

**THE OUTWARD BOUND
TRUST OF KENYA**
YOUTH LEADERSHIP DEVELOPMENT DEPARTMENT.



**YOUTH LEADERSHIP &
ADVENTURE PROGRAMMES
PROSPECTUS – 2010**

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- Last Up-Dated-

OUTWARD BOUND YOUTH LEADERSHIP DEVELOPMENT & ADVENTURE PROGRAMMES **2010 COURSES PROFILE**

About Us

Outward Bound is an experiential based training Organisation specialising in personal growth and development by use of outdoor based activities to promote learning. The organization is the pioneer and global leader in experiential training and consultancy methodology.

The Outward Bound movement was started in Britain during World War II as a way of helping young sea men develop the qualities necessary for survival. These qualities include leadership, teamwork, perseverance and care for others. Today, there are over 300 Outward Bound schools, base camps, centres and institutions all over the world.

Outward Bound Kenya was founded in 1952 as a way of building bonds of trust between young men of all races. Within the next several years, it developed into a means of preparing students for the leadership role they would play in an independent Kenya. Half a century down the line, Outward Bound Kenya has widened its training portfolio to include consultancy training and human resource functions – all these without losing its core responsibility; the youth.

Outward Bound Youth Courses use direct, dramatic experiences in unfamiliar surroundings to bring out the best in young people. Through our outdoor programs, we strive to help the youth discover their potential. The lessons learnt are immediate and unforgettable. Such lessons can be transformed into school, home, work place and community environments.

Instead of lecturing on the ‘right’ way of doing things, Outward Bound challenge the individual to discover what works and what does not. The lessons learnt are immediate and unforgettable. The activities are then complimented by discussions and professional input from experienced facilitators.

Outward Bound Training Methodology

While on an Outward Bound Course, you will be involved in a variety of stimulating and challenging activities which promote self-discovery and a greater awareness of your potential. Participants in all courses are given Team Initiative and Problem solving (TIPS) tasks which they have to accomplish.

Most of the Outward Bound activities and scenarios are outdoor oriented tasks and exercises in which teams have to resolve projects and accomplish goals requiring perseverance, creative thinking, corporation, concern for others and an appreciation of the natural environment.

At Outward Bound therefore, learning and development occurs as a result of the interaction between each individual, challenging circumstances and the environment. Debriefs, discussions, appraisals and reflections are conducted at the end of each exercise so that the knowledge gained from such events are made relevant and transferable to the everyday situations.

Why Outward Bound?

Outward Bound offers you the journey into the self, an opportunity to work with other people and a first-hand experience and appreciation of the natural environment. Upon completion of an Outward Bound Course, you will:

- **Be more self-reliant and self-motivated.**
- **Demonstrate stronger leadership skills.**
- **Possess deeper mental reserves.**
- **Be stronger emotionally and psychologically.**
- **Work better and more responsibly within groups and teams.**
- **Return to your homes, schools or workplaces recharged with new confidence and energy.**
- **Command greater self-discipline.**
- **Understand the need to aim for higher goals and strive to achieve them.**
- **Understand and appreciate the importance of non-dependence on illicit drugs, sex and alcoholic.**
- **Be more tolerant of minority groups and gender sensitive.**

Outward Bound Youth Courses at a glimpse

Outward Bound offers courses and programmes of 1-25 Days duration in a number of different challenging environments. The courses stress but are not tied to, mental astuteness, physical fitness, self-awareness, development of leadership and team-working skills, as well as training in First Aid and other basic life and survival skills.

Whilst on an Outward Bound Course, you will participate in many outdoor activities including Rock Climbing and Rappelling, Orienteering, Mountain and Plains expeditions and practical group problem solving exercises (Group Dynamics). The Ropes' Courses, Obstacle Courses and other specialised activities will also challenge you. In some courses, the climax will include ascent on either Mr. Kenya or Mt. Kilimanjaro.

1: BEGINNERS' COURSE

This is a Basic Introductory Course to Outdoor and Leadership training. It is designed for girls and boys aged between 8 and 17 years old. The course seeks to expose the young people to the realities of life, maturity and the challenges of personal responsibility. It helps them acquire the personal qualities of self-discipline, basic leadership, initiative, physical and mental fitness. It also covers environmental conservation and awareness.

Course Locations: Loitokitok/Naivasha/Kanamai/Lukenya.

Course Content: Hikes, Rock-Climbing and Abseiling, Camping...etc.

Course Duration: 6 Days long.

2: STUDENT LEADERSHIP COURSE

This is an intensive Leadership Induction Course designed for students in leadership positions in secondary schools (prefects, head students, team captains...etc), middle-level colleges, universities and/or other young men and women showing exceptional leadership potential or expected to take up leadership roles of any form.

We present student leaders with a learning environment tailor-made to bring out and develop qualities of leadership commensurate to their levels of responsibility. The participants are divided into small groups and presented with tasks that call for effective team work. Activities are followed by de-brief sessions during which the participants discuss what they learnt and how they can apply the lessons to their leadership roles in the respective institutions. Professional input complements the activities.

Locations: Loitokitok/Naivasha/Kanamai/Lukenya.

Course Content: Exclusively tailor-made to fit individual client needs.

Course Duration: 8 Days long.

3: THE FACE TO FACE CHALLENGE COURSE

This is a 10 day, rigorous, Action Centered Leadership training programme designed for young people aged between 13 and 25 years old. The course provides participants with an intensive and action powered leadership training programme including the essential elements of the Outward Bound experience: personal growth and development, teamwork and service.

