

Outward Bound Challenge

Do you know of a young person aged 11-19 who would relish the opportunity to experience a once-in-a-lifetime Outward Bound adventure next summer?

The Annington Challenge, run in conjunction with The Outward Bound Trust, gives young people from military families the chance to tackle their very own outward bound adventure and will soon be open to applications for summer 2018.

Challengers will camp out for two nights or more in some of the most beautiful and breath-taking parts of the UK and get the chance to tackle anything from abseiling, canoeing and gorge-walking to sailing, kayaking and climbing. They tackle these activities in small groups and are helped, instructed and inspired by one of the Outward Bound's highly qualified and hugely motivating instructors.

The Annington Challenge, like all of the Outward Bound courses, aims to change how young people think and feel about themselves and their lives, by building their personal, social and emotional skills and giving them the ability to thrive at school, in further education, employment and in life. Participants learn a deep appreciation of the balance between risk, reward and responsibility and leave with transferrable, essential life skills, including:

- Setting and achieving goals
- Listening and communicating effectively
- Facing a challenge with determination
- Cooperation and collaboration
- Maintaining a positive outlook, even when things get tough
- Effective leadership skills

There are two courses available on The Annington

Challenge – the Skills for Life Award and the Serious Adventure Award.

For 2018, 38 young people aged between 13-19 will be chosen for a place on the Annington Challenge. Five young people will be offered the chance to take part in the 19 day Skills for Life Award where participants will be encouraged to reach outside of their comfort zone, discover and explore exciting new places, and make lasting new friendships. From climbing to kayaking to two multi-day expeditions, outdoor adventure will be at the heart of everything they do.

Their dedicated instructor will play a huge role throughout this; coaching and sharing their skills, knowledge and expertise so that participants leave equipped to stand out from the crowd and realise their ambitions and achieve their life goals.

For those who'd prefer to tackle a shorter course, the seven day Serious Adventure award is ideal. Aimed at 13-19 year olds, the emphasis is on having seriously good fun and learning new skills along the way. Participants will climb rocks, navigate through hills, scramble up waterfalls and the course culminates in an amazing overnight expedition, camping deep amongst the mountains.

Many past Challengers have been young people on the verge of joining secondary school or on the cusp of leaving school for College or University. Previous Annington Challengers said:

"It has made me more confident in trying new things and getting on with the task and trying really hard." Nicole, 12

"On this course I was very shy to start with (and) now I feel more confident. I think my whole view has changed and I am one step closer to the person I want to be!" Jo, 15.

The Annington Challenge is open to all children of Service families, regardless of background. Applications will need the support of their school or college and if chosen, Challengers must be prepared to write a short report on their Annington Challenge. If you are interested in learning more, please go to www.outwardbound.org.uk/courses/summer-adventures/the-annington-challenge and complete an application form. Alternatively, call The Annington Trust on 0207 960 7559 for further details.

The Annington Challenge is an initiative run by The Annington Trust which is committed to helping families living within Services' communities across the UK. For further information about The Annington Trust, visit www.anningtontrust.org.

I have noticed that I have become more aware of peoples, and my own abilities. In doing this I have been able to empathise more with people and I would say I have become a more understanding person. **I have recently started sixth form and I have realised that I don't need to stay quiet and I am more approachable when I'm confident and being myself and I hope I will continue to remain confident'**

Ben, 16

