

Received

Dear Sir,

10/12/09

I'm Nigel. How are you? And how is everyone doing? I hope that everyone is doing great.

I want to thank Outward Bound that have taught me to be more independent and also everyone who took care of me.

Sir, The "OB Spirit" has gave me a feeling. While I was in the medical bay, I kept singing it repeatedly and it told me "no matter what happens, I can do it!"

Even though I had a broken wrist, Outward Bound had told me I was strong enough to handle the pain.

Sir, I really can't imagine I was leaving Outward Bound, my great friends and also the instructors. I've just been at Outward Bound



for only 10 days and Outward Bound has already been a home that is full of love to me.

When I was back home, when I was thinking about leaving Outward Bound, my friends, your speech, I would cry because I really love Outward Bound.

I was able to take off the cement on my hand because my bone was strong enough. Hope that you wouldn't worry about me anymore.

Outward Bound is the best! "To Serve, To Strive, And Not To Yield."

Your Ex-Bounder,
Nigel Low
Nigel

{CAC To 22/11/09 - 1/12/09}