This is an open enrollment programme and participants are drawn from a wide pool of secondary schools, colleges, universities and other tertiary institutions as well as church and youth groups.

Locations: Loitokitok/Naivasha.

Course Content: Group dynamics; rock climbing; Adventure trails in either The Maasai Plains or Hells Gate through to Longonot; SOLO Expedition; Obstacle and Ropes courses...etc

Course Duration: 10 Days long.

4: THE STANDARD COURSE

This is a 17-day course intended for young people aged between 14 and 30 years old and above. The course normally incorporates three training phases: the first being a Leadership and Team Building program at Loitokitok; the second phase revolves around the Maasai plains of Southern Kajiado or Hell's Gate. The last phase transfers the participants to either Mt. Kenya or Mt. Kilimanjaro; all climaxing with a personal recommitment pledge.

Like the Face to Face Challenge, The Standard Course is also an open enrollment programme and participants are drawn from even wider spectra.

Locations: Loitokitok/Naivasha/Kanamai/Mt. Kenya/ Mt. Kilimanjaro.

Course Content: Group dynamics, rock climbing, expeditions – plains, SOLO, Endurance runs, Water activities and Obstacle Courses ...etc.

Course Duration: 17 Days long.

5: SENIORS CHALLENGE COURSE

This is a course primarily for individuals aged above 20 years. This is another open enrollment course mainly targeting young people or the young at heart employed in industry and commerce, the Armed Forces, the Private sector, N.G.Os...etc. College and University students or any individual who has participated in an Outward Bound Course before is also eligible to attend.

The course concentrates on nurturing the skills and self-awareness which participants need in order to meet the demands of their careers, personal lives and to improve their upward mobility.

Locations: As varied as they can get.
Course Content: As in Standard Course with stress in Skill acquisition and Group Dynamics as deemed fit.

Course Duration: 21 Days long.

6: MOUNTAIN CHALLENGE EXCURSIONS

These are tailor made Mountain expeditions targeting organized groups whose sole intent is tackling the mountain. These would mainly include, but not limited to schools, colleges, youth and other special interest groups.

The mountain excursions run as single goal projects and include an attempt on Africa's highest mountain; Kilimanjaro and Mt. Kenya.

Locations: Mt. Kilimanjaro and Mt. Meru (Tanzania), Mt. Kenya, and The Ruwenzoris (Uganda)...etc.

Course Content: High Altitude Mountaineering.

Course Duration: 7 – 10 Days long.

* We are not a mountain climbing institution. We use the mountains only as challenging elements to realize set goals of personal development.

7: SCHOOLS' WEEKEND ADVENTURE PROGRAMMES

These are exclusively tailor made courses, activities and adventure programmes targeting schools. With the knowledge that parents and teachers are keen to ensure that as much time is spent on the academic front; but with the understanding that an all rounded education goes a long way to moulding holistic adults, these programmes are scheduled strategically to ensure minimal disruption of formal lessons/learning time (if any) without diluting the desired Outward Bound learning experience.

The ventures and activities are as varied as the individual school needs, culture and time. These includes; but is not limited to; excursions involving Rock Climbing, Abseiling, Navigation and Orienteering exercises, Caving trips, Ropes courses, Mountain Biking, Hill walking, Team Building ...etc ...etc.

Locations: As varied as they can get.
Course Content: Safe, Fun filled and affordable Adventure experiences.

Course Duration: 1 – 4 Days long.

8: INTERNATIONAL EXCHANGE PROGRAMMES

These Programs are run jointly with other Outward Bound Schools and Centres and/or like minded international adventure outfits. The level of participants range from Students to Senior Executives in the corporate world.

The courses intend to impel participants from multi-cultural and economic backgrounds to interact with each other and gain a deeper appreciation and understanding of humanity in its diversity.

For those strong at heart and spirit, the 23 Day Great Africa Peaks Challenge is up for the taking! This is an International Cross Cultural programme with participants drawn from all over the world. The course requires considerable physical fitness levels with a spirit of resilience and endurance.

The Great Africa Peaks Challenge is an epic Outward Bound Course that provides the participants with the opportunity of conquering two of Africa's highest peaks in 23 Days (Mt. Kenya and Mt. Kilimanjaro).

Locations: As varied as they can get.
Course Content: Cross cultural experience and adventure.
Course Duration: 12 – 25 Days long.

9: BE ALL YOU CAN BE!

This is a new course aimed at female empowerment and gender awareness. It is an all girls course that endeavours to address the issues that challenge the girl child right from adolescence, growing up, HIV Aids, drugs ...etc to the demands of the modern woman.

Participants on this course come in two syndicates; teenagers (for those aged between 13-19) and the young woman (those aged above 19).

The participant is carefully impelled into accomplishing seemingly impossible physical activities irrespective of their state of physical fitness. Some tasks require supreme brain power. Accomplishing these tasks helps to rapidly build self-confidence, self assertiveness, critical self evaluation and emotional balance.

During the course, the participants are exposed to demanding leadership activities. They learn to set goals and achieve results. They also learn about the hazards of drug and substance abuse and developing self discipline in all spheres of life.

Locations: As varied as they can get.
Course Content: 'What girls can do, boys can do better!'.
Course Duration: 10 Days long

10: SPECIAL COURSES

Apart from the Open Enrollment schedule of courses, Outward Bound conducts other exclusive tailor – made courses to meet the individual needs of special interest groups. These include;

- Rehabilitation Programs for young people in endangered situations e.g.: Street Children, Drug Dependents, Youth at Risk ...etc.
- Self-esteem Program for Adjudicated Youth, people who have gone through and/or survived horrendous experiences – sexual abuse, battering, rape, drug abuse, terrorism...etc.

