# 2018 No Barriers Final Evaluation Report

*March 2019*

**Dr. Mat Duerden and Dr. Neil Lundberg**

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<td>20</td>
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<tr>
<td>Net Promoter Score</td>
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</tr>
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<tr>
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<td>25</td>
</tr>
<tr>
<td>Description of the Sample</td>
<td>25</td>
</tr>
<tr>
<td>Net Promoter Score</td>
<td>25</td>
</tr>
</tbody>
</table>
Table 21. Summit Outcomes
Table 22. Summit NB Element Frequencies

Figures

Figure 1. Overall Program Outcomes
Figure 2. Youth Program Outcomes
Figure 3. Warriors Program Outcomes
Figure 4. Summit Outcomes
The 2018 No Barriers USA (NB) Preliminary Evaluation Report provides data for the following programs: NB Youth, NB Warriors, and NB Summits, and the Mid-term evaluation. In total, 781 individuals completed the evaluation survey. Overall, participants in NB programs were highly satisfied with services and experiences offered. Net promoter scores for all programs were on average higher than last year and indicate high participant satisfaction. Scores ranged from 72 – 96 (see Table 1), suggesting participants are very willing to recommend NB to their friends.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>69.3</td>
<td>58.1</td>
<td>71.6</td>
</tr>
<tr>
<td>Warriors</td>
<td>95.3</td>
<td>88.8</td>
<td>96.1</td>
</tr>
<tr>
<td>Summit</td>
<td>80.8</td>
<td>82.7</td>
<td>78.7</td>
</tr>
<tr>
<td>Overall</td>
<td><strong>77.6</strong></td>
<td><strong>70.2</strong></td>
<td><strong>78.4</strong></td>
</tr>
</tbody>
</table>

The open ended responses provided in the appendix of this report also provide a variety of useful feedback. It is clear that high levels of satisfaction exists with the overall mission, purpose and outcomes of NB.
FINDINGS: NB OVERALL RESULTS

DESCRIPTION OF THE SAMPLE

781 individuals completed online or paper evaluations regarding their NB experience. Of those who provided demographic information 53% were female and 62% were White. Average age of participants was 26 years old (see Table 2).

Participants reported their community of origin as: 45% from urban areas, 36% suburban, 9% rural fringe, and 9% from rural distant.

<table>
<thead>
<tr>
<th>Table 2: Overall Demographics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
</tr>
<tr>
<td>28.14</td>
</tr>
</tbody>
</table>

55 respondents did not complete or skipped the age and/or gender questions. 149 respondents skipped the demographic questions.

OVERALL NET PROMOTION SCORE

Using a 0-10 scale participants were asked how likely they would recommend the NB program and events to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter score (NPS).

The NPS score for 2018 was 78.4, a noticeable improvement over last year’s score (70.2), and higher than the NPS scores in 2015 (77.7) and 2016 (77.6).

<table>
<thead>
<tr>
<th>Table 3: Overall Net Promoter Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Promoters</td>
</tr>
<tr>
<td>81.1</td>
</tr>
</tbody>
</table>

Promoters - Detractors = NPS
Program Outcomes

All measures employed a 1- to 5-response scale with higher scores signifying greater achievement. Mean scores were calculated for all measures.

<table>
<thead>
<tr>
<th>Measure</th>
<th>Mean</th>
<th>Change</th>
<th>Effect Size by Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.39</td>
<td>0.73</td>
<td>0.66 0.69 0.68 0.67</td>
</tr>
<tr>
<td>Post</td>
<td>4.11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>4.00</td>
<td>0.70</td>
<td>0.61 0.64 0.62 0.65</td>
</tr>
<tr>
<td>Post</td>
<td>4.70</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pioneer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.46</td>
<td>0.67</td>
<td>0.62 0.66 0.61 0.65</td>
</tr>
<tr>
<td>Post</td>
<td>4.13</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rope Team</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.83</td>
<td>0.74</td>
<td>0.60 0.63 0.61 0.61</td>
</tr>
<tr>
<td>Post</td>
<td>4.56</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alchemy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.37</td>
<td>0.86</td>
<td>0.67 0.69 0.65 0.69</td>
</tr>
<tr>
<td>Post</td>
<td>4.23</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summits*</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.80</td>
<td>0.70</td>
<td>--- 0.64 0.62 0.66</td>
</tr>
<tr>
<td>Post</td>
<td>4.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elevate</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>4.05</td>
<td>0.66</td>
<td>0.65 0.61 0.60 0.63</td>
</tr>
<tr>
<td>Post</td>
<td>4.71</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All changes significant at .001 level

Pre-post changes for all measures were statistically and practically significant. Statistical significance means < 5% chance exists that the observed difference between pre- and post-scores is due to random chance as is measured by *p*-values. Practical significance is measured by calculating an effect size which calculates the difference observed between two groups, in this case pre and post test scores, independent of sample size which influences calculations of statistical significance.

The general rule of thumb when interpreting effect size is as follows: small ≥ .10, medium ≥ .30, large ≥ .50 (Cohen, 1988). Due to the fact that comparative analyses produced large effect sizes we can confidently report participants experienced significant and meaningful growth.
The frequency of responses to each question measuring the NB Life Framework are recorded in table 5 illustrating the percentage of respondents who answered true or very true to each question. The blue shaded column indicates the percentage increase from pre- to post-testing of individuals who responded true or very true to each item. For example, 41% more respondents answered either true or very true to the statement “I know how to take the first step towards reaching my potential” on the post-test version of the question than on the pre-test.

<table>
<thead>
<tr>
<th>Items</th>
<th>% True/Very True</th>
<th></th>
<th></th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Pre</td>
<td>Post</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vision: Imagine your potential and define a purpose that inspires.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I know how to take the first step towards reaching my potential</td>
<td>47.9</td>
<td>81.2</td>
<td></td>
<td>41%</td>
</tr>
<tr>
<td>I have a clear vision of who I am</td>
<td>49.6</td>
<td>76.6</td>
<td></td>
<td>35%</td>
</tr>
<tr>
<td>I have a vision that I am passionate about</td>
<td>40.8</td>
<td>77.1</td>
<td></td>
<td>47%</td>
</tr>
<tr>
<td>Reach: Move beyond your comfort zone.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to grow as a person</td>
<td>73</td>
<td>95.8</td>
<td></td>
<td>24%</td>
</tr>
<tr>
<td>I want to reach for my potential</td>
<td>55.4</td>
<td>92.8</td>
<td></td>
<td>40%</td>
</tr>
<tr>
<td>It is important to continually reach for my goals</td>
<td>74.8</td>
<td>97</td>
<td></td>
<td>23%</td>
</tr>
<tr>
<td>It is important to get outside my comfort zone</td>
<td>72.2</td>
<td>96.2</td>
<td></td>
<td>25%</td>
</tr>
<tr>
<td>Pioneer: Explore and innovate to discover new ideas.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am able to focus on solutions rather than problems</td>
<td>40.3</td>
<td>79.4</td>
<td></td>
<td>49%</td>
</tr>
<tr>
<td>I know how to creatively solve problems</td>
<td>54.2</td>
<td>81.1</td>
<td></td>
<td>33%</td>
</tr>
<tr>
<td>When faced with an obstacle, I find creative ways to overcome it</td>
<td>52.1</td>
<td>80.6</td>
<td></td>
<td>35%</td>
</tr>
</tbody>
</table>
### Rope Team: Act with awareness of your interconnection to others.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Very Agree</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>I see value in working with others</td>
<td>63.7</td>
<td>93.3</td>
<td>32%</td>
</tr>
<tr>
<td>I feel it is important to be connected with people</td>
<td>65.7</td>
<td>92.3</td>
<td>29%</td>
</tr>
<tr>
<td>Being part of a team makes me a stronger individual</td>
<td>61.6</td>
<td>89.6</td>
<td>31%</td>
</tr>
</tbody>
</table>

### Alchemy: Harness adversity and life experiences into optimism.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Very Agree</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>I face my challenges with a positive attitude</td>
<td>45.1</td>
<td>78.2</td>
<td>42%</td>
</tr>
<tr>
<td>I understand what it means to harness adversity</td>
<td>42.6</td>
<td>78.4</td>
<td>46%</td>
</tr>
<tr>
<td>What is within me is stronger than what is in my way</td>
<td>48.8</td>
<td>89.2</td>
<td>45%</td>
</tr>
</tbody>
</table>

### Summits: Learning throughout the journey

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Very Agree</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is important to me that I learn from my experiences</td>
<td>77.7</td>
<td>97.7</td>
<td>20%</td>
</tr>
<tr>
<td>I reflect on my experiences in order to grow</td>
<td>60.1</td>
<td>88</td>
<td>32%</td>
</tr>
<tr>
<td>I can identify specific things I have learned as a result of my experience</td>
<td>55.9</td>
<td>89.1</td>
<td>37%</td>
</tr>
<tr>
<td>I know how to use the lessons I learn in life</td>
<td>57.6</td>
<td>87.1</td>
<td>34%</td>
</tr>
</tbody>
</table>

### Elevate: Contribute your best to the world as a leader who serves.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Very Agree</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to make a difference</td>
<td>75.8</td>
<td>96.6</td>
<td>22%</td>
</tr>
<tr>
<td>I have a responsibility to contribute to something bigger than myself</td>
<td>77.3</td>
<td>97</td>
<td>20%</td>
</tr>
<tr>
<td>I want to create a positive impact on the world around me</td>
<td>64.9</td>
<td>92.8</td>
<td>30%</td>
</tr>
<tr>
<td>I am responsible to leave the world a better place than I found it</td>
<td>69.5</td>
<td>93.9</td>
<td>26%</td>
</tr>
</tbody>
</table>

### Example Talking Point

47% more participants agreed with the statement "I have a vision that I am passionate about" after their NB experience than before.
FINDINGS: NB YOUTH

DESCRIPTION OF THE SAMPLE

435 individuals completed the evaluation regarding their NB Youth experience. Of those who provided demographic information 60% were female. Average age of participants was 15 years old (see Table 6).

Participants reported their community of origin as: 55% from urban areas, 34% suburban, 8% rural fringe, and 3% from rural distant.

<table>
<thead>
<tr>
<th>Age</th>
<th>Female</th>
<th>Male</th>
<th>Other</th>
<th>Hispanic or Latino</th>
<th>Black or African American</th>
<th>White</th>
<th>Asian</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>15.01</td>
<td>232 (60.4%)</td>
<td>147 (38.3%)</td>
<td>5 (1.3%)</td>
<td>74 (18.5%)</td>
<td>36 (8.7%)</td>
<td>151 (36.4%)</td>
<td>67 (16.1%)</td>
<td>16 (3.9%)</td>
</tr>
</tbody>
</table>

9 respondents did not complete or skipped some of the demographic questions. Twenty respondents didn’t answer the race/ethnicity questions.

NET PROMOTER SCORE

Using a 0-10 scale participants were asked how likely they would recommend NB Youth programs to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter score (NPS).

The Youth Programs NPS of 71.6 is 19% higher this year than last (58.1) and comparable to previous years 76.7 (2015) and 69.3 (2016).

<table>
<thead>
<tr>
<th>% Promoters</th>
<th>% Detractors</th>
<th>Net Promoter Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>72.7</td>
<td>1.1</td>
<td>71.6</td>
</tr>
</tbody>
</table>

Promoters – Detractors = NPS

Youth participants were asked to explain their response on the net promoter question. Participants listed a variety of reasons why they would recommend a NB program. A full list of responses is provided in the appendix.
Program Outcomes

All measures employed a 1- to 5-response scale with higher scores signifying greater achievement. Mean scores were calculated for all measures. Statistically significant growth occurred on all measures.

Table 8. Youth Program Outcomes

<table>
<thead>
<tr>
<th>Measure</th>
<th>Mean</th>
<th>Change</th>
<th>Effect Size by Year</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>2015</td>
<td>2016</td>
</tr>
<tr>
<td>Vision</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.30</td>
<td>0.77</td>
<td>0.78</td>
</tr>
<tr>
<td>Post</td>
<td>4.07</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reach</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>4.11</td>
<td>0.63</td>
<td>0.69</td>
</tr>
<tr>
<td>Post</td>
<td>4.74</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pioneer</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.34</td>
<td>0.73</td>
<td>0.73</td>
</tr>
<tr>
<td>Post</td>
<td>4.07</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rope Team</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.78</td>
<td>0.75</td>
<td>0.72</td>
</tr>
<tr>
<td>Post</td>
<td>4.53</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alchemy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.26</td>
<td>0.90</td>
<td>0.77</td>
</tr>
<tr>
<td>Post</td>
<td>4.15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summits</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pre</td>
<td>3.75</td>
<td>0.73</td>
<td>---</td>
</tr>
<tr>
<td>Post</td>
<td>4.48</td>
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<td></td>
</tr>
<tr>
<td>Elevate</td>
<td></td>
<td></td>
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<tr>
<td>Pre</td>
<td>4.07</td>
<td>0.66</td>
<td>0.76</td>
</tr>
<tr>
<td>Post</td>
<td>4.73</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All changes significant at the .001 level, n=385

Pre-post changes for all measures were statistically and practically significant. Statistical significance means < 5% chance exists that the observed difference between pre- and post-scores is due to random chance as is measured by p-values. Practical significance is measured by calculating an effect size which calculates the difference observed between two groups, in this case pre and post test scores, independent of sample size which influences calculations of statistical significance.

The general rule of thumb when interpreting effect size is as follows: small ≥ .10, medium ≥ .30, large ≥ .50 (Cohen, 1988). Due to the fact that comparative analyses produced large effect sizes we can confidently report participants experienced significant and meaningful growth.
The frequency of responses to each question measuring the NB Life Framework are recorded in Table 9 illustrating the percentage of respondents who answered true or very true to each question. The blue shaded column indicates the percentage increase from pre- to post-testing of individuals who responded true or very true to each item. For example, 49% more respondents answered either true or very true to the statement “I know how to take the first step towards reaching my potential” on the post-test version of the question than on the pre-test.

Table 9. Youth Individual Item Responses

<table>
<thead>
<tr>
<th>Items</th>
<th>% True/Very True</th>
<th></th>
<th></th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vision: Imagine your potential and define a purpose that inspires.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I know how to take the first step towards reaching my potential</td>
<td>45.0</td>
<td>79.1</td>
<td>43%</td>
<td></td>
</tr>
<tr>
<td>I have a clear vision of who I am</td>
<td>44.2</td>
<td>74.7</td>
<td>41%</td>
<td></td>
</tr>
<tr>
<td>I have a vision that I am passionate about</td>
<td>38.5</td>
<td>75.2</td>
<td>49%</td>
<td></td>
</tr>
<tr>
<td><strong>Reach: Move beyond your comfort zone.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to grow as a person</td>
<td>77.3</td>
<td>95.3</td>
<td>19%</td>
<td></td>
</tr>
<tr>
<td>I want to reach for my potential</td>
<td>56.3</td>
<td>93.5</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>It is important to continually reach for my goals</td>
<td>79.1</td>
<td>96.9</td>
<td>18%</td>
<td></td>
</tr>
<tr>
<td>It is important to get outside my comfort zone</td>
<td>77.8</td>
<td>96.1</td>
<td>19%</td>
<td></td>
</tr>
<tr>
<td><strong>Pioneer: Explore and innovate to discover new ideas.</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am able to focus on solutions rather than problems</td>
<td>34.1</td>
<td>77.7</td>
<td>56%</td>
<td></td>
</tr>
<tr>
<td>I know how to creatively solve problems</td>
<td>49.6</td>
<td>79.0</td>
<td>37%</td>
<td></td>
</tr>
</tbody>
</table>
When faced with an obstacle, I find creative ways to overcome it 46.4 79.2 41%

**Rope Team: Act with awareness of your interconnection to others.**

<table>
<thead>
<tr>
<th>I see value in working with others</th>
<th>63.6</th>
<th>92.7</th>
<th>31%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel it is important to be connected with people</td>
<td>62.3</td>
<td>89.6</td>
<td>30%</td>
</tr>
<tr>
<td>Being part of a team makes me a stronger individual</td>
<td>59.4</td>
<td>87.8</td>
<td>32%</td>
</tr>
</tbody>
</table>

**Alchemy: Harness adversity and life experiences into optimism.**

<table>
<thead>
<tr>
<th>I face my challenges with a positive attitude</th>
<th>40.2</th>
<th>75.1</th>
<th>46%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I understand what it means to harness adversity</td>
<td>39.2</td>
<td>72.2</td>
<td>46%</td>
</tr>
<tr>
<td>What is within me is stronger than what is in my way</td>
<td>45.6</td>
<td>88.1</td>
<td>48%</td>
</tr>
</tbody>
</table>

**Summits: Learning throughout the journey**

<table>
<thead>
<tr>
<th>It is important to me that I learn from my experiences</th>
<th>78.5</th>
<th>98.4</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I reflect on my experiences in order to grow</td>
<td>57.0</td>
<td>86.8</td>
<td>34%</td>
</tr>
<tr>
<td>I can identify specific things I have learned as a result of my experiences</td>
<td>49.6</td>
<td>86.8</td>
<td>43%</td>
</tr>
<tr>
<td>I know how to use the lessons I learn in life</td>
<td>55.5</td>
<td>87.8</td>
<td>37%</td>
</tr>
</tbody>
</table>

**Elevate: Contribute your best to the world as a leader who serves.**

<table>
<thead>
<tr>
<th>I want to make a difference</th>
<th>78.5</th>
<th>96.9</th>
<th>19%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have a responsibility to contribute to something bigger than myself</td>
<td>82.9</td>
<td>97.2</td>
<td>15%</td>
</tr>
<tr>
<td>I want to create a positive impact on the world around me</td>
<td>63.2</td>
<td>91.7</td>
<td>31%</td>
</tr>
<tr>
<td>I am responsible to leave the world a better place than I found it</td>
<td>66.8</td>
<td>93.8</td>
<td>29%</td>
</tr>
</tbody>
</table>

**Example Talking Point**

49% more participants agreed with the statement "I have a vision that I am passionate about" after their NB experience than before.
### Table 10. Youth Program Performance

<table>
<thead>
<tr>
<th>Program Performance</th>
<th># or Respondents</th>
<th>Pre-program experience (information, communication)</th>
<th>Program activities</th>
<th>Safety</th>
<th>Logistics (lodging, food, transportation)</th>
<th>Overall experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH Mean Scores</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Programs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adventure Camp (CO)</td>
<td>17.0</td>
<td>9.4</td>
<td>9.5</td>
<td>10.0</td>
<td>9.6</td>
<td>9.7</td>
</tr>
<tr>
<td>Adventure Trip (CO)</td>
<td>6.0</td>
<td>9.2</td>
<td>9.2</td>
<td>9.5</td>
<td>9.0</td>
<td>9.0</td>
</tr>
<tr>
<td>Expedition Travel Program</td>
<td>359.0</td>
<td>7.9</td>
<td>8.9</td>
<td>9.5</td>
<td>9.0</td>
<td>9.5</td>
</tr>
<tr>
<td>Retreat Program</td>
<td>21.0</td>
<td>9.0</td>
<td>8.8</td>
<td>9.7</td>
<td>9.3</td>
<td>9.6</td>
</tr>
<tr>
<td>School-Based Program</td>
<td>18.0</td>
<td>9.3</td>
<td>9.4</td>
<td>9.8</td>
<td>9.4</td>
<td>10.0</td>
</tr>
<tr>
<td>Other - Write In</td>
<td>7.0</td>
<td>7.3</td>
<td>8.5</td>
<td>8.2</td>
<td>8.0</td>
<td>9.7</td>
</tr>
<tr>
<td>Total</td>
<td><strong>428.0</strong></td>
<td><strong>8.1</strong></td>
<td><strong>8.9</strong></td>
<td><strong>9.5</strong></td>
<td><strong>9.0</strong></td>
<td><strong>9.5</strong></td>
</tr>
<tr>
<td>Locations</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Colorado</td>
<td>26.0</td>
<td>8.9</td>
<td>9.1</td>
<td>9.5</td>
<td>9.2</td>
<td>9.5</td>
</tr>
<tr>
<td>Costa Rica</td>
<td>111.0</td>
<td>7.9</td>
<td>9.0</td>
<td>9.5</td>
<td>8.9</td>
<td>9.6</td>
</tr>
<tr>
<td>Germany/Poland</td>
<td>12.0</td>
<td>7.5</td>
<td>8.8</td>
<td>9.6</td>
<td>7.4</td>
<td>9.6</td>
</tr>
<tr>
<td>Hawaii</td>
<td>15.0</td>
<td>8.1</td>
<td>9.8</td>
<td>10.0</td>
<td>9.6</td>
<td>9.9</td>
</tr>
<tr>
<td>India</td>
<td>32.0</td>
<td>7.2</td>
<td>8.3</td>
<td>9.3</td>
<td>8.3</td>
<td>9.2</td>
</tr>
<tr>
<td>Nepal</td>
<td>12.0</td>
<td>8.8</td>
<td>9.1</td>
<td>9.5</td>
<td>9.2</td>
<td>9.8</td>
</tr>
<tr>
<td>Panama</td>
<td>14.0</td>
<td>7.3</td>
<td>9.1</td>
<td>9.9</td>
<td>9.8</td>
<td>9.2</td>
</tr>
<tr>
<td>Peru Amazon</td>
<td>24.0</td>
<td>8.4</td>
<td>8.9</td>
<td>9.3</td>
<td>9.2</td>
<td>9.3</td>
</tr>
<tr>
<td>Peru Highlands</td>
<td>33.0</td>
<td>7.9</td>
<td>8.7</td>
<td>9.3</td>
<td>8.9</td>
<td>9.2</td>
</tr>
<tr>
<td>South Dakota</td>
<td>9.0</td>
<td>9.1</td>
<td>8.8</td>
<td>10.0</td>
<td>9.6</td>
<td>9.3</td>
</tr>
<tr>
<td>U S Southwest</td>
<td>94.0</td>
<td>8.4</td>
<td>9.0</td>
<td>9.6</td>
<td>9.3</td>
<td>9.6</td>
</tr>
<tr>
<td>Total</td>
<td><strong>382.0</strong></td>
<td><strong>8.1</strong></td>
<td><strong>8.9</strong></td>
<td><strong>9.5</strong></td>
<td><strong>9.0</strong></td>
<td><strong>9.5</strong></td>
</tr>
<tr>
<td>Length</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-3 days</td>
<td>34.0</td>
<td>9.2</td>
<td>9.0</td>
<td>9.7</td>
<td>9.3</td>
<td>9.7</td>
</tr>
<tr>
<td>4-6 days</td>
<td>11.0</td>
<td>9.5</td>
<td>9.3</td>
<td>10.0</td>
<td>9.4</td>
<td>9.6</td>
</tr>
<tr>
<td>7-10 days</td>
<td>246.0</td>
<td>7.8</td>
<td>9.0</td>
<td>9.5</td>
<td>9.0</td>
<td>9.5</td>
</tr>
<tr>
<td>11-14 days</td>
<td>79.0</td>
<td>8.1</td>
<td>8.8</td>
<td>9.5</td>
<td>8.9</td>
<td>9.3</td>
</tr>
<tr>
<td>15-19 days</td>
<td>12.0</td>
<td>8.8</td>
<td>9.1</td>
<td>9.5</td>
<td>9.2</td>
<td>9.8</td>
</tr>
<tr>
<td>Total</td>
<td><strong>382.0</strong></td>
<td><strong>8.1</strong></td>
<td><strong>8.9</strong></td>
<td><strong>9.5</strong></td>
<td><strong>9.0</strong></td>
<td><strong>9.5</strong></td>
</tr>
</tbody>
</table>
Table 10 details performance data that was calculated using a 0-10 score, 10 being high, 0 being low for categories including: preprogram communication, program activities, safety, logistics, and the overall experience.

Table 11 identifies leader performance data that was calculated using a 0-10 score, 10 being high, 0 being low for categories including: supporting the needs of participants, helping participants feel safe, organization, leading activities, and getting to know participants/friendliness.

<table>
<thead>
<tr>
<th>Leader Performance Scores</th>
<th># of Respondents</th>
<th>Supported the needs of participants</th>
<th>Helped participants feel safe and comfortable</th>
<th>Was well-organized</th>
<th>Led engaging activities and was fun</th>
<th>Took time to get to know participants and was friendly</th>
<th>Overall Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mariah</td>
<td>17</td>
<td>9.9</td>
<td>9.9</td>
<td>9.8</td>
<td>9.8</td>
<td>9.9</td>
<td>9.9</td>
</tr>
<tr>
<td>Missy</td>
<td>9</td>
<td>9.7</td>
<td>9.9</td>
<td>9.8</td>
<td>10.0</td>
<td>10.0</td>
<td>9.91</td>
</tr>
<tr>
<td>Drew</td>
<td>59</td>
<td>9.8</td>
<td>9.9</td>
<td>9.7</td>
<td>9.8</td>
<td>9.8</td>
<td>9.8</td>
</tr>
<tr>
<td>Bridget</td>
<td>10</td>
<td>9.9</td>
<td>9.8</td>
<td>9.4</td>
<td>9.9</td>
<td>9.7</td>
<td>9.7</td>
</tr>
<tr>
<td>Kieran</td>
<td>10</td>
<td>9.8</td>
<td>9.8</td>
<td>9.3</td>
<td>9.9</td>
<td>9.6</td>
<td>9.7</td>
</tr>
<tr>
<td>Max</td>
<td>10</td>
<td>9.7</td>
<td>9.6</td>
<td>9.4</td>
<td>9.7</td>
<td>9.8</td>
<td>9.6</td>
</tr>
<tr>
<td>Kaitlin</td>
<td>6</td>
<td>9.7</td>
<td>9.8</td>
<td>9.3</td>
<td>9.5</td>
<td>9.8</td>
<td>9.6</td>
</tr>
<tr>
<td>Erika</td>
<td>35</td>
<td>9.7</td>
<td>9.7</td>
<td>9.5</td>
<td>9.7</td>
<td>9.6</td>
<td>9.6</td>
</tr>
<tr>
<td>Erin</td>
<td>11</td>
<td>9.5</td>
<td>9.8</td>
<td>9.7</td>
<td>9.4</td>
<td>9.7</td>
<td>9.6</td>
</tr>
<tr>
<td>Rachel</td>
<td>12</td>
<td>9.4</td>
<td>9.8</td>
<td>9.1</td>
<td>9.7</td>
<td>9.9</td>
<td>9.6</td>
</tr>
<tr>
<td>Alexa</td>
<td>52</td>
<td>9.6</td>
<td>9.6</td>
<td>9.7</td>
<td>9.5</td>
<td>9.6</td>
<td>9.6</td>
</tr>
<tr>
<td>Steph</td>
<td>23</td>
<td>9.6</td>
<td>9.6</td>
<td>9.5</td>
<td>9.3</td>
<td>9.4</td>
<td>9.5</td>
</tr>
<tr>
<td>Madison</td>
<td>3</td>
<td>9.7</td>
<td>9.7</td>
<td>9.3</td>
<td>9.0</td>
<td>9.7</td>
<td>9.5</td>
</tr>
<tr>
<td>Nate</td>
<td>6</td>
<td>9.3</td>
<td>9.5</td>
<td>8.7</td>
<td>9.5</td>
<td>10.0</td>
<td>9.4</td>
</tr>
<tr>
<td>Julie</td>
<td>22</td>
<td>9.4</td>
<td>9.5</td>
<td>9.3</td>
<td>8.9</td>
<td>9.8</td>
<td>9.4</td>
</tr>
<tr>
<td>Cazo</td>
<td>25</td>
<td>9.1</td>
<td>9.5</td>
<td>9.2</td>
<td>9.4</td>
<td>9.5</td>
<td>9.4</td>
</tr>
<tr>
<td>Sarah</td>
<td>20</td>
<td>9.5</td>
<td>9.5</td>
<td>9.5</td>
<td>9.0</td>
<td>9.2</td>
<td>9.3</td>
</tr>
<tr>
<td>Josh</td>
<td>26</td>
<td>9.3</td>
<td>9.7</td>
<td>9.1</td>
<td>9.4</td>
<td>8.9</td>
<td>9.3</td>
</tr>
<tr>
<td>Sean</td>
<td>4</td>
<td>9.0</td>
<td>9.3</td>
<td>9.3</td>
<td>9.8</td>
<td>9.0</td>
<td>9.3</td>
</tr>
<tr>
<td>Jenny</td>
<td>43</td>
<td>9.2</td>
<td>9.3</td>
<td>9.2</td>
<td>8.9</td>
<td>9.2</td>
<td>9.2</td>
</tr>
<tr>
<td>Dan</td>
<td>8</td>
<td>9.1</td>
<td>9.3</td>
<td>9.0</td>
<td>8.4</td>
<td>9.4</td>
<td>9.0</td>
</tr>
<tr>
<td>Neha</td>
<td>30</td>
<td>8.7</td>
<td>8.6</td>
<td>9.5</td>
<td>8.4</td>
<td>8.1</td>
<td>8.7</td>
</tr>
<tr>
<td>Total</td>
<td><strong>441</strong></td>
<td><strong>9.5</strong></td>
<td><strong>9.6</strong></td>
<td><strong>9.4</strong></td>
<td><strong>9.4</strong></td>
<td><strong>9.5</strong></td>
<td><strong>9.5</strong></td>
</tr>
</tbody>
</table>
FINDINGS: NB YOUTH SCHOLARSHIP PROGRAMS

YOUTH SCHOLARSHIP EXPEDITION PROGRAMS: DESCRIPTION OF THE SAMPLE

The below table illustrates demographic data for each Youth Scholarship Expedition program.

