

# Connections Summer Expeditions Overview

**Hello** and welcome to Connections Summer Expeditions at **THOMPSON ISLAND OUTWARD BOUND**. We are pleased that you have decided to join us on one of our adventures. We believe that it will be a very memorable experience.

**OUTWARD BOUND** has a long history of providing fun and adventurous experiences for youth and adults, allowing participants to discover that they can accomplish much more than they had thought. While on your course you will explore Thompson Island, climb the Alpine Tower or other elements on our ropes courses, and camp under a starry sky. No previous experience is necessary - just a willing spirit!

## **PHILOSOPHY:**

Students will be introduced to traditional Outward Bound expedition curriculum, learn about themselves and what it takes to overcome setbacks and failure, build on STEM knowledge, have the opportunity to acquire new outdoor skills, and most importantly have fun. Throughout the five days a series of exercises will emphasize the **OB Pillars** [Service, Physical Fitness, Self-Reliance Craftsmanship, and Compassion] and will focus on building positive relationships as students learn to live and work with their peers in a wilderness setting.

Many are entering a stage during which they are attempting to carve out their own identity and become individuals, separate from their parents. Time away from home in the company of a peer crew addresses their need to develop as individuals, in a safe supportive environment with guidance from adult role models. Through creative-expressive adventures, physical challenges, and crew discussions they will learn to share their thoughts with other members of their community. Students are encouraged to celebrate differences and engage in healthy dialogue about diversity. Through service, they will understand compassion and how important it is to "be a part of a crew and not just passengers" and how to ask for help. As they strive together to attain common goals, they will learn the importance of communication and leadership skills. This building of a community will allow them to grow as individuals and acquire strengths that they will retain well beyond the end of their course.

## **PREPARATION:**

Whatever your activity level may be, you can succeed on this Thompson Island Outward Bound course. Physical fitness will benefit you; however your mental attitude and commitment are as important as your physical condition. We hope you genuinely want to be here, and want to try these new activities. Some of these activities may seem even more difficult without the support of your family and your comfortable home environment. Talk with your parents/guardians about this and ways that you can deal with this while away. Homesickness is a normal and healthy sign. You can feel homesick and still have a successful expedition. Your parents will miss you too, but they are excited for you to be on the course and to give it your all. If you are prepared to give every activity your best effort, to explore your limits, and to be ready to cheer others on, your course will be a success!

## **General Information About Your Course:**

**Equipment:** Thompson Island supplies all the necessary equipment including dry bags, backpacks, sleeping bags, and tents or tarps. You need only bring personal clothing and footwear. A detailed "Packing List" will be provided once confirmed on the program. (**All Outward Bound equipment issued to you must be returned**)

Pack everything in one suitcase or duffel bag with name and address clearly indicated, and bring one set of clean clothing to wear home.

**Storage:** Secure space will be available for storing a minimum of excess clothing and valuables, if necessary. **Please leave jewelry, watches, phones, and wallets at home.** Thompson Island cannot be held responsible for items left behind after a course.

**Money:** Students will not need any money on the course.

**Start/Finish:** Further details, including dates, times and directions, for the course start will be sent **once the student's enrollment is confirmed**. We encourage attendance/participation from families and supporters at both course start and graduation. It is important for students to know they have support from their caregivers.

**Alcohol, Drugs, and Tobacco:** In keeping with legal, safety and ethical considerations, these substances are not allowed on our courses. Use of these substances while on a course will result in dismissal.

**Expulsion:** Thompson Island Outward Bound reserves the right to expel students who, through misconduct or unsafe practices, present a danger to themselves, the environment, others, or diminish the experience of the group as a whole (this includes both physical and verbal behaviors).

**Emergencies:** Because your child is on an expedition, it will not be possible for you to reach him/her directly. If a family emergency arises and it is important to contact him/her, please call us at 617-830-5131 between 9AM to 4PM Monday-Friday EST. For calls after hours, you will be given the appropriate phone numbers on the first day of the course to contact us 24 hours a day.

#### **NONDISCRIMINATION AND HARASSMENT POLICY**

**OUTWARD BOUND** is a non-profit, tax exempt, educational organization that does not discriminate based on gender, race, age, sexual orientation, gender identity, religion, national or ethnic origin in the administration of its educational policies, admissions policies, financial aid programs, or other school-administered programs. In addition, we have always had a policy of accepting those students with a variety of physical handicaps and medical conditions, provided those conditions do not pose a significant safety risk to themselves or others.

Consistent with our educational goals and philosophies, as well as our legal and ethical obligations, we have extended this nondiscrimination policy to individuals who have or may have Acquired Immune Deficiency Syndrome (AIDS). AIDS isn't known to be communicable through casual contact such as insect bites, coughing, sneezing, shaking hands, or by sharing food, eating utensils or drinking cups. This decision was made with consideration for the entire **OUTWARD BOUND** community and with the best medical advice currently available.

Additionally, the school recognizes the right of each student to learn in an atmosphere that is free of intimidation, hostility and offensiveness. Acts of harassment on the basis of the aforementioned differences are a violation of our policy. We are committed to providing our students with an environment that is free from harassment. Therefore conduct that is harassing to students will not be tolerated. Any student who violates this policy will be subject to expulsion. In some cases, offenders may be susceptible to prosecution under state and/or federal law.

We look forward to seeing you this summer! Do not hesitate to call the Admissions Office at 617-830-5131 or email [kmoreau@thompsonisland.org](mailto:kmoreau@thompsonisland.org), if you have any questions.