NB: All Outward Bound Open enrollment Courses are cross gender with gender tolerance and respect emphasized upon.

Gender specific concerns on Tailor made courses are addressed in accordance with the individual client needs.

Outward Bound Training Venues

Outward Bound operates in a number of settings; The Outward Bound Centre – Loitokitok, Naivasha, Lukenya and from any of our numerous mobile training areas. Our up-to-date Logistics Department maintains all of the necessary training regalia. These includes, among others: tents, rucksacks, sleeping bags, boots, climbing ropes, carabiners, rappellers, stick plates, helmets, water proof clothing, ...etc.

The outdoors is our classrooms. The mountains, rivers, valleys and forests are the playgrounds of every successful Outward Bound course. We are also able to set up camp at a client's backyard or even school fields for the tailor-made courses at short notice. Our mobility and flexibility is only matched by our drive to deliver a quality long lasting Outward Bound experience to all our clients.

Staff Profile

Outward Bound staff are qualified to operate safely in all the activities you are scheduled to participate in. They have wide experiences in human resource development and provide the necessary support to ensure that course participants gain much more than they expect from the Outward Bound experience.

The Instructors are skilled trainers, counselors and friends. These multi-talented individuals are chosen as much for their ability to lead and deal with people as they are for their technical skills. Most of our staff have wide exposure to overseas Outward Bound training in countries such as: South Africa, Lesotho, Hong Kong, Singapore, Canada, Australia and the United States of America.

Safety Standards

At Outward Bound all the activities are selected and reviewed to ensure that they are completely safe. The Trainers undergo a rigorous training in the safety aspects of Outward Bound. They are trained and certified in First Aid, Rescue Operations and other advanced Life-skills. Consequently, our safety record to-date is exceptional.

Post – Course Follow on

At the end of any course, Outward Bound issues an Individual Personality Assessment report. This report, perfected over years of worldwide Outward Bound activity is very incisive and accurate. We routinely conduct such assessment for one of the groups that needs it most: The Army; for their Officer Cadets. This report may be of use to you too. Apart from the Individual Personality Assessment Report, every participant receives a Certificate and medal upon the successful completion of an Outward Bound course. The certificate and medal are universally recognized by the International Outward Bound Alumni Association.

NB: All our courses and programmes can be ‘tailor-made’ to fit an individual client’s exclusive needs and/or requirements.

The Outward Bound Challenge

*“Only within yourself exists that other reality for which you long.
No one can give you anything that is not already within yourself.
No one can throw open to you any picture gallery but your own soul.
All one can give you is the opportunity, the impulses, the Key.
One can only help you make your own world visible.
That is all”.*

HERMAN HESSE.

OUTWARD BOUND TRUST OF KENYA

6 DAY OBTK/SLAP BEGINNERS COURSE

Day	Activity	Admin & Logistics
1	<ul style="list-style-type: none"> • Motorised transfer to OBC Loitokitok with enroute game drive through Amboseli National Park. • Arrive – Centre Orientation & Ice Breakers 	<ul style="list-style-type: none"> • OBTK bus to facilitate transfer of participants to Loitokitok or • OBTK to organize for safari vans.
2	<ul style="list-style-type: none"> • Team Building and Group Dynamics activities. 	<ul style="list-style-type: none"> • Team meets the Instructors for the OBC Programme.
3	<ul style="list-style-type: none"> • Team Initiative and Problem Solvers (TIPS). • Crazy Olympics • Treasure Hunt 	<ul style="list-style-type: none"> • OBTK official transport on standby at Base Camp.
4	<ul style="list-style-type: none"> • Plains Expedition • Navigation. • Orienteering 	<ul style="list-style-type: none"> • OBTK official transport on standby. • Patrol Instructors to co-ordinate all plains excursions.
5	<ul style="list-style-type: none"> • Bouldering. • Rock Climbing • Abseiling/Rappelling 	<ul style="list-style-type: none"> • OBTK official transport on standby. •
6	<ul style="list-style-type: none"> • Graduation • Departure for Nairobi. 	<ul style="list-style-type: none"> • OBTK bus to transfer participants back to Nairobi.

