



Classic Outward Bound Course

ÅLAND AND THE SEA OF ÅLAND, NORTHERN BALTIC SEA

June 11th – June 15th 2012

This international open enrollment course is for everybody who wants to challenge themselves in Finland's powerful nature and experience 'the nightless nights'. This course is for everyone who wants to improve their own skills on group dynamics, self-awareness, leadership and communication skills or taking responsibility. It's also good for people who are interested about experiential education.

About Åland

Åland is an autonomous, demilitarised, Swedish speaking region of Finland. Åland consists of more than 6,500 islands and skerries. The largest island is the main island of Åland, which makes up 70 per cent of the Islands' total land area and is home to 90 per cent of the population. The longest distance from north to south is 50 km and from east to west 45 km.

The Ålandic landscape was forged many millennia ago by powerful natural forces, which are still at work today, into a distinctive archipelagic landscape consisting of thousands of islands, holmes and skerries. The rapid changes in the landscape – from land to water, and from fields and meadows to dense, dark woods - as well as the large number of different habitats and the striking wealth of species give Åland its special character. The mosaic-like skärgård, or archipelago, and its inspiring waterways, unusual land formations and rich bird life is perhaps the natural experience that most visitors associate with Åland, as well as the red rock, rapakivi granite, which gives the Ålandic landscape its distinctive hue.

The Ålanders descend from Swedish Vikings who settled on the islands from the 4th century. The islands belonged to the kingdom of Sweden until the 1808 war, when Åland and Finland were given to Russia. After obtaining independence from Russia in 1917, Finland conceded Autonomy to the Åland isles. The League of Nations confirmed in 1921 the sovereignty of Finland over Åland. Nowadays Åland is a demilitarised territory that is part of the European Union and has its own representation in the Nordic Council.

OBJECTIVES

Personal development
- grow self-knowledge and self-confidence
- recognize and understand own limits, strengths and weaknesses

Gaining new experiences

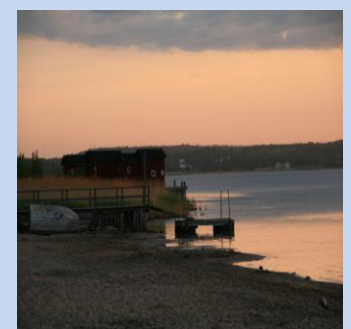
Learning new technical skills

Leadership skills
- learning how to lead and how to be led

Co-operation and teamwork
- power of teamspirit

Problem solving skills

Communication skills





Methods

The course will be carried out with adventure education methods. The basis of adventure education is learning from experience, the educational process being based on action and reflection. The objective is to apply and transfer learned skills into individual's everyday life. Participants with different cultural backgrounds and experiences provide a good basis for learning from each other. Furthermore, in the nautical classroom participants will need to step out of their comfort zones and focus on teamwork, dealing with their emotions and carrying out tasks at hand.

Course Description

The group will meet in Mariehamn, sharing a mutual goal: To work as a team and learn from each other in the beautiful Ålandic scenery. Their first task is to get to know one another and to gear up. The following day the group will discover the secrets of kayaking and prepare to go out to the sea and plan their own for the following days. They will return ashore from their expedition with their newly acquired experiences and skills. On the last evening we will share experiences and enjoy the company of other participants for the last time on this expedition. Around the noon the following day the group will split up and everyone will head back home experience-rich.

Technical Description

- Participants should be medically fit and must be able to swim. If you have any questions please contact us and we'll go through it together.
- Previous experience in kayaking is not required. When signing up, you should bear in mind that the course is carried out entirely by kayaking. Kayaking equipment for the course consists of single and double kayaks.
- Daily journeys can vary between eight and twenty kilometres (5 – 13 nautical miles).
- Accommodation will be in tents in natural surroundings.
- Meals on the course will be collective and they will be purchased together in Mariehamn on Monday for the duration of the course.

Equipment

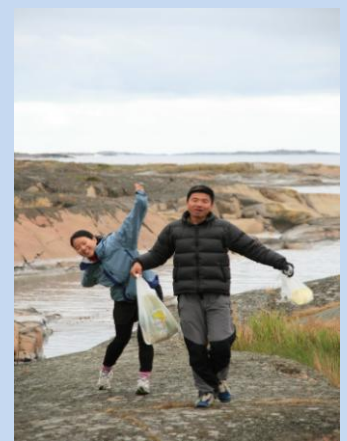
Main principle is that OBF will provide all group equipment and also safety and first aid gear that are needed during the course. These equipment are

- tents
- cooking sets
- kayaking equipment
- maps and compasses
- first aid and safety equipment
- other small repair gear

Participants will need to prepare themselves to have personal clothing, sleeping bag and mat and additional small personal equipment including toiletries and personal medication.

A detailed equipment list will be sent to the participants after enrolling the course together with other more detailed information letter.

Outward Bound Finland can also rent equipment if needed.





Price

450€ / per person

The price includes:

- Last night at the Gröna Udden camping place
- Sauna on the last evening
- Permits for using the area
- Liability insurance for the course
- Teaching and guidance
- Rents and other costs during the course
- Equipment mentioned

The price does not include:

- Food during the course (food will be bought by each individual small group at their own expense)
- Personal equipment
- Travel expenses
- Insurances for the participants

OBF can't provide insurances for the participants so they are advised to have their own travelling insurance which covers kayaking.

Enrolling

We will take a maximum of 16 participants for this course. Participants must be 16 years or above. **Binding enrolments must be in by 31.3.2012.** The participants will then receive further details about the course by e-mail within a week.

An enrolment form can be ordered by:
E-mail enquiries@outwardbound.fi.

We will send the invoice which must be paid before the course.

Terms for cancelling

We charge 25% of the course fee if cancelling is done 4 weeks before the course.

We charge 50% of the course fee if cancelling is done later than 2 weeks before the course.

Instructors

There are two instructors, all with firm experience and qualifications in adventure education.

Furthermore, they are experienced in open water kayaking and have local knowledge.

Safety

The priority of Outward Bound Finland upon organising courses is the safety of the participants and of the instructors. Educational activities cannot be carried out unless it can be done in safety. By safety we mean a holistic physical, psychic and social safety, which is to be conserved during courses in a way where no one is in danger of injury or disability, weakening their mental wellbeing or weakening their social status. By their conduct, OBF and each individual instructor aim at setting an example and creating an atmosphere where every participant is committed to the said principles. Outward Bound Finland undergoes an international safety inspection by Outward Bound International every two years. Furthermore, OBF follows official directives in order to ensure safety in adventure education. OBF chooses adequate instructors for each individual course, considering the necessary qualifications needed according to the pedagogical skills, personal skills, experience, specific fields of knowledge and the current life situation of the instructors.