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Unlocking human potential

SUMMER TERM 2016
OUTWARD BOUND OMAN

NEWSLETTER

UNIQUE LEARNING

At Outward Bound Oman we understand that whilst teachers and students need to justify the loss of curriculum time for 'out of school learning,' leading schools increasingly recognise the value of experiential learning in genuinely preparing their students to succeed within and beyond the school environment. Our approach is based on a proven and refined process, designed to achieve specific, positive learning outcomes that schools tell us make a real and measurable difference to their students. Among other things, our courses significantly improve students' communication skills, teamwork and increase their self-confidence.

We can tailor courses to your specific needs, be it to meet the demands of International Award or Week Without Walls programmes, to integrating new classes into functioning teams, or giving young adults the tools to perform as role models and leaders within your community.

Please do not hesitate to contact us to discuss how we can work together with your school. We believe Oman offers a safe, unique wilderness environment combined with a rich cultural heritage to develop young people into well rounded individuals.



KILIMANJARO

GOING BEYOND IA; CHALLENGING EXPEDITIONS THAT TAKE PEOPLE OUT OF THEIR COMFORT ZONES

Schools in the region mostly associate Outward Bound Oman with our ability to support IA/DofE expeditions, but we are also able to organise more challenging, one-off adventures of discovery. Most recently, three members of our team returned from a successful 49 day journey crossing the vast Rub al Khali (The Empty Quarter), following in the footsteps of 1930's British explorer Bertram Thomas. Last year a group of 10 planted the Omani flag on the summit of Kilimanjaro and for the past 6 years teams have taken part in our tough National Day Journey that has involved routes as varied as Salalah to Muscat and Sea to Summit.

As nothing at OBO ever stays still for long, work has already begun on the next big adventure. In May, a group will test themselves on the slopes of Mount Damavand, Iran. At 5,671m Damavand is Asia's highest volcano – though fortunately dormant for the past 10,000 years. It is not a technically difficult mountain to climb, so like Kilimanjaro, with the right supporting team, training and equipment it is within the grasp of fit students and teachers who wish to push the boundaries of their capabilities. If you have an idea for an adventure let us know and we'll be happy to work with you to make it a reality.



FOLLOWING IN THE FOOTSTEPS



GETTING TO KNOW THE TEAM AT OBO



Mohammed Al Zadjali is OBO's training manager and has been with OBO since we started in 2009. Before OBO he worked as a tour guide so has a detailed knowledge of the best places to experience Oman's natural beauty and varied culture. Since joining OBO he has been fortunate to have travelled for both training and observation to Outward Bound schools in the UK, South Africa, and Singapore. However, his most recent overseas journey was done on foot and by camel crossing the Rub al Khali from Salalah to Doha.

When have you been most satisfied in your life?

Completing a tough challenge where we started off as 60 people, and by the end of the week there were just 6 of us. I was also the only civilian, and I surprised myself by being much more capable than I thought.

Who is your role model, and why?

It's a difficult question because I have many. If I was to pick one, it would have to be Omani footballer Ali Al Habsi – he fought for his career and teaches people a lot about following their passion. He also does a lot of talks for the youth of Oman on being a successful person.

What things do you not like to do?

I don't like to take my wife shopping – AT ALL! Sometimes I feel the need to take her shopping, and then regret it instantly!

What's your superpower and what's your spirit animal?

My sleeping habits have been getting worse the last 10 years so my super power would be to sleep and wake on a click of my fingers. I would be a falcon – so I could fly.

Tent or bed?

Definitely tent!

Most memorable moment at Outward Bound... was when we started Outward Bound Oman– sitting on the floor on a wadi mat in a small flat in Madinat Qaboos; that was our office!

THE TEAM

ALL ABOUT YOUR SAFETY

When planning a school trip teachers face a mountain of paperwork. Permission and health forms are the least of it these days, equally important are risk assessments that assure the school administration and parents that all safety issues have been considered. At Outward Bound Oman you will find we have this information at our finger tips, as safety governs all that we do.

Risk Assessments are prepared for all our course locations. These detail emergency contact information as well as every relevant risk, which are then rated for Possible Severity of Injury (PSI) and Likelihood of Accident Occurring (LAO). These documents are used in the planning of all courses and are updated annually or more frequently if necessary.

You should also be aware that Outward Bound Oman operates through the granting of a licence by Outward Bound International. Part of this process involves passing a bi-annual safety audit, where all of our safety policies, procedures, training and record keeping are scrutinised by an external auditor both in the office and out in the field over a period of a week. OBO's last audit was held in October 2015 and we are pleased to report that we passed with flying colours.



LOOKING AFTER OUR NATURAL ENVIRONMENT

Outward Bound Oman is fortunate to be the only Outward Bound school in the Middle East. One of the reasons why it naturally found a home here, over other possible locations in the Gulf, is down to the diversity and beauty of Oman's natural environment. Oman offers course participants a choice of stunning wadi, desert and mountain adventures all within easy reach of Muscat.

As custodians of this wonderful natural resource for the next generation it is our collective responsibility to look after it. For this reason OBO's course mantra is "leave no trace". Despite holding courses week after week in similar desert and mountain locations we challenge anyone to find evidence of our presence.

At the start of every course we carry out briefings on health, safety and respecting the environment. During the journey itself students are taught about endemic fauna and flora and respecting native animals and their habitats. Around the campfire, discussions often include the impact of tourism on the local area and what we can do to minimise this impact. It is through these discussions that students are able to come up with their own ideas and initiatives which often encourage them to take action and responsibility back home. Through these simple measures and subtle instruction we hope students will think twice before they litter in future and possibly even share their learning with others.

On the subject of Environmental Education; **for all Biology and Geography teachers out there** – our purpose-built desert training and field research centre will be opening in the Sharqiya Sands for Academic Year 2017/2018; more details will be released in our next newsletter.



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