OUTWARD BOUND TRUST OF KENYA

10 DAY OBTK/SLAP FACE TO FACE CHALLENGE

Day	Activity	Admin & Logistics
1	<ul style="list-style-type: none"> • Motorised transfer to OBC Loitokitok with enroute game drive through Amboseli National Park. • Arrive – Centre Orientation & Ice Breakers 	<ul style="list-style-type: none"> • OBTK bus to facilitate transfer of participants to Loitokitok or • OBTK to organize for safari vans.
2	<ul style="list-style-type: none"> • Team Building and Group Dynamics activities. 	<ul style="list-style-type: none"> • Team meets the Instructors for the OBC phase.
3	<ul style="list-style-type: none"> • Team Tasks Challenges • Plains Expedition Preparation 	<ul style="list-style-type: none"> • OBTK official transport on standby. • Patrol Instructors to co-ordinate all Plains Expedition preparations and parking.
4	<ul style="list-style-type: none"> • Plains Expedition • Navigation. • Orienteering 	<ul style="list-style-type: none"> • OBTK official transport on standby. • Patrol Instructors to co-ordinate all plains excursions.
5	<ul style="list-style-type: none"> • Maasai Plains excursion 	<ul style="list-style-type: none"> • OBTK official transport on standby. •
6	<ul style="list-style-type: none"> • Bouldering. • Rock Climbing. • Abseiling/Rappelling. 	<ul style="list-style-type: none"> • OBTK official transport on standby. •
7	<ul style="list-style-type: none"> • Endurance Run • Dispatch to SOLO sites. 	<ul style="list-style-type: none"> • OBTK official transport on standby. •
8	<ul style="list-style-type: none"> • SOLO 	<ul style="list-style-type: none"> • OBTK official transport on standby. • Instructors on standby at SOLO command post.
9	<ul style="list-style-type: none"> • Off SOLO • Crazy Olympics 	<ul style="list-style-type: none"> • OBTK official transport on standby. • Patrol Instructors to co-ordinate SOLO extractions.
10	<ul style="list-style-type: none"> • Graduation. • Motorised transfer to Nairobi. • Hotel Check in 	<ul style="list-style-type: none"> • OBTK bus to ferry participants to Nairobi. • OBTK to book participants in hotel for overnight stay.

OUTWARD BOUND TRUST OF KENYA

10 DAY OBTK/MKEC KENYA EXPEDITIONARY COURSE

Day	Activity	Admin & Logistics
1	<ul style="list-style-type: none"> • Motorised transfer to OBC Loitokitok with enroute game drive through Amboseli National Park. • Arrive – Centre Orientation & Ice Breakers 	<ul style="list-style-type: none"> • OBTK bus to facilitate transfer of participants to Loitokitok or • OBTK to organize for safari vans.
2	<ul style="list-style-type: none"> • Team Building and Group Dynamics activities. 	<ul style="list-style-type: none"> • Team meets the Instructors for the OBC and Service Project phase.
3	<ul style="list-style-type: none"> • Plains Expedition • Navigation. • Orienteering 	<ul style="list-style-type: none"> • OBTK official transport on standby. • Patrol Instructors to co-ordinate all plains excursions.
4	<ul style="list-style-type: none"> • Bouldering. • Rock Climbing. • Abseiling/Rappelling. • Mountain Preparation. 	<ul style="list-style-type: none"> • OBTK official transport on standby. •
5	<ul style="list-style-type: none"> • Motorised transfer to Mt. Kenya National Park via Nairobi (ETD 0200HOURS). 	<ul style="list-style-type: none"> • Base Camp Mountain response and evacuation system set up at Sirimon Gate. • OBTK official transport on standby at Sirimon.
6	<ul style="list-style-type: none"> • Start of Mt. Kenya ascent. • Hike from Sirimon Gate to Old Moses Camp. 	<ul style="list-style-type: none"> • OBTK official transport on standby at Sirimon.
7	<ul style="list-style-type: none"> • Hike from Old Moses to Shiptons Camp. 	<ul style="list-style-type: none"> • Mountain re-supply/Re-ration. • OBTK official transport on standby at Sirimon.
8	<ul style="list-style-type: none"> • Summit bid to Point Lenana (dawn ascent). • Descend to Old Moses Camp. 	<ul style="list-style-type: none"> • Mountain re-supply/Re-ration. • OBTK official transport on standby at Sirimon.
9	<ul style="list-style-type: none"> • Descend to Sirimon Gate. • African Night presentations and Campfire. 	<ul style="list-style-type: none"> • OBTK official transport on standby at Sirimon.
10	<ul style="list-style-type: none"> • Graduation. • Motorised transfer to Nairobi. 	<ul style="list-style-type: none"> • OBTK bus to ferry participants to Nairobi.

OUTWARD BOUND TRUST OF KENYA

12 DAY OBTK/MKCC KILIMANJARO CHALLENGE COURSE

Day	Activity	Admin & Logistics
1	<ul style="list-style-type: none"> • Motorised transfer to OBC Loitokitok with enroute game drive through Amboseli National Park. • Arrive – Centre Orientation & Ice Breakers 	<ul style="list-style-type: none"> • OBTK bus to facilitate transfer of participants to Loitokitok or • OBTK to organize for safari vans.
2	<ul style="list-style-type: none"> • Team Building and Group Dynamics activities. 	<ul style="list-style-type: none"> • Team meets the Instructors for the OBC and Service Project phase.
3	<ul style="list-style-type: none"> • Residential Service Project. 	<ul style="list-style-type: none"> • OBTK to identify and organize. • OBTK official transport to be on standby.
4	<ul style="list-style-type: none"> • Residential Service Project. 	<ul style="list-style-type: none"> • OBTK official transport on standby.
5	<ul style="list-style-type: none"> • Completion and hand over of the Service Project. • Mountain Expedition Preparation. 	<ul style="list-style-type: none"> • OBTK official transport on standby. • Patrol Instructors to co-ordinate all mountain preparations and parking.
6	<ul style="list-style-type: none"> • Start of Mountain phase. • Hike from OBC to Central Bivy Camp. 	<ul style="list-style-type: none"> • Base Camp Mountain response and evacuation system set up. • OBTK official transport on standby at OBC.
7	<ul style="list-style-type: none"> • Hike from Central Bivy to 2nd caves Camp. 	<ul style="list-style-type: none"> • OBTK official transport on standby at OBC.
8	<ul style="list-style-type: none"> • Hike from 2nd caves to 3rd cave Camp. 	<ul style="list-style-type: none"> • Mountain re-supply/Re-ration. • OBTK official transport on standby at OBC.
9	<ul style="list-style-type: none"> • Hike from 3rd caves to Kibo hut 	<ul style="list-style-type: none"> • OBTK official transport on standby at Marangu Gate.
10	<ul style="list-style-type: none"> • Summit bid to Uhuru peak (dawn ascent). • Descend to Horombo hut. 	<ul style="list-style-type: none"> • OBTK official transport on standby at Marangu Gate.
11	<ul style="list-style-type: none"> • Descend to Marangu Gate. • Motorised transfer to OBC Centre. • African Night presentations and Campfire. 	<ul style="list-style-type: none"> • OBTK organized transport to ferry participants back to OBC.
12	<ul style="list-style-type: none"> • Graduation. • Motorised transfer to Nairobi. 	<ul style="list-style-type: none"> • OBTK bus to ferry participants to Nairobi.

