



# Your Impact in 2023







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# Welcome!

A message from our Executive Director, Andrew  
Young



# A message from our Executive Director, Andrew Young

To our loyal supporters,

We're excited about the record-breaking number of young people whose lives have been touched in 2023 thanks to your support. This milestone holds huge promise for the future of outdoor education for youth in Canada.

Although we face challenges such as the rising cost of living, climate change and eco-anxiety, as well as increasing mental health challenges among youth, your support helps us overcome barriers and address these complex issues.

**This year, we are proud to announce that we've significantly increased our impact from serving over 1000 youth in 2022 to serving 3926 youth so far in 2023. That's four times the impact!** This wouldn't have been possible without you and your commitment to helping us deliver our programs in schools and community groups in urban centres.

I think Jana, a youth participant this summer, captured very well what is possible through our programs:

*"Going on this trip was an opportunity for me to show others who I truly am and want to be. It gave me the time and space to look inwards and reflect on myself, finding my passion, my love, and my truth. In many ways I believe that I had a breakthrough on my solo. . . The lessons I learned are endless, coming in all shapes and sizes, and being taught by everyone and anything, all I had to do was be open. I needed to step out of my comfort zone in drastic ways for drastic changes to happen in my life!"*

You've impacted thousands of lives like Jana's. Your support breaks down barriers, nurtures future leaders, and brings positive change to the world.

Thank you,

**Andrew Young**  
**Executive Director, Outward Bound Canada**







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# Impact Results

Direct Outcomes From Our Courses



100% of youth reported an increase in at least one of the following areas:

**71%**

of youth increased  
their self-confidence

**72%**

of youth increased  
their resilience

**68%**

of youth increased  
their compassion

**77%**

of youth increased  
their environmental  
responsibility

You've helped us serve a record-breaking **3926** youth this year



# Inspiring Youth Stories

“

*Harry is able to just be with himself for the first time in his life. He was always needing others around for his entertainment and now, he seeks out solitude on his own and is at peace and enjoys time to himself. He is more confident socially. He trusts my opinion (mom) and I have heard "You are right, Mom!" for the first three times of his WHOLE life. We're just so, so happy with the young individual he is becoming. I have complete confidence in his life trajectory because he is truly grounded in the stuff in life that matters. The kind of stuff one can only learn by going outside to look inside.”*

- Sarah, mother of youth participant



93%

of youth reported they are able to help others when they need it, without being interested in anything in return.





# Inspiring Youth Stories

“

*Whether it was navigating challenging waters, facing the elements, or working together as a team to overcome obstacles, every day presented a new adventure and a chance to learn and grow. One of the highlights of the trip was the deep connection we formed with nature. Spending time in the wilderness allowed us to appreciate the beauty of our environment and gain a greater sense of responsibility toward preserving it. The lessons I learned about sustainability and environmental stewardship are ones that I carry with me to this day.”*

- Daeja, participant of 14-day Sea Kayaking West Coast in August 2023



88%

of participants reported that they always treat nature with respect.







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# OBC's Urban Wild Schools & Groups Program



# Our School & Groups Programs

You are part of a milestone year at Outward Bound Canada as we celebrate nearly 4,000 youth whose lives have been touched by our outdoor programs! This is a big step in ensuring that all youth have access to high-quality, high-impact outdoor education experiences that shape their character, development and life trajectory.

In 2023, thanks to your support, we were able to work with schools in Vancouver, Canmore and the Greater Toronto-Hamilton Area. We were also able to partner with community groups such as Native Child and Family Services, Project Canoe, and ACCESS Future to offer our programs to youth who might not otherwise have access to these opportunities.

For many of the youth who participated in our programs this year, it was the first time they had left home, been away from family, or learned to cope with social anxiety after years of pandemic lockdowns.

While we're proud of what we have achieved with your help, we also know that there are still many challenges ahead and that many more young people need our programs to help them reach their potential.



“

*A backcountry classroom that takes advantage of all that the Canadian landscape has to offer helps prevent childhood obesity, improves cognitive skills, and enables hands-on learning. In educational parlance, we know that character building and outdoor education go hand in hand: Across the country, ropes courses, mountain trails, and rushing whitewater instill in students values of independence, interdependence, and sensible risk-taking that are important for success in school and in life.”*

**-Greenwood's founding principal David Thompson**





# OBC's Summer & March Break Expeditions

# OBC's Summer & March Break Expeditions

More than 200 youth participated in Outward Bound's wilderness expeditions during their March break and summer holidays. They kayaked along the West Coast, hiked through the Rocky Mountains and camped in the northern wilderness.