<table>
<thead>
<tr>
<th>Youth Expedition Demographics</th>
<th>Female</th>
<th>Male</th>
<th>Other</th>
<th>Hispanic or Latino</th>
<th>Black or African American</th>
<th>White</th>
<th>Asian</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning AFAR</td>
<td>38</td>
<td>23</td>
<td>0</td>
<td>14</td>
<td>21</td>
<td>25</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Children of the Fallen</td>
<td>5</td>
<td>4</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>6</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Leading the Way</td>
<td>10</td>
<td>9</td>
<td>0</td>
<td>3</td>
<td>0</td>
<td>14</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>HS Climate Change</td>
<td>21</td>
<td>13</td>
<td>1</td>
<td>30</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>BGC of Boston</td>
<td>9</td>
<td>11</td>
<td>0</td>
<td>11</td>
<td>0</td>
<td>0</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Explore Nepal</td>
<td>5</td>
<td>6</td>
<td>0</td>
<td>1</td>
<td>0</td>
<td>8</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

NET PROMOTER SCORE

Using a 0-10 scale participants were asked how likely they would recommend NB Youth programs to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter score (NPS).

<table>
<thead>
<tr>
<th>Youth Expedition Net Promoter Score</th>
<th>NPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Promoters</td>
<td>% Detractors</td>
</tr>
<tr>
<td>Learning AFAR</td>
<td>82.2</td>
</tr>
<tr>
<td>Children of the Fallen</td>
<td>88.9</td>
</tr>
<tr>
<td>Leading the Way</td>
<td>73.7</td>
</tr>
<tr>
<td>HS Climate Change</td>
<td>71.9</td>
</tr>
<tr>
<td>BGC of Boston</td>
<td>84.2</td>
</tr>
<tr>
<td>Explore Nepal</td>
<td>75.0</td>
</tr>
</tbody>
</table>

Participants were asked to explain their response on the net promoter question. Participants listed a variety of reasons why they would recommend a NB program. A full list of responses is provided in the appendix.
Program Outcomes

All measures employed a 1- to 5-response scale with higher scores signifying greater achievement. The below table illustrates the change in each area comparing pre scores with post scores.

### Youth Expedition Program Outcomes

<table>
<thead>
<tr>
<th>Program Type</th>
<th>#</th>
<th>Vision</th>
<th>Reach</th>
<th>Pioneer</th>
<th>Rope</th>
<th>Alchemy</th>
<th>Summit</th>
<th>Elevate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning AFAR</td>
<td>62</td>
<td>0.90</td>
<td>0.85</td>
<td>0.91</td>
<td>0.97</td>
<td>1.06</td>
<td>0.86</td>
<td>0.77</td>
</tr>
<tr>
<td>Children of the Fallen</td>
<td>9</td>
<td>1.04</td>
<td>0.64</td>
<td>1.00</td>
<td>0.78</td>
<td>1.07</td>
<td>0.83</td>
<td>0.5*</td>
</tr>
<tr>
<td>Leading the Way</td>
<td>19</td>
<td>0.68</td>
<td>0.39</td>
<td>0.46</td>
<td>0.96</td>
<td>0.98</td>
<td>0.57</td>
<td>0.42</td>
</tr>
<tr>
<td>HS Climate Change</td>
<td>34</td>
<td>0.61</td>
<td>0.94</td>
<td>0.79</td>
<td>0.94</td>
<td>0.74</td>
<td>0.89</td>
<td>0.97</td>
</tr>
<tr>
<td>BGC of Boston</td>
<td>20</td>
<td>0.70</td>
<td>0.60</td>
<td>0.82</td>
<td>0.97</td>
<td>0.93</td>
<td>0.55</td>
<td>0.56</td>
</tr>
<tr>
<td>Explore Nepal</td>
<td>12</td>
<td>1.22</td>
<td>0.67</td>
<td>0.97</td>
<td>0.75</td>
<td>0.86</td>
<td>0.81</td>
<td>0.58</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>15</td>
<td>0.82</td>
<td>0.75</td>
<td>0.83</td>
<td>0.93</td>
<td>0.95</td>
<td>0.79</td>
<td>0.72</td>
</tr>
</tbody>
</table>

*Indicates the change between pre- and post-scores was not statistical significant at p < .10

The frequency of responses to each question measuring the NB Life Framework are recorded below illustrating the percentage of respondents who answered true or very true to each question. The blue shaded column indicates the percentage increase from pre- to post-testing of individuals who responded true or very true to each item. For example, 49% more respondents answered either true or very true to the statement “I know how to take the first step towards reaching my potential” on the post-test version of the question than on the pre-test.

### Individual Item Responses

<table>
<thead>
<tr>
<th>Items</th>
<th>% True/Very True</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vision: Imagine your potential and define a purpose that inspires.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I know how to take the first step towards reaching my potential</td>
<td>45.90%</td>
<td>80.30%</td>
</tr>
<tr>
<td>I have a clear vision of who I am</td>
<td>42.70%</td>
<td>72.00%</td>
</tr>
<tr>
<td>I have a vision that I am passionate about</td>
<td>36.90%</td>
<td>76.40%</td>
</tr>
<tr>
<td><strong>Reach: Move beyond your comfort zone.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to grow as a person</td>
<td>75.20%</td>
<td>96.80%</td>
</tr>
<tr>
<td>I want to reach for my potential</td>
<td>47.10%</td>
<td>93.60%</td>
</tr>
<tr>
<td>It is important to continually reach for my goals</td>
<td>75.20%</td>
<td>95.50%</td>
</tr>
<tr>
<td>It is important to get outside my comfort zone</td>
<td>70.70%</td>
<td>95.50%</td>
</tr>
<tr>
<td><strong>Pioneer: Explore and innovate to discover new ideas.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am able to focus on solutions rather than problems</td>
<td>30.60%</td>
<td>78.30%</td>
</tr>
<tr>
<td>Statement</td>
<td>Percent Agree</td>
<td>Percent Disagree</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
<td>---------------</td>
<td>------------------</td>
</tr>
<tr>
<td>I know how to creatively solve problems</td>
<td>43.30%</td>
<td>77.10%</td>
</tr>
<tr>
<td>When faced with an obstacle, I find creative ways to overcome it</td>
<td>41.70%</td>
<td>76.30%</td>
</tr>
<tr>
<td><strong>Rope Team: Act with awareness of your interconnection to others.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I see value in working with others</td>
<td>54.80%</td>
<td>91.70%</td>
</tr>
<tr>
<td>I feel it is important to be connected with people</td>
<td>56.10%</td>
<td>90.40%</td>
</tr>
<tr>
<td>Being part of a team makes me a stronger individual</td>
<td>54.10%</td>
<td>89.80%</td>
</tr>
<tr>
<td><strong>Alchemy: Harness adversity and life experiences into optimism.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I face my challenges with a positive attitude</td>
<td>37.60%</td>
<td>75.20%</td>
</tr>
<tr>
<td>I understand what it means to harness adversity</td>
<td>42.00%</td>
<td>76.40%</td>
</tr>
<tr>
<td>What is within me is stronger than what is in my way</td>
<td>47.80%</td>
<td>90.40%</td>
</tr>
<tr>
<td><strong>Summits: Learning throughout the journey</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>It is important to me that I learn from my experiences</td>
<td>73.20%</td>
<td>97.50%</td>
</tr>
<tr>
<td>I reflect on my experiences in order to grow</td>
<td>56.70%</td>
<td>89.20%</td>
</tr>
<tr>
<td>I can identify specific things I have learned as a result of my experiences</td>
<td>49.00%</td>
<td>86.00%</td>
</tr>
<tr>
<td>I know how to use the lessons I learn in life</td>
<td>53.50%</td>
<td>86.60%</td>
</tr>
<tr>
<td><strong>Elevate: Contribute your best to the world as a leader who serves.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to make a difference</td>
<td>73.20%</td>
<td>96.20%</td>
</tr>
<tr>
<td>I have a responsibility to contribute to something bigger than myself</td>
<td>76.40%</td>
<td>95.50%</td>
</tr>
<tr>
<td>I want to create a positive impact on the world around me</td>
<td>62.40%</td>
<td>89.80%</td>
</tr>
<tr>
<td>I am responsible to leave the world a better place than I found it</td>
<td>57.30%</td>
<td>90.40%</td>
</tr>
</tbody>
</table>

**Example Talking Point**

52% more participants agreed with the statement "I have a vision that I am passionate about" after their NB experience than before.
## Program Performance

<table>
<thead>
<tr>
<th>Program Performance YOUTH Mean Scores</th>
<th># or Respondents</th>
<th>Pre-program experience (information, communication)</th>
<th>Program activities</th>
<th>Safety</th>
<th>Logistics (lodging, food, transportation)</th>
<th>Overall experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning AFAR</td>
<td>62</td>
<td>8.29</td>
<td>9.26</td>
<td>9.74</td>
<td>9.02</td>
<td>9.65</td>
</tr>
<tr>
<td>Children of the Fallen</td>
<td>9</td>
<td>8.44</td>
<td>9.56</td>
<td>9.89</td>
<td>9.78</td>
<td>9.78</td>
</tr>
<tr>
<td>Leading the Way</td>
<td>19</td>
<td>7.89</td>
<td>8.68</td>
<td>9.32</td>
<td>9.47</td>
<td>9.42</td>
</tr>
<tr>
<td>High School Climate Change</td>
<td>34</td>
<td>9.15</td>
<td>9.00</td>
<td>9.71</td>
<td>9.31</td>
<td>9.74</td>
</tr>
<tr>
<td>BGC of Boston</td>
<td>18</td>
<td>8.89</td>
<td>8.74</td>
<td>9.83</td>
<td>9.21</td>
<td>9.42</td>
</tr>
<tr>
<td>Explore Nepal</td>
<td>12</td>
<td>8.83</td>
<td>9.08</td>
<td>9.50</td>
<td>9.17</td>
<td>9.83</td>
</tr>
<tr>
<td>Total</td>
<td>154</td>
<td>8.58</td>
<td>9.05</td>
<td>9.67</td>
<td>9.33</td>
<td>9.64</td>
</tr>
</tbody>
</table>

Program performance data was calculated using a 0-10 score, 10 being high, 0 being low for categories including: preprogram communication, program activities, safety, logistics, and the overall experience.

Leader performance data that was calculated using a 0-10 score, 10 being high, 0 being low for categories including: supporting the needs of participants, helping participants feel safe, organization, leading activities, and getting to know participants/friendliness.

## Leaders Performance Scores

<table>
<thead>
<tr>
<th>Program Performance Mean Scores</th>
<th># or Respondents</th>
<th>Support the needs of participants</th>
<th>Helped participants feel safe and comfortable</th>
<th>Were well-organized</th>
<th>Led engaging activities and was fun</th>
<th>Took time to get to know participants and was friendly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning AFAR</td>
<td>61</td>
<td>9.54</td>
<td>9.67</td>
<td>9.48</td>
<td>9.69</td>
<td>9.77</td>
</tr>
<tr>
<td>Children of the Fallen</td>
<td>9</td>
<td>9.67</td>
<td>9.56</td>
<td>9.33</td>
<td>9.67</td>
<td>9.78</td>
</tr>
<tr>
<td>BGC of Boston</td>
<td>18</td>
<td>9.83</td>
<td>9.72</td>
<td>9.84</td>
<td>9.74</td>
<td>9.83</td>
</tr>
<tr>
<td>Explore Nepal</td>
<td>7</td>
<td>9.57</td>
<td>9.86</td>
<td>9.00</td>
<td>9.71</td>
<td>9.86</td>
</tr>
<tr>
<td>Total</td>
<td>149</td>
<td>9.63</td>
<td>9.68</td>
<td>9.49</td>
<td>9.65</td>
<td>9.70</td>
</tr>
</tbody>
</table>

## Youth Scholarship Education Program: Description of the Sample

Five females completed the evaluation regarding their NB Youth Scholarship experience. Of those who provided demographic information the average age of participants was 16.2 and all identified themselves as white.
**Net Promoter Score**

Using a 0-10 scale participants were asked how likely they would recommend NB Youth programs to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter score (NPS).

<table>
<thead>
<tr>
<th>% Promoters</th>
<th>% Detractors</th>
<th>Net Promoter Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>80</td>
<td>20</td>
<td>60</td>
</tr>
</tbody>
</table>

Promoters - Detractors = NPS

Youth Scholarship participants were asked to explain their response on the net promoter question. Participants listed a variety of reasons why they would recommend a NB program. A full list of responses is provided in the appendix.

**Program Outcomes**

All measures employed a 1- to 5-response scale with higher scores signifying greater achievement. Mean scores were calculated for all measures. Statistically significant growth occurred on all measures.

<table>
<thead>
<tr>
<th>Program Type</th>
<th>#</th>
<th>Vision</th>
<th>Reach</th>
<th>Pioneer</th>
<th>Rope</th>
<th>Alchemy</th>
<th>Summit</th>
<th>Elevate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning AFAR</td>
<td>5</td>
<td>0.53</td>
<td>0.35</td>
<td>0.40</td>
<td>0.53</td>
<td>0.33</td>
<td>0.40</td>
<td>0.50</td>
</tr>
</tbody>
</table>

Due to the small sample size no statistical tests were run on this data.

**The general rule of thumb when interpreting effect size is as follows: small ≥ .10, medium ≥ .30, large ≥ .50 (Cohen, 1988).** Due to the fact that comparative analyses produced large effect sizes we can confidently report participants experienced significant and meaningful growth.

The frequency of responses to each question measuring the NB Life Framework illustrate the percentage of respondents who answered true or very true to each question. The blue shaded column indicates the percentage increase from pre- to post-testing of individuals who responded true or very true to each item. For example, 25% more respondents answered either true or very true to the statement “I know how to take the first step towards reaching my potential” on the post-test version of the question than on the pre-test.

<table>
<thead>
<tr>
<th>Items</th>
<th>% True/Very True</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision: Imagine your potential and define a purpose that inspires.</td>
<td></td>
</tr>
<tr>
<td>I know how to take the first step towards reaching my potential</td>
<td>60.00% 80.00% 25%</td>
</tr>
<tr>
<td>I have a clear vision of who I am</td>
<td>40.00%</td>
</tr>
<tr>
<td>----------------------------------</td>
<td>--------</td>
</tr>
<tr>
<td>I have a vision that I am passionate about</td>
<td>20.00%</td>
</tr>
</tbody>
</table>

**Reach: Move beyond your comfort zone.**

<table>
<thead>
<tr>
<th>I want to grow as a person</th>
<th>100.00%</th>
<th>100.00%</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to reach for my potential</td>
<td>80.00%</td>
<td>100.00%</td>
<td>20%</td>
</tr>
<tr>
<td>It is important to continually reach for my goals</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
<tr>
<td>It is important to get outside my comfort zone</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Pioneer: Explore and innovate to discover new ideas.**

<table>
<thead>
<tr>
<th>I am able to focus on solutions rather than problems</th>
<th>40.00%</th>
<th>80.00%</th>
<th>50%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I know how to creatively solve problems</td>
<td>40.00%</td>
<td>60.00%</td>
<td>33%</td>
</tr>
<tr>
<td>When faced with an obstacle, I find creative ways to overcome it</td>
<td>60.00%</td>
<td>100.00%</td>
<td>40%</td>
</tr>
</tbody>
</table>

**Rope Team: Act with awareness of your interconnection to others.**

<table>
<thead>
<tr>
<th>I see value in working with others</th>
<th>100.00%</th>
<th>100.00%</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel it is important to be connected with people</td>
<td>80.00%</td>
<td>100.00%</td>
<td>20%</td>
</tr>
<tr>
<td>Being part of a team makes me a stronger individual</td>
<td>60.00%</td>
<td>60.00%</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Alchemy: Harness adversity and life experiences into optimism.**

<table>
<thead>
<tr>
<th>I face my challenges with a positive attitude</th>
<th>20.00%</th>
<th>40.00%</th>
<th>50%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I understand what it means to harness adversity</td>
<td>40.00%</td>
<td>60.00%</td>
<td>33%</td>
</tr>
<tr>
<td>What is within me is stronger than what is in my way</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Summits: Learning throughout the journey**

<table>
<thead>
<tr>
<th>It is important to me that I learn from my experiences</th>
<th>100.00%</th>
<th>100.00%</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I reflect on my experiences in order to grow</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
<tr>
<td>I can identify specific things I have learned as a result of my experiences</td>
<td>80.00%</td>
<td>80.00%</td>
<td>0%</td>
</tr>
<tr>
<td>I know how to use the lessons I learn in life</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Elevate: Contribute your best to the world as a leader who serves.**

<table>
<thead>
<tr>
<th>I want to make a difference</th>
<th>80.00%</th>
<th>100.00%</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have a responsibility to contribute to something bigger than myself</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
<tr>
<td>I want to create a positive impact on the world around me</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
<tr>
<td>I am responsible to leave the world a better place than I found it</td>
<td>100.00%</td>
<td>100.00%</td>
<td>0%</td>
</tr>
</tbody>
</table>
**Youth Scholarship Adventure Camp: Description of the Sample**

14 individuals completed the standard evaluation regarding their NB Youth Adventure Scholarship Camp. This was for the one camp funded by Cabinets to Go. Of those who provided demographic information 9 were female. Average age of participants was 15.7 years old with 7 individuals identifying as Hispanic or Latina, 4 as Black or African American, 4 as White, and one as other.

**Net Promoter Score**

Using a 0-10 scale participants were asked how likely they would recommend NB Youth programs to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter score (NPS).

<table>
<thead>
<tr>
<th>% Promoters</th>
<th>% Detractors</th>
<th>Net Promoter Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>87.6</td>
<td>0</td>
<td>87.6</td>
</tr>
</tbody>
</table>

Promoters – Detractors = NPS

Participants were asked to explain their response on the net promoter question. Participants listed a variety of reasons why they would recommend a NB program. A full list of responses is provided in the appendix.

**Program Outcomes**

All measures employed a 1- to 5-response scale with higher scores signifying greater achievement. Mean scores were calculated for all measures. Statistically significant growth occurred on all measures.

**Youth Scholarship Adventure Program Outcomes**

<table>
<thead>
<tr>
<th>Program Type</th>
<th>#</th>
<th>Vision</th>
<th>Reach</th>
<th>Pioneer</th>
<th>Rope</th>
<th>Alchemy</th>
<th>Summits</th>
<th>Elevate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learning AFAR</td>
<td>16</td>
<td>0.44</td>
<td>0.60</td>
<td>0.62</td>
<td>0.73</td>
<td>0.67</td>
<td>0.52</td>
<td>0.67</td>
</tr>
</tbody>
</table>
Pre-post changes for all measures were statistically and practically significant. Statistical significance means < 5% chance exists that the observed difference between pre- and post-scores is due to random chance as is measured by p-values. Practical significance is measured by calculating an effect size which calculates the difference observed between two groups, in this case pre and post test scores, independent of sample size which influences calculations of statistical significance.

The general rule of thumb when interpreting effect size is as follows: small ≥ .10, medium ≥ .30, large ≥ .50 (Cohen, 1988). Due to the fact that comparative analyses produced large effect sizes we can confidently report participants experienced significant and meaningful growth.

The frequency of responses to each question measuring the NB Life Framework are recorded in table 9 illustrating the percentage of respondents who answered true or very true to each question. The blue shaded column indicates the percentage increase from pre- to post-testing of individuals who responded true or very true to each item. For example, 23% more respondents answered either true or very true to the statement “I know how to take the first step towards reaching my potential” on the post-test version of the question than on the pre-test.

<table>
<thead>
<tr>
<th>Youth Scholarship Adventure Individual Item Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Items</td>
</tr>
<tr>
<td>Vision: Imagine your potential and define a purpose that inspires.</td>
</tr>
<tr>
<td>I know how to take the first step towards reaching my potential</td>
</tr>
<tr>
<td>I have a clear vision of who I am</td>
</tr>
<tr>
<td>I have a vision that I am passionate about</td>
</tr>
<tr>
<td>Reach: Move beyond your comfort zone.</td>
</tr>
<tr>
<td>I want to grow as a person</td>
</tr>
<tr>
<td>I want to reach for my potential</td>
</tr>
<tr>
<td>It is important to continually reach for my goals</td>
</tr>
<tr>
<td>It is important to get outside my comfort zone</td>
</tr>
<tr>
<td>Pioneer: Explore and innovate to discover new ideas.</td>
</tr>
<tr>
<td>I am able to focus on solutions rather than problems</td>
</tr>
<tr>
<td>I know how to creatively solve problems</td>
</tr>
<tr>
<td>When faced with an obstacle, I find creative ways to overcome it</td>
</tr>
<tr>
<td>Rope Team: Act with awareness of your interconnection to others.</td>
</tr>
<tr>
<td>I see value in working with others</td>
</tr>
<tr>
<td>I feel it is important to be connected with people</td>
</tr>
<tr>
<td>Being part of a team makes me a stronger individual</td>
</tr>
<tr>
<td>Alchemy: Harness adversity and life experiences into optimism.</td>
</tr>
<tr>
<td>I face my challenges with a positive attitude</td>
</tr>
<tr>
<td>I understand what it means to harness adversity</td>
</tr>
<tr>
<td>What is within me is stronger than what is in my way</td>
</tr>
<tr>
<td>Summits: Learning throughout the journey</td>
</tr>
<tr>
<td>It is important to me that I learn from my experiences</td>
</tr>
<tr>
<td>I reflect on my experiences in order to grow</td>
</tr>
<tr>
<td>Statement</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>I can identify specific things I have learned as a result of my experiences</td>
</tr>
<tr>
<td>I know how to use the lessons I learn in life</td>
</tr>
<tr>
<td><strong>Elevate: Contribute your best to the world as a leader who serves.</strong></td>
</tr>
<tr>
<td>I want to make a difference</td>
</tr>
<tr>
<td>I have a responsibility to contribute to something bigger than myself</td>
</tr>
<tr>
<td>I want to create a positive impact on the world around me</td>
</tr>
<tr>
<td>I am responsible to leave the world a better place than I found it</td>
</tr>
</tbody>
</table>

**Example Talking Point**

18% more participants agreed with the statement "I have a vision that I am passionate about" after their NB experience than before.
**PROGRAM PERFORMANCE**

### Youth Scholarship Adventure Program Performance

<table>
<thead>
<tr>
<th>Program Performance</th>
<th># or Respondents</th>
<th>Pre-program experience (information, communication)</th>
<th>Program activities</th>
<th>Safety</th>
<th>Logistics (lodging, food, transportation)</th>
<th>Overall experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH Mean Scores</td>
<td>16</td>
<td>9.31</td>
<td>9.44</td>
<td>10.00</td>
<td>9.56</td>
<td>9.69</td>
</tr>
</tbody>
</table>

Performance data was calculated using a 0-10 score, 10 being high, 0 being low for categories including: preprogram communication, program activities, safety, logistics, and the overall experience.

### Youth Scholarship Adventure Leaders Performance Scores

<table>
<thead>
<tr>
<th>Leader Performance Mean Scores</th>
<th># or Respondents</th>
<th>Supported the needs of participants</th>
<th>Helped participants feel safe and comfortable</th>
<th>Were well organized</th>
<th>Led engaging activities and was fun</th>
<th>Took time to get to know participants and was friendly</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8</td>
<td>9.75</td>
<td>9.75</td>
<td>9.75</td>
<td>9.75</td>
<td>9.88</td>
</tr>
</tbody>
</table>

Leader performance data that was calculated using a 0-10 score, 10 being high, 0 being low for categories including: supporting the needs of participants, helping participants feel safe, organization, leading activities, and getting to know participants/friendliness.
**FINDINGS: NB WARRIORS**

**DESCRIPTION OF THE SAMPLE**

129 individuals completed the evaluation regarding their NB Warriors programs. Of those who provided demographic information 66% were male. Average age of participants was 43.5 years old (see Table 12). Participants reported their community of origin as: 37% from urban areas, 32% suburban, 8% rural fringe, and 23% from rural distant. Table 13 provides a breakdown of participants by program.

<table>
<thead>
<tr>
<th>Age</th>
<th>Female</th>
<th>Male</th>
<th>Other or Prefer not to Answer</th>
<th>Hispanic or Latino</th>
<th>Black or African American</th>
<th>White</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>43.5</td>
<td>42 (32.6%)</td>
<td>85 (65.9%)</td>
<td>1 (.8%)</td>
<td>17 (14.8%)</td>
<td>6 (5.2%)</td>
<td>81 (70.4%)</td>
<td>5 (4.3%)</td>
</tr>
</tbody>
</table>

15 respondents did not complete or skipped some of the demographic questions.

**Table 13. Warriors Participants by Program**

<table>
<thead>
<tr>
<th>Participants by Program</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>February 15-16: Ouray Ice Climbing VetAdvance</td>
<td>6</td>
</tr>
<tr>
<td>February 22-26: Zion National Park Alumni Expedition</td>
<td>1</td>
</tr>
<tr>
<td>June 21-25: No Barriers Basecamp Adventure</td>
<td>2</td>
</tr>
<tr>
<td>June 28 - July 2: No Barriers Basecamp Adventure</td>
<td>0</td>
</tr>
<tr>
<td>July 5-9: No Barriers Basecamp Adventure (CoBank)</td>
<td>9</td>
</tr>
<tr>
<td>July 12-16: No Barriers Basecamp Adventure</td>
<td>4</td>
</tr>
<tr>
<td>July 19-23: No Barriers Basecamp Adventure (CoBank)</td>
<td>1</td>
</tr>
<tr>
<td>July 27 - August 2: Survivor Expedition</td>
<td>3</td>
</tr>
<tr>
<td>August 17-21: 5-Day Backcountry Expedition (CoBank)</td>
<td>1</td>
</tr>
<tr>
<td>August 24-30: Wyoming 7-Day Backcountry Expedition (Prudential)</td>
<td>3</td>
</tr>
<tr>
<td>September 5-13: Mount Whitney 9-Day Backcountry Expedition (Wells Fargo)</td>
<td>1</td>
</tr>
<tr>
<td>September 21-28: Colorado 8-Day Backcountry Expedition (Rise Broadband)</td>
<td>4</td>
</tr>
<tr>
<td>October 19-27: Grand Canyon Rafting Expedition (Raytheon)</td>
<td>8</td>
</tr>
</tbody>
</table>

6 respondents didn't answer this question
NET PROMOTER SCORE

Using a 0-10 scale participants were asked how likely they would recommend NB Warrior program to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter scores (NPS).

This year’s Warrior Program NPS was 96.1 with no detractors. In comparison, previous scores were 76.9 (2015), 97.2 (2016), and 88.8 (2017).

<table>
<thead>
<tr>
<th>% Promoters</th>
<th>% Detractors</th>
<th>Net Promoter Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>96.1</td>
<td>0.0</td>
<td>96.1</td>
</tr>
</tbody>
</table>

Promoters - Detractors = NPS

PROGRAM OUTCOMES

All measures employed a 1- to 5-response scale with higher scores signifying greater achievement. Mean scores were calculated for all measures. Growth was statistically significant for all measures.

<table>
<thead>
<tr>
<th>Measure</th>
<th>Mean Pre</th>
<th>Change</th>
<th>Mean 2015</th>
<th>Mean 2016</th>
<th>Mean 2017</th>
<th>Mean 2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision</td>
<td>3.09</td>
<td>1.12</td>
<td>0.80</td>
<td>0.81</td>
<td>0.81</td>
<td><strong>0.78</strong></td>
</tr>
<tr>
<td>Post</td>
<td>4.22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reach</td>
<td>3.52</td>
<td>1.18</td>
<td>0.78</td>
<td>0.74</td>
<td>0.77</td>
<td><strong>0.76</strong></td>
</tr>
<tr>
<td>Pre</td>
<td>4.70</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post</td>
<td>4.70</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pioneer</td>
<td>3.26</td>
<td>0.92</td>
<td>0.73</td>
<td>0.70</td>
<td>0.72</td>
<td><strong>0.70</strong></td>
</tr>
<tr>
<td>Pre</td>
<td>4.18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post</td>
<td>4.18</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rope Team</td>
<td>3.37</td>
<td>1.23</td>
<td>0.75</td>
<td>0.73</td>
<td>0.75</td>
<td><strong>0.72</strong></td>
</tr>
<tr>
<td>Pre</td>
<td>3.37</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post</td>
<td>4.60</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alchemy</td>
<td>3.09</td>
<td>1.26</td>
<td>0.79</td>
<td>0.76</td>
<td>0.78</td>
<td><strong>0.76</strong></td>
</tr>
<tr>
<td>Pre</td>
<td>3.09</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post</td>
<td>4.34</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summits</td>
<td>3.48</td>
<td>1.01</td>
<td>---</td>
<td>0.67</td>
<td>---</td>
<td><strong>0.73</strong></td>
</tr>
<tr>
<td>Pre</td>
<td>3.48</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post</td>
<td>4.49</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elevate</td>
<td>3.67</td>
<td>1.00</td>
<td>0.76</td>
<td>0.68</td>
<td>0.72</td>
<td><strong>0.69</strong></td>
</tr>
<tr>
<td>Pre</td>
<td>3.67</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Post</td>
<td>4.67</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All changes significant at the .001 level

Pre-post changes for all measures were statistically and practically significant. Statistical significance means < 5% chance exists that the observed difference between pre- and post-scores is due to random chance as is measured by p-values. Practical significance is measured by
calculating an effect size which calculates the difference observed between two groups, in this case pre and post test scores, independent of sample size which influences calculations of statistical significance. The general rule of thumb when interpreting effect size is as follows: small $\geq .10$, medium $\geq .30$, large $\geq .50$ (Cohen, 1988). Due to the fact that comparative analyses produced large effect sizes we can confidently report participants experienced significant and meaningful growth.

