

INSIGHT PROGRAMS

**Full day programs
best delivered in a series**

Insight programs do just that: they give students insight into what is possible when they taste achievement. Each student deserves to experience the power of "I did it!" When a person discovers success is possible, they seek it in other aspects of their life. The program can take place in local parks, trails, activity centers or even your school.

"When I was on the rocks I thought that I was going to give up. But then I thought NO, I am not going to stop, I will find my way."

- Brandon

Course Types

HIGH ROPES COURSE

ORIENTEERING

TEAM INITIATIVES

URBAN ADVENTURE

CANOEING

SKIING/SNOWSHOEING

ROCK CLIMBING



SOCIAL & EMOTIONAL LEARNING

At Voyageur Outward Bound School, we believe that there is more in us than we know—and we unlock that potential through experiential education. Founded in 1964, our programs help people of all walks of life discover skills that transfer from on-course to off, like the strength of their character, their ability to lead, and determination to serve their community—all with newfound confidence.

Our programs move students through a graduated level of responsibility, replicating what happens throughout life. Our staff train students in practical skills like navigation; intra-personal skills, such as communication, and conceptual skills like goal setting and decision making. These are all things that go into a statement like, "I learned I can do what I set my mind to."

OUTCOMES

- ▼ You advise the core outcomes for your students based on your learning objectives, such as leadership, collaboration, or gained confidence. We use your feedback to inform curriculum design.

VALUES

- ▼ We teach and work by the values of compassion, integrity, excellence, inclusion and diversity. Our staff lead by example through being one's best self, pursuing craftsmanship in one's actions, and living a healthy and balanced life.

DESIGN PRINCIPLES

- ▼ Learning through Experience: incorporating reflection and skill transference.
Challenge and Adventure: mentally, emotionally and physically trying.
Supportive Environment: safe, caring and positive group culture.

ACTIVITIES

- ▼ We strive to optimize the frequency of activities based on your needs, whether you're interested in a one-time course or year-round courses integrated with your program curriculum. Course Types: High Ropes Course, Orienteering, Team Initiatives, Urban Adventure, Canoeing, Skiing/Snowshoeing, and Rock Climbing.

YOUR PROGRAM DESIGN





TEAM INITIATIVES

Leadership, initiative, common vision—every successful team has these qualities. Giving your students space to discover their unique strengths is an important step in building community. Our instructors facilitate a day of activities that will help unite your group as “crew not passengers.” Whether your group is newly-formed or has a long history together, each course is customized to bring your crew to the next level.

LOCATIONS: Local or regional parks, or at your site

PROGRAM COST: \$695 per group of 12 students, up to 8 hours *

* We strive to minimize costs by sponsoring over 50% of program expenses. Call us to schedule your program today.

This is a sample itinerary. We strive to optimize activities based on your groups needs.

FRAME



Instructors welcome students, and break the ice with team initiatives
Group discusses the plan for the day and why they are doing this program

SET GOALS



Students and Instructors will build group norms and expectations
Highlight individual strengths and foster support between team members

INITIATIVES



Instructors design problem-solving activities to promote group creativity
Sequence challenges to build on your theme, such as trust, initiative or common vision

JOURNAL CIRCLE



With journals in hand your students will engage in critical self-reflection
Acknowledge their learning through relevant questions and conversation

TRANSFER



Your team will be asked what the most important “Aha!” moments were for them
Each member will be challenged to use their new learning to guide them forward

COMMON VISION
LEADERSHIP
PROBLEM-SOLVING
CONFLICT-RESOLUTION





ROCK CLIMBING

Goals. Commitment. Trust. Perseverance. How can your students learn to put these words into action? Our instructors will help your group discover what happens when they apply these skills and traits. This Insight program combines a day of adventure with meaningful reflection, transferring lessons learned on the rocks to other areas of life. These things go into a statement like, "I thought I was going to give up. But then I thought NO, I am not going to stop, I will find my way."

