



College/University Undergraduate Programs

All programs occur on Thompson Island, in the Boston Harbor Islands National Park Area, unless otherwise indicated

Many Colleges and Universities also plan their own activities using Thompson Island's meeting spaces and conference rooms *before or after* their Outward Bound Course.

First-Year (Freshmen) Orientation Expedition: 2- to 3-day island-based expedition focusing on team building and peer leadership

Goals: Students will bond as a group and learn about themselves while they work together as a team.

Course Frameworks: Compassion, Adventure and Challenge, Character Development

Program Elements: games, problem-solving initiatives, low ropes, belay school, high ropes

Other Possible Elements: raft-building, search & rescue, sailing, camping



Community Development: 2-to 4-day community building program overnight on Thompson Island

Goals: Students will participate in a progression of activities including non-competitive games, group problem solving challenges, which focus on communication. Peaceful conflict resolution and health dialogue about differences will be emphasized.

Course Frameworks: Compassion, Inclusion and Diversity, Supportive Environment, Character Development

Course Themes: Collaboration, Compassion, and Diversity Awareness

Program Elements: games, problem-solving initiatives, trust sequence, full value contract, low ropes, belay school, high ropes

Other possible Elements: search & rescue, service project, camping (for 3- or 4-day courses)



Trust and Self-Reliance: 1-day low and high challenge program

Goals: Through a progression of games, initiatives low and high challenge course elements, students will build resiliency, self-confidence, trust in their peers, and gain some mastery over climbing skills

Course Frameworks: Excellence, Adventure and Challenge, Character Development

Course Themes: Personal goal setting and teamwork

Program Elements: games, problem-solving initiatives, low ropes, belay school, high ropes

Teambuilding and Communication: 1-day low challenge program

Goals: Students will learn about group cooperation through non-competitive games, hands-on challenges and low ropes activities. The program will emphasize communication skills, listening skills, following directions, sharing ideas in a group setting, and compassion for others.

Course Frameworks: Integrity, Compassion, Adventure and Challenge, and Character Development

Course Themes: Collaboration, consideration, compassion, courage

Program Elements: games, problem-solving initiatives, and low ropes

Leadership Program: 1-day low ropes, leadership skill development program

Goals: Students will engage in group-building games and then progress to problem solving initiatives and low ropes tasks, which focus on group process and leadership development. Guided discussions and mini-workshops will further student knowledge of effective leadership techniques.

Course Frameworks: Compassion, Integrity, Learning through Experience, Leadership

Program Elements: games, problem-solving initiatives, and low ropes

