

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



This past summer, another 10 students from the Community Academy of Philadelphia charter school attended North Carolina Outward Bound on scholarships provided by the Kate Svitek Memorial Foundation. Excerpts from letters the students wrote on their return to school are included below.

*"One of the things that dramatically changed me was hiking deep into the night finally stopping at 3:00 a.m. With my feet covered in blisters, it taught me to never give up no matter how hard my current situation may be. Another thing I learned was how to accept help from other people. I used to think accepting help was a weakness but now realize it actually helps people bond with each other."*

– Albert Sepulveda, 12<sup>th</sup> grade

*"My feelings towards my friends and family are good because Outward Bound helped me realize that friends and family are very important in my life. Most of all my behavior has changed tremendously. I have become more outspoken, but in a good way. I am more outgoing and not so shy anymore."*

– Iliana Lopez, 12<sup>th</sup> grade

*"While at Outward Bound I learned that things we do in our everyday lives affect nature. On the 3rd day of canoeing, we came upon one of the rapids. I saw a bunch of weird bubbles that reminded me of soda foam mixed with dirty soapy water. My instructor told me that it was from people dumping things into the river. From that moment on I started taking the "leave no trace" procedure much more seriously."*

– Dat Dang, 12<sup>th</sup> grade

*"The last thing I learned was that I could be dependent on just myself. I experienced this during the solo event. I am never alone so it was awesome to do that."*

– Briana Berry, 10<sup>th</sup> grade

*"Rock climbing changed me. I learned how to trust people and believe in myself. I often thank God that I didn't hurt myself. I made so many new friends and my counselors were great."*

– Gardeliz Centeno, 10<sup>th</sup> grade

*"My favorite part of Outward Bound was definitely the mountain climbing. I never thought that I would be able to pull up my nerves and pull myself up a mountain. My most difficult time occurred when I had to allow myself to trust someone to ballay me down a mountain. That first step was the hardest which is the same in actual life. I now know and understand that in life, the first step of a new endeavor is always the hardest. I have a totally different perspective on life's little difficulties. Everything seems much easier now because, seriously, I climbed a mountain."*

– Amber Buck, 11<sup>th</sup> grade

*"I am more open with my opinions on things. During Outward Bound we had something called "Dinner Circle" where we expressed our ideas about what happened throughout the day. At first, I was quiet, but as the days went on I became more open and comfortable with the people around me."*

– Melanie Nieves, 10<sup>th</sup> grade