

# CAP Students Describe What Their North Carolina Outward Bound Experience Meant to Them



Dear Mr. and Mrs. Svitek,

I am so glad I got the wonderful opportunity to be able to go to Outward Bound. All thanks to you, I was able to get the great memories and education of being in the woods enjoying nature. I feel I have changed in many ways from this experience. For example, I am not afraid of little insects like water bugs, spiders and more. I have also changed in self-esteem. My confidence has risen to a new level and feel good every time I look in the mirror because I see someone worth wild. All the obstacles I had to face on that trip have made believe in myself. The biggest challenge I had faced in that experience would be the hiking. I remember the first day of hiking was terrible and tiresome. I would always stop every twenty minutes for a break or water. I felt I could not go on anymore, but with the encouragement of my peers and instructors I made it to the top of the peak. From that day on I felt the support of others by my side and I knew I was not alone. So, thank you so much for this opportunity and I hope the next group of students enjoy it as much as I did.

Sincerely,  
Talia Santiago, 10th  
grade

I would like to take the time and tell you thank you. Thanks to you I had the privilege and chance to go on one of the most exciting trips I have ever gone on. I know you work hard to sponsor this trip to Outward Bound.

In Outward Bound, I learned so many new things about life and myself. If I can go twenty-one days outside of my comfort zone, then I can do anything. Before I went on this trip I was a shy person and didn't really talk to people. Now I am a different person and ready for anything that comes my way. The best part of this Outward Bound trip was the three-day solo. They were the longest three days of my life but the best. I got to think of all the rough things going on in my life and how to fix them when I get home. You feel so safe on your own and that no one can touch you or do anything to you. Thanks to you I had the chance to feel this way.

This was an experience that I will never forget and I want to thank you for all of your hard work.

Juan Henriquez, 11<sup>th</sup>  
grade

I would like to thank you for giving me the opportunity to experience Outward Bound. I had never done something this drastic before but it was a very good change and experience for me. While on my course, I learned many things about myself and many ways on how to function inside of a group.

Joshua  
Tausendfreundt, 12th  
grade

