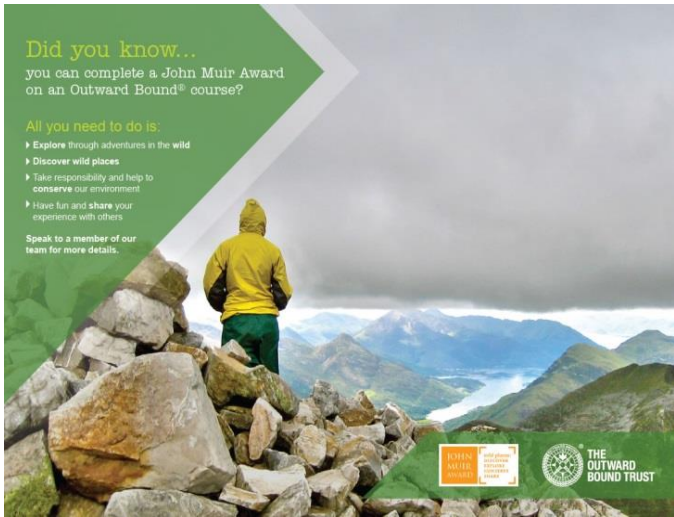
**THE OUTWARD BOUND TRUST**

**Did you know...**  
you can complete a John Muir Award on an Outward Bound® course?

**All you need to do is:**

- ▶ Explore through adventures in the wild
- ▶ Discover wild places
- ▶ Take responsibility and help to conserve our environment
- ▶ Have fun and share your experience with others

Speak to a member of our team for more details.



**JOHN MUIR AWARD** Recognising the achievements of individuals and teams who have completed an Outward Bound course

**THE OUTWARD BOUND TRUST**

For more information about The Outward Bound Trust see [www.theoutwardboundtrust.org.uk](http://www.theoutwardboundtrust.org.uk).

See their Social Impact Report 2014 at [www.outwardbound.org.uk/our-impact](http://www.outwardbound.org.uk/our-impact)