LOCATIONS: Outdoor climbing at Taylor's Falls, indoor climbing at the Base Camp near Fort Snelling

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FRAME



Instructors welcome the group and break the ice with team initiatives
Group discusses the program objectives and plans for the day

SET GOALS



Students identify why they are here and their personal goals for the day
Each student shares what they need from the group to accomplish their goals

DEVELOP SKILLS



Instructors teach students about their safety equipment and safe communication
Climbing commands and belay skills are mastered before students climb

ROCK CLIMB



Students put their minds and bodies into action to reach for their goals
Equally, they learn to support others as they safely belay their climbing partners

TRANSFER



An interactive session helps each student identify their unique learnings
Students discuss how going beyond on the rocks helps them go beyond in their lives

PERSEVERANCE
GOAL SETTING
TRUST





ORIENTEERING

How does learning to navigate through a wilderness environment help students navigate their lives? Instructors will teach students how to understand the information on a map, the skills of using a compass, and how to interpret their environment. These become metaphors for your students, helping them make decisions and safely maneuver to their defined finish. Students must collaborate, communicate and trust their instincts as they master skills and complete the orienteering course.

LOCATIONS: Local or regional parks

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FRAME



Instructors welcome the group and break the ice with team initiatives
Discuss the program flow according to your learning objectives

SET GOALS



Students share their hopes and expectations so instructors can support their growth
Establish a safe, caring and positive group culture

DEVELOP SKILLS



Instructors teach students the skills they need to succeed and learn mastery
As their confidence builds, students try to find their "true north"

ORIENTEER



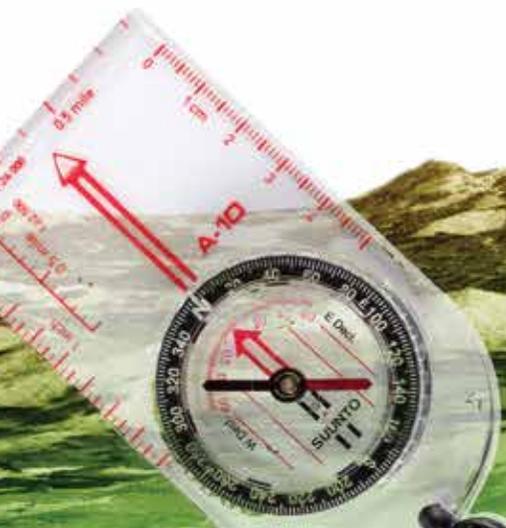
Students use skills, maps and compasses to navigate their uniquely designed course
They make decisions together, and commit to the direction they set

TRANSFER



Students reflect on what they needed to successfully complete their course
Discover how identifying their "true north" helps other decisions they may face in life

DECISION MAKING
COMMUNICATION
COMMITMENT





HIGH ROPES COURSE

What can your students learn from a day with ropes and harnesses, 30 feet in the air? Critical thinking, determination, and risk taking to name a few. Our instructors teach your students the skills they need to perform to a level of mastery, giving them the confidence to succeed. These are all things that go into a statement like, "Anytime I believed I would not be able to push harder, it was my mind that held me back, and eventually pushed me farther as I learned."

LOCATIONS: Outdoor and indoor courses available near the Twin Cities Metro

PROGRAM COST: \$695 per group of 12 students, up to 8 hours *

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FRAME



Instructors welcome the group, break the ice, and set the tone for the day
Students learn program objectives and are prepared to take the risk and go beyond

SET GOALS



Students share what they want from their day and what they're willing to give
Establish a safe group culture of support and encouragement to promote success

DEVELOP SKILLS



Students learn about their ropes, gear and safety equipment
Communication commands are mastered to help students meet their goals

HIGH ROPES



Students use determination as they take the risk to get up on the course
Instructors facilitate the course so students achieve what they thought was impossible

TRANSFER



Each student shares when they were outside of their comfort zone on course
The group processes what experiencing "I can do it!" means for their life beyond

CRITICAL THINKING
DETERMINATION
RISK TAKING





SNOWSHOEING

What can your students learn by snowshoeing or skiing through deep snow in cold winter conditions? Determination, goal setting and a sense of accomplishment to name a few. Our instructors will teach your students how practice self care in managing their own body temperature, compelling students to supply the positive attitude they will need to succeed. The group will circle up for a unique journal circle around a warm fire to reveal that they have what it takes to succeed in their goals going forward.