**Figure 3. Warriors Program Outcomes**
The frequency of responses to each question measuring the NB Life Framework are recorded in table 16 illustrating the percentage of respondents who answered true or very true to each question. The red shaded column indicates the percentage increase from pre- to post-testing of individuals who responded true or very true to each item. For example, 59% more respondents answered either true or very true to the statement “I know how to take the first step towards reaching my potential” on the post-test version of the question than on the pre-test.

<table>
<thead>
<tr>
<th>Items</th>
<th>% True/Very True</th>
<th>Pre</th>
<th>Post</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision: Imagine your potential and define a purpose that inspires.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I know how to take the first step towards reaching my potential</td>
<td></td>
<td>34.</td>
<td>84.5</td>
<td>59%</td>
</tr>
<tr>
<td>I have a clear vision of who I am</td>
<td></td>
<td>34.</td>
<td>76</td>
<td>55%</td>
</tr>
<tr>
<td>I have a vision that I am passionate about</td>
<td></td>
<td>33.</td>
<td>87.6</td>
<td>62%</td>
</tr>
<tr>
<td>Reach: Move beyond your comfort zone</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to grow as a person</td>
<td></td>
<td>53.</td>
<td>96.9</td>
<td>45%</td>
</tr>
<tr>
<td>I want to reach for my potential</td>
<td></td>
<td>38.</td>
<td>94.6</td>
<td>59%</td>
</tr>
<tr>
<td>It is important to continually reach for my goals</td>
<td></td>
<td>54.</td>
<td>95.3</td>
<td>43%</td>
</tr>
<tr>
<td>It is important to get outside my comfort zone</td>
<td></td>
<td>50.</td>
<td>96.1</td>
<td>48%</td>
</tr>
<tr>
<td>Pioneer: Explore and innovate to discover new ideas.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am able to focus on solutions rather than problems</td>
<td></td>
<td>31</td>
<td>83.6</td>
<td>63%</td>
</tr>
<tr>
<td>I know how to creatively solve problems</td>
<td></td>
<td>43.</td>
<td>82.2</td>
<td>47%</td>
</tr>
<tr>
<td>When faced with an obstacle, I find creative ways to overcome it</td>
<td></td>
<td>42.</td>
<td>84.5</td>
<td>50%</td>
</tr>
<tr>
<td>Rope Team: Act with awareness of your interconnection to others.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I see value in working with others</td>
<td></td>
<td>38.</td>
<td>93</td>
<td>58%</td>
</tr>
<tr>
<td>I feel it is important to be connected with people</td>
<td></td>
<td>47.</td>
<td>93.8</td>
<td>50%</td>
</tr>
<tr>
<td>Being part of a team makes me a stronger individual</td>
<td></td>
<td>48.</td>
<td>89.1</td>
<td>46%</td>
</tr>
<tr>
<td>Alchemy: Harness adversity and life experiences into optimism.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I face my challenges with a positive attitude</td>
<td></td>
<td>34.</td>
<td>86</td>
<td>59%</td>
</tr>
<tr>
<td>I understand what it means to harness adversity</td>
<td></td>
<td>32.</td>
<td>86</td>
<td>62%</td>
</tr>
<tr>
<td>What is within me is stronger than what is in my way</td>
<td></td>
<td>36.</td>
<td>93</td>
<td>61%</td>
</tr>
<tr>
<td>Summits: Learning throughout the journey</td>
<td>60.5</td>
<td>97.7</td>
<td>38%</td>
<td></td>
</tr>
<tr>
<td>-----------------------------------------</td>
<td>------</td>
<td>------</td>
<td>-----</td>
<td></td>
</tr>
<tr>
<td>It is important to me that I learn from my experiences</td>
<td>43.4</td>
<td>88.4</td>
<td>51%</td>
<td></td>
</tr>
<tr>
<td>I reflect on my experiences in order to grow</td>
<td>40.6</td>
<td>89.1</td>
<td>54%</td>
<td></td>
</tr>
<tr>
<td>I can identify specific things I have learned as a result of my experiences</td>
<td>46.5</td>
<td>82.9</td>
<td>44%</td>
<td></td>
</tr>
<tr>
<td>I know how to use the lessons I learn in life</td>
<td>46.5</td>
<td>82.9</td>
<td>44%</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Elevate: Contribute your best to the world as a leader who serves.</th>
<th>57.4</th>
<th>93.8</th>
<th>39%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to make a difference</td>
<td>55</td>
<td>95.3</td>
<td>42%</td>
</tr>
<tr>
<td>I have a responsibility to contribute to something bigger than myself</td>
<td>51.9</td>
<td>92.2</td>
<td>44%</td>
</tr>
<tr>
<td>I want to create a positive impact on the world around me</td>
<td>57.4</td>
<td>93</td>
<td>38%</td>
</tr>
<tr>
<td>I am responsible to leave the world a better place than I found it</td>
<td>57.4</td>
<td>93</td>
<td>38%</td>
</tr>
</tbody>
</table>

**Example Talking Point**

62% more participants agreed with the statement "I have a vision that I am passionate about" after their NB experience than before.

On average, across all the items, 51% more participants answered true or very true to the questions after their NB experience than before.
The following data represents average scores for performance items on 1-10 scale.

<table>
<thead>
<tr>
<th>Table 17. Warriors Program Performance</th>
<th>Pre-expedition experience</th>
<th>Expedition</th>
<th>Safety</th>
<th>Logistic Performance (Lodging, Food, Transportation)</th>
<th>Physical challenge</th>
<th>Overall experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 15-16: Ouray Ice Climbing VetAdvance</td>
<td>9.3</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td>9.83</td>
</tr>
<tr>
<td>February 22-26: Zion National Park Alumni Expedition</td>
<td>7.1</td>
<td>9.09</td>
<td>9.18</td>
<td>8.27</td>
<td>9.18</td>
<td>9.27</td>
</tr>
<tr>
<td>June 21-25: No Barriers Basecamp Adventure</td>
<td>8.8</td>
<td>9.71</td>
<td>9.43</td>
<td>9.43</td>
<td>9.57</td>
<td>9.71</td>
</tr>
<tr>
<td>June 28 - July 2: No Barriers Basecamp Adventure</td>
<td>8.2</td>
<td>9.67</td>
<td>9.89</td>
<td>9.78</td>
<td>9.00</td>
<td>9.78</td>
</tr>
<tr>
<td>July 5-9: No Barriers Basecamp Adventure (CoBank)</td>
<td>8.6</td>
<td>9.89</td>
<td>9.78</td>
<td>9.78</td>
<td>9.56</td>
<td>9.78</td>
</tr>
<tr>
<td>July 12-16: No Barriers Basecamp Adventure</td>
<td>8.7</td>
<td>9.50</td>
<td>9.25</td>
<td>9.75</td>
<td>9.25</td>
<td>9.50</td>
</tr>
<tr>
<td>July 19-23: No Barriers Basecamp Adventure (CoBank)</td>
<td>8.8</td>
<td>10.0</td>
<td>10.0</td>
<td>8.17</td>
<td>9.75</td>
<td>9.83</td>
</tr>
<tr>
<td>July 27 - August 2: Survivor Expedition</td>
<td>8.8</td>
<td>10.0</td>
<td>10.0</td>
<td>8.17</td>
<td>9.75</td>
<td>9.83</td>
</tr>
<tr>
<td>August 17-21: 5-Day Backcountry Expedition (CoBank)</td>
<td>8.3</td>
<td>9.45</td>
<td>9.36</td>
<td>9.45</td>
<td>8.82</td>
<td>9.45</td>
</tr>
<tr>
<td>September 21-28: Colorado 8-Day Backcountry Expedition (Rise Broadband)</td>
<td>9.5</td>
<td>10.0</td>
<td>9.57</td>
<td>10.0</td>
<td>9.71</td>
<td>9.86</td>
</tr>
<tr>
<td>October 19-27: Grand Canyon Rafting Expedition (Raytheon)</td>
<td>7.5</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>8.5</td>
<td>9.74</td>
<td>9.69</td>
<td>9.37</td>
<td>9.47</td>
<td>9.73</td>
</tr>
<tr>
<td>Program Performance Mean Scores</td>
<td>Knowledgeable about participants’ needs</td>
<td>Helped participants feel safe and comfortable</td>
<td>Professionalism</td>
<td>Built strong relationships with participants</td>
<td>Was well-organized</td>
<td></td>
</tr>
<tr>
<td>---------------------------------</td>
<td>-----------------------------------------</td>
<td>---------------------------------</td>
<td>----------------</td>
<td>---------------------------------</td>
<td>-----------------</td>
<td></td>
</tr>
<tr>
<td>February 15-16: Ouray Ice Climbing VetAdvance</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td>9.83</td>
<td>10.0</td>
<td></td>
</tr>
<tr>
<td>February 22-26: Zion National Park Alumni Expedition</td>
<td>8.40</td>
<td>8.70</td>
<td>9.00</td>
<td>8.60</td>
<td>7.82</td>
<td></td>
</tr>
<tr>
<td>June 28 - July 2: No Barriers Basecamp Adventure</td>
<td>9.56</td>
<td>9.89</td>
<td>9.78</td>
<td>9.89</td>
<td>9.78</td>
<td></td>
</tr>
<tr>
<td>July 5-9: No Barriers Basecamp Adventure (CoBank)</td>
<td>9.89</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td></td>
</tr>
<tr>
<td>July 12-16: No Barriers Basecamp Adventure</td>
<td>9.75</td>
<td>9.75</td>
<td>9.75</td>
<td>9.75</td>
<td>9.50</td>
<td></td>
</tr>
<tr>
<td>October 19-27: Grand Canyon Rafting Expedition (Raytheon)</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td>10.0</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>9.55</strong></td>
<td><strong>9.73</strong></td>
<td><strong>9.78</strong></td>
<td><strong>9.71</strong></td>
<td><strong>9.55</strong></td>
<td></td>
</tr>
</tbody>
</table>
FINDINGS: NB SUMMIT

DESCRIPTION OF THE SAMPLE

226 individuals completed the online evaluation regarding their experience at the 2018 Summit in New York City. Of those who provided demographic information 62% (141) were female and the average age of participants was 42. The race/ethnicity breakdown was as follows: Hispanic or Latino 13.3% (30), Black or African American 11.1% (25), White 67.1% (151), and other 8.4% (19). Participants reported their community of origin as: 32% from urban areas, 42% suburban, 12% rural fringe, and 14% from rural distant.

NET PROMOTER SCORE

The NYC Summit NPS was 78.7, which is a 5% decrease from last year’s NPS of 82.7. It is interesting to note that this year’s NPS is made up of both fewer promoters and detractors, indicating a slightly higher number of passives (see next paragraph for explanation of NPS scoring). The open ended responses regarding NPS included at the end of this report are subdivided this year according to detractors, passives, and supporters to allow for further analysis.

Scoring NPS: Using a 0-10 scale participants were asked how likely they would recommend the summit to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter score (NPS).

Participants were also asked to explain the reason for the ranking they provided. These open-ended responses are included in an appendix at the end of this report along with responses to various other open ended questions.

<table>
<thead>
<tr>
<th>% Promoters</th>
<th>% Detractors</th>
<th>Net Promoter Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>83.6</td>
<td>4.9</td>
<td>78.7</td>
</tr>
</tbody>
</table>

Promoters – Detractors = NPS

PERFORMANCE SCORES
NB performance was rated in the following logistical areas on a 1-10 scale. None of the performance scores should be considered problematic. The “Questival” and “Information provided before the summit” were the two lowest scores. For the first time, “Quality of food” was rated equally high as other areas.

<table>
<thead>
<tr>
<th>Logistical Elements</th>
<th>Performance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration process before the summit</td>
<td>8.71</td>
</tr>
<tr>
<td>Information provided before the summit</td>
<td>8.12</td>
</tr>
<tr>
<td>Check in process at the summit</td>
<td>9.13</td>
</tr>
<tr>
<td>Information provided at the summit</td>
<td>8.27</td>
</tr>
<tr>
<td>Destination (NYC)</td>
<td>8.93</td>
</tr>
<tr>
<td>Summit Location (Intrepid)</td>
<td>9.42</td>
</tr>
<tr>
<td>Opening Ceremony</td>
<td>9.38</td>
</tr>
<tr>
<td>Elective Activity Sessions</td>
<td>9.03</td>
</tr>
<tr>
<td>Questival</td>
<td>7.55</td>
</tr>
<tr>
<td>No Barriers LIVE</td>
<td>9.18</td>
</tr>
<tr>
<td>Accessibility</td>
<td>8.86</td>
</tr>
<tr>
<td>Lodging</td>
<td>8.99</td>
</tr>
<tr>
<td>Quality of Food</td>
<td>9.09</td>
</tr>
</tbody>
</table>
PROGRAM OUTCOMES

All measures used a 1- to 5-response scale with higher scores signifying greater achievement. Mean scores were calculated for all measures. Statistically significant achievement occurred on all measures.

Table 21. Summit Outcomes

<table>
<thead>
<tr>
<th>Measure</th>
<th>Mean</th>
<th>Change</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision</td>
<td>Pre</td>
<td>3.55</td>
<td>0.53</td>
<td>0.84</td>
<td>0.58</td>
<td>0.57</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>4.08</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reach</td>
<td>Pre</td>
<td>3.97</td>
<td>0.64</td>
<td>0.73</td>
<td>0.61</td>
<td>0.57</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>4.61</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pioneer</td>
<td>Pre</td>
<td>3.63</td>
<td>0.52</td>
<td>0.86</td>
<td>0.56</td>
<td>0.50</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>4.14</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rope Team</td>
<td>Pre</td>
<td>4.01</td>
<td>0.55</td>
<td>0.80</td>
<td>0.55</td>
<td>0.50</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>4.56</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alchemy</td>
<td>Pre</td>
<td>3.55</td>
<td>0.70</td>
<td>0.82</td>
<td>0.60</td>
<td>0.55</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>4.25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summits</td>
<td>Pre</td>
<td>3.91</td>
<td>0.56</td>
<td>---</td>
<td>0.56</td>
<td>0.46</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>4.47</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Elevate</td>
<td>Pre</td>
<td>4.14</td>
<td>0.54</td>
<td>0.80</td>
<td>0.57</td>
<td>0.50</td>
</tr>
<tr>
<td></td>
<td>Post</td>
<td>4.67</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All changes significant at the .001 level

Effect size calculations observe the differences between groups independent of sample size thus standardizing the comparison. The general rule of thumb when interpreting effect size is as follows: small ≥ .10, medium ≥ .30, large ≥ .50 (Cohen, 1988). While effect sizes appear to have decreased each year, the relative magnitude of 2017 effect sizes are high indicating participants experienced significant and meaningful growth due to their participation.

Pre-post changes for all measures were statistically and practically significant. Statistical significance means < 5% chance exists that the observed difference between pre- and post-scores is due to random chance as is measured by p-values. Practical significance is measured by calculating an effect size which calculates the difference observed between two groups, in this case pre and post test scores, independent of sample size which influences calculations of statistical significance.

The general rule of thumb when interpreting effect size is as follows: small ≥ .10, medium ≥ .30, large ≥ .50 (Cohen, 1988). Due to the fact that comparative analyses produced large effect sizes we can confidently report participants experienced significant and meaningful growth.
The frequency of responses to each question measuring the NB Life Framework are recorded in Table 22 illustrating the percentage of respondents who answered true or very true to each question. The red shaded column indicates the percentage increase from pre- to post-testing of individuals who responded true or very true to each item. For example, 41% more respondents answered either true or very true to the statement “I know how to take the first step towards reaching my potential” on the post-test version of the question than on the pre-test.

**Table 22. Summit NB Element Frequencies**

<table>
<thead>
<tr>
<th>Items</th>
<th>% True/Very True</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vision: Imagine your potential and define a purpose that inspires.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I know how to take the first step towards reaching my potential</td>
<td>47.9</td>
<td>81.3</td>
</tr>
<tr>
<td>I have a clear vision of who I am</td>
<td>49.7</td>
<td>76.5</td>
</tr>
<tr>
<td>I have a vision that I am passionate about</td>
<td>40.9</td>
<td>77.1</td>
</tr>
<tr>
<td><strong>Reach: Move beyond your comfort zone.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I want to grow as a person</td>
<td>73.1</td>
<td>95.8</td>
</tr>
<tr>
<td>I want to reach for my potential</td>
<td>55.4</td>
<td>92.8</td>
</tr>
<tr>
<td>It is important to continually reach for my goals</td>
<td>74.9</td>
<td>97.0</td>
</tr>
<tr>
<td>It is important to get outside my comfort zone</td>
<td>72.</td>
<td>2</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>-----</td>
<td>---</td>
</tr>
</tbody>
</table>

**Pioneer: Explore and innovate to discover new ideas.**

| I am able to focus on solutions rather than problems | 40. | 3 | 79.4 | 49% |
| I know how to creatively solve problems | 54. | 3 | 81.2 | 33% |
| When faced with an obstacle, I find creative ways to overcome it | 52. | 1 | 80.6 | 35% |

**Rope Team: Act with awareness of your interconnection to others.**

| I see value in working with others | 63. | 6 | 93.3 | 32% |
| I feel it is important to be connected with people | 65. | 8 | 92.3 | 29% |
| Being part of a team makes me a stronger individual | 61. | 7 | 89.6 | 31% |

**Alchemy: Harness adversity and life experiences into optimism.**

| I face my challenges with a positive attitude | 45. | 1 | 78.3 | 42% |
| I understand what it means to harness adversity | 42. | 7 | 78.5 | 46% |
| What is within me is stronger than what is in my way | 48. | 9 | 89.3 | 45% |

**Summits: Learning throughout the journey**

| It is important to me that I learn from my experiences | 77. | 7 | 97.7 | 20% |
| I reflect on my experiences in order to grow | 60. | 1 | 88.0 | 32% |
| I can identify specific things I have learned as a result of my experiences | 56. | 0 | 89.1 | 37% |
| I know how to use the lessons I learn in life | 57. | 7 | 87.1 | 34% |

**Elevate: Contribute your best to the world as a leader who serves.**

| I want to make a difference | 75. | 9 | 96.6 | 21% |
| I have a responsibility to contribute to something bigger than myself | 77. | 4 | 97.0 | 20% |
| I want to create a positive impact on the world around me | 65. | 0 | 92.8 | 30% |
| I am responsible to leave the world a better place than I found it | 69. | 5 | 93.9 | 26% |
47% more participants agreed with the statement "I have a vision that I am passionate about" after their NB experience than before.
FINDINGS: MID-TERM REPORT

DESCRIPTION OF THE SAMPLE

86 individuals completed the online Mid-Term evaluation intended to ascertain intermediate behavior change beyond proximal attitude, knowledge and skill. Of those who provided demographic information 44% were female and the average age of respondents was 38 years old. Only 25 respondents answered the race/ethnicity questions. Of those, 68% were White and the identified with various other categories.

5 individuals reported participating in the NB Summit, 53 in NB Warriors, 21 in NB Youth, and 7 in NB Women. The majority of respondents indicated that they took the NB pledge (92%) and further, that they have taken action to fulfill their pledge (84%).

NET PROMOTER SCORE

Using a 0-10 scale participants were asked how likely they would recommend the summit to a friend or colleague. Those who score 9-10 are considered promoters, those who score 7-8 are passive, and those scoring 6 or below are considered detractors. Subtracting detractors from promoters yields a net promoter score (NPS). Participants were also asked to explain the reason for the ranking they provided. These open-ended responses are included in an appendix at the end of this report along with responses to other open ended questions.

<table>
<thead>
<tr>
<th>% Promoters</th>
<th>% Detractors</th>
<th>Net Promoter Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>82.5</td>
<td>2.3</td>
<td>80.2</td>
</tr>
</tbody>
</table>

Promoters - Detractors = NPS, n=86

PROGRAM OUTCOMES

All measures used a 1- to 5-response scale with higher scores signifying greater achievement. Mean scores were calculated for all measures. Statistically significant achievement occurred on all measures.

<table>
<thead>
<tr>
<th>Measure</th>
<th>2018 Means</th>
<th>2017 Means</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision</td>
<td>4.08</td>
<td>3.93</td>
</tr>
<tr>
<td>Reach</td>
<td>4.12</td>
<td>3.99</td>
</tr>
<tr>
<td>Pioneer</td>
<td>3.86</td>
<td>3.83</td>
</tr>
<tr>
<td>Rope Team</td>
<td>3.96</td>
<td>3.77</td>
</tr>
<tr>
<td>Alchemy</td>
<td>3.96</td>
<td>3.83</td>
</tr>
<tr>
<td>Summits</td>
<td>3.94</td>
<td>3.99</td>
</tr>
</tbody>
</table>
Respondents were also asked if their NB’s experience “has affected your life?” 1% indicated that it had “not at all,” 28% said “a little bit,” and 71% said “a lot.”

Respondents were also asked how they stay in touch with NB. The following table indicates the most common approaches used.

<table>
<thead>
<tr>
<th>Ways Participants Stay Connected with NB</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Barriers Facebook Page</td>
<td>50%</td>
<td>54%</td>
</tr>
<tr>
<td>No Barriers Instagram Feed</td>
<td>14%</td>
<td>13%</td>
</tr>
<tr>
<td>No Barriers Twitter Feed</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>No Barriers Emails</td>
<td>66%</td>
<td>68%</td>
</tr>
<tr>
<td>No Barriers Website</td>
<td>38%</td>
<td>48%</td>
</tr>
<tr>
<td>No Barriers LinkedIn</td>
<td>0%</td>
<td>3%</td>
</tr>
<tr>
<td>Attending additional No Barriers Events</td>
<td>14%</td>
<td>22%</td>
</tr>
<tr>
<td>Staying in touch with fellow participants</td>
<td>71%</td>
<td>54%</td>
</tr>
<tr>
<td>Staying in touch with No Barriers staff</td>
<td>30%</td>
<td>38%</td>
</tr>
</tbody>
</table>
Frequency of responses to each question measuring the NB Life Framework were also recorded. The table displays the percentage of respondents who answered true or very true to each question.

**Table 26. Frequencies for Mid-term scores**

<table>
<thead>
<tr>
<th>2016-17 Mid-Term NB Elements Items</th>
<th>2018</th>
<th>2016-17</th>
<th>2015</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vision: Imagine your potential and define a purpose that inspires</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can envision what I need to do to make a positive change in my life</td>
<td>87.20%</td>
<td>77.40%</td>
<td>89.60%</td>
</tr>
<tr>
<td>I do more of what I am passionate about.</td>
<td>81.40%</td>
<td>69.00%</td>
<td>83.30%</td>
</tr>
<tr>
<td>I feel more passionate about what the future holds.</td>
<td>79.10%</td>
<td>72.10%</td>
<td>83.00%</td>
</tr>
<tr>
<td>I make decisions that are more aligned to what I care about.</td>
<td>80.20%</td>
<td>73.90%</td>
<td>89.60%</td>
</tr>
<tr>
<td>I know what I'm interested in and I am doing things to pursue those interests.</td>
<td>75.60%</td>
<td>69.90%</td>
<td>91.70%</td>
</tr>
<tr>
<td>I am spending more time on things that will help me achieve my goals</td>
<td>68.60%</td>
<td>68.60%</td>
<td>81.30%</td>
</tr>
<tr>
<td><strong>Reach: Move beyond your comfort zone</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I have more confidence to try despite my fears.</td>
<td>79.10%</td>
<td>70.40%</td>
<td>79.20%</td>
</tr>
<tr>
<td>I have learned to take risks in order to move out of my comfort zone.</td>
<td>77.90%</td>
<td>69.00%</td>
<td>87.50%</td>
</tr>
<tr>
<td>I am willing to try new things even if I might fail.</td>
<td>81.40%</td>
<td>77.40%</td>
<td>83.30%</td>
</tr>
<tr>
<td>I seek opportunities to help me expand my potential.</td>
<td>80.20%</td>
<td>75.70%</td>
<td>91.50%</td>
</tr>
<tr>
<td>I have tried something new that I'm not totally comfortable doing</td>
<td>76.70%</td>
<td>69.50%</td>
<td>83.30%</td>
</tr>
<tr>
<td><strong>Pioneer: Explore and innovate to discover new ideas</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Even when I fail at something I keep trying</td>
<td>77.90%</td>
<td>74.30%</td>
<td>83.30%</td>
</tr>
<tr>
<td>I tend to focus on solutions rather than problems.</td>
<td>67.40%</td>
<td>66.80%</td>
<td>79.20%</td>
</tr>
<tr>
<td>I don’t let problems overwhelm me</td>
<td>43.00%</td>
<td>50.00%</td>
<td>68.10%</td>
</tr>
<tr>
<td>I solve problems with innovative solutions.</td>
<td>60.50%</td>
<td>61.50%</td>
<td>81.30%</td>
</tr>
<tr>
<td>When I have a challenge in front of me, I feel ready to try to solve it.</td>
<td>69.80%</td>
<td>66.40%</td>
<td>77.10%</td>
</tr>
<tr>
<td>I try creative solutions until something works</td>
<td>70.90%</td>
<td>69.90%</td>
<td>83.30%</td>
</tr>
<tr>
<td>I am confident in my ability to creatively solve a problem.</td>
<td>69.80%</td>
<td>69.00%</td>
<td>87.20%</td>
</tr>
<tr>
<td><strong>Rope Team: Act with awareness of your interconnection to others</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I ask for support when I need it</td>
<td>60.50%</td>
<td>51.80%</td>
<td>60.90%</td>
</tr>
<tr>
<td>I have increased appreciation of the importance of teamwork</td>
<td>84.90%</td>
<td>77.00%</td>
<td>80.40%</td>
</tr>
<tr>
<td>I involve others in helping me reach my goals</td>
<td>66.30%</td>
<td>63.70%</td>
<td>64.40%</td>
</tr>
<tr>
<td>I know what kinds of support I need to be successful.</td>
<td>68.60%</td>
<td>58.80%</td>
<td>71.10%</td>
</tr>
<tr>
<td>I have a deeper understanding of global interdependence.</td>
<td>66.30%</td>
<td>61.90%</td>
<td>75.60%</td>
</tr>
<tr>
<td>I have strengthened my relationships with others</td>
<td>79.10%</td>
<td>69.00%</td>
<td>78.30%</td>
</tr>
<tr>
<td><strong>Alchemy: Harness adversity and life experiences into optimism</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I don’t let the little things get me down</td>
<td>57.00%</td>
<td>50.90%</td>
<td>61.70%</td>
</tr>
<tr>
<td>I know that if something feels bad in the moment, it will eventually feel better.</td>
<td>70.90%</td>
<td>69.00%</td>
<td>80.90%</td>
</tr>
<tr>
<td>I face challenges optimistically</td>
<td>80.20%</td>
<td>65.00%</td>
<td>82.60%</td>
</tr>
<tr>
<td>I feel more positive about the challenges in my life.</td>
<td>73.30%</td>
<td>69.00%</td>
<td>80.90%</td>
</tr>
<tr>
<td>I am able to face challenges knowing that with grit and perseverance I can succeed</td>
<td>81.40%</td>
<td>72.60%</td>
<td>87.20%</td>
</tr>
<tr>
<td>I remind myself regularly that what’s within me is stronger than what’s in my way</td>
<td>79.10%</td>
<td>76.10%</td>
<td>85.10%</td>
</tr>
<tr>
<td>I am better at turning challenges into opportunities</td>
<td>74.40%</td>
<td>65.90%</td>
<td>83.00%</td>
</tr>
<tr>
<td>---------------------------------------------------</td>
<td>---------</td>
<td>---------</td>
<td>---------</td>
</tr>
<tr>
<td><strong>Summits: Learning throughout the journey</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I enter into experiences with the intention of learning from them</td>
<td>83.70%</td>
<td>82.20%</td>
<td>---</td>
</tr>
<tr>
<td>I take the time to reflect on my experiences</td>
<td>65.10%</td>
<td>75.10%</td>
<td>---</td>
</tr>
<tr>
<td>After I have an experience, I identify what I learned from it</td>
<td>61.60%</td>
<td>64.00%</td>
<td>---</td>
</tr>
<tr>
<td>When I learn from an experience, I usually apply that learning to future situations</td>
<td>74.40%</td>
<td>74.70%</td>
<td>---</td>
</tr>
<tr>
<td><strong>Elevate: Contribute your best to the world as a leader who serves</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I see my actions having a positive impact on those around me.</td>
<td>75.60%</td>
<td>73.00%</td>
<td>85.10%</td>
</tr>
<tr>
<td>I am confident in what I am able to do for others</td>
<td>76.70%</td>
<td>75.20%</td>
<td>89.40%</td>
</tr>
<tr>
<td>I am confident in what I am able to do for the world</td>
<td>52.30%</td>
<td>58.80%</td>
<td>74.50%</td>
</tr>
<tr>
<td>I realize that helping others is just as important as helping myself</td>
<td>91.90%</td>
<td>84.10%</td>
<td>85.10%</td>
</tr>
<tr>
<td>I have taken action to contribute to something bigger than just me.</td>
<td>80.20%</td>
<td>78.80%</td>
<td>87.20%</td>
</tr>
<tr>
<td>I have helped someone else succeed</td>
<td>86.00%</td>
<td>80.50%</td>
<td>85.10%</td>
</tr>
<tr>
<td>My leadership is more about serving others and less about being in charge.</td>
<td>83.70%</td>
<td>82.70%</td>
<td>95.70%</td>
</tr>
<tr>
<td>I have done something positive for my community</td>
<td>79.10%</td>
<td>70.80%</td>
<td>84.80%</td>
</tr>
</tbody>
</table>
CONCLUSION

It is our hope that the data provided here will facilitate crucial discussions in the ongoing development of services and the accomplishment of NB’s mission. The data clearly indicate that participants are not only satisfied, but many are experiencing life changing events.

