

Dear Mr. and Mrs. Svitek,

I would first like to say thank you very much. The North Carolina Outward Bound experience has taught me so much. I have learned how to use a paddle and canoe, how to tie knots and rock climb. I have also learned how to communicate with people better. Being out in the middle of the woods with 15 strangers and not communicating would be pretty hard, but thanks to the instructors we have all learned to communicate with one another. Communication was a huge part of the entire trip.

What I found was challenging was carrying a bag up and down mountains almost everyday. Yes, I was hurting, but I was not only carrying the things I needed for out there but the things my whole crew need to survive out there. However, it didn't kill me it only made me stronger. Another part that was challenging for me was the arguments people in the crew got into. It did not only affect them, but it affected everyone around them. We did get through it. One last part that I found was challenging was repelling. Repelling for me was very challenging. I didn't like the fact that it was in my hands to get myself down. I didn't realize how scared of heights I was until I was on the edge. My one instructor did talk me through it and I got down eventually. Those were the most challenging in my opinion.

What I will definitely take with me for the experience was the communication and survival skills. I learned how to make a tent with a tarp and only three pea cords. I will take the communication skill I have learned throughout the course. In the real world you have to know how to communicate with the people you may or may not like and that I was they taught us. This whole experience has helped me become stronger physically,

socially, mentally and emotionally. Again, thank you very much; I had the experience of a lifetime. I will never forget those 21 days.

Sincerely, Kelsi Tausendfreundt