



## OUTWARD BOUND CONNECT COURSE: EZRA'S STORY

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### **My journey to Outward Bound**

I had just finished studying Outdoor Education and Environmental Sustainability before I went to Outward Bound. I have always had a passion for our environment, and have wanted to work in a field that works and helps others.

In my time of study I was introduced to the theory of Adventure Therapy, which is using the outdoors as a frame to take people outempower and inspire them to make positive change. This line of work really spoke to me as something I'd want to persue, specifically working with mental illness or LGBTQ youth.

### **My hopes for the experience**

My aim for the Connect course was to learn from others who are more experienced in the field, to be inspired by them and to hear their stories and perspectives.

### **My highlights**

The solo experience of spending 36 hours in the bush alone was a great time for me to think about my future. It was also a time to consider the skills I had gained at Outward Bound.

Connect really is a perfect name for this course because that is exactly what we did. In a short space of time, I saw the passion that my watchmates had for their work with young people. The bond I created with them affirmed to me that working with youth is what I want to put my time, energy and life into.

### **My life after Outward Bound**

As a 21-year old, I am grateful that I had the chance to do this at this stage of my life. I was not expecting to have my passions further ignited, nor was I expecting to feel such a change inside of myself within just eight days.

Through listening to others and learning through their experiences, combined with the time Outward Bound gives us to reflect alone, I have come from this course knowing more about myself than before.

“ I wasn't expecting to feel such a change inside myself within just eight days. ”

**INTERESTED IN FINDING  
OUT MORE ABOUT THE  
CONNECT COURSE?**

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