Through the evaluation survey it is apparent that participants are experiencing changes in their attitudes, knowledge and skill surrounding the NB Life Framework. The ongoing mid-term evaluation also indicates that participants have also made behavioral changes related to the NB Life Framework.

REFERENCES

APPENDIX A: YOUTH OPEN ENDED RESPONSES

- NPS: What is the most important reason for the score you gave? (YOUTH)

They have a fun way of teaching how easy it is to help
Truly an opportunity for personal growth.

Because I met new people and it was really fun.
Some activities were a little excessive/longer covering already covered sentiments/developments.

I really enjoyed it but some of my friends are not the biggest fans of nature.
I mean they might not like sleeping under tarps but the rest they might like.
I felt very respected. I felt that my safety mattered. I had a lot of fun.

I felt well taken care of and had a lot of fun

It was fun and educational but it was a once in a lifetime experience.

I learned so much with helping others and listening to the guides. I also loved the trip and guides in general
Other kids could know about this and it would be good for them.

It is good to try new things even if you might not like it.

I would just many people would not because of money.

It is very fun and impactful but expensive.

This program has helped me grow as a person and as a leader. It helped me realize my strengths and weaknesses in life.

There was only one other girl on the trip and I did not know her that well.
I think it depends which friend, also I think that for some people this would have been way too stressful.
I would definitely recommend this program since it teaches us so much the only thing holding me back from a 10 is the price.
Because it was really fun but I might forget.

You learn more about yourself.

They may not have the chance to.
I learned so much that has an impact on me and how I act in the world.
It was such an amazing experience from start to finish.
I think that it was super fun and such a good experience. I would do it again! I learned a lot and it changed my perspective on life.

Because it teaches you important life skills and helps you become more aware of the world around us.
It was really fun.

Because I learned more about myself.

It depends what friend and also the place. I enjoyed the program but it wouldn't be likely for me to do it again.
I loved this trip. It was absolutely amazing and I had such a fun time! I wish we could have done a little more culture related things but I loved it.
I got to bond more with my friends and it was really cool to see what other countries are like.

This experience was amazing. For some of my friends the activities may push them out of their comfort zone.

Because you learn a lot about other perspectives.

It was a life changing experience and it would be awesome if others could have this experience.

Life changing experience everyone should do.

It made me value the things I have in life and it built new friendships.

You get so many new experiences you won't get anywhere else.

It was a lot of fun and educational.

It showed me how to impact and work with people and live outside my comfort zone and everyone needs to learn that.
You find out what it is like to live/spend time in a different place and you get to discover yourself.

It really helped me to see like what I want to be when I grow up.
The trip was amazing.
We got to do things that you couldn't do if you went on a vacation here.
Being disconnected and getting closer.
It was an amazing experience, but it was pricey
I thought that the trip was very well planned, but it didn't get a 10 mostly because it was tiring.

It was an amazing experience overall.
We had fun but we also were able to learn from those same experiences.
This program gets you to make friends, go outside your comfort zone, and grow as a person. This program was right for me.
It was fun but sometimes challenging with the hot weather.
This program teaches so much and you make so many new friends by doing it.

The program taught me a lot about not only myself, but what I can do in the world.

Overall, you grow as a person a lot and it helps people find their true self.
Not everyone will be effected.
The experiences and lessons I learned.
Because it was an awesome trip with tons of fun activities.
Lessons learned through a variety of experiences.
It was really fun and a great opportunity but there are some problems as well.

I found it really really fun but all of it was outdoors and some of my friends don't like the outdoors. I still feel like they would enjoy it.
This program gave me experiences that will help me get through struggles later on in life, and this is valuable to have.
Because I believe that everyone should have an experience like this. One that should touch you

The main reason why I chose a 9 was because this program gives people the hope that the world might be better soon.
The reason why I gave this score is because I felt like I had a lot of fun on this trip and I learned a ton of new things.
Because it can help you get more 'open' and gives you the ability to go to a cool place and learn.

It's a bit expensive.
It might be a bit stressful but it is fun.
This program is an education based organization, where you can learn a lot more about yourself and others than if you didn't go with No Barriers.
I would recommend this to a friend because this program made me grow/change in a positive way and I had a lot of fun as well.
We learn many things about the world and ourselves.
It was an overall great experience and helped me learn more about myself. It was also fun!

The trip was very educational and fun. I enjoyed it very much and will highly recommend the trip I took.

It's Fun
Because this camp is fun. I didn't come to grow as a person I came to have fun and I accomplished that.
Everything was very fun. This was the best experience I have ever had.
It is a great experience and it teaches you a lot.
It is an amazing eye opener.
I learned and had fun, which is very important.
Because No Barriers is a great way to have fun and learn at the same time and connect with things/people you never knew about.
Because it opened my eyes of what is important in life and it has really changed me.

Mostly how much I enjoyed that experience, how fun it was and if it had a positive impact.

I have learned the importance of connecting with others on this trip, and that is a skill everyone should harness to achieve their full potential.
This trip teaches you so many things about life, and you get so much out of it.
I loved everything, I didn't think we would dive into the culture so much. Also I learned so many life lessons on this voyage.
I think that it is important to get out of your comfort zone, and meet new people.

This trip has opened up my eyes so much about the world and has made me thankful for so many things.
I learned a lot about who I was and am ready for a change.
The way the trip was run.
It was an eye opener going on this trip, I think that as a person I have grown to be a better person.

10 days in Costa Rica - Amazing experience
I want others to experience this trip
It was amazing! Not 10 because I don't really talk about stuff like sponsors.
It's a really good program that can help you learn and became a better person.

It is an experience that you might not be able to ever do it again and it is so fun.

It will make you see qualities in yourself that you didn't see before.
The program is very fun and exciting.
The program overall was amazing and shared a lot of memories.
I had an amazing trip and learned a lot about myself.
I thought it was amazing but the meetings could have been shortened.
It was a great experience and it helped me learn more about myself, others, and the world around me.
I'm not sure how I would recommend this to someone.
Because it's the experience of a lifetime and you can learn so much.
I don't know when someone would need a program to travel through other schools, but I would definitely recommend No Barriers.
I had so much fun
I don't like sharing my feelings.
The experiences we had with people, places, and food.
I had an amazing experience; I met new people, learned new things, and tried new things.

It showed me the people around me need more than I do sometimes.
It was a great program for really big groups
It was a life changing experience I will never forget
I have had a very good time with great people and I love to meet people and things around me.

I learned a lot and made it easier to connect to the experience.
I gave this score because this experience has made me more aware of who I am, where my barriers are, and how to overcome them in a meaningful way.
I am not the same person after finishing this trip. I feel enlightened.
I really enjoyed this experience and believe that others too can benefit from it.

I feel that I have grown a ton! Now I will pursue the dream I have had my whole life and I have learned tons of life experiences.
This expedition has impacted me more than almost any other experience that I've ever had and I wouldn't want anything less than what I've experienced for anyone else.

It would depend on the person. If they are not adventurous then I would not recommend it.

I gave an 8 because the experience helped me grow as a person, and I think this would be beneficial for others.
No Barriers was a great program and I really liked what their goal for us was.
It was really fun however the group exercises were very forced. We were playing games that would be fun for elementary kids not eighth graders.
It was a great experience in which I learned a lot and had a great time
It is a good program but can be exhausting at times.
It opens your eyes to other cultures
I am not certain if my friends would be willing to hike that much but if they did I would recommend it.
The told experience of getting away from your regular life
I really liked it and it changed me as a person but it is not for everyone if they are not athletic or willing to put in work of all forms.
I feel like the trip was a little too structured.
I feel as though many of the people around would not be up for this kind of trip where you challenge yourself, they are looking for more of a vacation. However if they want a learning experience then I would recommend No Barriers.

I loved this experience but I think it is very important to go with a group and a clear, defined, goal for what one wants to get out of this trip.
The experience opens your eyes to the world in a way no other program can.
This program gives a lot of inspiration to the people and leaves a great impact and a good feeling among others.
I really enjoyed traveling and being with different people. The only downside would be all of the bugs and the heat bothered me.
There was a lot of build up and I felt underwhelmed but I still thought it was cool.

It helps you find yourself and allows you to gain experience in travel. It helped me fall in love with a culture and helped me realize how needed change is.

I gave this score because it was a very positive experience, the people were very nice and we got to see and do a lot of cool things. It also helped we learn about myself and the world.

This program is just incredible, offering experiences and opportunities to kids everywhere while encouraging and guiding them to become better people as they go.

This trip exposed us to things we would not have had a chance to see at home. It also showed me how others live and how grateful I should be for what I have.

It was a very eye opening trip and I understand people and the world around me better.

It was an amazing experience
It was so much fun and chill.
Because I enjoyed this camp and would like a friend to enjoy it as much as I did.

I had a crazy amount of fun and I found a part of who I am
I found this course very fun and informative, but I also realize it is different from most courses. So I don't know what the other course is like.
The program was challenging enough that I learned from it.
Being able to leave a secluded to expand.
Quality activities.
Drew was very caring and thoughtful despite the fact that he barely knew us.
It changes your perspective on the world around you and how you affect it. I enjoyed the trip. Mostly because some days were too busy and some had too much down time.

I made a lot of new friends, learned how to harness adversity better and I gained confidence.

Not very fun. The most important reason is because this trip was so fun and know my friends would like it.

I found peace in a world that is judgemental. Also it gave me a platform for a better future.

I feel that this program really let me focus on myself and connect with others. I gave this score because I feel like this trip has changed me, and it's important to spread the word.

It was extremely fun, rewarding, and impactful. I have never felt more included in my life.

A couple of things could have been better planned and orchestrated.

No Barriers transformed me from a mere tourist to an engaged citizen ready to tackle global challenges.

The guided tour was well organized and thoughtful. This experience was unavailable to anyone else. The experiences were unique and rare, and I got to see a better picture than the tourists.

I had good experiences while attending this program. I thought I learned how to work with other people in a foreign country. My leader was very nice, helpful, and I enjoyed every moment of the trip.

Most of the planning process was finished by No Barriers, allowing for a seamless experience of everything ready when we arrived to a location/activity.

Because I grew a little and had fun. It was a good experience and more people should do it. We were able to experience the true India, not just the touristy things. The hike was incredible.

Misinformation about hike, never said it was 6km and 6 hours on the itinerary.

It helped me experience a beautiful part of this world that has shaped and changed me.

Support, motivation, selflessness, and love/high hopes on this trip. It's life changing.

The program was fun and engaging. This trip was an experience that was very eye opening but at the same time fun and enjoyable.

It depends who is on the trip with you.
The experience will help anyone grow in a way that will only benefit the individual.

It's a humble, meaningful, once in a lifetime experience, that is very grounding, makes you cherish things that have become normalities in your life.

Because this program is very resourceful
I had an amazing time.
- Because it's a Great way to get out of your comfort zone and see new things
This trip allowed me to bond and allowed me to have moments that will be special.

It is life changing and you learn how to use teamwork to our advantage.
- I think it's such a great experience but maybe it's just not for some people
I have a responsibility to contribute to something bigger than myself
Because it was fun and informational!
I think the trip is a good experience but honestly wasn't for me
I had the most fun time ever and met new friends.
It pushes you outside of your comfort zone and helps you overcome your fears

This experience was truly life changing
I feel like the things I learned on this trip would be a really awesome experience for my friends if they took this trip as well.
It helped me realize things about myself and I think that its an important experience for everyone to have.
I learned a lot and saw parts of Costa Rica that I never would have seen if I was here with my family
very cool activities that teach how to connect with and help the world
This trip significantly impacts your life in a positive way & helps you understand yourself better & grow.
I learned so much about the world around me and made a bunch of friends in the process.

It was just a once in a lifetime thing with amazing people.
This trip was life changing and it couldn't have been put together by yourself.
This experience has reintroduced my love for travel and has left me with memories that will last a lifetime.
The leaders, the organization, and how life changing it was.
Even through the disappointments, I was able to bond and grow with my peers and cultivate friendships with my leaders.
Because when you learn it's much different than seeing.
It helps you rethink life.
This program was designed to see all parts of life and different people and cultures. The high score contributed to the program's use of places to broaden our cultural experiences.
Experience a lot of things. Talking about mind before the trip and after the trip.

Wide variety of experiences.
Amazing experience, good select of some people, good leaders but also bad leaders and kids too young.
To make new friends from around the world.
It is a great way to learn about yourself and grow as a person.
I would recommend it to friends that are in need of finding the light within them.

it was very fun and informative
Neha our guide was very informative and Indian and beautiful.
It was overall a great look into India and gave lots of insight into the country and it's people.

India is raw
NBY is an AMAZING program! The only reason it's not a 10 is because I feel time was wasted on trains. I'd be happier seeing MORE of fewer places.
We were given very little context to the things we were seeing/learning.
I gave it an Eight because I had a wonderful experience away from home and family. I also gave it away because you may miss home and also prepare for something you may feel uncomfortable with at first.
Because it is a very humbling and eye opening experience
You will learn things about yourself that no one else could point out to you. This experience was truly humbling
The trip away was amazing, I really liked it a lot we had a couple of problems here and there but I would really recommend it to a friend.
So others can have the same experience as me
I gave this score because I was able to grow/learn, give my knowledge and embrace the world without being on my phone.
The most important reason is to reflect yourself as a person.
The activities and experience was where I thought it was
I think the trip went good and it allowed you to see so much but things could still be better.

I loved all the program leaders & guides. I saw so many amazing animals & learned so much.

This most important reason I would share my experience with the No Barriers program is because the No Barrier program offers Leadership roles, the opportunity to make a difference, and an experience of a life time.
I have seen things that I never would have without No barriers. It has been absolutely incredible. It's also very organized and smooth running.
This was one of the best experiences of my life.
The trip was very meaningful and productive but also it could be exhausting at times
This trip was very meaningful in bringing my peers closer together than we already were.

Every aspect of this trip was incredible and fun, I never felt like what we were doing wasn't worth it.

This trip was so engaging and everything we did was so new and exciting. You learn so much in such a short amount of time. 
This has been one of the best experiences in my life.
This is the happiest I've been in a really long time.
This trip has helped shape who I am and how I see the world. I think others could definitely benefit from an experience like this.
I would recommend to a friend because I had a fun, safe, and learning experience that I think everyone should get the opportunity to experience.
It is important to experience the whole world.
Changes your life.
I think we were rushed and not able to truly experience India comfortably and safely.

It is really fun to jump into cultures headfirst and embrace the weirdness of travel.

Great trip overall but I didn't care for some of the activities/guild.
The itinerary was not always the best but I enjoyed the trip.
very inspiring, informative and well done
The trip was phenomenal! A little expensive and annoying flights.
Had a wonderful time, my only suggestion is to stay in cities longer and travel around less because we ended up losing a lot of time.
super fun
I loved the places we went and experiences we had but there was not a lot of context for the places we visited before we went.
it was a great experience became closer friends and made new ones. learned many things to help me as a human.
This program has made me a better person and has made me realize my vision matters. This program is amazing!
I really like this program & I want others to experience it too
I believe it was great but, I know some people dont have my same likings and wont enjoy it as much.

It was fun, but sleeping was hard and uncomfortable which made waking up in the mornings harder

I gave it a 10 because it's a great Place to have fun and learn about climate change

The camp was a great experience and lots of fun. It has a great impact on people in order to keep a better world. Although it was a bit chilly in the nights.

I had a lot of fun and I learned many new things like climate change.
new people need to know about the outside.
The program is really fun
Experience, they should get the same experience because you really learn a lot.

The reason I gave that score is because this program will help you rethink the way you affect the world and find ways to help it. It is very fun, but tiring.
Bring Awareness and knowledge on Climate Change!
It was the greatest experience ever!
the most important reason is because I genuinely loved it so much.
I had fun and learned at the same time.
I completely enjoyed the time I spent at this program. Very educational and helps with connections to others.
The reason I gave a 10 was for the experience. We actually able to take a hike, be around the camp fire, roast our own marshmallows, and even set up our tent. It wasn't like school we weren't told that we couldn't put fire wood in the fire. Simple things like that we were able to get the full experience.

The hiking kills you.
The most important reason for these score is you learn a whole lot in the park

The program really helped me understand the world around me and I'm sure this can help others.

Because some of the things I did not like with climate change, it affects EVERYTHING!
I've already sent a message to my GS friends saying to go for it!
because it was Amazing!!!!!
*No. showers *Must have alot of patients
its fun and it will be a nice experience make new friends and enjoy the forest discover and learn new things.
Yes this was a very difficult experience but again it helped me get out of my comfort zone, it helped me interact & it disconnected me from past stress it helped me understand our world

I would give an 8 because it would give someone who is going through a tough time some realization.

I want my friends to go through what I go through.
It will change you for the better! And I felt like a stronger person and I'm glad I came!

I gave it a 9 because it is a life-changing experience and will change you a lot and give you a different mindset a lot!
The goal is once-in-a-lifetime, this will change you and make you a completely different person! This is the most important experience for me because of how it changed me as a person, thank you for creating this program.
Because the trip helped you overcome your fears and do things you wouldn't usually do.

I would like my friend to be one with nature and to find what's inside her or him.

My friends has barriers of their own and I want them to hear, see, and listen to how people broke thier barriers so my friends can do it too.
Because they will gain new experiences and enjoy it.
I gave this score because during the program I grew as a person.
We had fun.
Because I am in the middle.
The most important reason for the score I gave was because I love this trip, I want my friends to do what I did and get the same mental focus I did.
I gave this score because I want my friends to enjoy the experience that I did.
I gave this score because I didn't like how one of the leaders who was just there for the hike kept pushing until people cried, but it was fun.
I gave this score because it's not what I expected at all. Just be prepared for many obstacles.

My friends would probably not contact No Barriers.
This trip is eye-opening and impactful.
Because it gives you an opportunity to overcome your fears and connect with others.

The most important reason for me giving that score if because it taught me to be confident and important.
Not only is this trip fun, but you learn a lot about the ecosystem and how humans are destroying it.
Being in wildlife and learning about it at the same time really opens ones eyes. Also, when you see the sense of community everyone has, you will fall in love.

The reason I gave this score is because I think this program helps you overcome challenges that you face in this program.
It is a life changing experience where you can change your life for the better.
Because I met some incredible people who made me feel at home even when I am very far from it and also made long lasting memories.
This program showed me that getting out of my comfort zone will help me grow as a person and make a difference in the world around me.
This experience is the best trip that I have been on. I would like my friends to get a chance to enjoy this as much as I did.
I thought that this trip was so very crucial to me and it helped me grow so very much as a human, a friend and myself! It was just overall an incredible/amazing experience.

It was a nice interactive program which made me think.
It gave me the chance to do things that I normally wouldn't have the chance to do.
It gave me a new look outside of my New York life and I loved it.
I found it really opened my lens on community.
The reason I gave this score is because I felt as if this was a very good experience.

Because this program did things to me that I didn't know could be done.
Because it's taking me out of my shell
It teaches a lot of life lessons and gives new experiences.
The most important reason I highly recommend this program to my friends is because this program has changed me to do something I would never have done. It is important that someone new gets to experience new things and maybe gain new lessons and skills.

It was a very cool, once in a lifetime experience.
The reason I will recommend this program is because of the impact this program had on me in the best way possible. It is a great learning experience.
Get to experience a lot (great experience) Learn about Costa Rica as a whole and the culture

Being able to get out of my comfort zone and experience new people and new events made me realize how important it is to try new things.
To be a team player
Because I had an amazing experience.
This program helped me grow as an individual and I want others to be able to experience what I have.

I had an amazing, inspiring experience
Such a fun trip and I learned so much!! I would recommend this trip for anyone willing to work with a group a lot!
This trip isn't for everybody but certain people would really benefit.
I think it would be a beneficial experience for everyone. You don't need to be blind to do this trip. It's all about pushing your comfort zone even if you don't like being outside it's still beneficial to push your comfort zone and those boundaries.

The trip was an incredible experience and helped me understand my goals and how to achieve them.

I loved it
A new and wonderful experience.
I feel like I learned so much about others and that is a perspective-changing experience that everyone should at least be aware of.
I feel this trip really harnesses the idea of rope team and through this trip you understand how important it is and I didn't rely on others before this trip.
I learned a lot about myself and about the world from this trip. I enjoyed it very much, but it's not for everybody.
Because I see No Barriers as an adventuring program and lets you see a different part of the world and see who you truly are.
This experience was a pivotal moment in my life and I think I'm a better person because of it.

I would most likely recommend this program to my friend, but for some of my friends they aren't interested in camping. I think this was an interesting experience, however there is always room for improvement.
There is a lot to learn from others, especially people that are different than you.

This experience forces you out of your comfort zone and forces you to grow in one of the most mesmerizing landscapes on Earth.
Because it is an incredible experience at an affordable cost.
I think it is a life-changing experience and would be for anybody.
I want people to know about it so I will recommend it when I am able.
It's a very good experience.
This program can help people discover new things about themselves.
It changes your outlook on life and how much control you have over it. Who wouldn't want that realization?
It was fun and different.
Friends.
Because I felt better on the trip when I help the guides unload the rafts.
It's a great way to connect with others and the world.
Great way to learn about yourself.
The amazing bonds and friendships you make with people in such a short amount of time.

The reason I gave my score a 10 is because of the relationships I made while at this camp.

This camp creates teamwork and helps people face their fear.
The camp leaders and campers are all nice and the food is good and I grew as a person.

I had a great time and was drawn out of my comfort zone.
distance
NB has taught me to respect the wilderness/wildlife to take on new challenges and how to work together as a team.
Very fun and adventurous program. A safe way to step out of my comfort zone.

This program gives you the opportunity to achieve any goals you may have.
Camp is fun and very inspiring and helps you and the others around you grow. But the wilderness and the challenges aren't for everyone.
NB is a strong organization that brings fun and challenge. The program pushes you to grow as a person.
Being away from you world (ex. parents, cities, phone) helps you see what you are capable of doing as an individual.
The activities helped me overcome my fear of heights and meeting new people and it took me out of my comfort zone and helped me become a better person.

NB forced me to step outside of my comfort zone and challenge myself with 'once-in-a-lifetime' opportunities.
I think this program would be great for anyone to attend (especially if you aren't too fond of nature) because it helps you realize your own potential and see nature in a different light and maybe even come to love nature.
You get to meet new people across the United States and it helps you realize that everyone is different and are challenged differently and you have to learn how to encourage them.

You can make new friends and it is fun as heck.

- What is the most important reason for the score you gave? (Adult)
organization
This program included cultural awareness, nature, physical & mental challenges, team development, and independent growth/ reflection.
I had a wonderful experience
This trip was so life changing & meaningful. I want for so many more people to experience this.

It's not for everybody but it is very impactful.
Casa Cayuco = amazing Josh = amazing Canal Inn = horrible
I believe in the No Barriers life elements. Steph, Cazo, and Erin made the trip amazing and fun.
Unforgettable memories.
The trip was extremely organized and well- planned. Our trip leader Jenny was enthusiastic and helpful, accommodating whatever need our students had.

Excellent program for our high school students that connects to our curriculum

High quality programming

No Barriers provides programming that engages students in a myriad of activities that allow them to exercise leadership in many different contexts.

I've watched our students look outside of themselves and realize what's important.

This program was impactful on me as a human being. Showing me our impact on the world, how we can make a difference, and pushing me out of my comfort zone.

Our experience was nothing but positive, all aspects exceeded my expectations.
It is an amazing experience and challenges individuals to overcome fears and put themselves outside of their comfort zones. The experience is eye opening to others and the world.

Well organized and fun.
1st hand, authentic experiences

The personal attention of the group leader.

No Barriers just acquired Sage and our program so there are still a few kinks in the itinerary, but everything is on the up and up, so I would totally recommend!

It is a positive program, that pushes students and adults to become better.

The trip leader's (Neha) expertise.
variety of experiences
Jenny is excellent
To put yourself in another culture pushes you to think critically and grow as an individual. It expands your mind and makes you think about the person you want to be.

It gives guidance, and an extra support system with staff. Also more knowledge about the location of travel.
There is a beauty in nature that brings us together away from our technological lives.

No Barriers is amazing. not just with our kids but with staff as well. Drew and Mariah motivated a few of us to keep pushing when we thought we couldn't to a specific course.

Programs like this change the lives of youth and participants

This is a life altering program that truly impacts & changes all kids lives!

Unbelievable experiences, fantastic guide, and NB expedition leader. Very organized and well thought out.
The summit was an amazing experience for my students and myself! My students connected with others and learned and experienced all kinds of great things

This is an amazing experience to inspire people to do their best in life. I love the positive environment that it provides.
The program is very effective at promoting reflection which leads to personal awareness and growth.

The experience is worthwhile in working with youth to change their views of the world and be inspired.
I really enjoyed seeing my kids enjoy new experiences and absolutely wanting to give back. Just being able to see the smiles on their faces for 9 days absolutely touched my heart.

This program allows the youth to realize their mental and physical strength.

**This program is an awesome experience for the youth to get to know themselves and realize their full potential.**

- **How has this No Barriers experience positively impacted you? (Youth)**

  It has made me think about other things than myself.
  
  N/A
  
  N/A

  It made me a better person and realize why nature is such a good place.

  It has given me a stronger physical state, engaged my ability to reflect on experiences and helped me practice empathy.

  All the things I've learned about the world around me and the people I've been surrounded with. All things I now know about myself. I'm shocked at how much someone can change in just 9 days. I'm so thankful for this experience.

  I have been more independent.

  It taught me how to survive if I am alone in the wild.

  It has positively impacted me in a way because I have explored a place in the world that I never knew. Even though I saw photos, I never got to experience it myself.

  I learned what it means to harness adversity and step outside of my comfort zone. Trying new things with No Barriers has positively impacted me in the sense that I can now take obstacles and turn them for my advantage, and just get through the obstacles. I also learned to challenge myself, but not push myself too far that I hurt myself. No Barriers has helped me grow as a person both mentally and physically.

  I have made new friends. I have learned to be more grateful for what I have, especially with the amount of water I used. The elements of the day were helpful to think about throughout the day.
I learned that it is very important to wear sunscreen and VERY important to help anyone that you can.

It has helped me see who I am so far and what I want to focus on in life.

It has impacted me a lot and encouraged me to go outside more and be a lot more active and not so much phone time.
It has made me more courageous and confident.

By showing us what we can take advantage of and what we should save.

This trip has impacted me positively by connecting with nature and learning about culture.

This experience positively impacted me because it helped me grow as a person, leader, teammate, and student. It has helped me realize my strengths and understand how to use them. I also learned a lot about myself and others around me. This experience helped me step out of my comfort zone.

#NAME?

I now know how fortunate I am, and how much I can do with what I have.

It showed me a new 'side' of the world and a new culture 'Pura Vida' is something that I'm taking back to the U.S.

It made me realize that I should be grateful for what I have.

I learned more about myself and gave me an experience I never knew I needed.
It made me want to do this trip again.
This program has taught me so much about the world and taught me ways how to help the world.

It helped me realize that I can make an impact on the world. I knew it before, but I actually got to make an impact.
It really changed the way I look at the world. It was super fun and I learned a lot. I have a lot of great stories.
I have learned to open my eyes to see reality. I have become more selfless and aware of our world.
It has helped me set goals and made me more determined to follow them.

