

"To serve, to strive and not to yield"

Box A49

MOORE THEOLOGICAL COLLEGE LIBRARY



3 2042 10099197 9

**THE AUSTRALIAN
OUTWARD BOUND**



SCHOOL FOR GIRLS

CHARACTER DEVELOPMENT THROUGH ADVENTURE.

*"Educate a man and you educate an individual,
Educate a woman and you educate a nation."*

OUTWARD BOUND TRAINING FOR GIRLS

The Outward Bound Trust was established in England in 1946 as a means of developing training previously given in wartime to boys in the Merchant Navy and designed to strengthen and broaden the sturdier qualities of character through adventure and testing experiences. Since the conception of this original idea, the organisation has gathered great momentum and has won widespread and distinguished support.

The Trust was urged from the outset to organise similar training for girls and in 1951, the first experimental Girls' Course was held at the Outward Bound Mountain School at Eskdale. Except for minor modifications necessary to adjust the challenges and stresses of the training to a different physique and outlook, the basic principles and methods were not changed. The results in terms of character development were equally rewarding.

In 1961, the Australian Outward Bound School, which was established in 1958, held its first course for girls based on the same type of training designed for girls in the English Schools. The results of this experiment were unquestionably successful and have led to the introduction of Outward Bound Courses for girls on a permanent basis.

Principles of the Outward Bound School

1. It is residential and open to girls of all nationalities between the ages of 16½ and 24-years and the duration of each course is twenty-three days.
2. In a unique environment, where rivers and mountains meet to provide a natural and challenging training ground, girls from all walks of life are given the opportunity of developing both mentally and physically.
3. The School presents a set of standards enabling the girl to measure herself under conditions of difficulty, teamwork, self-discipline and some hardship.
4. Based on a Christian foundation, without political or sectarian bias, it provides opportunities for developing a keener awareness of moral and spiritual values.

Outward Bound does not seek to become a vast organisation bringing every young person within its orbit. It aims at showing what can be achieved by the application of its principles and hopes that many organisations, private and public throughout the country will profit from its pioneer work and develop activities inspired by the same principles.

The Course

The course is based on certain ideas, the application of which is possible only when the people involved live together as a community. They may be summarised as follows:—

1. That the country's educational system stands in need of increased opportunities for the development of character.
2. That the natural love of adventure in young people should be directed to develop the right qualities of character.
3. That only by experiencing for themselves the pride resulting from a job well done, or the satisfaction of a great effort sustained by sheer will-power, can boys and girls discover their better qualities and feel the urge and inspiration to develop them.
4. That self-confidence can be greatly strengthened by the exercise of self-control and the realisation of improvement in physical and mental agility.
5. That if discipline is imposed by those who command respect, it will be accepted, welcomed and reproduced.
6. That the obligation of service to others can best be inspired through the experience of subordinating self to a greater cause.

Details

WHO CAN SPONSOR?

There is no restriction on sponsorship, but normally young men and women are nominated by their parents, employers, and by organisations such as Legacy, Rotary, Lions, Apex, Girl Guides, Quota, Soroptimists and many others. Many candidates sponsor themselves and some are assisted by full or part bursaries. Anyone within the age limit (16½ to 24 years) and in normal good health is eligible to attend. There is no selection or "screening" by Outward Bound.

HOW TO APPLY.

Nomination is made by completing the application form (enclosed in this brochure) and sending it to: The Australian Outward Bound Memorial Foundation, Box 4213, G.P.O., Sydney.

Clothing requirements, general information about the School and travel arrangements are sent to each applicant approximately one month before the course commences. A Medical History Form is also sent which must be completed and returned to the Head Office promptly.

At present, there are only two (2) courses for girls in each year, one in the Summer and one in the Spring. The dates for these courses are published well in advance. Current dates are enclosed.

COST.

Details of fees for the current courses are also enclosed and need not be fully paid until one week before the course commences. A deposit of £10 should be made on application and is refunded when cancellation is made within two months or more of the course commencement date. This provision does not apply in the case of girls sponsored by their employers in industry or commerce.

INSURANCE.

The School is covered by insurance against claims of Common Law (negligence) under a £50,000 Public Risk Policy. In addition, we hold a Personal Accident Policy for limited medical benefits. However, the School admits no liability for illness or accident to a student during the course.

MEDICAL.