Appendix E.

OUTWARD BOUND TRUST OF KENYA

17 DAY OBTK/SLAP STANDARD COURSE

Day	Activity	Admin & Logistics
1	<ul style="list-style-type: none"> Motorised transfer to OBC Loitokitok with enroute game drive through Amboseli National Park. Arrive – Centre Orientation & Ice Breakers 	<ul style="list-style-type: none"> OBTK bus to facilitate transfer of participants to Loitokitok or OBTK to organize for safari vans.
2	<ul style="list-style-type: none"> Team Building and Group Dynamics activities. 	<ul style="list-style-type: none"> Team meets the Instructors for the OBC and Service Project phase.
4	<ul style="list-style-type: none"> Plains Expedition Navigation and Orienteering. 	<ul style="list-style-type: none"> Patrol Instructors to co-ordinate all plains excursions.
5	<ul style="list-style-type: none"> Bouldering. Rock Climbing Abseiling/Rappelling 	<ul style="list-style-type: none"> OBTK official transport on standby.
6	<ul style="list-style-type: none"> Residential Service Project. 	<ul style="list-style-type: none"> OBTK to identify and organize. OBTK official transport to be on standby.
7	<ul style="list-style-type: none"> Residential Service Project. 	<ul style="list-style-type: none"> OBTK official transport on standby.
8	<ul style="list-style-type: none"> Completion and hand over of the Service Project. Dispatch to SOLO sites. 	<ul style="list-style-type: none"> OBTK official transport on standby. Patrol Instructors to co-ordinate dispatches. Instructors set up SOLO command post.
9	<ul style="list-style-type: none"> SOLO 	<ul style="list-style-type: none"> OBTK official transport on standby. Instructors on standby at SOLO command post.
10	<ul style="list-style-type: none"> Off SOLO Motorized transfer to OBC Mountain Preparation 	<ul style="list-style-type: none"> OBTK to organize transport to OBC. Patrol Instructors to co-ordinate all mountain preparations and parking.
11	<ul style="list-style-type: none"> Start of Mountain phase. Hike from OBC to Central Bivy Camp. 	<ul style="list-style-type: none"> Base Camp Mountain response and evacuation system set up. OBTK official transport on standby at OBC.
12	<ul style="list-style-type: none"> Hike from Central Bivy to 2nd caves Camp. 	<ul style="list-style-type: none"> OBTK official transport on standby at OBC.
13	<ul style="list-style-type: none"> Hike from 2nd caves to 3rd cave Camp. 	<ul style="list-style-type: none"> Mountain re-supply/Re-ration. OBTK official transport on standby at OBC.
14	<ul style="list-style-type: none"> Hike from 3rd caves to Kibo hut 	<ul style="list-style-type: none"> OBTK official transport on standby at Marangu Gate.
15	<ul style="list-style-type: none"> Summit bid to Uhuru peak (dawn ascent). Descend to Horombo hut. 	<ul style="list-style-type: none"> OBTK official transport on standby at Marangu Gate.
16	<ul style="list-style-type: none"> Descend to Marangu Gate. Motorised transfer to OBC Centre. African Night, presentations and Campfire. 	<ul style="list-style-type: none"> OBTK organized transport to ferry participants back to OBC.
17	<ul style="list-style-type: none"> Graduation. Motorised transfer to Nairobi. 	<ul style="list-style-type: none"> OBTK bus to ferry participants to Nairobi.

Appendix F.