It was really fun and I got a cool water bottle, shirt, and nice notebook out of it.

I think it was really amazing to travel to Costa Rica and see how people live there. It was much different and it was really cool to be able to meet and talk with some of the locals. After cleaning up the beach, I realized just how much garbage there is and I really want to do something to fix that.
I got to learn a lot about Costa Rica and their customs. I am more aware about certain topics.

This whole experience from the day we left the airport til now, I have had a blast. The experience I got to have and make here in Costa Rica are some of the experiences I will remember forever.

It has taught me a lot about other parts of the world and how I can help people. It was also really fun. Yes, this experience was one of the best choices in my entire life. All of the kids in the group were amazing, the teachers were awesome, and Drew was the best! Seeing how friendly the community is makes me wish we could bring that back to the Americas, it was awesome!
Experience new things, meet new people, try new food, do things I normally wouldn't be able to do, get outside my comfort zone, bond with different people, learn more about the world around me and where I live, impact different people and communities, learn more about myself.

This trip made me realize all the amazing things I need to appreciate in life. It also has made me close friendships. It gave me experience I would have never had without it.
I feel like I've made progress in finding out who I am, and who I want to be. I feel like I've built confidence, and now I'm more extroverted. I think I've learned a lot about the nature around me, and why it's so important and also learned about the people who live within Costa Rica - and their values, and who this amazing country is. I'll go back ready to lead, ready to help, and I'll always keep myself stronger than my obstacles.
This trip let me make new friends! They became close with me and it was so much fun being with all of them.
It gave me a chance and made me grow up more. By that I mean I didn't have my family as a safety net.

Well before I came I worried about the way people see me. During this trip I learned it isn't what I wear or things you have and it's the way you show gratitude to people and ti give back to people and your community.
I have found out who I am and what I can do in life. I also made a lot of new friends.
I now want to learn a language so I can travel to other places around the world. I really want to go around the world now and visit other places.

To step outside of my comfort zone, keep place cleaner than I found.

It has made me a better person. I learned a lot of new things. I feel like I can make a difference.

Making new friendships and closer relationships.

Getting closer to people.

It has taught me to take risks, and how those risks are positive.

The experience we had made me appreciate other cultures and really get to know myself.

I grew closer to a lot of people and grew as a person. I became more aware and had a very positive experience overall.

I've learned how to be more aware of myself and others in my community. I know my responsibility and the actions I need to take in order to help the world.

I feel like I can go outside of my comfort zone to grown and reach my goals. I have new friends and can believe in myself more than I used to.

With an experience unlike any other.

It has taught me to go outside my comfort zone and that I should be grateful for what I have. I also got so close with all my friends and made new ones.

It made me realize what I can do little by little to change the world for the better.

Overall, I became a better leader.

It has impacted me by making me want to help others.

I have gotten to know cultures other than my own better, and I have learned more about the world. I have also learned more about myself and my abilities.

I learned that I can be without my phone/ipad for a week, had a chance to practice my Spanish, and had a fun time bonding with the other people on my trip.

I have learned a lot through this No Barriers experience. The elements taught me a lot by teaching me to step back and think about how each day's element affected me, and helped me to reflect a lot. I learned a lot about stepping out of my comfort zone while also being taught about making sure I'm okay mentally and physically.

It makes me think differently about life and want to help out more.

It taught me how much I can accomplish if I set my mind to it. I've also learned what my limits are. This trip was really great because I have always been interested in Navaho culture and this trip has taught me a lot about it.

This experience gave me strength and confidence that will benefit me later. it also inspired me to travel and use what I learned to impact the world.

This has benefited me positively because most of the experience into every day life. All of the values of No Barriers are very important in life.

This experience has positively impacted me by helping me realize I want change.

This experience has opened my eyes to the world and nature. Also this trip has showed me why we should take care of the world.

It has made me think that the world needs more help and I need to be more grateful for what I have.

By explaining how we can change the world.

To see the world through local eyes.
It has positively impacted me because I was able to interact with natives and learn their culture. Also it made it possible for me to meet new friends and experience new things. It has helped me overcome my long time fear of bugs. The program didn’t force me to overcome it but it encouraged me in an encouraging way. They were there for me to overcome my barrier. The No Barriers Youth program showed me that no matter the problem you can overcome it using creative solutions. It helped me better myself as a person and made me realize I can impact others and the world in a positive way.

I got to learn and experience another country across the world I also got to do things I have never done before and got outside of my comfort zone. I also learned many things about myself, others, and the world. I now know how to take care of our earth, etc...

I learned more about myself and had the experience of a lifetime. The No Barriers Youth experience positively affected my confidence and education. The trip inspired me to be confident in who I am and what I can be. It allowed me to flourish in a new environment and help unlock my inner character. The trip also improved my education. Each day of my trip I learned something new. This education helped me learn what I can do to change the world in a positive way.

I had fun. that's what I came here to do and I don't need to 'Discover my true self' while i'm here. This no barriers camp was fun and I moved and hiked so I got lots of exercise.

I now know that I love traveling. I got to meet new people and I got to practice Spanish. It gave me a chance to experience other cultures, adventures, and help me learn more.

I feel it was really fun and eye opening. I have come out wanting to help our planet more.

It has made me realize how many different kinds of people are in the world and how important it is to connect with their cultures and values so you can share them.

It was amazing and made me want to make a positive change. It has impacted me because it has opened my eyes in seeing how ungrateful we are in America and that we are super selfish and all we want is the most and best but we are not happy and these people here are so happy and friendly and they have nothing.

This program encouraged me to try new food, explore the unknown, and step out of my comfort zone. I feel like I have discovered a new side of me. I would definitely do this again!

Traveling to Costa Rica is one of the best things I have done in my life. I met and connected with so many unlikely people. This trip has also encouraged me to move outside my comfort zone.

I made so many new friends and learned so much about other cultures I would have never known without this trip.

Getting to know everything about Costa Rica is a great experience itself. But doing the local dinner is something you can't do yourself, learning what it's like. I have a list of tings to help me, people around, and the community that I am going to get done when I get back. Also, I didn't ever want to do this before.

I got to meet new people and step out of my comfort zone. I also loved to go to an amazing place and experience new things. I was also not aware of the impact I can make on the environment, and this trip helped me realize that.

I now want to learn more about different parts of the world.

I want to really change my life because I didn’t realize who bad I was living my life.
It has taught me how to be a better person and how to be thankful for what I have. It has taught me how to overcome challenges.

This experience has been an eye opener, it has showed me that there is a lot more that is going on in the world. I've learned to be more aware of what's going on around me, I've learned to live in the moment, and to pay attention to what's going on right now.

I have grown so much in understanding what life is like outside my bubble in Fort Collins. This trip has humbled me because problems I think I have in Fort Collins are nothing compared to hardships in other places. Also, 10 days in Costa Rica was awesome. It has shown me to be more observant in the world around me and make a difference.

I understand fully how spoiled I am and I want to be more appreciative and help the community in any way.

It helped me understand what my role in this world is and it gave me new experiences. It has made me realize how lucky I am and that I should always stay positive and happy because of what I have. It has helped me grow outside of my comfort zone helping me learn new things about myself that I can't learn in a classroom.

Yes, it made me realize how laid back Costa Rica is. And I want to bring that back in my life. I began to see qualities in myself that I didn't see before. This trip made me more aware of the world's needs. Most of the trip was great, fun activities, and it was great getting to know others and grow friendships. As a person, I learned to expand my vision to others around the world and to finish what I start. It impacted me because working to help other people made me feel so good about myself.

I have learned a lot about myself and who I want to be. Also taught me to go outside my comfort zone and made new friends.

This trip has definitely opened my eyes to the world around us. I am definitely more aware now. It made me more aware of things around me. It led me to know that if I ever want to do something, I should do it.

It has made me into a more compassionate person and also made me a better person. It made me step back and have a slower, more positive perspective on my world.

It has shown me that even the smallest service can have a tremendous impact (positive) on the lives of others. It has taught me to be even more grateful for what I have, and it has gotten me out of my comfort zone.

It made me want to help others and taught me to not trust what other people tell me and see for myself.

I have stayed the same pretty much. It made me more happy to not be at home. I have realized the world is bigger than my bubble and it is really easy to help those around you. Traveling means more than nice new clothes, fancy restaurants, and fancy hotels. Meeting people is key to helping them.

It has made me try new things, meet new people, and learn new things. It has made this experience unforgettable.

It has showed me that I need to put others in front of me sometimes and when you help others it makes you feel good.

This trip has positively impacted me because it has opened my eyes to more things. It has changed my view on the world and the impact I have on it (in a good way).
I love to meet new people and try new things. I now have a love for jumping waves and want to try surfing. I loved our guides and people we were staying with. I soon want to travel to Italy and France. Easier for me to connect to the activities.

This experience has positively impacted me because I felt like I'm better prepared for high school. It tested my limits and strengths. If found out more about myself. It has allowed me to renew my appreciation for the wild aspects of nature and how we have a place amidst all of it.

I have learned life experiences like never taking life too seriously and how to approach hard situations. It has opened up my mind to a new culture and life that I will never forget and take forward to help others around the world.

N/A

This experience has oppositely impacted me because I will use the challenges I have conquered to support me in the future.

This experience helped me appreciate all the beauty around me and set goals for myself. I loved experiencing a new country and feeling independent. It has helped me to understand that the world is much bigger than I'd previously imagined and has given me ways to help others around the world. I have so many good experiences and memories to take forward with me.

It has opened my eyes to the outside world and has made me grateful for what I have. It has made me more open minded.

This experience has improved my global awareness and has made me a better hiker. I will take this experience with me home and be good & use what I learned to better my community. It has helped me to understanding local issues. It helped me to be stronger. It made me more aware of all the people around the world. It has allowed me to see the issues in the world we lie in today and has given me the need to impact it whether it be in a small way or a big way.

I have become incredibly self-aware throughout this experience. I have set aside self limitations but also am aware oh physical and mental restrictions. I have become a much stronger person (mentally & physically) and I have learned a lot about myself.

This trip has shown me the importance of traveling and staying connected to the world. It has given the self-confidence to reach my goals and given me and appreciation for becoming a better person. This experience has positively impacted me by getting me out of my comfort zone and to do something good in the world.

I now see how grateful I should be for what I have and this trip helped open my eyes to that. It has opened my eyes to the Peruvian cultures.

It has made me more appreciative of what I have and more eager to help others. It has positively impacted me by extending my knowledge in a fun way. The lessons I learned from communities and locals in the Amazon have made me a well rounded and more inspired to make change.

This experience taught and showed me a lot of people have less that we do and we should be thankful for what we have. We should do everything we can do our best ability because some people don't even get that opportunity.
This experience has taught me a lot about myself and the incredible place the Peruvian Amazon is. It has encouraged me to take on a new perspective is life and in what I do. It has allowed me to get outside my comfort zone and learn a tremendous amount. This program changed my life even by just a little.

This experience has made me more grateful for what I have at home after seeing how others in Peru live. I was also exposed to new cultures. On this trip, I was able to communicate with locals using what I learned from Spanish class so now I want to continue with Spanish through high school. I want to do more community service now and help others more. I didn't miss my phone so now I want to take time away without my phone.

This experience has empowered me to be more passionate and inspired me to do more. Seeing and interacting with people and the environment.

The experience positively impacted me by giving a once in a life time opportunity. Also, all the nice people and thought out program made the experience fun and positive.

It was super fun and I met a lot of new Friends. It has helped me learn to love the outdoors more. It has taught me more about the outdoors and how to survive in the wilderness. This impacted me in many ways as well as impacted my future wilderness and camping trips

I fell in love with the land. It also showed me how to love the land.

I've learned a lot about Incan and Peruvian lives and culture, and I've been able to see amazing things like Macchu Pichu and the Inca Trail.

It helped me to realize other aspects of a culture outside of what is shown through tourism. There's an infinitely deep history and culture anywhere, and this program helped me realize that. Also, on this trip I bonded with a lot of people I had not known before, and if I had not done this, the trip would have not been enjoyable.

I've always been told about how my life is vastly different than those outside of the U.S. I enjoyed learning about different cultures and lifestyles. The lessons taught, especially 'what's inside me is stronger than what's in front of me' were relatable and inspiring.

Made me grateful for what I have. Made me determined to be great.

Taught me to more fully experience the culture of countries that I visit.

I feel as though I have a different outlook on others. I understand things in different ways. I hope to bring the new information back home.

I understand myself more.

It taught me how to travel without my parents. It changed me for the better. I saw how little some people are able to survive off of.

It helped me gain confidence, helped me find my place in the world, helped me discover who I am, and helped me gain motivation.

It helped me learn about nature.

By letting me expand my horizon and stuff and do stuff I never thought I will do. Also this trip made me think about other and the people that nothing.

This has positively impacted me because I am more cultured and more aware of my impact on the earth. I have also made lots of Friends and go to know some locals.

I learned to be on my own and being responsible for myself. I also learned to face my fears. I begin to be myself.
This trip has impacted me by pulling me out of my comfort zone, and finding a passion for service projects and helping the environment.

This has positively impacted me by making me realize that the world needs my help in order to become a better place. I have become more mindful on this trip, specifically related to the community & ecosystem.

I have learned about the environment and how important it is to protect it. I learned about different kinds of people and lifestyle and it’s important to help them.

I enjoyed every second of this adventure and it made me realize that I can do more than I think I can. I also realized that I have a surrounding support system.

I think that the program has allowed me to see a new world very different from the one I live in.

I've learned a ton and feel an affinity for a culture I previously knew little about.

I have learned to venture outside my comfort zone. I am not normally in the jungle for this long. Understanding the cultures and struggles of a different nation. It helped me to understand by blessing and responsibilities.

It allowed me to see the wonders and lifestyle of Peru.

I was able to experience things here in Peru that I would never be able to even imagine in New York. I love being able to escape my comfort zone, and No Barriers helped push me to do things I could not have done alone.

Besides the obviously incredible, well organized activities and opportunity to visit Peru, I also had a very deep and meaningful talk with Drew, my No Barriers leader. I was actually having some doubts about the feasibility and significance of some of my life goals, and Drew helped me see the importance of it and how doing what you love is important, and that the money will follow. He motivated me at exactly the right time.

It helped me warm up to people I probably would not talk to. It also helped me grow.

It has taught me new history.

This experience showed me a way of life I never could grasp through photos/videos via the internet. I was able to communicate non-verbally with people from extremely different backgrounds, but still be accepted and find a common ground. I feel open and want to continue spreading love to all.

Opened me up to other things.

I have found that there is so much in this world that needs helping and that can be impacted by me.

It has shown me my true capability, my AWESOMENESS and how life is about love, laughter, and joy!

I figured out how lucky we are in America and how much I want to change the world.

I got to see many people like me.

It has helped me get a vision.

This experience has positively impacted me because it has taught me appreciation, I was able to learn about other cultures, and I think that I can apply what I learned here to my daily life back in the states.

It has made me more thankful for the things I have.

This experience has positively impacted me because I feel like I've grown tremendously as a person. I've realized my love for helping others, and giving back. This experience has also humbled me in ways unimaginable.

NB made the trip more engaged w/ fun activities, the sense of organization brought safety. Which allowed us to feel comfortable, and secure.
Helped me further find myself.
This program has impacted me in a strong way to encourage younger kids to achieve their dreams and to get an education.

#NAME?
This No Barriers Youth experience positively impacted me by allowing to see different parts of the world. This experience alone let me fulfill two of my wishes: to fly in an airplane and to go to a different part of the world. My favorite place was the Badlands in South Dakota.
This trip has impacted me by showing me how much of a necessity teamwork is and I learned how to overcome my fears.
It taught me that I could do more than I thought I could, it taught me issues can be resolved in a positive productive way where everyone can be happy in the end. It pushed me to where I was comfortable but challenged.
It was very fun and helped me live in the moment away from phones and other technology.
I think this impacted me because it made me more confident.
I know I can make a positive impact in my community.
I was able to go out of my comfort zone and I've learned that I can apply myself to anything.
It has helped me step out of my comfort zone and have a great time while learning about something I love with my peers.
It has changed me as a person and given me the motivation to want to make an impact on this world.
This No Barriers Youth experience positively impacted me in many ways. First of all, the trip really made me more interested in the environment and what my role in the world is to help improve the environment. Also, the lack of phones pushed me out of my comfort zone and made me socialize more.
It helped me learn new things about myself and about my passions.
I met a ton of new people & made a lot of new friends.
This experience has gotten me out of my comfort zone and has inspired me to help the world myself.
I learned a lot about nature, myself, & how I want to impact the world. I connected with my peers in a way that I would have never thought I would. I went on a lot of fun adventures too.
It has allowed me to have an out of the country experience. It has also allowed me to see wildlife in their habitat.
I have been afraid to lose my passion, drive, and sense of adventure in life if I am not in school, such as college. I have been ready to go to college forever. I have pushed and fought so hard for good grades. I wanted to prove myself for a highly competitive program, and I have never felt like enough. This No Barriers program started to show me it will be okay and I am enough.
I learned a lot about myself and how to do what I’ve wanted to do my whole life. Hawaiian cultural lessons helped me see the interconnectedness of everything. I gained beautiful memories I will NEVER forget. I saw how to engage myself in service around the world.
Gave me a good break from the world.
I feel more engaged in learning, ready to make a difference, and motivated to improve my life and the lives around me.
It has provided a new knowledge about different cultures around the world. I also found a love of charity/respect for the rest of the world. Thank you!
It opened my eyes up to the culture in Hawaii. It brought me closer to my peers. It made me appreciate my life more. It taught me so many life skills. I loved this trip and it truly changed my life.

This project/expedition taught me how to appropriately accommodate for others as well as learn how to deal with disappointment and acceptance of the way life works. I know now how to have fun even when things don’t go as planned. I know how to handle my emotions maturely, as well as identify and accept emotions that arise due to difficult situations. I also learned how to create and care for relationships properly.

Made it easy to get comfortable.
Learning other ways people live.
Everything I was able to do and see in India gave me an experience that impacted who I am. Whether a negative or positive experience, I was positively impacted because I was able to grow with my experiences.
To experience new things that I could not in my country.
Told me to a new world and allowed me to see behind the curtain to the life of different people.
Made me so appreciative and built my rope team.
Wanting to be in the conversations.
It has expanded what I am willing to eat and has given me a more full view of what the world is.
It helped me realize my passion for ASL and push forward to help me embrace my pledge I committed to.

I have been able to learn about other cultures.
I think that any type of travel that shows other ways of life gives you empathy and gives you a sense that people are more similar than you think.
This experience helped me see India in a whole new way. Meeting the people and seeing different cities gave me a better world view.
India was cool, I saw a part of the world I never had.
It has made me realize how much I want to travel and change the world for the better.
Made me open my eyes to problems that impacted others.
This trip impacted future choices I would make and just to have a growth mindset all the time with me.
Perserverance played a role on this trip.
It has shaped me into a better person by humbling me and makes me want to help my community and those around me.

I know what I want to pursue in the future for sure. I want to travel more and learn more about other cultures. I understand the importance of tradition. I feel like I’m more openminded as a person
This no Barriers Youth experience positively impacted me with giving me more insight about Native American culture and how they are living right now. I already knew a fair amount before I came but now since it’s done I feel more educated.

I love what No Barriers does for students of any kind and what they provide. I felt like it brought me closer to the people in the U.S.
This No Barriers Youth experience has positively impacted me in numerous ways whether its physically or mentally. My leaders were able to make me feel comfortable and supported. I grew a great bond within a few amount of days. Also, physically now I feel very active and I want to continue being productive.
It impacted me in a way as seeing and visiting places I thought would never see in person. This No Barriers youth experience positively impacted me in the way of getting things into my comfort zone, being able to get close to people I didn’t think I would.

It has because it opeend my eyes to the other people in this world that struggle and it let me gain a prespective on what I think a problem is.

I made some awesome friends. I learned so much about the environment & the animals of Costa Rica. I am so much more motivated to improve my ways & become active in my community.

No Barriers has opened my eyes to acceptance. By accepting and celebrating difference in our culture and how being different does not mean you can not connect with others. I hope my students participate in the No Barriers Youth program.

I know so much more about wildlife and sustainability. I have seen some amazing things here and will always remember them. I know how I can help the environment and make a difference.

I am really thinking a lot about my impact on the earth and its inhabitants

It made me more aware of the impacts I have on the environment and made me want to be better.

I have been on many trips with Polaris, so this trip wasn't out of the ordinary. I feel like I learned a ton about the Hawaiian culture and connected very deeply with my peers which is incredible.

This experience has taught me how to use my community to help me when I am in need and how to help my community when anyone else is in need. Moreover, I feel more confident in my ability to overcome my barriers because of my own personal strength.

I have learned so much more about the importance of nature and how it effects everyone. I have also acquired the need to travel more.

It has made me look deeper in to who I am.

I feel closer to Earth, to my friends, and my family. It helped me figure out how I want to live.

I have gotten the chance to learn so much about myself and the connections I can make to the world and people around me. No Barriers gave me the opportunity and safe space to be who I am. I never felt like I had to apologize for who I am and I just felt really at home.

No Barriers Youth positively impacted me by engaging with other students from different grades in my school. Good choice of restaurants. Transportation. Good places for shopping.

It gave me a positive learning experience. It was not only fun but helped me become better friends with my fellow classmates and teachers.

It has opened my eyes up to the world outside of my world (country).

It has. Hand writing is painful though.

Yes! Thank you so much for the Ed-venture! All of the food was lovely.

Changed my perspective on life.

Helped me understand the beauty and diversity between religions, as well as to understand the political struggle Tibetans face daily for freedom. I fully appreciate the depth of culture India has, and understand how it contains so many different religions and people.

It helped me gain a close, supportive group of friends. Additionally I love experiencing new cultures.

I have seen a different section of the world and it altered my perspective.

Yes! I have learned so much new knowledge and really got to experience everything India has to offer.

It was my first time out of the country and showed me the world.

I have gained a whole new perspective due to the culture that is very different from America.
I have never been to a developing country like India and felt extremely out of my comfort zone and overwhelmed with new experiences each and every day I believe will help me form a more wholesome perspective of the world.

very fun
I got to see and experience things that I would've never gotten to experience where I'm from. Because of these experiences it gave me a clear sense of who I am and what I'm passionate about along with learning about different situations around the world.
It was truly life changing! I saw parts of the world I couldn't have dreamed of, new cultures, amazing people, and a new outlook on India.
it made me realize how positive I could be. I say this because im very competive and hate losing so I sometimes show negativity. for example in the beginning of the trip wasnt really showing that much positivity throughout the sport Activities. Then realize I should change and make it more positive.
It has made me believe in myself. I will help my environment and community in any way possible. They made me realize that my vision matters.
This program has impacted me to try & make a change because I got to explore nature & see how beautiful it is. I want to keep it that way
It made me relize I dont need my phone and the world is much bigger than myself and I need to do more to help.
It has helped me by letting go of my use of technology and made me realise we need to do more for the planet.
it Positively impacted me by I could make a change in the world
The no barriers youth program has impacted me in many ways. For example, it has taught me to try my best to conserve the planet and avoid distroying it in many ways.
I participated in activities and I was able to connect with more people.
No Barriers Youth has impacted me positively by showing this side of me home
I never knew how life outside can be impacted on us
It impacted me in the way that I want to go out doors.
The no barriers youth has positively impacted me by wanting to keep the world cleaner, and know people aren't everything.
It has really opened my eyes and allowed me to appreciate nature more and help to keep our world clean and just the way we found it for future generations.
No Barriers Youth positively impacted me by Getting out more and helping my community.
The No Barriers Youth has impacted me positively by empowering so much more to bring change & awareness to climate change. Encouraging our generation to step up and make a difference.
This program has impacted me to do big things and go out and explore the world.
the experience has positively impacted me because it not only involved camping it involved something I am extremely interested in let alone trying to be a part of.
I got to learn more of whats around me. and do something about climate change
It was fun
It has positively impacted me to benefit the knowledge about the safety of our nature.
It positively impacted me but being able to not only learn about climate change but being able to see what it affects and how.
It taught me more about climate change, and and how it affects the world. It made me look & frently to the nature and people around me. This No Barriers Youth experience has positively impacted me by knowing how I am. Stepping out of my comfort zone.

I feel more confident and I see the world differently. The world need help and I know now that we can make a difference by helping even with the littlest things. Made me care more about persuing water

This No Barriers Youth Experience Positively Impacted Me By trying to save More water. Also to get at my comfort Zone.

Made me want to explore

made me a better perso

The No Barrier Youth Program experience helped me positivity helped me by able to camp and go outside more.

I made new friends. It was Beautiful! It was amazing. It gave me a chance to get out and enjoy exploring somewhere I haven't been since I was very small

more attire more outgoing my surroinds

It made me experience the beauty of nature and explore the world from a different point of view. I got to get out of my comfort zone I did thing I never really seen or done like the night hike was really fun to have or experience how night vision works.

This impacted me in the way that it helped me see that there is so much in our world that we take for granted.

It made me realize that there's more to life then just our phones. Being away from my phone made me feel more open to others.

The experience made me feel like I can accomplish anything. The trip made me feel like I can be a better person.

This experience positively impacted me and I feel like I would come again! And I am a STRONG woman! It made me feel stronger because I didn't think I could hike and anything at all, but I did and now I feel stronger and more happy.

It made me a stronger, confident, more social person. It showed me how important it is to communicate and bond with one another. 'Teamwork makes the dream work'

It helped me overcome my fears of heights and it helped me realize that I should be grateful for what I have.

It inspired me to travel and hike more often.

It inspired me to help the world out in ways no one has thought of.

This experience positively impacted me because I have learned to step out of my comfort zone and always try new things. I also learned to have patience and be more understanding of others.

The No Barriers Youth Program was a really good experience for me because I didn't think I could do it and I wanted to give up but eventually I felt accomplished.

It positively impacted me by making myself overcome my challenges with bravery. The program helped me grow as a person and also helped me overcome my fear of heights.

It impacted me because I got to do new things. It was a great trip. I learned and grew from it.
I didn't have my phone.  
It made me realize that I have a lot of walls and I need to break them down.  
It made me get out of my comfort zone and realize there is more out there in the world.  
This experience has positively impacted me because it showed me not to give up and push through even though it's hard. It helped me step out of my little bubble.  
It has impacted me by changing me in a positive way. This trip made me more open minded and I learned to never take things for granted where you live because it can all get taken away from you in the blink of an eye. It has also helped me to learn to love myself and to respect others as well.  
It has made me learn to enjoy what you are given.  
It opened my eyes and encouraged me to experience the world and country in poverty.  
It allowed me to connect with my Son of a Saint brothers.  
It has made me feel grateful, confident, and brave. P.S. I would do this again if I could.  
Okay. Where do I begin? This trip made me re-fall in love with nature and has inspired me to spread the word about climate change and it's impacts. It also made me want to learn more about medicinal plants as well. Most importantly, I saw real community and I loved it.  
The way this No Barriers program impacted is because this program has a lot of different activities where I had to face the fears that I have. This program just made me overcome my fear that I had.  
It just taught me to be a wiser person and how to overcome struggles. Life isn't always perfect so we shouldn't give up.  
It overall made me a more positive person and made me realize there's always a way to do something even when you think you can't.  
It has helped me grow by being outside my comfort zone. It helped me be more open to others. I was able to make more connections with the leaders and the other girls.  
This experience helped me to become more connected with the other girls, guides and leaders. I got the chance to raft and participate in different activities which allowed me to know what I enjoyed. This has been a really great experience for me. I would love to do this trip again.  
I have gotten so much experience and growth this trip I can hardly pick only a few. But I would like to say that I have become so much more confident in myself because of this trip!  
It opened my eyes to the world and forced me to think harder and realize other people's challenges and conquer mine.  
It has taught me how to appreciate nature and learn to help the environment in ways that can be small, but very impactful.  
It made me more of a social person  
I have learned to open up and trust myself and what I am capable of. Also that I can have positive things happen in my life. The leaders were amazing.
The No Barriers Youth has positively impacted me by enjoying nature and appreciating the things I was given and learning to be yourself in all the things you do.

It has made me become a better person and see life differently.

I now feel the impact this trip had on me well used when I return to the city. This has pushed me to want to be a better me and want to do something for the environment.

Overall it helped me to develop a connection and good understanding of the Costa Rican culture.

Through the connection and understanding that was developed, I was able to see life in a unique way as a whole. Thanks to this trip I was able to build new, better, and stronger relationships with my peers. We now can all relate to each other in a way no one else can because we experienced this together.

I was able to really pin point what I wanted to do in the future and how I'm going to work to get there. It's helping me get self-esteem

It impacted my because it made me see the world in a different view and made me want to give back. It has made me work with people I would not have approached otherwise. This made me become a better leader and a more understanding friend. I feel like I have made some friends for life on this trip.

It has inspired me to achieve my goals, despite the adversity I may face.

This trip has definitely been the highlight of my year! I had such a great time, met so many new people and learned a lot about nature and the National Park Service! I plan to go home and devote at least part of my life to positively changing the world!!

