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Outward Bound



Let's Think

1. Have you ever participated in an Outward Bound programme?
2. Do you know where Outward Bound was founded?

You are Thomas. You are reading a foreword written by the founder of a youth centre on its website.

NYOB Youth Centre

Foreword¹ by founder Martin Atkinson

In this age of knowledge and technology, it is fair to say² that the majority of children, teenagers and young adults typically spend a great amount of their time in high-pressure³ environments and on social networking sites. Stress and difficulties from different aspects of life pose obstacles⁴ to self-growth and self-confidence. Having been a confused teenager, I know well how it feels to be lost and unsure about the future, and I am glad that I am part of this community dedicating ourselves to inspiring the young.



Our mission is to offer young people from all walks of life unmatched⁵ opportunities to grow, to break through⁶ their personal limitations⁷ and to develop their potential to the fullest. To ensure that those who come to us can benefit from our Outward Bound programmes to the greatest extent, we customise⁸ every one of them with our highly-qualified instructors. We are always thrilled to see the moment when our participants succeed in something which they used to consider impossible.

Our programmes take participants to unfamiliar territories in the wild, challenging them to believe in themselves and develop skills on the ocean, inside a cave, up a mountain or in a forest. In such settings, participants will be canoeing, rock climbing, backpacking, sailing, mountaineering, etc. safely under the strict supervision⁹ of our experienced instructors.

Knowing that different individuals have needs and wants of their own, we give our programmes enormous¹⁰ flexibility. That is why they vary in length, ranging from two-day expeditions to month-long journeys. We want to help as many young minds as possible.

Over the past 50 years, we have witnessed numerous nervous, self-doubting youngsters transform into confident, optimistic¹¹ believers of themselves. If there is anything I have learnt from my service and experience, it is that unexpected situations are the best teachers of all time.

(300 words)

Part A

Answer the following questions using the information from the foreword. Choose the **BEST** answer and blacken **ONE** circle only.

- From the first paragraph, it can be inferred that the writer thinks that _____.
 - A. people have to quit using social networking sites
 - B. most children and teenagers lose their confidence when facing stressors in life
 - C. technology has had a hugely negative impact on people today
 - D. young people nowadays do not know how to relax
- Read line 5. What does the word 'pose' mean?

pose v.

- A. to set forth something like a question for attention
- B. to cause something, especially something negative
- C. to move into a position in order to be photographed
- D. to dress or behave in a way to catch attention

- Which of the following may be a potential participant in an Outward Bound programme?
 - A. a 26-year-old teacher
 - B. an 11-year-old student
 - C. a 19-year-old artist
 - D. all of the above
- Which of the following is **NOT** an expected benefit of joining an Outward Bound programme?
 - A. overcoming one's personal limitations
 - B. reaching one's full potential
 - C. becoming fitter
 - D. becoming more self-confident
- In general, the foreword does **NOT** _____.
 - A. state what the centre tries to achieve
 - B. give a brief idea of the centre's programmes
 - C. relate to the writer's opinions at all
 - D. look into the problem of stress that most people face

We use **defining relative clauses** to offer key information about something or someone. **Defining relative clauses** are introduced by relative pronouns, such as who, which and that.

e.g. *To ensure that those who come to us can benefit from our Outward Bound programmes to the greatest extent, we customise every one of them with our highly-qualified instructors.*
(Lines 11-13)

Part B

Answer the following questions using the information from the foreword. Write your answers in the spaces provided.


1. Find a word that means 'a particular period of history'.

2. In the writer's opinion, what makes the centre's programmes flexible?

3. For how long has the centre been established at least?

4. Find words in the foreword that mean the following. Fill in each blank with one word.

spending all your time and efforts on something	(a)	(v.)
having no equal; better than all others	(b)	(adj.)
work that someone does for an organisation	(c)	(n.)

-  5. In your opinion, what makes the writer say that unexpected situations are 'the best teachers of all time'?

6. Would the participants in the programmes risk getting serious injuries in the activities included? Why or why not?

Vocabulary Bank

The following are some activities which can be enjoyed in Outward Bound programmes. Match them with the correct pictures. One of the words is not used.

abseiling bush cooking ropes course kayaking
 motorboating orienteering rafting rock climbing scuba diving



1.



2.



3.



4.



5.



6.



7.



8.



Let's Discuss

1. What is your favourite outdoor activity? Why?
2. How would joining an Outward Bound programme improve one's teamwork skills?