OUTWARD BOUND TRUST OF KENYA

23 DAY OBTK/GAPC GREAT AFRICA PEAKS CHALLENGE

Day	Activity	Admin & Logistics
1	<ul style="list-style-type: none"> Receive International Students. Check in hotel – rest. Host Nairobi City tour. Option for Nairobi National Park visit. Personal admin – Shopping, ...etc 	<ul style="list-style-type: none"> Course Director meets the team at airport. OBTK bus picks participants from Airport and transfers to Hotel. Bus available for town runs.
2	<ul style="list-style-type: none"> Motorised transfer to OBC Loitokitok with enroute game drive through Amboseli National Park. Arrive – check in, Centre Orientation. 	<ul style="list-style-type: none"> OBTK bus to facilitate transfer of participants to Loitokitok or OBTK to organize for safari vans.
3	<ul style="list-style-type: none"> Team Building and Group Dynamics activities. 	<ul style="list-style-type: none"> Team meets the Instructors for the OBC phase.
4	<ul style="list-style-type: none"> Team Tasks Challenges Mountain Expedition Preparation 	<ul style="list-style-type: none"> OBTK official transport on standby. Patrol Instructors to co-ordinate all mountain preparations and parking.
5	<ul style="list-style-type: none"> Motorised transfer to Mt. Kenya National Park via Nairobi (ETD 0200HOURS). 	<ul style="list-style-type: none"> Base Camp Mountain response and evacuation system set up at Sirimon Gate. OBTK official transport on standby at Sirimon.
6	<ul style="list-style-type: none"> Start of Mt. Kenya ascent. Hike from Sirimon Gate to Old Moses Camp. 	<ul style="list-style-type: none"> OBTK official transport on standby at Sirimon.
7	<ul style="list-style-type: none"> Hike from Old Moses to Shiptons Camp. 	<ul style="list-style-type: none"> Mountain re-supply/Re-ration. OBTK official transport on standby at Sirimon.
8	<ul style="list-style-type: none"> Summit bid to Point Lenana (dawn ascent). Descend to Old Moses Camp. 	<ul style="list-style-type: none"> Mountain re-supply/Re-ration. OBTK official transport on standby at Sirimon.
9	<ul style="list-style-type: none"> Descend to Sirimon Gate. African Night presentations and Campfire. 	<ul style="list-style-type: none"> OBTK official transport on standby at Sirimon.
10	<ul style="list-style-type: none"> Option for game drive to world renowned Aberdares National Park or Home visits as well as White Water Rafting (extra personal cost for Rafting enthusiasts). 	<ul style="list-style-type: none"> OBTK to organize suitable transportation for the game drives. Participants booked into a scenic budget hotel on the foot of Mt. Kenya.
11	<ul style="list-style-type: none"> Motorised transfer to Kimana Wildlife Sanctuary. 	<ul style="list-style-type: none"> Team meets Instructors for the Residential Project and Maasai Plains excursion phase.
12	<ul style="list-style-type: none"> Residential Service Project. 	<ul style="list-style-type: none"> OBTK to identify and organize. OBTK official transport to be on standby.
13	<ul style="list-style-type: none"> Residential Service Project. 	<ul style="list-style-type: none"> OBTK official transport on standby. .
14	<ul style="list-style-type: none"> Completion and hand over of the Service Project. Dispatch to SOLO sites. 	<ul style="list-style-type: none"> OBTK official transport on standby. Patrol Instructors to co-ordinate dispatches. Instructors set up SOLO command post. .
15	<ul style="list-style-type: none"> SOLO 	<ul style="list-style-type: none"> OBTK official transport on standby. Instructors on standby at SOLO command post.
16	<ul style="list-style-type: none"> Off SOLO 	<ul style="list-style-type: none"> OBTK to organize transport to OBC.

	<ul style="list-style-type: none"> • Motorized transfer to OBC • Mountain Preparation 	<ul style="list-style-type: none"> • Patrol Instructors to co-ordinate all mountain preparations and parking.
17	<ul style="list-style-type: none"> • Start of Mountain phase. • Hike from OBC to Central Bivy Camp. 	<ul style="list-style-type: none"> • Base Camp Mountain response and evacuation system set up. • OBTK official transport on standby at OBC.
18	<ul style="list-style-type: none"> • Hike from Central Bivy to 3rd caves Camp. 	<ul style="list-style-type: none"> • Mountain re-supply/Re-ration. • OBTK official transport on standby at OBC.
19	<ul style="list-style-type: none"> • Hike from 3rd Caves to Kibo hut 	<ul style="list-style-type: none"> • OBTK official transport on standby at Marangu Gate.
20	<ul style="list-style-type: none"> • Summit bid to Uhuru peak (dawn ascent). • Descend to Horombo hut. 	<ul style="list-style-type: none"> • OBTK official transport on standby at Marangu Gate.
21	<ul style="list-style-type: none"> • Descend to Marangu Gate. • Motorised transfer to OBC Centre. • African Night presentations and Campfire. 	<ul style="list-style-type: none"> • OBTK organized transport to ferry participants back to OBC.
22	<ul style="list-style-type: none"> • Graduation. • Motorised transfer to Nairobi. • Hotel Check in 	<ul style="list-style-type: none"> • OBTK bus to ferry participants to Nairobi. • OBTK to book participants in hotel for overnight stay.
23	<ul style="list-style-type: none"> • Shopping. • Departure. 	<ul style="list-style-type: none"> • OBTK bus on standby for town runs and airport transfers.

THE OUTWARD BOUND TRUST OF KENYA

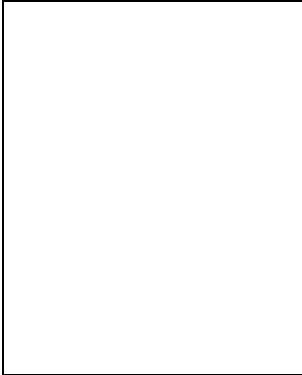
LIST OF POTENTIAL TRAINERS / INSTRUCTORS