It showed me that I have a lot of things to work on. I got a lot of friends out of it and I had fun. This No Barriers experience has positively impacted me because before the program I wouldn't necessarily have thought I could do anything I put my mind to, I was more focused on my problems and I wasn't really looking to push past them I was focused on how they could hold me down. I feel this program really allowed me to grow and allowed me to push past the boundaries that I set for myself. I personally didn't know how I would communicate with other people, because I'm not a social person, I had to push myself to ask questions. Overall this program will stick with me and has made a big impact as I grow older.

It has given me a new perspective and a way to see and understand how other people leading different lives from me live. I have made so many new friends and made memories that will last forever.

This trip has made me realize that it's ok to trust and work with other people. In my life so far I've had more enemies than friends. I will definitely work hard to make good connections to solve problems I have.

This experience has positively impacted me in that I got the chance to work with complete strangers only to make them my friends and to hear their stories. This experience has helped me see how the world is amazing and that people can break boundaries in order to make the best of what there is at hand. This has also helped me to see that there is more to this world than just my city, there is beauty that needs protecting in this world.

The way I was positively impacted was my perspective on people and life. I learned so much about how strong the people who were on the trip with visual impairments were. I even had trouble with some activities that were led. Then I also learned that the natural world is so important to life as I traveled through the Grand Canyon. The natural sounds, seeing the night skies and everything else was so amazing, even learning how the Canyon was formed is so amazing.
This experience has definitely impacted me. Before this trip I was overly independent and didn't want to rely on others, but after this trip I have learned to rely on a rope team. I have also gained a better appreciation for nature and a stronger understanding of natural sounds.

This experience has taught me a lot about communicating with other people as well as myself and I feel more confident in myself and my abilities. I feel significantly more motivated.

The No Barriers Youth program impacted me in a way that makes me feel like there are better things in life than staying in your comfort zone. The overall No Barriers experience was fantastic.

I learned that I don't always have to be the best or the fastest. I don't have to make the most friends or be the smartest. Instead, I should focus on really living life. This experience and group of people has changed me and made me a more laid back person.

This No Barriers Youth experience has impacted me by giving me the strength to overcome my obstacles and to get out of my comfort zone. Being from the city I was scared to go on this expedition because I didn't believe I could adapt to the new surroundings, however after I completed the trip I feel like I can adapt to new experiences and go become confident in my abilities.

It has positively impacted me in many different ways. I have learned how to help B/VI people. I want to be more involved and want to tell people about my experience. Also, I feel like I can do more than I did before.

Before this trip, I had never experienced something this new and foreign to me. Through bonding with my trip-mates and delving into river life, I truly grew as a person. I learned that I can be extremely resilient in unfamiliar situations. I gained insight into NPS science and the immense importance of improving and maintaining National Parks.

It made me realize that I can do more than I think I can. I feel motivated to do more and I feel like I have more courage to break through my barriers.

This No Barriers Youth experience has positively impacted me because of the lessons I've learned and goals I want to take from it. I now want to kayak the Grand Canyon. I have learned about the natural world and how important and valuable it is to me. I've learned new perspectives from other B/VI kids that is useful for my non-profit. I've learned that I am capable of anything, but sometimes I need to slow down to accomplish goals.

I got to know more people and learn about the Grand Canyon, the National Park, natural sounds and plants and animals.

It made me realize how much the world needs helpers.

This experience positively impacted me by showing I am stronger than I thought.

It has made me realize my worth and purpose.

It gave me a chance to meet new people and experience something I have never done before.

It has helped me realize my dreams.

It impacted me because it showed you don't need technology to live your life and creating a rope team is important.

It yet again opened my eyes to the world and how amazing disconnecting is.

It taught me to have an open-mind.

Creating stronger relationships with the youth and guides have encouraged me to try to become an apprentice next year.

N/A
It helped me trust people a little more.
N/A
This camp pushed me out of my comfort zone.
It impacts me positively by helping me step out of my comfort zone.
NB showed me now to face my challenges, respect wilderness, and take advantage of teamwork and other support.
I overcame my fears. I am terrified of heights and Austin and Cheyenne were especially helpful and very patient with me. If it were not for them I probably wouldn't have been able to zip line or the leap of faith. I have been positively impacted by my counselors teaching me to believe in myself.
NB has helped me to have more confidence in myself. I have also learned to approach a challenge with no fear in mind. I have achieved these as goals of mine through the activities provided here that test each of these characteristics.
It has helped me socialize more and find new parts of myself and brought me out of my shell.
I am a stronger person because of the ideas of Vision I know where I am going and what I believe. Being away from the city and being in nature has helped me see what I am capable of doing as an individual. I know that I can be away from my family and away from my phone.
It helped me overcome my fear of heights.
It has given me a chance to experience new activities and get a break from being surrounded by electronics 24/7.
This program helped me overcome my fears of insects, drowning and heights. As well as taught me to better respect the environment and the importance of being responsible for ones actions. As well as introduced me to some amazing campers who I hope to keep as life long friends.
I believe this program has opened my eyes to more adversity. I have learned that all people are not on the same level when it comes to challenges. Every person needs different methods of encouragements depending on their challenges. This camp has helped me know to approach each situation and person.
I made friends and I didn't think I was going to.

- **How has this No Barriers experience positively impacted you? (Adult)**

Expanded focus on helping and seeing the world.
N/A
I went to museums that will immediately enrich my history curriculum. I also got to know my students outside the classroom (which can only help my relationship with them inside the classroom) Being emotional/vulnerable in front of my students feels good...and a little scary!
Showed a part of the world that was not yet traveled to. - Nehas emphasis on positive engagement was inspiring.
It was not only physically and emotionally challenging for me, but watching the students learn, push themselves, and grow with each other has been beautiful.
I feel each of the students experienced a very meaningful and positive program that will change each of their lives for the better
I am now much more aware of the environment. I am no longer afraid of certain insects/wildlife. I have a much more profound appreciation for the things I have and will no longer for granted all of the privileges I am afforded.

I did things on the trip that I don't think I would ever have done - and also things I wouldn't have done so happily - I grew! in so many areas.

Leaned into challenging situations and helped students rise above difficulties. Learned different conflict resolution strategies. Deepened/created relationships with students and adults on the trip. Grew from new experiences. Reminded me of how lucky I am in many ways and provided me with good perspective.

Allowed me to grow as a person. - Leave behind some self-doubt. -Take away: patience, understanding and confidence - Push my limits and comfort zone - build relationships - gave me things to reflect - Check things off my bucket-list

This experience provided me a chance to do something I had never planned to do, in a space where I could help lead a group of students through some of the most challenging things they have faced. My love for traveling and sharing has been boosted by this experience and can't wait to work with No Barriers.

I have gotten to see my students fall in love with a place different than our home. I got to see them learn, grow, and build a desire to be a better person. Thank you.

For me it's really about providing a safe and impactful experience for students - I love that we can be a part of the program. It is a high quality program I hope we can do again.

Julie was knowledgeable, positive, and offered an incredible amount of support. She and the program provided my students and I with an unforgettable experience.

It reinforced our need to help one another, and seeing how positive Costa Ricans are and how they are working to conserve their country's resources.

I was pushed outside of my comfort zone in a couple of ways and grew as a person. I saw and learned about a part of the world I had never previously experienced. I learned about conservation and changes I can make to positively impact the world.

As an adult, all of the activities and the trip as a whole was a blast while being highly educational. It was also so powerful to see 8th graders go outside of their comfort zones, bond with new kids, and take part in service learning. To see how they were impacted in such a positive way was extremely powerful.

It has opened my eyes to the world beyond my home and shown me the type of impact my students and me can have on other communities as well as my own. It has an amazing real world learning experience and the hands on learning was amazing. It energized me as an educator and parent to look at conservation education and ways to further impact our local community.

Helped us to get our kids outside of the classroom to learn and grow. Refreshing as an educator to be outside of the classroom too, to reignite passion for learning and students!

This is trip #5 for me - I have learned about myself each time. I have had the pleasure of seeing 125+ students participate in this transformational experience.
I have become more appreciative of how lucky I am. I was also challenged physically and overcame my traveler's sickness. In addition, I have learned a great deal about contemporary Peruvian society and Inca history.

Travelling as a mixed group of chaperones - one from HB and one from another organization - has been great. The differing of experience we bring to the trip has really been enriching for the group. Josh’s willingness to be whatever the girls needed - from fixing braces to bonding during girl time was inspiring, welcoming, and simply amazing!

N/A

Yes - I feel more confident as a leader and educator thanks to this program. I've grown- gotten outside my comfort zone, learn to appreciate other cultures more and appreciate what I have.

N/A

It helps me reaffirm my commitment to experiential education for my students.

I got to see so many aspects of India through many different lenses. Buildings, temples, food, weather, people. It took on India from many different angles to provide a full experience. What impacted me most was talking with Neha where I could ask more indepth & specific questions about what I was exposed to. I learned the most from her.

It has allowed me to work in a group setting as a team, but also working individually or stepping from the team and initiating movement.

- I have pushed myself beyond my comfort zone. - I have been able to understand the importance of failure and the value in continuing to try. - Native American Culture is so rich but deeply suppressed --> I want to know more & help spread the hope that was so proudly demonstrated by the amazing people we met.

no Barriers has made a huge impact in the way I view things. many times I would tell a member that if they do not feel comfortable doing a certain task, its OK. With no barriers they have taught me that its OK to push a little more and test the limits with members, the outcome is always great!!!

It has helped make me a better youth worker/person/role model. It provided me with once in a lifetime opportunities that I shared with an outstanding group of kids and adults.

Helped students reach full human potential - Helped students build leadership skills - Helped students learn about their impacts on the world both socially & environmentally - Helped students want to make the world a better place

Every experience was meaningful and fun. Drew did a wonderful job leading our travel and making sure everyone felt engaged and safe. Seeing our kids bond was unbelievable. The activities were relevant to our kids’ needs and showed them that they can do anything they put their minds to.

It was amazing. Don’t change anything

This experience has brought me closer to the youth that I work with on a daily basis. I have found ways to inspire them even more now.
The program has helped me to learn the power of reflection and how to create situations where reflection is encouraged. It has helped me to become more comfortable with the process of challenging my students, allowing for and embracing discomfort. The program demonstrated that students are resilient and can handle stress with proper support and that they will grow from the experience if practiced responsibly.

Inspired me to give back to the community and work more with foster children.
Being able to travel to a new country with 10 of our boys from Son of a Saint was absolutely incredible. The majority of our boys have encountered some type of traumatic experience. Being able to watch their smiles and watch this trip change their lives changed my life. In the end, we all want to make the world a better place and I absolutely came away from this trip with a great enthusiasm to continue to help improve the world around me. Thank you for providing this opportunity for our boys.

It gave me an opportunity to understand how different countries are.
This experience has created friendships, humbleness, and realization for youth that there is more than our small town.

This experience has given me a better experience of the type I work with and I had an awesome opportunity to get to know them better.

- How can we continue to improve the experiences we provide? (Youth)

Keep up what I did here.

It was just hard for me cause I didn’t get along with most of the kids but the experiences and Leaders did nothing wrong
uhh... I have no idea! The who trip seemed perfectly planned. The blueberries were a bit annoying and hard to pack though but that is about it.
Longer rafting
Skydiving would be really fun of a fourteener.

Continue to offer the experiences.

More bonding activities would help the kids on the trip get closer, but it would also help the trip leaders get to know their kids. Other than that, my experience with No Barriers was great.

Continue to enrich people with new things and ideas. Keep using the elements.

Keep doing what you’re doing.
By doing the same things you are doing already.

You just have to keep doing what you are doing and then it will be awesome.

I have nothing to say in order to better the experience.

none

I notice tons of my friends did not partake because of cost. If NBY could lower costs it would come more experiences.
Continue to do what you are already doing, it is working well.
- Add sky-diving  - Don't have as long of a survey

I think maybe let people know what they're doing a couple days in advance.

I think everything was amazing.

More fun activities like zip lining, and more interactions with local people.

Be with families more and learn what their life is like.

Send out a survey before trip asking about activity preferences.
I honestly don't have an idea.

I would try to spread out the activities a bit if possible, because having several a day was a bit hectic.

Some kids were really scared for some activities, so, maybe make some optional.

Do more check ins and more diverse roommates (I had the same people 3 times.)

N/A

When you give us a time to go to bed and don't keep talking for another 10 minutes. Maybe adding a bit more pep to the opening and closing ceremonies. It got kinda boring especially since we all already knew each other.
I don't know. I think it would have been better if we got more sleep because I know that I was exhausted. But at the same time, we would not have been able to do all the amazing things that we did.

Maybe have a little more free time each day.
I think one thing No Barriers can improve on is less lectures.

Don't make people do things they aren't comfortable with.
Go with the flow
Do more team building pre trip so everyone knows everyone
This trip was amazing but I wish we had more time at the ocean.
Keep this amazing trip running.
Just continue doing this! All of the activities and making us try new things and making new friends.

Be more organized.
I don't think you can or should change anything. I know what I want to be and this will impact me forever.
Nothing really.
Keep on having awesome leaders!
It was good.
Make a difference!
Always ban technology
Always ban tech.
A bit more relax time.
Possibly provide more rest time, but I still think they did well balancing it out.
Continue to use activities and programs to make the group closer and work better together.
Keep doing what you are doing.
The whole trip was incredible and I wouldn't change a thing, other than more down time.
You can continue to just keep doing what you're doing.
More relax time in between adventures.
You could do more with the elements. For example: playing a game/doing an activity that directly relates to the element right after it has been introduced.
Less reflection.
I think more bonding activities/games would be very helpful to get to know my group and leader. I believe that we bonded later on, but having activities would speed it up and be lots of fun!

I really enjoyed the trip and it is a really good opportunity and it takes people out of their comfort-zone just far enough.
I don't know it was an AMAZING trip. I think the worst part was the sleeping equipment. My sleeping bag was really thin and there was a hole in my sleeping pad so it was really uncomfortable.

I don't see room for improvement.
I cannot think of any
Provide more activities.
I felt like this trip was amazing and needs no improvement.
Nothing
Nothing.
Nothing it is great!
I love it just how it is. You could maybe help teach some of the language spoken at your destination for a more engaging experience.
You can improve the experience by doing different activities and not the same ones multiple times.

Everything is as good as it can be. Thanks for this experience!!
I do not know.
I would say that No Barriers provided everything I needed for my trip.
DON'T DO SURVEYS
You could add mountain boarding to the camp as well.
Maybe have just a little more low intensity activities and some more sleep time.
Nope! All good.
Just more fun and less serious. I didn't really like the ceremonies.
There's nothing, it was 100%.
I think everything was pretty great, no improvement.
Nothing, it's amazing.
The trip was perfect.
Keep doing what you're doing! Just make sure to finalize the schedule of activities though.
Keep doing what you're doing.
I would love them to be a bit better about info with emails sent out, but that's it.
I think we just need more down time at night and more social time.
Having awesome leaders
Just keep doing what you're doing
Taking what we learned back to our community.
I don't know the experience was awesome.
Sometimes our meetings at night and other times (circle ups) were kind of pointless and that time could've been used for something else.
It is great.
Give a clear itinerary. Sleep in slightly more.
I think you could try to make time to see everything a little longer but really nothing it was amazing.

A little more down time.
Keep fun activities and give the kids a choice for activities at certain times.
Reduce the amount of circle ups because they seemed pointless and a waste of time on a trip we paid $3000 for.
Have leaders interact with students and teachers.
More down time so we aren't super tired at the end of the trip.
I think it's good as it is.
I think that the meetings we had every night/day were a little long and slow and the should be sped up/shorter.
I don't know it was a great experience
I can't think of anything, this was probably the best time of my life
I felt that the experience was wonderful, but the debriefs were kind of annoying.
Not talking about it.
The trips should be longer and travel to more places within the country. but overall all of these experiences were great.
More activities, less down time, that are engaging.
I truly do not know.
Nothing everything was fine
Continue to provide an equal amount of service projects/immersion experiences with a balance of fun vacationing experiences.
Keep very broad options pick a good group of people to travel with that like to travel and keep the awesome food because food brings people together.
Continue to go to great restaurants.
Everything was perfect. I wouldn't change a thing.
Keep doing what you are doing everything was incredible
Perhaps the camping experience could be a little more in depth and personally challenging. I understand the value of providing jobs for the horsemen, cooks, and guides but at the same time I feel that we could have had a little more immersive experience. Perhaps we could prepare a meal, set up our own tents and complete some camp chores ourselves as to make us feel less like baggage and more like we are positively contributing to the journey.
Honestly add more team building with songs, music, and singing. The rest was perfect.
There is nothing that could make this better except a bit more student choice and independence.

More focus on independent group activities.
I wish I had a little more knowledge about the program before the trip.
Make more team building activities
Make the activities less forced.
I believe that they could've done a better scheduling job so we could sleep more so we could have more energy for the hike.
Let us sleep more.
Really great program 10/10
Have better solo building exercises.
I have no suggestions, It was so much fun.
We could allow for more independent non-journal reflection. On this trip have time independent small group excursions.
Talking more about the history. Also making sure the food is not making people sick.
Make the tours more fun and shorter.
As teenagers some of the team-building activities seemed slightly cheesy and it occasionally became difficult to take it seriously.
If it had more of a personal/solo development.  
Keep doing what you do and interact with the kids more.  
Maybe pay a little more attention to people who weren’t really listening to directions or activities.

Nothing  
A little more organization and letting us know the full agenda earlier would be appreciated.  
Smaller groups and possibly selecting individuals that would get the most out of the experience. Some kids are goofing around on this form and are worried about relationships rather than the experience.

You can improve the experience by doing different activities everyday instead of doing certain activities multiple times.  
This experience was amazing- it honestly doesn't leave much room for improvement. It's already awesome.  
I wish we would have spent a little longer at the village/school. I also think people who don’t follow directions should have more attention/warnings.  
Providing more experiences in smaller communities and doing an extra service project there would help many connect more.  
I don't know, solid program.  
Keep doing what your doing.  
N/A  
I'm not 100% sure.  
I wish we could have slept in a bit more some days.  
I think it had to do with the fact that the program was custom, but some aspects at times were changed, and we did not always know what would happen.  
I think the experience was great and everything was planned carefully.  
N/A  
N/A  
You can keep having engaging knowledge. The food was continuously great and enjoyed everything. The leader was very engaged and kind.  
Maybe need to reflect more after activities.  
More group decisions over the fate of the group. More decisions over roommates.  
Give more pre-information to participants about illnesses and vaccines in the place we are going to as a lot of people didn't have or know about vaccines and got sick.  
more fun activities  
Don't spend to much money.  
They can continue to improve the experiences they provide by talking ideas of what we want to do and the trip was good with what we did. Not that much to change.  
I think you should continue these programs to that people that are less fortunate to be able to experience what I got to.  
No Barriers Youth can continue to run these trips and maybe do a lesson on trusting others.  
To improve, we can spend less time travelling and do more service work.  
Have more time to explore the community
Make sure everyone is included, as we were on this trip. Activities that make groups closer. The various elements of the logistics could have been worked out a little bit better. Generally fine but I wish students had more input on meal choices, and also I would like less museums.

By increasing emphasis on team building activities by integrating them with the trip more effectively.

N/A
I'm not sure. I had a good time.
At some points, I felt that we were overwhelmed with activities, so possibly a day of truly walking the city, and getting to know the day to day life. Other than that, I felt everything worked very well.

The lodging could be improved, and the 'flag' system should be decided by the leader, not the students. The lodging's internet was embarrassingly slow. San Agustin Hotel was by far the best, and I hope No Barriers will be able to find hotels of similar quality. Also, there was a 6 hour bus drive, which was very arduous and painful. Finally, the number of museums we visited preferable could have been reduced.

I wish that the guides were more knowledgeable about the places we were going. Keep picking great food.
Have good food at restaurants.
Maybe eat more street food (but the food tour was great!). Allow the kids to eat at the Golden Temple kitchens. Interact with the kids at the Tibetan Children's Village.
Give a lot more information.
Everything was pretty well the only thing to change is to maybe do more group voting for activities to see what the group consensus was.
INVITE GRETCHEN EVERYWHERE. This trip was absolutely perfect I had the time of my life with Maddie, Emma, AJ, Zach, Faye, and Gretchen but we had a stuck up, selfish, and self-centered (Mandy!)

Keep doing as is I had a blast.
More activities.
By being more connected.
I think by letting kids who are less fortunate get involved with this program. Especially kids who are minorities.
y'all are great
specifically for international programs: Just try to be more weary and understanding of the diets of the people attending the trip when deciding places to eat out at, hotels to stay at, etc. I say this because as travelers, we don't truly know the foods we're putting into out bodies, and if our bodies reject the food, we are left with no choice but to eat food we don't want.

Allow some meals to have a budget, don't select all food.
Just do more programs like this one.
use Neha in more expeditions
Keep doing what y'all are doing
Let people try different things. Infuse positivity in their minds. My biggest outcome is being able to do more without being afraid. Support people when they have trouble doing things. we should be able to have more hands-on experiences with items you can’t find in the city. For next year I would say less sandwiches and maybe figure out a way to make the driving time less.

NA
Nothing
Give more time to relax and do the homework.
Practice more team work
Provide field guides so that we can identify animals we see on our own
continue doing trips
It might be beneficial to be a little less harsh on timing rules that seem too short because when we had super tiring days it minimized good experiences for me.
make sure everyone is comfortable with other participants and make sure there aren’t issues.

sometimes the rules are too strict & too enforced when safety is not relevant.
none
#NAME?
Try and make bus rides shorter so we can do more activities in one day.
Connect with people. Let go sometimes. Enjoy nature and believe in myself.
The only thing was I was a sleeping pad was included in the packing list and a little more time to prepare in the morning.
N/A
Continue doing trips! Try to make them accessible to people with low socioeconomic status.
Keep doing what you’re doing!
I would appreciate a little more down time to rest and reflect. Besides that it was perfect.
Honestly, planning was perfect. Outside forces made the trip slightly difficult and somewhat disappointing, but planning and exception of that could be controlled was excellent.
Keep doing what you’re doing.
Don’t use hostels.
Always push kids past their comfort zones in order to provide them a new perspective. More service type activities and more interaction with local people.
More organized, better wifi.
More group votes on activities.
Choose not just any mentor but mentors with travel experience and who is accountable and frankly not stuck up and mean (Mandy). Interview the participants. In order to fully gain for the trip we all need to be of the same maturity level and we aren’t.
Nothing, don’t change.
By changing packing lists/including more detailed description of what some things will be used for so we know if we will need/want to pack it.
Experiences come naturally through jokes and riddles and memories we made and moved together.
Improve pre-trip communication
Great as is.
More context/info before the trip would be nice.
Less shopping
Keep doing what you are doing.
Giving more context during activities/sitting.
To improve experiences just appeal to the audience that will be attending by age group.
I will take everything I've learned here in India back home to keep growing while also spreading knowledge to others.
By showing the very best as well as poor aspects of a place. This will result in a well rounded understanding of the place visited.
In my personal experience the trip was perfect, there really isn't anything I would change.
Just keep doing what you're doing
The way to improve the experience is to just take in suggestions as done and keep doing what they were doing.
I feel like that this isn't my place to ask this.
I don't think there is a need for improvement.
you can make it more physical.
You need to keep hiring amazing guides & leaders like we had on this trip. Overall this trip was very well run.
I think more kids should be aware of the No Barriers opportunity. Scholarships should still be given out especially to those who can not afford these trips.
Continue to hire leaders like Alexa, because she is incredibly intelligent, friendly, and encouraging.
Keep hiring great people like Alexa who are great at their job and are so joyful and passionate.
I think that either spacing out the activities a few more days or having less would make the trip less exhausting.
Keep taking kids to see and experience the world, it will make the future better for all and open people's eyes to what is out there.
Continue leading trips exactly like this. To be exact, include things like: reflective circle ups, group quotes, alternating leadership roles.
Continue to reach out to schools and more programs.
Nothing.
More contact with the kids beforehand
The trip felt very non stop. All the activities were very fun and engaging but I think we were all very worn out. I personally need more down time than most to recharge.
Be more flexible
Keep the program interesting! I loved it!
Continue picking good restaurants and hotels.
Don't use hotels like the one in Berlin.
Keep doing the amazing work you're doing! And maybe more comfy hotels. And the closing ceremony was great.
Be appreciative of what I have.
Work on improving the conditions of the lodging, and balancing the niceness of hotels over the days. Also, group voting for activities happened once and I think more systems like that would work. I also think you should introduce more discussions on the culture we witness, rather than our individual triumphs and struggles, as I feel we were too inward focused. Also more history and cultural context throughout would be preferable.
Keep the expeditions coming is all I have to say.
Too much travel (trains/drives)
Balance out the time in each destination better!
Better pre-trip communication
Better info/preparation before the trip.
#NAME?
more hiking
It would have been beneficial to have a little more history and context about the places we went before we got there.
Some activities were VERY boring. They lasted too long and the tour guides were bad. We also woke up WAY too early and barely had free time at all. The leader should have been more friendly. Besides this I had a great experience.
Giving it more publicity and keep on doing what your doing because it's Awesome.
There is no improvement, although, better food and snacks!
some improvements can be to check the weather before campers come & to be more prepared when it comes to the campers that didn't bring the right stuff.
You can improve by having more activities & maybe some games like board or card games to play during recreation time.
Help us get more comfortable as we sleep.
it could be improved by going When it's closer to summer or when it's warmer
They can improve the tents, sleeping bags, and sleeping pads. As the nights were cold and when it rained some water came inside the tents.
Have more activities and more night hikes.
More games
Keep doing the program
I don't think you need to improve the program is good as it is.
Improving would be more prepared for weather.
Teach it to others and get ideas and feedback.
To improve No Barriers Youth program you should Provide more comfortable sleeping pads.
Prepare the learners on climate and challenges faced up in the mountains. Lots of us weren't ready for the cold weather and windy roads.
More free time to enjoy nature -board games -campfire -stories
You can improve by doing all that you're doing and more. I just think staying creative with activities and finding ways to make them more engaging will/might most likely help in the future.

Increase time of activities
increase
I find this organization a great experience so I believe there should be no improvements, it's not necessary.
Next time you should let students know about that type of gear they should bring (if they have it). Let them know beforehand about what camping is because for some people the only experience they have of camping is scicon. Scicon wasn't like this. We didn't get a campfire or cook our own food.

provide showers
Do not make us hike to the biggest tree.
Everything was good for me
By helping bring everyone together and help and work as one.
Preserve water
to improve the experiences you guys provide are by not waking up so early.
Better food
have better food
We can have more hikes and more activities where we exercise.
give us showers but other than that it was good.
Better understanding of the limits of students
Provide showers
I like how it is maybe it can be a bit longer and do more activities.
I think that these programs should be available all around the world for teens could be able to experience all the beauty the nature has to offer
I think letting us call our parents at least 1 day.
The trip was great, nothing should change. The only thing that should be put in this trip is to call our parents once in a while.
Just give better preparation
To let some sensitive kids call their mom and for kids that don't go out to go on a trip like this.

By communicating and taking advantage of opportunities like this.
Well, I feel more downtime to explore towns, but everything else was amazing.
It's as good as it can get.
Letting the group's go on more trips as they are breaking their barriers.
It can be improved by understanding that some people have limits and give them space.
Keep doing this program every year
You can improve the experiences that you provided by extending the days so that we can do more things with the time that was given.
Do the same thing.
It was a great time. Just keep doing the same thing.
To talk to everyone.
Just keep doing what you're doing. It made me feel comfort and excitement.
To at least have one call every three days.
I would do something else with the bathroom situation. Talk to the guides and tell them not to push so much.
You can improve how much fear a person really has of canyons and the heights. Bring better snacks for the river and don't bring the rice crackers.
They need more things to do on the trip.
Longer length, because 'time flies when you're having fun'
By making the events fun.
Let us sleep in tents more often and let us call our family more often.
To be honest, I don't know. This trip was great.
The way you can improve the experiences. Just by adding more activities to the program so that there are more experiences.
Make the trip longer
1. Maybe sleeping bags that zip up
2. Also some cold water once in a while
Improving the snacks (the rice crackers weren't a big hit)
I would like to have better vegetarian options.
This experience has been the most incredible experience of my life. I can't imagine how ya'll can make it any better!
More fun or interactive events with community members.
N/A
By continuing to love great leaders that inspire us to enjoy ourselves and the things around us.

Make sure the experience stays the same but attempt to bring the kids to the city more so they can see more of the city.
Judging from my experience, I think that nothing should be changed.
N/a
Little pads to sit on during the trip. Also better food. It was good, but it could improve. Alyson was a little mean and wouldn't listen to how we felt and always give the option to have tents if we want them.

There is nothing for this program to improve.
Include more activities.
I feel like what is now happening will continue to push people. Experiencing the culture a little more will be very impactful, but either was this will continue to push people.
Experience the culture a little more.
Keep up the good work.
N/a
Being No Barriers.
I would have wanted a schedule so that I could have been in the right place at the right time. I felt like I was getting in trouble because I was not on time to activities, but I did not have a schedule to reference.
Provide more engaging activities for participants. Sometimes it felt as it we were just sitting there. Also try and intervene with the exclusive friend groups more.

