Some comments from some students who have "been there" on the Outward Bound Course.

What do you consider to have been the most challenging aspects of the Outward Bound course?

- "Being away from home cause I get homesick, but it was fun."
- "Probably cooking breakfast, lunch and dinner for the group."
- "Carrying our packs as they were much heavier than our school bags."
- "The most challenging thing for me was getting over my claustrophobia."
- "The challenge of navigating the group around."
- "Being around each other constantly."
- "I’m used to be scared of heights and I don’t think I’m as scared now."

Is there anything you have already begun to do differently in the two weeks since you have been home?

- "Yes. I treat people differently."
- "I do things a bit quicker than I did before."
- "I have been eating all my food at meal times."
- "I’ve been a bit more helpful."
- "Yes. I have helped a lot more around the house like washing, dishwashing, dinner and other jobs."
- "Clean up, pick up after myself."
- "I’m organised and I walk the dog because I kind of like walking now."
- "I have been nicer to my sister and helped out around the house."
- "I eat a lot healthier and I eat a lot more."
- "Yes. I eat more and never complain to my mum about her food."

Has attending the camp made you set any goals for yourself?

- "I want to do more long distance walking now I know what its like."
- "Yes, to stay fit and try to eat healthier foods."
- "Becoming more fit and stronger by training."
- "To get fitter and always give things your best shot."
- "I think I would like to be more fit and do something like it again one day."