NAME	ACADEMIC QUALIFICATIONS	PROFESSIONAL EXPERIENCE
1. Michael Yugi	<ul style="list-style-type: none"> ◆ MBA (UoN), BA(Moi). ◆ Higher Diploma in Experiential Techniques; Outward Bound Singapore ◆ Wilderness First Responder. 	<p>Over 15 years experience in adventure related programmes: marketing, management, group leading and facilitation.</p> <p>OBTK Executive Director.</p>
2. David Kurao	<ul style="list-style-type: none"> ◆ BED ◆ Higher Diploma in Experiential Techniques; Outward Bound USA 	<p>15 years experience in Youth Adventure, Corporate Leadership & Team Construction Programmes.</p> <p>Chief Instructor, Outward Bound Kenya.</p>
3. Muthuri Baituru	<ul style="list-style-type: none"> ◆ BED ◆ Advanced Experiential Techniques; Outward Bound Hong Kong 	<p>Over 20 years experience in Youth Courses, Corporate Leadership and Culture Change Courses in both Kenya and Hong Kong.</p>
4. John Mbalu	<ul style="list-style-type: none"> ◆ Higher Diploma in Experiential Education; Outward Bound South Africa 	<p>15 years experience in Youth Adventure, Attitude Change and Team Construction Courses.</p>
5. Richard Mutuku	<ul style="list-style-type: none"> ◆ Diploma In Education, Kenya Science ◆ Instructional Staff Training, Outward Bound-Kenya 	<ul style="list-style-type: none"> ◆ Trainer at Outward Bound from 1989-1991. ◆ Trainer at Mt Kenya School of Adventure. ◆ Manager and Trainer at YMCA, Naivasha.
6. Nancy Mundia	<ul style="list-style-type: none"> ◆ Degree in International Business Administration-USIU-A. ◆ Diploma-National Outdoor Leadership School. ◆ Professional Development Program (Full Instructional staff training at Outward Bound-As A participant and Trainer). ◆ Kenya Institute of Management-Team Building Training. 	<ul style="list-style-type: none"> ◆ Corporate and Youth Courses Trainer at Outward Bound; Conducted courses for Unilever, B.A.T, World Vision, Barclays Bank, Siginon Freight, Central Bank, Loreto Msongari, Cadets courses etc.
7. James Kimaru	<ul style="list-style-type: none"> ◆ Professional Development Course (Facilitation skills at Outward Bound). 	<ul style="list-style-type: none"> ◆ Experienced and dependable Trainer in both youth, corporate and youth programs. ◆ He has handled most the clients since 1999. This includes; KPA, Unilever, KPA, Kenya Airways, Kenya Institute of Bankers, Military cadets, Utalii College, Nation Media Group, Standard Courses, School based programs etc.

Appendix H.

THE OUTWARD BOUND TRUST OF KENYA

YOUTH LEADERSHIP DEVELOPMENT DEPARTMENT



Youth Courses Enrollment Form

(Please attach your photograph in the space provided)

FOR OFFICIAL USE ONLY

Course No.: Patrol:

Receipt No.: Date:

A: PARTICIPANT'S PERSONAL DETAILS:

(Please write block capitals or print clearly).

Surname:..... **Other Name(s):**

Residential Address:

Postal Address: **Telephone No:**

Date of Birth: **Sex:**

Nationality: **Religion:**

School(s) attended:

Education qualifications:

Major interest (hobbies, sports, etc):

Future intentions:

Any special dietary requirements:
(Vegetarian? Lactose intolerant? No beef? No Pork?etc).

Parent/Guardian/Sponsor's name:

Postal Address: **Telephone No:**.....

B: PARTICIPANT'S PERSONAL STATEMENT:

- 1) **Why are you interested in an Outward Bound Kenya experience?**

- 2) **Have you done any other Outward Bound course before?**
[If yes, please give details].

- 3) **Do you have any outdoor education or conservation background?**
[If yes, please elaborate]

- 4) **What goals/values do you want to achieve on your Outward Bound Course?**

- 5) **Describe yourself in 50 words.**

C: CODE OF CONDUCT:

- In order to maintain the highest standards of safety, all students must comply with procedures and outdoor practices as explained by instructors.

- Every student is a full participant on the course and is integral to the overall experience and success of his/her group. Students are expected to demonstrate their commitment with their honest and best efforts throughout the entire course.

- A clear head and fast reactions are essential to safety and the success of each course. There will be no use of tobacco, alcohol or drugs in public. Violation of this policy is grounds for immediate dismissal. For adult participants, smoking will be permitted only in the evenings at select sites.

- All students shall maintain a fundamental respect for the rights and dignity of others. Respect and courtesy shall be emphasized at every opportunity.

- Outward Bound Courses visit pristine and fragile outdoor environments. Students are guests who must respect and help preserve the natural conditions for resident flora and fauna for other visitors' enjoyment.

D: PERSONAL DISCLAIMER:

I have read/been briefed and accept the Outward Bound programme. I fully understand its nature and content. I have been passed as medically fit for the course and enclose my Medical Certificate. My signature below indicates a genuine desire on my part to participate in the Outward Bound course and a commitment to the Code of Conduct.

Outward Bound’s Commitment:

Outward Bound will ensure that the highest levels of Health and Safety standards are maintained throughout the course. Participants will be guided and counseled by highly qualified and experienced instructors on all aspects of the programme.

Outward Bound takes full responsibility for accidents incurred by participants while on the course; unless such accidents/injuries occur exclusively or partially due to the negligence or failure to adhere to explicit instructions from the Outward Bound staff. Our staff undergo a rigorous training in the safety aspects of all Outward Bound operations. They are trained and certified in First Aid, Rescue operations and other advanced life saving skills. They are also great counselors and friends.

Indemnity & Photo Waiver:

I acknowledge that the Outward Bound programme that I am enrolling for has risks; including certain risks which cannot be eliminated without destroying the unique character of this activity. The same elements that contribute to the unique character of this activity can be causes of loss or damage to equipment and property, injury, illness or in extreme cases; permanent trauma, disability or death.

With the knowledge that proper/conventional Medical Care could be miles away from the operation zone of the expedition, I authorize Outward Bound; in the event of any accident or injury; to obtain, provide or otherwise manage any emergency.