This was such a great trip and thinking back on it I would not change anything.

Make sure that the pre-program materials are in accessible formats and websites. Continue to provide explorations in multiple science fields and making sure we see more opportunities in these careers in geology and sounds.

Have more tactile or braille resources. Or large print, especially for this evaluation. Create the following in braille: -Animal cards -Pre Trip Resources -Journaling (some type of device for journaling so I have to have someone to write for me)

I think that it could be letter to try and get the participants connected more fully before the trip, because it can be kind of difficult to be surrounded with people you don't know at all.

You could keep on doing these!

Me personally I saw no major things that needed to be improved. I don't think the science activities should be changed too much, they were quite fun and I learned a lot from them. The only problem I had was an injury which was my personal fault than anyone. Maybe one thing is inform participants that there will be sand blown at time and ways to counteract that.

It might be beneficial to invite people with different impairments other than blindness to experience the Grand Canyon trip. Then, more people could visit and experience the beauty in some way.

To continue improving the experience I would try and make sure the guidebooks are accessible for visually impaired participants. I would also give more information on what to expect on the trip. I felt a little unprepared for the days and types of activities.

I cannot think of much to improve the experience. The one issue I had was that there should be more spread of responsibilities of leading the visually impaired. I enjoyed leading students that needed help, but somewhat often I sacrificed the enjoyment of my trip while others rarely helped out.

Offering other destinations for this program.

I have no idea. At least once every day, I would be struck by the realization that something one of the leaders had done or some aspect of the trip was a really good idea. This system needs no improvement from me!

You can continue to improve the experiences you provide by continuing to care about the participants and by providing new and unique experiences.

If students start to have exclusive relationships, end them and don't let them continue. Also, make sure students are not too personal. Let people know who is B/VI and also let people know how to help them.

Provide more training for sighted students on how to help/guide BVI students. I often felt like I didn't know what I was doing in terms of helping them. Also, put more of an emphasis on Grand Canyon history if you can! I always wanted to know more.

More activities that involve positive vibes by capturing applicants that have inspiring stories. More marketing and more information on phones calls and more communication with expedition leaders.
It would be cool if there was more focus on scientific topics other than sound (water quality, etc).

The leaders made the trip 10/10.
Keep doing what you're doing.
Don't change anything and you should be fine.
Pictures would be better to explain what we need to pack.
Maybe more activities on the river and a little more learning.
You can show people technology is not everything.
Pictures for visual learners.
Keep doing you.
More hiking opportunities.
N/A
I think this program was perfect the way it is.
It's good enough.
N/A
Keep doing what you do, I have no complaints!
Provide more bonding activities among campus to get to know everyone better.
wifi:)
Plan ahead even on the trip. I'm quite upset there were few 'action' photos and I did not get to go rock climbing or mountain boarding which was what I really wanted to do.
I think the experience could improve by taking more pictures in each of the activities.
Nothing the experiences were wonderful.
I would like to eat more smores and spend more time with other campers.
Maybe offer like two food options/take votes on what to prepare to ensure everyone enjoys the meals.
Maybe offer more hygiene time but I don't know if that is even possible.
I believe the experience could improve if we could hike more and the weather would be nicer in order to do more activities.
Stay the same and clean the bathrooms.

- How can we continue to improve the experiences we provide? (Adult)

Continue to provide participants with wonderful food/dining options! The closing ceremony was very engaging and emotional. Josh really seems to be very well suited for his job!

Better pre-trip planning & coordination. On the ground experience was great!

This experience exceeded my expectations- keep doing whatever you are doing. Don't fix what wasn't broken, it is thriving :)
Just keep doing what you do and hire people like Alexa
Continue offering scholarships to students who aren't able to have this opportunity.
Definitely find an alternative hotel to Canal Inn - something with a pool, close to the city, comfortable, clean, charming, good food, and good hosts. Send hard copies of the pre trip materials and send them early (6 months before the trip)
No ideas at this time.

Continue to do the same thing! There are always things to tweak but I believe No Barriers has a great product that provides something that not many kids can experience.

Keep offering new experiences!
I’d love to see more at Volcanoes National Park. Maybe a night viewing. Perhaps too it would be awesome to work with some kind of ranger/researcher at Volcanoes. Perhaps including some canoeing?
Make sure the computer program is working so we do not have to send paperwork in twice or more.

I think continuing to work on streamlining the paperwork process would be extremely helpful.

Some of the planning/logistics pre trip seemed a little clunky at times. However, once we got on the trip things went great and I have no suggestions for improvement with activities. Though it might be nice to have layouts of hotels in the future so adults can see where rooms are assigned and make sure there are adults nearby.

Improve the registration process and pre-trip communication.

N/A

I urge NB to stress that they are non-profit, which is somewhat unusual for this type of organization. This sets them apart.
I know our trip is the last one from Sage so I know it needs a little work here and there.

More communication regarding logistics before and throughout the trip. For example: travel times/duration, meal times, etc.
Provide more context before going on activities/expeditions. If we knew more it would have more impact.
N/A
To continue having youth meet with other youth their age. For me, that is where I saw the most engagement from our youth. Their feedback was that they really got a better idea of the culture. They were able to see & hear the differences between the cultures. Even more so, they were able to learn the similarities. Having multiple cultural exchanges was great.
By continuing our partnership. - Pre-visit with group before trip

There was unfortunate disrespect among our teens --> as Boys & Girls club staff we must do a better job of not having tollerence for disrespect on any level.
Keep doing the things you guys do! amazing non profit organization. not just for kids but for everyone!!

With this being a pilot program I think we can work together to iron out the kinks and continue improving year to year.
More scholarship opportunities
Ensure computer program is fully functioning to avoid having to upload information multiple times.

It was great

I think this experience is very inspiring.
I like the 'go with the flow' mentality. During circle time you could incorporate pair-share or partner activities occasionally to switch it up.
More activities during the trip to keep youth occupied.
Continue to reach out to groups who may not be associated with a school.
Keep Cazo in the program.
By providing more trips to all different kinds of youth.
Adjusting to groups based on needs to give the best experience possible.

**Adult open ended questions – Youth Program**
- What have been some of the highlights of your No Barriers Youth program?

Excellent activities for all students to be outside their comfort zone.

All of it.

1. I got to see the city of Berlin with my students. 2. Teaching an impromptu lesson on an object we reviewed in class! 3. Getting to know my coworkers better.
organization/informative -all guides in Delhi were fantastic

The destinations, pushing myself beyond my comfort zone, accomplishment, gratitude for the places, people and experience.

Watching kids grow individually -- Watching kids grow as a group

Josh was excellent. Casa Cayuco and our experiences while there were amazing. Punta Culebra.

Adventurous activities - service project - relationships with students and staff - learning from Kathy in Canyon de Chelly

How well organized and planned the entire trip was. Jenny was an incredible expedition leader and was always accommodating to the students and educators. The trip itself was amazing and filled with incredible people and places.

Watching Kids fall in love with learning.

The programming was near perfect.. it was the perfect mix of structure/reflection.

Great mix of adventure activities, educational programming, and thoughtful reflection. Watching students grow emotionally and become more confident. We also saw many of them become friends with students they would not have spoken to before. Students also went out of the box!

The tours were amazing. Sea turtles. Jungle. Ziplining.

Seeing kids from 2 schools bond. Seeing kids be positively impacted by service learning.


Helping local communities.

Jenny (trip leader). Well organized and planned. Fun experiences!

Expedition Leader (Jenny O). Flexibility of bus driver and local guide to adapt/roll with our requests.

Drew was extremely helpful when we had sick students. He was also very helpful with me as well.

Too many to list! Definitely more positives than negatives.

Every day brought new and exciting challenges and rewards. The hike was particularly important.

Hiking and camping and cooking in the mountains. Feeling safe to divide the group and spend time wandering in a market.

Accommodating spontaneous requests.

We had an amazing, jam-packed week in India! Everyone learned a lot.
Jenny’s connection with my students.

Seeing the cultural exchange between the students was my biggest highlight. I feel that they got the most out of this.

communication - leadership - experience - Knowledge

The No barriers staff & curriculum were amazing & super engaging.

I witness 2 of my members Repeatedly say they can't do it, get me down. They ended up finishing the course in tears. But with a huge smile because of the NB staff motivation.

Watching the Youth grow - experiencing new things - Pine Ridge - relationship building

-Visit at la campio - Hiking --> more night hikes! - River float - Zip lining - Turtle walk & work with crema - Bat lecture - Service projects - Farm tours (pineapple, Don Juan's, coffee) - Family visits - Cooking & dance class

Organized, fun, engaging, safe.

Broadened my students' experience

Highlights were the guest speakers and meeting new people.

Access to otherwise restricted areas - Camping in primitive sites - Side hikes

The scenery and getting to know the kids. I loved that they were calling me 'mom' and able to confide in me.

Being able to see our boys smile. - A group of boys asking how they can help kids of la Carpio once they get home.

Meeting the people of Costa Rica.

Friendships - new experiences - activities - group talks - Navajo Culture - Meeting Kathy

Visiting Kathy! Amazing!

- What have been some of the challenges of your No Barriers Youth program?

None.

None.

The long bus rides? (Maybe. Only in certain cases. For the most part, I enjoyed the breaks.) Not receiving responses to emails I sent to the initial trip leader!
Guide in Bishikesh was hard to understand No

Personal (physical) challenges

I think any challenges we had only made the group stronger.

Windy, wet weather. One day - LOTS more walking than other days.


Wind Storm during sleep - Migranes/Allergies

The trip itself was difficult for some students and also the travel times between certain places. Those things are out of NB’s control, however. Another challenge with middle school students is keeping them engaged which I thought Kenny did a wonderful job in doing.

Weather!

Well.. it rained a bit one evening... that was it.

N/A
1. Pre trip paperwork 2. We need an address when we go though immigration in customs

Pre work paperwork.
Other than a few hiccups in planning/pre trip, no.

N/A.

Non other than every day regular student behavior management

None.

Many different activities and reflections during the trip. These were positive moments though.

Our lodging in Panama City drastically decreased in quality upon our return from Casa Cayuco. Also, having to share even for a day was a little off putting.
The hike

Managing activities/downtime. The trip was front loaded and on the last few days very slow.

Cramming a lot into a little amount of time.

N/A

The biggest challenge was that youth got sick, however I feel that the NB staff handled it well and was very informative.

- group dynamics - behavior of Youth - Re-enforcement of policies

Some Teens took this experience for granted. --> disrespect in the form of Rashing was difficult to deal with --> but Drew has an amazing solution. (Hawaiian tradition)
The trip was a little long for some of our members. Driving wise. being together for so long can be tough, some got cranky but Drew and Mariah were able to set a meeting (Hawaii) and Bring us Back.

- group dynamics - pilot program

- Needed the book 'Wildlife of Costa Rica-- Field Guide' but was sent the wrong thing  -More service projects!

N/A

none

Challenges have been handling the group in a big and busy city!

Teasing and volume
To engage in the activities presented like going for a hike with the group. They preferred to stay back.
Adjusting to the rain, but we made it work.

The fear of kids facing their challenges but being able to keep a positive attitude and being able to face their fears.
Being away from civilization  -Hikes, heat, bugs
A challenge for the girls were the contact with parents, many of the girls were surprised to learn they couldn’t speak to their parents on the trip.

- Do you have any concerns about safety or risk management? If yes, please explain
None.

No.

N/A

No

No, Jenny made sure to check in with every singly member of the crew and would review safety information.
I thought Alexa was always concuaiss of potential dangers and made us all aware of how to minimize them.
Some of the hikes were extremely dangerous in the pouring rain (muddy). Would definitely recommend that participants bring appropriate hiking shoes.
None.

Only the cleanliness (or lack thereof) at Canal Inn - visible feces, live monkey living in kitchen.

no

N/A

No.

nope.

No.

No.

No.

No.

No.

No.

None. Nice extra piece this year with pre-trip packet.
Driving in Peru is highly reckless. Please encourage tour drivers to respect driving rules.

No concerns.

No

No

No

No, we felt very safe the entire time.

none. Neha having her medical credentials played a MAJOR role.

No

Never

not at All

Not at all

-Rooms too spread out at Don Juan's (hard to keep track of kids) -No machete use! (at community center at San Luis service project)

No.

no

No

None

No.

N/A

No.

N/A
How would you describe the impact of this program on your students?

How would you describe the impact this program has had on your students?

Very positive for those that are willing to commit to the goals of the program.

It has been an incredible experience. They were very active, and did everything Drew asked them to do.
I saw my former/current students in a new light. I also got to know and work with students I otherwise don't interact with!
Many students were exposed to a lifestyle and culture that was not seen before.

The students experienced culture as well as lifestyle very different from their own. Many had not been hiking before. Some never left the country. I feel every student was challenged- from being away from home to learning and working together and facing internal goals and reflections. The growth both individually and as a group was amazing to watch and be a part of.

They were very much able to process the experience and noted how their lives have been changed, they made specific goals on how they would change.
Wow! They constantly amaze me - they pull together/build up each other and radiate their excitement.

Exposed them to other ways of living. Gave them needed perspective. Helped them develop/deepen/repair relationships with their peers on the trip. Helped 2 grade levels interact, which rarely happens at school. Showed students their own strength and resiliency.
It was amazing to see students in a setting outside of school. So many were pushed to step out of their comfort zone and this led to so much pride and feelings of accomplishment. They gave their all to the service project and learned and embraced the Navajo culture.
I hope that they all leave this program a bit more self-confident and aware, both within themselves and of the greater world around them.
Incredible. They all grew.

trans-formative!

My students are coming away from this trip with new perspectives and a newfound sense of gratitude.

They have grown up and began to see what is really important with life.
Students grew, bonded, and learned about their world.

Extremely profound - I'm certain they will remember these experiences for some time and I hope they transfer things they learned around community to their own town after the trip.
Truly powerful, eye opening, positive, and a community building experience.

Many new eye opening experience helped them to grow their world views and leadership qualities.
Most significant learning in their middle school years.

Very highly. We accomplished our education goals. Thanks.

I believe it has encouraged them to think critically about the power of having a vision and guiding principles.
It has helped them grow in ways that they will not fully understand until later in life.

On the last day of the trip. I can already see my students attitudes towards poverty shifting. They are becoming kinder and more thoughtful in their questions, comments, and actions. They are also much tougher!
Myself and the students have had an overall experience with memories to last forever. Eye-opening to poverty and global issues, gave them time to slow down and reflect and they really bonded as a group.
It has helped develop their empathy for the world around them. Furthermore, it has challenged them physically and emotionally.
The most feedback I got was that they were humbled by seeing the poverty in India, and motivated by the work ethic of peers their age from India.
The program definitely gives more guidance and reflection for the students. But it also helps them to know that someone from the place they visit is open to impact youth. And that they have the same objective as the educator (staff).
This program is a life changer --> our teens must be briefed about Rashing beforehand

every single member has said that the trip was mind blowing, they will be able to share this experience w/ famiy and friends Back home.
This was an amazing experience for then. This program opened their eyes to a bigger world and encouraged them to be the best version of themselves.

Helped them reach full human potential - Helped them become More well rounded global citizens - Helped students grow as leaders - Helped students overcome boundaries - Helped students realize their impacts on others, the environment & the world as a whole
The impact is immeasurable. I am so excited to see them continue to grow when we get back home.
so far it's been great
This experience opened the minds of my students and gave them a bigger version for life.

Life changing for most. Acceptance of self and motivation to move past adversity.

Inspired them that they can do it if they take their time and put their mind to it.

I think it encouraged them to want to give back.
It had a strong impact on my life by giving me the opportunity to see people smile and see how happy people can be by giving an hour of my time.
Our students have had a great experience. They love the water, friendships, and camping.
I believe that thanks to the adults that they related to it made for a great experience.

- Top three reasons you chose NB

What are the top three reasons why you chose No Barriers Youth?

I didn't choose NBY, but I'm glad my coworkers did!

response to email outreach

School chose No barriers because it aligns with our school mission and global studies goals.

NA

N/A

N/A

Our school chose for us, I'm not sure - I think it's because we use to do this trip with SAGE.

- Past experience (2016) - Philosophy - Steph & Cazo
1. Education opportunity we couldn't provide. 2. Program built to fit our students. 3. Support

1. Safety. 2. Programming. 3. Local experts (Hoi!).

We've worked with them for 3 years. They work with us to design a program that suits our needs. They send us great expedition leaders.
Our school leader chose it.
Our school already had it set up.

Our school had an existing program in place.
I'm not sure.. our school has used it for a few years.


Local connections/Support in CR.

Non profit. Risk management. Group Leader - Drew Doty

N/A

Past experiences with Sage. Ability to create own program. Guidance/expertise in handling logistics for a group.

program specifics - reputation -expertise

Contributed to educational travel rather than tourism, good reputation, supportive staff.

Past experience

I went to the last Summit in Lake Tahoe. - Perfessional staff -Youth focused Foundation - More Guidance - Continued partnership (SAGE)

Nature first hand -Native American education -Travel

no barriers was Chosen By the Donors of Foundation?
Pre-existing partnership for international travel program.

1. Amazing expedition leaders (Alexa!) / local guides
2. Well rounded activities based on science, culture, service, & pushing outside boundaries
3. Organized & safe, while pushing students outside their comfort zone
Prior history between NBY and my school.

it aligns with our program

Opportunity, experience, and overall positive environment.

1. Working with passionate people
2. The real world experience in combination with the learning component
3. To know that I'm volunteering for something worthwhile
Reputation and ease of planning.
Cazo, the experience, the love.

For our youth to experience something new.

experience - new things - Opportunity

- Expectations met, why or why not?

Were your expectations met? Why or why not?

Absolutely. Jenny O'Connell continues to be an inspiring leader.

Yes.

Yes!

All major expectations were met.

exceeded - safety, places, learning, accommodations

not having ever done anything like this before my expectations were very vague. I think that I was blown away by the program and the job Alexa did. As a father I wish my own kids could have gone through such a program. Aweson!!
N/A

Yes - above and beyond from beginning to end. Jenny is AMAZING!

Yes - unlike the last trip to Panama (w/ SAGE), the itinerary was upheld, logistics were smooth, activities were what was expected and things ran pretty smoothly.

Yes! Experience was amazing. The trip surpassed my expectations because the expedition leaders provided to many adventures and opportunities.

Above expectations. The way that our group was managed from Lima and back was perfect. I never thought a trip like this would be so smooth.
Yes. Fabulous - even with hiccups along the way, great ground partners, etc.

Yes... it was awesome!
Yes, Julie was thoughtful and made sure to consistently check the 'pulse' of our students.

Yes, the trip was safe and well run.
Yes, it was an amazing experience.

 Totally exceeded - I had heard great things from former adult educator group leaders, but the experience was even more powerful than I thought it would be.
Yes! And beyond...the leader and local guides were amazing, friendly and welcoming.

Yes! Wonderful trip and amazing trip leader.

Met completely.

Yes.

Actually yes, I am fine with the trip even with its hiccups! The hiccups were minor, compared to what they could have been. I thought it was fine.
Yes. The program was wonderful,

Yes!

 Mostly! Wish the planning was a bit more clear and streamlined.
Yes. Everything was well organized and wonderful.

yes! everything was wonderful!

Yes. My expectations were beyond met! Neha was great in providing support to the youth & designing programs and activities. Her medical care was beyond exceptional. Yes, Above expectations.

my expectation were beyond met. -some Teens were disappointing

yes, the trip was amazing!! felt very safe with The NB staff.

100% ! and more everything was well thought out and organized and the trip was AMAZING!

YES! This trip was amazing! A perfect mix of science, culture, & service!

Yes

yes
Yes, they were exceeded because the inspiration was awesome.

Yes. Organization, material support, location & activities

Yes and more!

Yes
Yes, they gave us an amazing opportunity to meet Cazo.

Yes, beyond expectations.
Yes, except for the communication with parents.

- Any additional feedback?

Do you have any additional feedback about your NBY Expedition Leader(s), or about your local guide(s)?

Jenny is always well prepared and flexible to challenges. She also welcomes feedback from students and adults alike.
Rishikesh guide was hard to understand

Jenny- you are amazing! Your passion, enthusiasm, genuine care was felt at all times. You pushed the students, made sure they were safe, created a fun environment and encouraged growth in so many forms.
Both Alexa & Jimmy were a great combo. they seemed to compliment each other perfectly.

Alexa and Jimmy were PHENOMENAL!

No.

Josh is amazing. Great energy, excellent rapport with students, medically knowledgable, open to feedback and collaboration, respectful, flexible, energetic, forceful when needed... Dave and Suzanne = amazing! Daniel = lackluster could definitely do better.. he was barely with us.

Awesome! Amazing! Steph & Cazo are such naturals working with kids and their environment. They make a great team.

Jenny was great. Local guides could be more animated and engaging for middle school students.

THANK YOU!

Both were fantastic - thank you!

They rock!!
Keep doing what you're doing. Even when we ran into difficulty with rain or bus troubles they were professional and found alternative activities.

Drew and FoFo were absolutely incredible.
Both Drew and FoFo were outstanding. They were knowledgeable, helpful, flexible, and easy to work with. When plans had to change due to weather, they quickly worked to adapt and we sill had fun activities to take part in.
They were all amazing! Fofo and Drew went above and beyond.

Moises did well overall but didn't engage/relate to the kids in the way Carlos and Mario did last year.
Jenny A+++  Moises - good local knowledge and educator - less involved with kids compare to several of the guides in past trips.
Not right now.

Don’t be afraid to take charge on a situation if your gut tells you to. Provide truthful and compassionate feedback to each other - it will only improve the trip.

No

Very hard to understand the first two guides! The last guide was AWESOME!

N/A

none for guides
Great guide. Can’t wait til next year!

Drew --> So wise & gentle (with huge love.) Mariah --> happy & loving with a contagious energy (mad smart).
Drew and Mariah. Are the Best!!

Drew and Mariah are amazing. They are a Strong team and our experience wouldn’t have been the same without them.

YES! Alexa is an amazing leader. I honestly don’t know if I will continue to do these trips without her as the leader. Jimmy was also amazing to work with. My favorite guide so far in Costa Rica

Drew did an exceptional job. Fofó was key to our experience. His knowledge of Costa Rica provided a rich experience.

no

Excellent. Well trained and passionate.

They were well organized.

N/A
Cazo did a great job.

Cazo and Missy were amazing!

Cazo and Missy were excellent. Girls did express their feelings on river guides. They did not relate to them as much.

● Additional comments?
What additional comments do you have?

Josh did a wonderful job jumping into our trip on such short notice!

Neha was great!!

Keep doing you! This program is lucky to have you.

Loved my experience!!

None.

communication with No Barriers before the trip was great and timely, but there were so many people to keep track of, it got confusing.

Thanks for an amazing expedition.

Keep growing! Scholarships would be great in the future if possible.

Mahalo!

Drew, FoFo, and Cristian are awesome!

None.

N/A

It was an amazing experience!
Thank you!

Thanks.
Drew was a lifesaver. His calm demeanor was an asset when things got tough.

None
Don't lose Jenny! She's awesome!

for NB, to use electronic to do the feedback form. waste paper :(  

Keep doing what you do!!

More scholarship opportunities so I can bring more students on this trip!
None

Loved the program!

Great experience.

I really enjoyed the set up of the trip- river part first and Kathy's after. Kathy's and Canyon de Chelly were the best part.

- Plans for phase 3

What are your plans for Phase 3 of your NBY program (Global Impact Project, service, etc )?

Students will put words in action and service.

NA

Service project in Chicago.

Don't know (probably a project).

Unclear yet, but have 2 post trip meetings planned upon return home.
Not sure. Refer to Josh Swann.

TBD

TBD?

TBD

Project or service.

We don't know yet. We'll be meeting with kids when we return to start planning.

We will work in small groups to help our community - possibly young kids or the elderly.

Local community service learning projects. Possibly another service project along with reflection on the trip.

Local service. Additional reflection - what this experience means to kids next steps in life. Undefined yet.

No plans, per my request. The post card Josh had them create is sufficient.

We have not decided yet.

We will have frequent follow-up meetings to debrief and reflect. :)

Debrief with portfolio presentation global studies.

To continue doing Explore India. :D

Annual dinner to share with past and future students/parents.

have an annual trip - implement Native American curriculum to the Bgcb
Spread the word, Show videos and help make an Impact!

A service project for Pine Ridge and educating other club members. Volunteer at a soup kitchen or Feed my Starving Children - Adopt-a-Family at Christmas time

TBD

Our members are planning to attend a local homeless shelter to prepare and serve food.

Florida Youth Shine, advocate for Foster Youth in Collier County to stay together

Educate my kids on how the rest of the world lives and that we are fortunate to live where we live.

TBD

Give them an articulate article on how I will continue to give out my service.

Give back to the leaders that have provided assistance to our youth.

Unsure.
APPENDIX B: WARRIOR OPEN ENDED RESPONSES

- In the space provided, please explain any characteristics that were scored 5 or below:

Logistics seemed a little late in the making in terms of travel arrangements. For me, clear instructions in getting from the airport to climber's ranch were lacking.

I did not participate the warrior tracts that was listed on the previous dates and times. I participated the one in New York City

It was all around awesome!

There is no pre-expedition experience other than a phone call.

No experience in rappelling or canyoneering ever!

No help getting around

I've had a lot of physical experience

I was unsure of the other team members before I came out

I in last questionnaire it showed series's if dates I never participated in any of the dates that were display by No Barriers.

The packing list needs to be tweaked based on the expedition and conditions

There was a lot of time just waiting out bad weather with no contingency plan in action

I would have liked to be a bit more challenging physically. I think its important to the message of No Barriers. Its hard to see the non physical side without being challenge physically.

Didnt do much for pre expedition

I was either working or out of town during the group calls so i didnt get to participate but im sure id have given it a 10

I expected more discussion about the life elements in phase 1

Pre expedition-dates were conflicting in the initial notices. Logistic-airport transportation

It was all very well put together, just moments where it felt like it wasn't

I had no experience with whitewater rafting

- In the space provided, please explain any characteristic that was scored 5 or below:

No connection

Wasn't feeling heard-could not lean into my discomfort. Wasn't informed of agenda-changed on first night w broad ...... prior to the arrival

N/a did not experience this not sure police is involved.

Some leaders barely communicated at all. The main leader was great. Tents were not well planned and had to be recouped

None

Many choices to pick from that was confusing because of how times are scheduled.

Recommended an excel sheet to show what events at the same time for ease of selecting.
Please provide any comments about specific outfitters or No Barriers leaders here:

This was an intimidating trip but the No Barriers staff and the Peak Outfitters were very positive and supportive so that it made it easier than I ever would have thought.

Thank you for the opportunity to learn a new thrilling activity. Ice Climbing was awesome and climbing with Erik was very inspirational. And I was great for me to make new veteran friends. you help me make a connection with a vet who lives in Telluride, she let me crash at her place so i could save money and not get a hotel room. Add Tag to Answer

Nate is an awesome guy that goes above and beyond to make everyone feel like a part of the crew.

Nate, Jill and Derek were amazing. They were organized and made sure everyone felt a part of the group. The outfitters were knowledgeable about disabilities and how to adapt the climber to the event.

Everyone was great, honestly. This trip was over the top and way more than I could have anticipated. The 12 of us were paired as great as it gets--- we were all 'reinforcements' for each other and everyone was supportive and positive. Our ELs were fantastic and really supportive throughout the whole process. Zion Guru was amazing, and it was even more amazing that Chris & Joe were veterans--- that added a depth to the trip that is hard to materialize. I know it wasn't fantastic for Derek to stay back with the dogs, but his help in not only doing that so I (Jenna) could bring Flynn to help me where I most needed it --the airport and traveling-- but also his contributions to the expedition were unmatched.

I was happy to have Jill as a No Barriers leader again. Everything was amazing as usual, the only suggestion that I have is that No Barriers adds one more day to the Zion trip.

The organization for this particular trip was a work in progress due to it being the first time working with Zion Guru. I believe with this experience under their belt that better inter-program collaboration can be reached. Getting a balance between expedition challenge and No Barrier Warriors curriculum. Jill- Always a warm light, spark plug and awesome cheerleader. Derek- Always cool and knowledgeable. He has 'Presence'. I am grateful for both of them!

Joe and Chris(?) were OUTSTANDING canyoneers. They were always talking about, implementing, and teaching about safety. They made feel very confident in expedition. Jill and Deryk were a WONDERFUL team. They very knowledgeable and professional guides. I trust them with my life.

The No Barrier staff were instrumental in a awesome expedition. As always Jill and Derek with their leadership and positive attitudes always make the trips challenging, fun, and exciting! Also, the crew from Zion Gurus, Joe and Chris were great!

Provided great environment/experience
N/A
All the leaders were outstanding in their own way and brought a special dynamic to the program. Travis and Trisha were amazing and relatable and helped me to significantly look inside myself to identify areas that need to be worked on. Gary and Nate, fantastic job in overall leadership, logistical, and operations. Disappointed in Jenna, peer leader who left on day one.