LOCATIONS: Local and regional parks

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FRAME



Instructors welcome the group and break the ice with team initiatives
Group discusses the plan for the day and why they are doing this program

SET GOALS



Establish a safe, caring and positive group culture
Team initiatives center on communication, trust and collaboration

DEVELOP SKILLS



Introduction to winter travel, body heat management, and snowshoe history
Students assess skills, practice snowshoe mechanics, and ice safety

SNOWSHOE



The group embarks across lakes or trails, learning to navigate along the way
Students learn determination to travel and discover unique winter environments

TRANSFER



Students circle up around a warm fire to journal about their goals for the week
They use the symbolism of burning "barriers" to their goals and celebrate moving forward

CHALLENGE GOAL SETTING DETERMINATION





CANOEING

Two people, two paddles, one boat—whether on the river or paddling Minnesota’s beautiful inland lakes, your students must collaborate and set goals to reach the desired destination. Our instructors will teach your students their skills they need to be successful, such as paddle strokes, self-rescue, and communication. Your students supply the attitude and effort to “accomplish more than they ever thought possible.”

LOCATIONS: Local lakes or rivers, such as the Mississippi, Saint Croix, and Lake Calhoun

PROGRAM COST: \$695 per group of 12 students, up to 8 hours *

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FRAME



Instructors welcome the group with energizing activities
Group discusses the program outcomes and plans for the day

SET GOALS



Establish a safe, caring and positive group culture
Instructors build rapport with students and learn about their expectations

DEVELOP SKILLS



Introduction to canoeing skills, water safety, gear and navigation
Students assess skills, practice paddle strokes, and divide into canoe pairs

ON THE WATER



While on the river or lake, the group will travel for 3-10 miles depending on timeframe
Students continue to master their skills and complete the canoeing challenge

TRANSFER



Instructors close the program with a celebration of success and group reflection
Students are challenged to carry unique lessons forward into their life

**COMMUNICATION
COLLABORATION
TRUST**





URBAN ADVENTURE

Yes, Outward Bound in the city! Our communities are filled with opportunities to learn about ourselves, our team, and our place in society. These theme-based programs will help your students learn the importance of discovery, how to be a positive leader within their group, and how success is possible when everyone is striving toward the same goal. These courses can be designed "Amazing Race" style, using cameras to interview citizens, or learning from our "cultural guides" to gain new perspectives.

LOCATIONS: Minneapolis and Saint Paul

PROGRAM COST: \$695 per group of 12 students, up to 8 hours *

THEMES: Environment, Arts & Culture, Higher Education, Service, or designed around your suggestions

This is a sample itinerary. We strive to optimize activities based on your groups needs.

FRAME



We meet your group at a pre-determined location in the Twin Cities
Instructors prepare the students for a day of discovery and fun

SET GOALS



Traveling through the city requires a supportive team where every member is valued
Instructors help your group form norms and expectations for success

DEVELOP SKILLS



Students will learn about navigation and exploration
Depending on the theme, skills are grown to achieve mastery and promote safety

URBAN ADVENTURE



Introduce a series of team challenges like finding their meal or interviewing others
Instructors facilitate theme-based activities to enhance your group's exposure to the topic

TRANSFER



We'll finish our Urban Adventure with a group discussion at a unique location
Identify how themes like discovery and initiative can help each student going forward

DISCOVERY INITIATIVE COMMON VISION



LET'S GET STARTED

Each course is customized to your learning objectives.

Give us a call to set up your program dates and work with our staff to design your custom program. Prior to your course, our staff will visit your organization to provide an overview of your program, discuss the specific outcomes you desire, and understand your unique students.

GIVE US A CALL: (651) 292-1062

VISIT OUR WEBSITE: WWW.VOBSTWINCITIES.ORG

EMAIL: GROUP.PROGRAMS@VOBS.ORG

PARTNERSHIP APPROACH

We strive to build strong partnerships with schools and nonprofits, and will take time to meet your students where they are at. Whether you're interested in a one-time course or year-round courses integrated with your program curriculum, our staff strive to serve your students year after year. Let's get started!



Your staff nailed this one. What an impressive program. The students were highly engaged and challenged, and I came away with new insights about how to help them with their big transition out of high school.

[Leah, Senior Advisor]



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