



Private Bag X2233
Mafikeng South, 2791

Cnr. William Dick Avenue &
Nelson Mandela Drive
Libertas, Mahikeng, 2745
Republic of South Africa
www.issa.co.za

2nd December 2019

Dear Parents

FORM 4 OUTWARD BOUND PERSONAL DEVELOPMENT CAMP: FRIDAY 16 – WEDNESDAY 21 OCTOBER 2020

On Friday morning 16 October our Form 4 Students will depart for their Outward Bound Adventure, one of our first formal leadership camps. They will embark on a trip, which will see them spend six days camping out in an area rich in heritage. This year the Outward Bound Adventure takes place in the Vredefort Dome, a well-known World Heritage Site, formed by a meteorite the size of Table Mountain hitting the Earth's surface at a speed of 20km per second, over two million years ago. The specific area is known as Venterskroon, and will provide all the challenges previous groups have experienced at the previous venue near Harrismith, including water activities which will take place on the Vaal River.

With most of us now city dwellers, and attached as if by umbilical cord to our cellular phones, the Outward Bound experience will be something quite different from the norm for most of our students who will be attending. They will be taken out of their comfort zones as they learn more about themselves and how working together often makes seemingly daunting tasks fairly easy to overcome. Some of the benefits of the experience include: skills such as learning how to learn, confidence, developing strengths, understanding others, self-awareness, self-management and interpersonal relations.

There will be a range of activities built into the programme, such as abseiling and climbing to name two, but rest assured that no student is forced to participate in an activity. Please note that the students work in a small group of eight to nine students, and each group has a trained facilitator who is with them during the whole time. All of the necessary safety precautions are taken for all activities – with safety ropes utilised for all proper climbing and abseiling aspects, for example.

We trust the students have honed their culinary skills – because if the food does not taste good they will have themselves to blame!

Each group facilitator is in touch with the Main Base by radio, and Outward Bound have vehicles which are able to travel to the various groups if they have to do so.

Safety and Welfare

Medical matters – should any student fall ill or require medical assistance, they will be taken to Potchefstroom (only 30km away) for treatment. In addition the parents of the student will also be called so that they are in the loop, and will be a part of any decision-making if required.

The Facilitators are also trained in basic First Aid and there are clear emergency procedures in place. The quotation below indicates the standards set by Outward Bound International, and which are met by the South African centres:

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“This is to confirm that Outward Bound South Africa is a member of Outward Bound International and that each of the 33 member countries has to have to excellent risk management and organizational structure and procedures in place. This is verified by biannual audits that Outward Bound International undertakes. OBSA meets or exceeds the practices of others worldwide undertaking similar activities. Additionally you have been of great assistance in conducting Program Reviews of other members and sharing the good practices of Outward Bound South Africa with the Outward Bound network.” Ian Wade Executive Director, Outward Bound

The arrangements for the camp are as follows:

Friday 16 October 2020: 05h30 - Students arrive at Swimming Pool Car Park

Friday 16 October 2020: 06h00 - Bus departs

Wednesday 21 October 2020: 15h00 - Bus returns to School – Approximate time

Please note the following:

Transport:

ISSA busses.

Clothing and Equipment

Each student will receive a clothing and equipment list, in addition to the equipment provided by Outward Bound, such as back packs.

Cost:

+/- R3500 per student (Includes all meals, accommodation, transport and all activities and Instructor costs)

Medical Forms and Information

Please ensure we have all the necessary medical information for your child on the form. We must be made aware of any medication or other aspects the staff need to know about. The Outward Bound staff have to be briefed fully on medical and other aspects before any group leaves Base Camp. Students may not have medication on them which has not been ‘declared’.

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We require the following forms be filled in and returned to Mrs Stander by 6 May 2020.

- **Outward Bound Enrolment Form**
- **Medical Form**
- **Indemnity Form**

We shall be communicating with you closer to the time with final arrangements for the trip.

We are looking forward to a fantastic trip with the Form 4 Students – Outward Bound is spoken about for years afterwards by those who attend. Please note that Outward Bound is a part of the formal school programme, and that attendance is compulsory as this is a prerequisite for Prefectship/School Leadership. Should you have any queries with regard to the trip, please do not hesitate to contact me.

Yours Faithfully

Mrs Monique Stander (Co-Ordinator)
Contact number – 083 324 2119
Email: mstander@issa.co.za

Mr Goromondo

Director of Studies: Form 4

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