70

**of these youth facing financial barriers received financial support through our Youth Access Fund.**



“

*I can confidently say that the impact of the Outward Bound expedition on my personal growth was transformative. The challenges we faced helped me build resilience and self-confidence. I learned the importance of effective communication, leadership, and teamwork. These skills have not only helped me academically but have also influenced my approach to life.”*

**- Daeja, participant of 14-day Sea Kayaking West Coast in August 2023**





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# Breaking Down Barriers



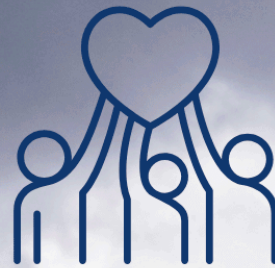


# Your Support is Breaking Down Barriers



**13.7%**

**First Nations, Inuit or Metis**



**18.3%**

**Person of colour**



**3.7%**

**Newcomer to Canada**



**8.7%**

**Person with a disability**



**20.7%**

**Member of the 2SLGBTQ+ community**



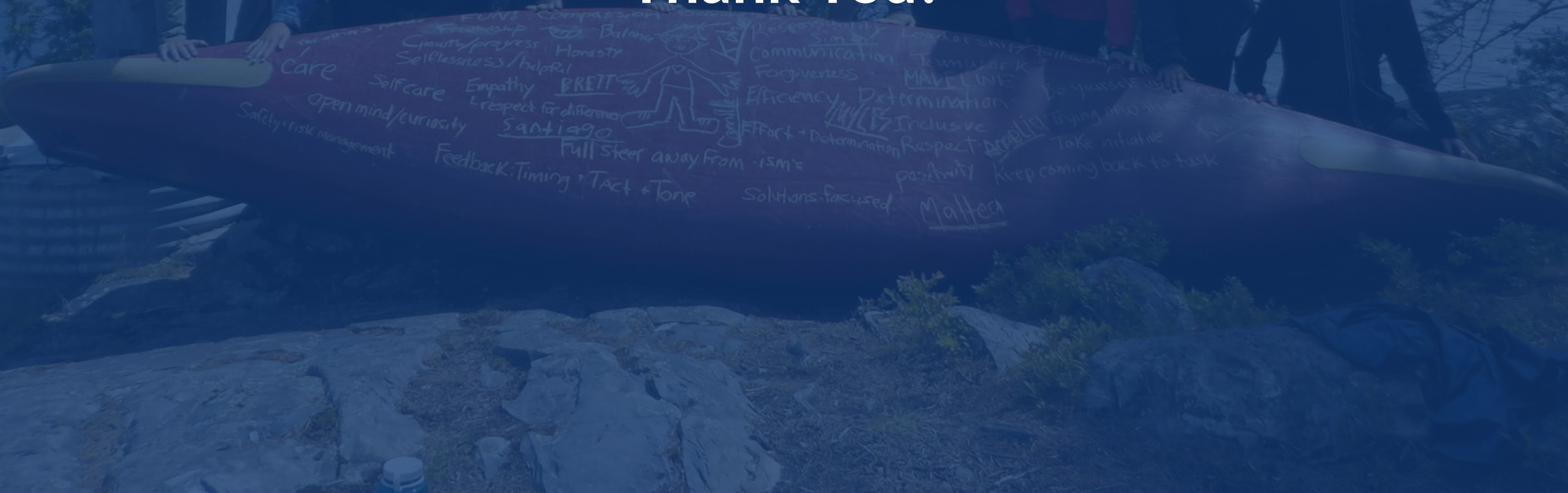
**49.4%**

**of youth family income just covers basic expenses**





# Thank You!





# Thank you for making a difference in the lives of youth in Canada!



Thanks to you, 2023 is shaping up to be a breakthrough year. With only a few months left, we're already planning for 2024 to have an even bigger impact. Your support is creating a more inclusive Canada where all youth have access to outdoor education.







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**Thank you for standing up  
for our youth and for your  
continued support as we  
prepare to serve  
thousands more young  
people in 2024.**

Outward Bound Canada  
550 Bayview Ave Suite 402  
Toronto, Ontario, M4W 3X8  
1.888.OUTWARD (688.9273)  
[www.outwardbound.ca](http://www.outwardbound.ca)  
[giving@outwardbound.ca](mailto:giving@outwardbound.ca)