Students are examined by our own School Doctor on the first and last day of the course and a qualified Matron is a member of the permanent School Staff. Every applicant must be immunised against tetanus and a Medical History Sheet must be completed and sent to Head Office at least fourteen days before the course commences.



On Expedition — The Summit



Morning Assembly

The Course Content

The course offers every young woman:—

- (a) An unforgettable and profitable experience in a new and stimulating environment.
- (b) The chance of meeting other young women from all walks of life and the intangible bond of friendship which can develop through sharing the experience.
- (c) The chance to appreciate the value of time, the dignity of simplicity and the reward of service to others.
- (d) The opportunity of self discovery in courage, humility, tolerance, loyalty and leadership. So often, qualities previously unrecognised, have been revealed.
- (e) The opportunity to develop self-discipline, confidence, ability and self reliance in skills and techniques which can be helpful in later life.
- (f) The opportunity to strengthen individuality through physical, mental and spiritual resources, leading to a more purposeful way of life.

ACTIVITIES COMPRISE.

- 1. Expeditions—bushwalking, rock climbing, sailing, kayaking, cycling and the basic skills associated with these activities.
- 2. Drama—effective speaking, debating, discussion groups, musical appreciation and projects of creative expression.
- 3. Exercises, swimming, archery and posture development.
- 4. Project tasks in service to the community.

THE STAFF.

Under the direction of a woman Principal, qualified men and women dedicated to the welfare of youth, conduct the courses.

RELIGION.

There is no racial discrimination at Outward Bound and the School's form of spiritual observance is completely free from denominational bias. Through the simple but sincere forms of corporate worship, it is not unusual for young women to discover a new reality in their own religious beliefs. Open discussion and the free exchange of ideas and opinions on Christian code and conduct are encouraged.

Developing Character

The object of the training, although achieved mostly through physical effort, does not require a high degree of physical fitness. Training is "through the body, not of the body". It does not seek to produce an era of amazons, the physical build up is purely a means of achieving the mental alertness which is vitally necessary in order that the student can command a sense of urgency and an appreciation of the real meaning of service and integrity. In short, by facing and surmounting "searching occasions" under skilled guidance, and by experiencing the sensations involved, a permanent impact on character can be achieved.

Outward Bound Courses are necessarily intensive, but the training is so balanced that it does not demand more from any girl than she is able to give. Discipline is strict but it is essentially self discipline, based on a high conception of honour and of the power of the individual to overcome her own weaknesses.

The course strengthens character through self-confidence, self-discipline, the acceptance of responsibility and lays the foundation for greater happiness and success in later life.

The Effect of the Training

It is not possible to measure effects on character statistically. Nevertheless, it is found that both girls and boys have experienced what can be described as a spiritual release which has had a profound effect on them.

They have carried responsibility, surmounted difficulties and overcome fear. They have worked in a team, enjoyed effort and learnt how others live. They have accomplished more than they thought possible. They have lived with nature and appreciated beauty. They have been subjected to the obligations inherent in community living. They have conformed to that code of honour and behaviour

on which good citizenship is founded. All these experiences cannot fail to produce an effect but because young people differ, the effect on each will differ. The proud are humbled, and the timid are encouraged. The shirker and the leader are equally revealed. Self-control can lead to self-respect. Self-confidence grows and life takes on a new sense of purpose. Such experiences must influence the attitude of a boy or girl towards life and strengthen his or her character. Many, inhibited by lack of progress in their normal life, grasp the opportunity to test themselves and prove their worth in the fresh environment offered at the school.

Impressions of the Course

The following extracts have been taken from letters received from parents and other sponsors and some have been written by the students who have completed a course.

From a Service Organisation in Melbourne:

"We are very pleased with the results from Outward Bound, and I would particularly emphasise the enthusiasm of our Girls' Group Leader following the return of our nominees from the Girls' Course. He said that the difference in several of the girls was quite startling."

The father (a school teacher) of a girl who attended G6 writes:

"The three weeks at the course worked miracles in bringing her true self to the surface and now she is a young person eager to go out and meet new people. We can only say that if your success with other girls at the course was anything like what you achieved with Elizabeth, then your organisation is doing a superb job for young Australians."

A mother writes:

"One of our chief reasons for sending Jenny to the School was to help overcome her shyness and lack of confidence. I am happy to say the decision was a wise one. On her return from the School she said—"it's good to be back in Queensland though I've just spent the best three weeks of my life in N.S.W."

