

## **Outward Bound - No Limits**

No Limits is an Outward-Bound Course which is held in association with CCS and the Halberg Trust for 17 - 27year olds with and without disabilities. It is an 8-day course giving 7 young people who have a disability and 7 who don't an opportunity to share common ground.

Outward Bound Courses offer many challenges to individuals. Unique to the No Limits Course is the challenge of working closely in a group of young people with a range of abilities. Participants will be involved in..

Physical outdoor activities

Experiencing new mental, physical, emotional and social challenges

Working as a team to problem solve and overcome barriers

Participating in group discussions where you will reflect on achievements

Exploring and develop relationships.

### **Common Outcomes**

Common outcomes of the course are improved self-esteem, self-confidence and communication skills, improved tolerance for difference and ability to relate to a wide range of people. Final date for applications is 8th December for the course commencing 2nd February 2005. Apply by phoning Margaret Woods on 0800 65 44 22 or email [info@outwardbound.co.nz](mailto:info@outwardbound.co.nz)

Consideration is given to course safety and group cohesiveness when screening applicants.