



# CATHLEEN STONE ISLAND OUTWARD BOUND

## DISCOVERY PROGRAMS

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Learning and Nature  
Expeditions for School  
Groups and Youth  
Organizations



WHERE YOU CAN

617.328.3900 | [discovery@cathleenstoneisland.org](mailto:discovery@cathleenstoneisland.org)



# EXPERIENCE THE MAGIC OF CATHLEEN STONE ISLAND

Cathleen Stone Island Outward Bound's Discovery programs use outdoor challenges and adventures to help young people step outside their comfort zones and uncover strengths they didn't know they had.

Custom-designed for school groups and youth-based organizations, Discovery programs emphasize exploration, team building, compassion, and fun, and take full advantage of Cathleen Stone Island's unique location in the Boston Harbor Islands National Park.

Discovery programs are appropriate for students of all backgrounds and physical levels from age 10–21, and are led by highly skilled instructors with extensive knowledge of group facilitation, youth development, and wilderness first aid.



“ I had a really great time and  
will always remember my  
experience on the Island. ”

—Lianna, Discovery Program Participant



## ACTIVITIES

Backpacking  
Sea Kayaking  
Team Building  
Challenge Courses  
Service Projects

## OUTCOMES

Teamwork & Collaboration  
Confidence & Initiative  
Respect & Compassion  
Environmental Responsibility  
Fun!



## OFFERINGS

### 1-DAY EXPEDITION

Students participate in hands-on, non-competitive outdoor games and activities that emphasize active listening, conflict resolution, teamwork, and compassion.

**Activities:** Group Cohesion Games, Team-Building Activities, High & Low Ropes Courses

### 2-DAY EXPEDITION

Students participate in hands-on, non-competitive outdoor games that emphasize active listening, conflict resolution, teamwork, compassion, and leadership.

**Activities:** Group Cohesion Games, Team-Building Activities, High & Low Ropes Courses, Leadership Workshops

### 3-DAY EXPEDITION

Students explore the Island's beaches, salt marshes, forests, and fields and engage in team-building activities and individual and group challenges that promote empathy and courage.

**Activities:** Backpacking, Orienteering, Camp Craft, Raft Building, Service Projects, Group Cohesion Games, Team-Building Activities, High & Low Ropes Courses, Leadership Workshops

### 5-DAY EXPEDITION

During this immersive wilderness experience, students explore land and sea and engage in team building activities and individual and group challenges that promote empathy and courage.

**Activities:** Sea Kayaking, Backpacking, Orienteering, Camp Craft, Raft Building, Service Projects, Group Cohesion Games, Team-Building Activities, High & Low Ropes Courses, Leadership Workshops

Contact us at 617.328.3900 or  
[discovery@cathleenstoneisland.org](mailto:discovery@cathleenstoneisland.org)  
for more information and pricing.



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CATHLEEN STONE ISLAND  
**OUTWARD BOUND SCHOOL**

## THE OUTWARD BOUND DIFFERENCE

For more than 80 years, Outward Bound has been delivering adventure and challenge-based courses to youth worldwide. Grounded in the educational philosophy of its founder, Kurt Hahn, Outward Bound seeks to empower young people through hands-on experiences. Using the wilderness as a classroom, Outward Bound guides students through a time-tested journey of self-discovery.

[CathleenStoneIsland.org](https://CathleenStoneIsland.org)