Another mother writes:

"I would like to thank the staff of your school for giving Ellen such a stimulating and happy experience. Tonight after hearing all their adventures, I said—"Well you've had a wonderful experience and now it's all over." "Oh no," she said, "it's only just beginning."

A student on G1 writes: (self sponsored).

"I think this training has set my mind on a different course. I know I have more endurance than I thought. I certainly get on better with people and I have learnt the meaning of team spirit, trust in others and the beginnings of self discipline."

A student on G1 (sponsored by her employers)

"Team spirit, understanding of others, tolerance, determination, confidence in myself and others, faith in God and an appreciation of this wonderful country—Outward Bound has given me all this and more. If I could repay the School for all it has done for me, then I would have a life's work."

A student G3: (sponsored by a service organisation)

"It is now seven months since G3 ended and also I am half way through my College course. During this time I have constantly felt the effects of the course on my daily life and quite honestly I sometimes wonder where I would be today had the desire "to serve, to strive and not to yield" not stayed with me."

A student: (sponsored by parents)

"The number of things I've done since Outward Bound is amazing. Perhaps the realisation that so much can be done in life is one of the best things Outward Bound has helped me to learn.

I owe so much to Outward Bound that expressions of thanks seem inadequate, but thank you for an investment with continuous dividends."

A student—G4:

"I would definitely recommend Outward Bound to any boy or girl interested in developing or strengthening their character both spiritually and mentally. Doing something so worthwhile gave me a great sense of achievement."

THE AUSTRALIAN OUTWARD BOUND MEMORIAL FOUNDATION



***His Royal Highness The Duke of Edinburgh, K.G., K.T., G.B.E.,
Patron of The Australian Outward Bound Memorial Foundation.***

H.R.H. The Duke of Edinburgh:

"Outward Bound is not a Youth Movement. The Schools exist for the benefit of all young people."

The Federal Council

PRESIDENT

His Excellency, The Rt. Hon. Viscount De L'Isle, V.C., P.C., G.C.M.G., G.C.V.O.
Governor-General of the Commonwealth of Australia

CHAIRMAN

VICE-CHAIRMEN

- *His Honour, Judge Adrian Curlewis, C.B.E.
- *C. V. Holland, Esq. — Chairman, Victorian State Committee
- *C. H. Locke, Esq. — Chairman, New South Wales State Committee

TREASURER

- *J. Cadwallader, Esq.

MEMBERS

- | | | |
|---|------------------------------|--------------------------------|
| *Cmdr. E. M. Andrewartha,
R.A.N.R.; (Rtd.) | V. C. Fairfax, Esq. C.M.G. | *J. H. McDowell, Esq. |
| *Miss H. E. Archdale, M.B.E. | *L. W. Farnsworth, Esq. | *P. J. McKeown, Esq. |
| *W. M. Averill, Esq. | J. R. A. Glenn, Esq. | Sir Ian McLennan, K.B.E. |
| *G. E. R. Brown, Esq. | *R. S. Greene, Esq. | *W. W. Pettingell, Esq. O.B.E. |
| Mrs. Neil Cameron | C. O. Healey, Esq. O.B.E. | Sir Ian Potter |
| *Mrs. W. H. Cullen, O.B.E. | *E. B. Hill, Esq. | Dame Annabelle Rankin |
| Dr. J. R. Darling, C.M.G.,
O.B.E. | Sir William Hudson, K.B.E. | *P. S. Rudder, Esq. |
| *A. F. Deer, Esq. | *J. E. Lewis, Esq. | N. R. Seddon, Esq. |
| | *Colonel H. M. Lewis, O.B.E. | *Miss J. E. Whitworth |
| | Sir Warren McDonald, K.B.E. | The Most Rev. Dr. F. Woods |

* Members of the Executive Committee

Honorary Architect — J. R. Brogan, Esq.
Honorary Auditor — K. P. Storey, Esq.

Honorary Solicitor — J. F. Mant, Esq.
Bursar — D. A. T. Dickens, Esq.

GIRLS' SCHOOL PRINCIPAL: Mrs. J. Elliott

NEW SOUTH WALES
CAGA HOUSE (2nd Floor),
453 KENT STREET,
SYDNEY, N.S.W.
PHONE: 29-7784

VICTORIA
SUITE 8,
65 QUEENS ROAD,
MELBOURNE, S.C.3
PHONE: 51-6566