



Outward Bound® Indonesia

Jakarta Office: Jl. Kemanggisan Utama III/14, Jakarta Barat 11480. Ph: (21) 5481529, 5360932. Fax: (21) 5322546
Bali Office: Kompleks Segitiga Emas No. 22. Jl. By Pass I Gst. Ngurah Rai, Kuta, Bali 80361.
Ph: (361) 75 85 99. Fax: (361) 75 86 99

REGISTRATION FORM

*) It should be parents/guardians signature for the underage participant

1. Full name (In capital letters)	: _____	10. Name of Organization :	_____
2. Address	: _____	Address:	_____
Postal Codes	: _____	Phone:	_____
3. Date of Birth:	_____	Religion:	_____
4. Marital status:	_____	5. Highest Educational Level Attained:	_____
6. Height:	_____	Weight:	_____
7. Swimming Ability: * Good/Average/Non Swimmer			
8. Outdoor Interest and Sport (please specify):	_____	11. Name of Next-of-Kin:	_____
	_____	Relationship :	_____
	_____	Address of Next-of-Kin:	_____
9. Have you attended an Outward Bound Course?			
* Yes/No	(if yes, please furnish details)	_____	_____
	_____	Postal code:	_____
	_____	Phone:	_____

UNDERTAKING

I shall comply with the training conditions and regulations which include: No smoking and No consumption of alcoholic drinks and drugs. I shall also fully co-operate with the instructors and staff of the Outward Bound® Indonesia.

Signature of Applicant

Date

COMMITMENT

As an Outward Bound® participant, I will make a commitment to:

1. Have positive attitude towards the course reflected in a readiness to try and to put in my best effort at all times.
2. Be considerate towards the sensitivities and feelings of other group members; particularly those of a different gender, culture or nationality and to help them gain from the course.
3. Be sensitive toward the environment.
4. Refrain from smoking and the consumption of alcohol of intoxicating beverage during the entire duration of the course.

INDEMNITY

I shall not hold Outward Bound® Indonesia and their staff responsible for any accident due to my own negligence or for disobeying the Outward Bound Indonesia staffs instruction.

Signature of Applicant *)

Date

Please return to:

Outward Bound® Indonesia
Jl. Kemanggisan Utama III/14
Jakarta Barat 11480
Ph: (21) 548-1529, 536-0932
Fax: (21) 532-2546
(at least 14 days before the course)

MEDICAL HISTORY

(To be completed by Medical Office/or applicant)

1. Is there a history of/Have you ever had:	Yes	No	If yes, please describe:
Chest pain			
High Blood Pressure			
Heart problems E.g. Heart Murmur			
Extra Heart Beat/Other heart abnormality			
Asthma			
Bronchitis			
Tuberculosis			
Sinusitis			
Other Lung Problems			
Fits			
Epilepsy			
Fainting attacks			
Migraine			
Severe head injury			
2. Is there a need for/Do you require:			
Routine medication			
Special diet			
3. Is there/Do you have:			
Any Disability			
Any other medical information of note			
4. Do you have any Tetanus Immun / When?			

Other medical information:

Blood type:

MEDICAL DECLARATION BY APPLICANT

I declare that all the information provided above are true. I am currently not suffering from any acute ailments/disease.

Signature of applicant *)

Date

CERTIFICATION OF FITNESS

(please return to OBI)

(To be completed by medical examiner)

I have this date: _____ Examined Mr./Mrs./Miss: _____

And found Him / Her, * Fit / Unfit to participate in the Outward Bound Program and activities.

Name of Doctor

Signature

Address of Doctor:

Telephone number: _____

#####

(cut here – for participants)

CONDITIONING YOURSELF FOR THE COURSE

While the course involves much more than just physical effort. You will enjoy this adventure learning much more if you start conditioning yourself physically before it commences. Some running every other day plus 20-30 minutes of exercises make a lot of difference, but work up gradually.

This exercise program is less relevant if you are someone who exercise regularly.

It is recommended that the following preparation program be carried out for at least three weeks before the course begins.

Do not overwork yourself – just strive to extend your limits a little more each session.

- a. Push ups, this exercise will strengthen your upper body
Starting position: with arms straight, support your body on you hands and toes.
Movement: Bend at the elbow until your chest touches the ground, keep your body flat and rigid.
Push up and return to the starting position.
(Note: If you can't do 4 sets with reasonable ease, you may like to start with your knees on the ground for a few days)
- b. Sit Ups
Starting position :Lie on your back, Hands touching ears.
Movement: The opposite knee, then return to starting position. Your hands must remain on your ears throughout the exercise. Knees should be bent through the exercise.
- c. Squats – Work up to Fifty each morning and night if possible.
Starting position: Stand with feet shoulder width apart
Movement : Lower your body to a semi-squat position bending at the knees until your thighs are parallel to the ground.
Keeping your back straight, straighten your legs to a standing position.
- d. Run, about two or three kilometers every other day, this will build up your stamina and endurance.
- e. Give up Smoking, Drugs and Alcohol as you are for bidden to engage in such activities during the course
- f. Start all the above as soon as possible.

WHAT TO BRING (STANDARD FOR 5 DAYS COURSE)

The following is a list of bare minimum that you must have

All training equipment will be provided by Outward Bound Indonesia.

1. ID Card
2. Pen or Pencils
3. Personal Effects – soap, toothbrush, toothpaste, shaving kit, etc.
4. Towel (Medium & Small size) – 1
5. Open – Necked Sports T-shirts - 3
6. Long – Sleeved Cotton T-shirt / Blouse – 3
7. Sarong – 1
8. Personal medicines
9. Socks – 4 pairs
10. Sport shorts – 2
11. Long pants or track pants (don't bring Jeans) – 3
12. Underwear – sufficient for 5 days
13. Sport shoes - 1 pair
14. Sandals (with back strap) – 1 pair
15. Slippers – pair
16. Wind-breaker – 1
17. Torchlight – 1 and extra batteries
18. Sun block lotion, Sun glasses, Insect repellant, Hat, handkerchiefs
19. Warm clothing (for evening)
20. Sleeping bags (recommended)