By signing this, I undertake to indemnify Outward Bound (the company), its agents or servants (contracted or otherwise) against all costs and claims arising from the damage, loss, death or injury to any person or property during the duration of the course; unless such damage, loss, death or injury shall be proved conclusively to have been caused solely by the professional negligence of the service providers.

I have been made to understand that Outward Bound may from time to time use materials (photographs, audio or video clips ...etc) derived during the course for its own marketing and public campaigns. I hereby consent to Outward Bound use of such materials as long as it is not repugnant to morality and ethics.

Participant’s Signature: _____ **Date:** _____

N.B:- To be countersigned by parent if participant is below the age of 18 years.

Parent/Guardian/Sponsor’s Signature: **Date:**
[If the participant is below 18 years, this signature serves as legal parental Consent].

Appendix I.

CONFIDENTIAL

THE OUTWARD BOUND TRUST OF KENYA

YOUTH LEADERSHIP DEVELOPMENT DEPARTMENT.



Prospective Participant's Medical Statement

Dear physician,
Your client has been selected to undertake an Outward Bound Course. To help ensure his/her safety and enjoyment on the Course, it is essential that our field staff be aware of any Medical or other condition that may affect his/her participation. We thus request you to complete this form on your client's behalf. All information will remain confidential to Outward Bound and/or any other relevant Care, Rescue, Evacuation or Response personnel.

Participant's Name:..... **Sex:**.....

Present school/employment/occupation:

Age: **Height:** **Weight:**

Usual exercise:
.....

History of past illnesses, accidents and/or operations:
.....

Any congenial abnormalities:
.....

Any special conditions such as rupture, varicose, piles fistula, skins disease etc;
.....

Is he/she free from infection:

STATE OF:
Nervous systems: (e.g. epilepsy, etc.)
.....

Lungs (e.g. T.B. Asthma, etc.)
.....

Heart-pulse rate: **Heart Sounds:**

Added sounds or murmurs: **Blood Pressure:**

Digestive system (e.g. ulcers, etc.):

EXAMINATION:

Urine-Alba:

Ear, Nose, and Throat:
.....

State of hands and feet:
.....

Any evidence of malaria: **Sickle cells:**

Any recent illness with particular reference to respiratory diseases and associated bronchi spasm:

.....
.....

Any other diseases/ pertinent Conditions:
.....

Is he/she fit in your opinion to undergo a course involving strenuous physical exertion, including high altitude mountain expedition?:-

.....

DOCTOR / PHYSICIAN'S NAME & SIGNATURE:
.....

ADDRESS:
.....

THE OUTWARD BOUND TRUST OF KENYA MT. KILIMANJARO/KENYA CHALLENGE COURSES

Expedition Clothing and Equipment Checklist

1. Rucksack / Day Pack.
2. Sleeping Bag [Warm - 4 season]*
3. Water Bottle.
4. Torch [Head Torch ideal] and Spare Batteries.
5. Pen and Note Book.
6. Pair of Shorts.
7. 2 Pairs Light Weight Trousers [Tracksuit Bottoms ideal].
8. Tevers / Sandals.
9. Lightweight Hiking Boots [Gore-Tex ideal].
10. 4 Pairs of socks [woolen preferred]
11. 3 T-shirts.
12. 3 Long Sleeved shirts
13. Thermal Underpants.
14. Fleece / Woolen Sweater / Thermal Jacket.
15. Anorak / Cagoule / Poncho / Rain gear [A MUST].
16. Hat / Baseball Cap.
17. Sun cream & Lip balm.
18. Insect Repellant.
19. Toiletries [Tooth brush, paste, tissue paper...etc].
20. Cup, Spoon, Plate.
21. Camera & Film [OPTIONAL].
22. Tent*
23. Balaclava / Scarf.
24. Gloves / Mittens.
25. Trash bags / Bin liners.
26. Water purification tablets.
27. First Aid Kit*.
28. Camping Knife [OPTIONAL].
29. Diamox tablets [OPTIONAL]. **

* Outward Bound will provide these items. Individual participants who may not wish to use the Outward Bound standard issue kit may bring their own.

** Some people are genetically prone to Altitude Sickness. Diamox has successfully been used in the past to not only treat Altitude Sickness BUT to also check its onset. Please confirm with your Physician if you intend to be on Diamox.

Appendix K.

THE OUTWARD BOUND INTERNATIONAL AFFILIATED SCHOOLS DIRECTORY

The Outward Bound Trust of Kenya (OBTK) is a part of a global community of autonomous Outward Bound affiliations.

Some of these include:

- Outward Bound Canada
- Outward Bound Hong Kong
- Outward Bound Singapore
- Outward Bound Sri Lanka
- Outward Bound Malaysia
- Outward Bound Japan
- Outward Bound Australia
- Outward Bound United Kingdom
- Outward Bound Bulgaria
- Outward Bound Germany
- Outward Bound France
- Outward Bound Belgium
- Outward Bound South Africa
- Outward Bound Zimbabwe
- Outward Bound USA
- Outward Bound Lesotho

Sample Clients

- Premier Academy
- USIU- Africa
- Starehe Boys Centre
- Hillcrest
- Peponi
- Loreto Msongari
- Kabarak School
- Sacho School
- Oshwal Academy Mombasa
- Oshwal Academy Nairobi
- Alliance Girls
- Rusinga School
- Brea burn School
- Undugu Society of Kenya
- Mangu High School
- Kenyatta University