All of the leaders were great, friendly, knowledgeable, and listened without judgement. Great patience! amazing team. All did a great job and were very professional. Incredible staff. I felt physically, mentally, and emotionally safe. Tessa was a great mentor and leader. Sarah was so welcoming. Peter was confident guide. Katie was an assertive friendly leader. Trisha was a quiet leader. Peter is young but wise and really blended well with the warriors. Trisha's love of the outdoors and climbing is contagious. The whole team leader team were not only helpful, but also concerned about everyone's needs. After a slight mishap it was great to see all team leaders rush into action to secure the situation and help the individual. Excellent leadership exemplified; the els were outstanding. They listened, encouraged, and facilitated very well. Each was valuable and contributed well. Katy was a terrific leader and Sarah made sure all the arrangements were accounted for well. Peter lead and practiced by participation. Brandon shared his vast knowledge and experiences. All of the staff went above and beyond to accommodate. Nate and Gary were amazingly supportive. Special S/O to T-Money and Travis. Wonderful people. Leader are outstanding. Only wish we had more time. Outstanding and compassionate leaders. All leaders are amazing, skilled in their technical fields, caring and willing to accept us and give of themselves. Nate is great and all the leaders were the best. Nate was great, however they were all top notch. Better than outward bound. Awesome leaders. All great leaders. Took the time to get to know everyone and build a rapport with everyone. PErsonal and leadership-wise. So grateful to see so many civilians and other vets that actually care and want to help. All of the leaders were great. They were supportive and motivational. All the expedition leaders were extremely professional, very knowledgeable and very passionate about helping us all. All of the leaders of my expedition were exceptional. They were helpful and showed genuine concern for us all. 10 isn't a high enough score.
We loved them
The leaders were the bomb. So helpful, supportive, relatable, and spirited
The leaders were amazing, they have the perfect attitudes for this trip and made my experience that much better
Kayla, Andrea and Courtney were awesome! They got right in the trenches with us. Katy and Trisha rocked and made sure we were safe and challenged
I enjoyed my time and meeting wonderful people.
The team was amazing. They are special people who love what they do.
Leaders were all very amazing and all so wonderful
Katy, Trisha, and Kayla did a great job of spending time with each participant and getting to know us.
This was very challenging but they were there every step of the way
Katie, Trisha, and Kayla were all so professional, personal, and inspirational
Karl was really motivating and experienced and knowledgeable and explained many hiking things to me whenever I asked
All great and helpful
The team was outstanding. Katy was hard but fair. Trish was the mother hen who thought of the little things. Jeff was the silent one who was always around when I was not feeling that mountain
Katy was stellar in every aspect. Jeff barely communicated
EL's are very knowledgeable and professional
Expedition leaders were knowledgeable, accommodating, and very caring to participants and their individual needs
It is hard to point just one individual out from the leaders we had. Such amazing and wonderful people that I feel truly care about the difference they make to vets. Katie did an amazing job pushing the limits for those vets that really needed a challenge. Hats off to her.

The leaders were awesome
Overall the program will serve me well in my quest to be a better person. I think the message is so relatable in everyday life. I truly enjoyed the program.
Nate was fantastic. He ensured everyone had what they needed it and more. Always checking in with folks and always with a smile!
Kaylyn was excellent always chipper and kept us laughing while keeping us on our toes. She has an awesome personality and worked well with interacting with every single one of us. Gary and Trisha stayed in the back with myself and another vet to keep us motivated and reminded me of the military's motto 'no man left behind'. We held many conversations about a variety of things. Gary taught my how slow and steady can win the race. Kate was extremely empresive with the knowledge of mapping out our journey taking us through a variety of environments allowing us to have a challenge along the way. Everyone was extraordinary!

Loved you all
All the guides were knowledgeable, approachable, and encouraging. True professionals
Gary is an awesome human being
The ELs were all attentive, professional and approachable. They adapted to environmental challenges to provide an empowering experience

Where do I even start? John Toth has an incredible amount of respect from me, and I am so thankful that I was able to meet him and hear his input on things. I could tell immediately that he is a good leader and it was refreshing to see that. I could see how much he cared about the people, regardless of any personal differences. Kaitlyn - You Rock. I have never met someone so positive and that is something I struggled with so to this day when I catch myself in a negative mindset I think of Katlyn and how she would spin it into a positive item. Nate- Is awesome, scheduling everything and getting information over to everyone. I have a million things to say about every single person from No Barriers that I interacted with. I am so blessed to have met everyone.

Top notch
The expedition leader team was fantastic. They are experts in their work and fun and engaging. Top notch.

Sarah made the pre expedition experience feel incredibly smooth and comfortable. Katelyn is my new role model and superhero for living boldly and with integrity. I couldn't appreciate John's ability to be vulnerable more. What a truly incredible team.

The no barriers leaders in my expedition were very supportive before, during, and after the expedition.

John's insight and positive feedback is what I needed. Katelyn's uplifting attitude, smiles, and caring hugs made her the best leader of all. She continuously motivated, inspired and listened to everyone with compassion and made me see that good people do exist.

Minor communication issues on plan of day events
I was thoroughly pleased and impressed by the leadership's ability to communicate with each other and how effective they worked together. All the guides and leaders were beyond exceptional. Kate-A beautiful soul with boundless passion and unbridled fortitude. I love her.

John- Solid in character, solid in abilities, solid in approach. He is an exceptional example of a leader I'd follow about anywhere.

Leaders guided a difficult and long expedition that was consistently efficient and face, physically and emotionally.

Loved the ongoing communication and assessment.

Great leaders very organized and helpful

Leaders provided all that was needed and most of the time went above and beyond. Leaders treated everyone equally and with respect and stayed and remained professional the entire program.

I didn't get the impression that they really 'knew' our issues, but were very receptive.

All leaders displayed a fantastic attitude and professionalism.

I felt safe with the leadership of all staff.
The leadership abilities of Sarah, Trisha, Jeff, and Travis was amazing. From the initial telephone calls to wrangling a bunch of veterans who joke and act like kids was outstanding. These leaders were beyond exceptional. I would want them on my team any day of the week.

All leaders were exceptional
The team was there when needed and made the trip more enjoyable
I have a heartfelt gratitude for Azra, No barriers and raytheon. Without them my soul would still be lost. This program has began my healing process.
All were professional.

● In what ways has this program affected your future plans or goals?

I'm trying new outdoor hobbies.
Keeps me motivated to continue to push myself and past my physical barriers. Planning on doing Bierstadt, then Long's. Hopefully WHITNEY with NB!!!
Try harder
It has given me time to refocus and.......thinking about how I can reach my goals and still be present for those that are important to me.
Meeting other vets and talking about stuff expanded my goals
I have drive now. This program was exactly what I needed at this time in my life. I was going to give up on my dream. But now I know I have to finish.
Affirmed that I am on the right path and able and capable of moving to the next
Right now I'm on the high from the program. I think it is creating the spark to better me as a husband, father, and man. This has motivated me to attain higher summits in the future
To stop worrying about the future, accept it and its many adversaries and to trust myself and other to conquer my fears
re aligned me and gave me motivation
I want to dedicate more of myself to myself and my community
Helped me refocus my goals
It has reaffirmed that I am on the right path to helping others through my love of volunteering and giving back but in a much broader spectrum
The vision I put for my pledge has been in my mind for a while, but having to put it on paper makes it real and will push me to do it
Given me a clearer vision of where I need to go
It makes me want to be more open minded, attentive, goal oriented in life
Given me a clear focus and friends to communicate my progress with
I want to be the best me possible.
It has made me excited for what may happen in the near future
Helped me see I can do more
More urgency, relatable to others
I still want to live
I really enjoyed being outdoors with others
I would like to volunteer every year as a team coach
Helping me put a plan in place for ideas that have been needing to be put down on paper
Made me think that I need to do more to help people who need a lift
Being able to focus more directly on my goals in life. To always help others
Things are much brighter
Ready to move forward
I plan on using my experiences here to help others with their life paths
I have learned patience and will strive to see the positive in all aspects of my life.
I'm going home to make a 2-year plan. I have a much clearer mind to do that.
Keep pushing
Reinforced that I should strive for my goals
I have to push myself harder than I do now
To take the tools that I learned and apply at home
I feel I will be involved more

It has reigned my love for nature. I also was given support and ideas of how to achieve my goals
I will continue working on becoming a better person and seeking help for my issues. I will spend
more time helping others
More positive
I plan to be involved in life
I am going home with a foundation that is solid and buildable. I now see a way forward and I will
work hard to achieve goals and plan a future I didn't think I had.
It is going to make me work harder instead of doing nothing like before
It shook me up, changed my perspective on what I can accomplish. I'm ready to take on the future
with intention
It has made me determined to go back to and finish school and has also challenged me to get out
of my comfort zone
I am unique in that I work with TMF every day, however, it certainly resolidified my love for
physical outdoor challenge
Want to reach higher! Can't wait to fulfill my goals and help others
It has allowed me to push myself
I need more to decide how my life will be affected
Pushed me to step forward and accomplish those goals I have been nervous about
I would like to participate in a future event never did activity.
I am now focused on my future
It made me really look into finishing my schooling instead of just taking the certificate
It has challenged me to think about positive ways to impact the world around me. It doesn't have
to be a huge experience
It has made me want to push myself further
Helped me to define my community service projects I have been thinking about doing for years.
Helped me to see that I underestimate my physical ability.
I need to continue to help grow bold
Refocused goals
I will be more focused on my family and relationship and live in the present. Stop sweating the little stuff.
I need to slow down and spend more time with my kids. I need to try to involve them more in activities that chill me out. I don’t believe that I am destined to make a big impact on my community.
Well i'll definitely keep volunteering for No Berriers
Created an opportunity to appreciate more what I have
Makes me want to become more active and more productive in my community
It woke me up to see the future
Giving back to fellow vets will be a goal

I will emulate the positive aspects as an outdoor leader and be careful not to make mistakes I saw
I'm more focused and determined
I feel more focused and have a drive for continued growth

This program is going to help me overcome barriers or obstacles throughout my life in more ways than just mentally. From a business standpoint they have helped me realize that no is just a word.
This program has given me the tools to allow me to reach my goals
Helped me get them more into focus
Has taught me to slow down and appreciate the present. Always strive to be better than yourself everyday
Gave me new resolve to better myself and the world around me
I am currently getting a degree in Outdoor Rec, so this program shows me the different ways to work with groups in outdoor expeditions.
It has helped me in taking my first step outside my comfort zone and levels of physical ability. I've gained more confidence to take a leap of faith in accomplishing my goals.
It has helped me see the strength within myself that I can do anything I put my mind to.
It has ............. what I had already planned
It has solidified my commitment to making a difference in my community
I fully intend to just start working/fundraising and sharing the no barriers experience, and maybe some day you'll start paying me for it. I HAVE to share this organization with everyone I meet and I fully intend to do so.
This program reminded me of my grit and helped me realize I can physically do things in spite of my injuries that I truly didn't think I could do anymore.
It has given me more focus to figure out what I want to do.

I really hope to make more lasting connections and community. I typically struggle to interact with people outside of my 'bubble' and I am working to expand that. I am also working to interact and help more of my fellow veterans. This program has helped with both of those goals.
As of right now I feel this program has positively affected my future plans or goals
I have to incorporate my goals into a smart goal system
It provided the space and challenge to pull away, gather perspective and re approach my life with voracity and honesty. It has given me a clearer vision of my goals. This program allowed me to be more appreciative of what I have and what I can do in my current situation. It has made me re-imagine my goals. Made me focus on my goals and the ability to summit them no matter how hard I have a much deeper, much more profound sense of grounding going forward with my goals. I feel I have support like I've never had before. Provides ongoing motivation and accountability such as pursuit of things I plan to give back more as well as try to be more present in my everyday life Made me realize that I need to continue what goals I have had and accomplish them and not procrastinate. I have developed very specific plans that were developed based on the self-learning that this opportunity prioritized. It makes me realize how trivial many things are that aren't worth fussing about The challenges I overcame on the trek showed me I can do more than I think both physically and mentally I will seek counseling for internal struggles I have with my significant other. I will seek out other veterans to help when I can. Allowed me to focus on important positive goals and define plan of action. More motivated I have been thinking of starting a business and have been putting off when I get home I'mm going to go and start the process It has given me the drive and values to begin my goals. Champion No Barriers with other companies and servicemen. Keeps me moving forward.

- **How has this No Barriers experience positively impacted you?**

I accomplished something I never could have without No Barriers. a lot It pulled me from my comfort zone. It was an experience I would have never attempted on my own. The follow engagement has been great. It truly helps foster a community feeling.

I enjoy meeting with other veterans and getting back in the No Barriers spirit. It is an ongoing process and appreciate that I'm not forgotten. Makes me keep heading towards my goals. Ice climbing should literally be on everyone's bucket list. I love catching up with other Veterans around Colorado.

N/A
I came out of Utah with a regained sense of purpose, feeling like I had support with new peers, and that our group formed a small little neighborhood in the No Barriers community. This expedition renewed my vision for my personal growth.

It gave me the confidence I need to start my new job. Before the trip I was feeling unsure if I was ready for the challenge but getting out with the team again made me remember what I could accomplish if I focused and allowed for others to help when I needed it.

It has helped me find myself again and be more positive. It helped me refocus and realize what I wanted to do
Gave me a sense of belonging.
It gave me the chance to enjoy nature while resetting from my day-to-day life.
It helped me regain the trust I have/or don't have in people.
This program has help me reconnect with myself through physical challenge and renewed comradery.
I have not done an activity with this level of endurance, danger, excitement since prior to Deployment in 2009. This reminded me of what I am capable of. This reminded me of what a TEAM is capable of. Thanks.
Was very challenging. Showed my self reliance and strength.
It makes me realize that I am capable of doing things that I never would have attempted in the earlier years of my life!
I don't know
Helped rejuvenate me, and bring inner peace, slowed me down from the hustle bustle and appreciate the positive things I have in life
It helped me recharge
I helped me realign my purpose
Empowered me some/mostly overall. Really amazing to be with my brothers and again, had to be able to continue to trust and grow with
Teamwork, expressing my shortcomings, not being judged, listening to others' stories peers' and staffs'. Overcoming obstacles to accomplish a mission as a team.

It has taken me out of my comfort zone with a positive effect, showing adversity and fear can be overcome.
Built on obtaining a more normal state
My mind is clear now
I was able to genuinely reflect on myself and share that. It was a very powerful experience.

I realized a career path
Its helped me bond more with my fellow veterans on the level that we all have issues but its okay
See Q 18
Seen the value of tying into others strengths
Help clear my mind and get me back to reality of helping others and including all aspects of life

Would love to continue to give back in any way possible
I will continue to reach out to my fellow Veterans and reach toward my best self.

It has helped me with my self confidence
Blank
Showed me I am bigger than my disability
Relatability
I can open up more
I want to try rock climbing more and get my wife to do it as well
Turned my life around
Being a part of a group and involved that inspires me to pass it forward  Rafting day was the best

Made me do things I didn't think I would
Being able to focus more directly on my goals in life to always help others
for sure
Yes journaling and opening up
It helped me learn how to impact others and show them that there are always positive paths if you’re willing to overcome your obstacles
I learned to measure my........with positive reflection and attitude
I know I have a team if vets I can reach out to in the future
It has helped me realize the positive within me
Helped me let go of pain
It made me think about what I need to do to move forward.
Showed how to push myself through my mental barriers and physical, to make me a better berson
Made me feel I can
Very much
This has shown me there is hope and that I can continue to get better
Thinking more positive
It has shown me that I’m not alone and there are people out there worth living for

It has given me hope and desire. Two things I had lost. It also connected me to a group of extraordinary individuals
Very positive
To challenge myself, overcome adversity and to live intentionally.
It gave me others to lean on and also showed me how to turn my grief into service/helping others
Refer to Q 18
Reminded me what I am capable of, can’t wait to tackle more and overcome more
Meeting other surviving widows that understand my journey. It has allowed me to help empower them; be their support system. I have gained new family members. The support system I'm leaving with is amazing.

Made me look at others in a whole different light. Open up and listen to their story.

To try new challenges by talking to members who already did events with them already.

It made me see how strong I can be.
Made me a stronger person and to really push for my goals and not just let them float in the wind.
It has shown me how to be present-each day. And also how to be encouraging to those around me. It has also shown me that I'm much more capable of facing challenges than I thought I was.

It has made me want to push myself further.
Age is no barrier. I was hesitant about the safety with all women but was totally secure with these ladies.
I was reassured that I'm on the right path.
reminded me the importance of vets.
Resilience and to live(be) present.
N/A.
I'm accountable for my two choices: Amelia and Briella. I need to be the dad/bff to them. 'The days are long, but the weeks are short'.
Gave me time to reflect and relax.
The group and staff helped and motivated me to achieve the goal.
Knowing I can start and complete anything, being able to work well with others as a team.

Gave more hope and faith to be better.
It made me go past my limits.
It got me to see the common aspects within the various deficits or traumas in different individuals-I am not unique, I learn from others.
Very much.
I feel that I have more of an understanding on what has held me back in the past and what I need to do to achieve my goals.
It has helped me realize that I can push past anything with the right attitude and continue to positively impact others by first taking care of myself in order to help others.

Before this experience I would isolate with the help of this experience I feel good about working on this issue.
Created lifelong friends I can always ask for help.
I am more confident now that I am not alone with my struggle. I have folks that will carry me through any adversaries as long as I ask for help.
Gave me new insight on myself, my strength, more confidence and camaraderie.
It just strengthen my love for the outdoors and other veterans in the community that share the same passion.
Better positive way of thinking about myself and I can do more than I think I can.
Shows that people out there still care about me and where im going in life. I've never felt so loved and accomplished on any other event than I have with this one.
It showed me that I am capable of doing things outside my comfort zone.
It made me realize that even the hardest physical challenges could be overcome
It helped me identify methods to overcome my barriers
No Barriers snapped me back to reality. I've spent so long in my own hole of PTSD, physical struggles and depression that I forgot about everyone else. I forgot to put things into perspective, and no barriers provided a reality check that I desperately needed.
No Barriers gave me a reason to push myself physically to prepare, and then it impacted me by allowing me to get uncomfortable with strangers and I don't know what else to say. I'm speechless and still soaking everything in.
I've decided I need to learn ASL so I can expand the community I can safely facilitate access to outdoor recreation for rehabilitation!!
Connected me with amazing and inspirational people that motivate me to strive to be a better person
It has given me a renewed sense of hope. Hearing other participants stories has been inspirational. Some of them are very similar to my own story and I feel less alone. I also feel like I have a group of people I trust, which is very rare for me.
This experience has positively impacted me by having the opportunity to work through mental barriers that I tend to put up in my mind.
Yes, I have been moved to get others to know about No Barriers. Spread the principles by work too.
It has brought me closer to who I want to be than I have been in a very long time.
It has given me confidence when I dint have it. It has changed my view on what I can really do for me and others. My rope team are great people.
This experience has impacted me in the way I view myself and what I can be to others
Analyze my priorities and to make my goals simple
There is a restoration like no other found in these expeditions. There is a connection to my comrades that I thought I would never experience again. I find so much purpose and accountability when I am with No Barriers.
Blank
It has made me face several fears head on such as attending grad school
I realized I am stronger than I thought I was and can do anything I set my mind to.

It has impacted me in more ways positive than what I had envisioned. It made me realize that its okay to have issues as long as you find solutions and better yourself and not stay in the negativity and always strive higher than you think you can.

I now know what I am doing next.
Showed me how far I can push myself
It has shown me that barriers are not permanent.
It has helped me know that I can achieve anything. There is no mountain to high. Mind over mater is a important attribute. Seek out other veterans and lend a helping hand.

By allowing me time to think about important elements in my life.
Not depressed, people even noticed before I got here
It has given me reason to think more about what to do instead of thinking about what I can not do
Teaches why to look at life differently and ways to make this happen
Helped me with the healing process by a lifetime of experience and the strongest rope team.

Met more wonderful people in other programs and listened to their stories so when I fell down I think of them and pick myself up.
New friends who understand the struggles of combat, home, family and work.

- How can we continue to improve the experiences we provide?

Continue to be flexible with the schedule and the people maintain your employees
My only recommendation is to increase communication on the front end. I received good information right at the beginning and then nothing, just 'see you in a few weeks'. I heard they had 2-3 last minute cancellations and increased communication up until the start date could have helped.
We should have stayed another night so things didn't feel so rushed.
Love the Vet Advances!
Loved it. Hope these opportunities continue more throughout the year.
I think keeping in mind all the logistical possibilities. So for example, we had a few people whose flights got delayed and I bet that happens a lot. Maybe incorporate an extra day before heading out on the expedition to review/practice or get to know each other. That could also allow for people who have flight delays to catch up. Just an idea.

Can't thing of any right now. Keep up the good work.
Continue to provide activities like this, with the professional level of staff that you have. This is the recipe of success. Keep up with the NO Barriers Flag ritual and the pledge. These are 'point on' activities.

How can we continue to improve the experiences we provide?

Activities more closer
Continue to bring vet alumni and build national networks
N/A
Make the facility ADA area for ADA (clients vets) Trac chair or equivalent so that everyone can participate. A talk on camping equipment. Because not everyone has camped before

Understand the transition challenges and how effectively meet the veteran where they are at.
Have intros at the airport
Work on identifying severely injured personnel that may not be able to physically handle the challenges. Losing a teammate on day one due to this may have set her back in her healing.

Wouldn't change a thing
Regional opportunities
N/A
The option to challenge yourself more physically would have been welcome for me

By helping others
I'd say use me more but the way you guys help us vets through reconnecting ....... us important

N/A
Keep it up
Keep installing and helping others achieve the seven values of life
Neck brace on site
I would recommend a note book to take daily notes about the day and the topics covered- I do best learning actively and the hands on process would allow me something to recall in future dates.
I'm unsure how to improve as everything went well
Blank
Funding and Grants to do more
Post weather
N/A
Better management with the meals
Lower turn-over
N/A
Keep going as you are
Never give up no matter what
Keep it up
N/A
I would like to come back and assist as a team leader in future expeditions
N/A
More food  Keep it up
Keep stepping outside my comfort zone. Talking on issues and emotions.
N/A
Food and down time
Meals could be a little better. More food
More base camp locations
Everything was great. The only thing i might suggest is larger portions for bfast and dinner

Keep up the good work
Keep it up
N/A
By make them available to more vets.
Nothing
Encourage cold weather gear
Keep doing what you're doing
Highly reiterate the need to prepare for cold weather
Horses and therapy dogs.
Everything was great
More community lead events, to spread your mission
Open up to do family expeditions, that allow children
Keep sharing it by word of mouth flyers social media.
I think incorporating therapy horses and dogs
I had a very wonderful time on this expedition and I think it was just great fun
Trail rides! Again, tweak the packing list. Enforce going off the grid(cell phones).
By showing your love and support
Better explain the physical aspects and preperation needed. Packing list should include gloves-
they said we would need to ask for them but no one explained why we would want them. Also
camp pillows;maybe a trail ride on future trips
N/A
N/A
N/A
N/A
Nothing
I'd like to see a skydiving program started and I'd like to volunteer to assist in any way

By continuing to reach veterans for them to learn more about adversity and how to overcome it

N/A
Nothing
Do not use frontier airlines.
Train your leaders better in social skills
N/A
Be more clear on travel and time frame for locals who may be driving to and from the expedition start and end points. Confirm accuracy of emailed schedule times and locations.

I love the team atmosphere. It could be awesome to have team challenges during the hike breaks possibly.
N/A
Keep doing what you are doing
N/A
Make the final lone hike much shorter; it can give people a lot of anxiety when they think they're lost in the woods. Smores and nutella would be great
It is a great program as it is at this time.
N/A everything was excellent
Keep doing what you're doing
N/A
Clean scheduling, openness about locations and distances
Add stuff sacks to the gear list. Make sure participants service animals are properly equipped with protective clothing and food
I felt really out of the loop on the schedule and where I was supposed to be and when. I know things change, but it just seemed very fluid and I had to do a lot of reaching out to people to find out where things were and at what time. I think the APP could have been utilized for this purpose in a better capacity.
Any experience can improve by doing X, Y, Z... I could nitpick and think of something probably, but I truly mean don't ever change. I loved this program.
more programs!
More coffee available! Really, nothing, it was amazing.
I think providing more challenging and technical expeditions for those that can complete them would be amazing. I was challenged mentally but not as much physically.

By continuing to do surveys like these and asking participants about their experience.

Get more vets involved with the program.
Give us more space and time to process on the last day after wrapping.
Inspire those that need inspiring. Reach out to children of low income families.
Have leaders hold participants accountable to the lessons learned and goals planned

More team building events during the program
I think the Summit is the best way NB has improved the experience. I look so very forward to it.
Keep the amazing guides, continue to be flexible and think out of the box. Also, I liked having John on the expedition to provide feedback an leadership.

Experience-specific packing list; a scarf  Keep doing what you're doing. It was an amazing experience.

I think No Barriers is doing a phenomenal job with all it is providing.

Be more open everyday with the schedule and activities, maybe provide a schedule or something to help those with that kind of anxiety.

By continuing to recieve more and more feedback. All around, experience was great

Keep doing what you are doing.

I can think of nothing at this time. Sarah did an outstanding job from day one communicating the different aspects of the expedition.

Program is excellent in all respects.

Check ups
I can not say this is my first tine
N/A

Continue pushing forward

Use per diem rates for the city coaches are in for reimbursement if that is the intent of No Barriers.

The past exercise should be the quiet walk, the present should include the pain of the past as it holds many back now but the pledge is how the future task are reached.
APPENDIX C: SUMMIT OPEN ENDED RESPONSES

● NET PROMOTOR SCORE: TELL US WHY YOU GAVE US THE SCORE YOU DID

Detractors

I felt The Summit focused too much on the disabled. It was my first time with you. It seems all communication about the physical event was geared toward using an app. I signed up the day before, and the email about this went to my spam folder. I did not see it before I attended. I did not download an app. And I did not hear this app mentioned once by anyone working the event. I could not tell who was working the event besides the people inside the check-in space. No maps were put in our (very nice) bags. I had great difficulty getting my questions answered. These survey questions seem to imply a MUCH more structured conference schedule and to me, this was an outdoor event. Your opening speakers were celebrity speakers, not what your survey seems to imply. Meaning they might be motivational, but they were not educational. Your second speaker opened his talk with examples of making a mockery of marriage and other hooligan acts. And this is my first impression of No Barriers. Your staff is nice but VERY Colorado laid back and not the tempo of NYC. PLEASE PUT A MAP AND AN CONFERENCE AGENDA SCHEDULE OF THE IN ANY BAG AND DO NOT RELY ON AN APP TO TELL PEOPLE TO GET FROM POINT A TO POINT B -- AND IF YOU DO GO THE APP WAY, ANNOUNCE THAT 500 TIMES WITH AN OPENING SPEAKER FROM NO BARRIERS BOARD.

I only attended the Summit and through that event, don’t have a clear understanding how and why I should be a No Barriers participant. I have been and continue to feel in a bad mood for months now. I feel this hampered my experience and I was likely not going to attend. I was not as receptive and looking at the positive like I was prior to being down. I attending the opening ceremony and the 3 elective classes for boxing, fencing, and rock climbing. I did not participate in the Questival and concert or ending ceremony. I went by myself. I guess I was expecting more speaker talks like motivators. The No Barriers Summit is a good idea though but it didn’t meet my expectations. I liked the morning opening ceremony speakers though. Ice-T surprised me. I wasn’t looking forward to him and what he had to say but he turned out to be the best of all the speakers in my view. Some good content at the Summit, but it wasn’t particularly well organized and wasn’t set up to meet people very well.

I would only make a recommendation if the person was going in or with a group. It could open up their eyes to something different and something they haven’t noticed in life. While I enjoyed the first day of events, I think the second day (the questival) was a real let down for me. I know this was a partnership with another company but it felt like the bare minimum had been done to make the tasks inclusive which did not seem fair or right considering the audience and target of the summit.

I have not attended more that one NBS, but the big city did not provide the ability for the experience in outdoor activities that I had anticipated. Others who have attended previous summits had mentioned a larger array of outdoor recreation activities I would enjoy & implement into my business.

The experience provided a great opportunity to view situations from others’ experiences and increase and gain empathy and understanding. It was not well organized, esp. the Questival with technology issues and being paired with teammates. The stations didn’t have advertising and it was somewhat of a challenge to find the workshop for which I’d signed up. There was no map or labels and the No Barriers staff wore plain gray t-shirts making them difficult to identify in a crowd.
The event seemed somewhat disorganized. I wasn’t sure if I was successfully registered, what classes I was signed up for, what classes I should attend, etc. I chose not to attend the second day because of confusion about what was happening on Saturday.

Passives
I love it so much, it’s amazing and I have all these supporting people and I love it. I just love the supporting community and we’ve built this community around people who share barriers, and I like being with my new friends and I also love my school friends. But I don’t want to mix two worlds that don’t go together I guess. It just depends on the friend and the event.

Great conference with a lot of great speakers.
I feel the program has a great mission and vision. I think that every person should be apart of this at some point in their lives.

Diverse and engaging community with great positive energy
I enjoyed day one of the Summit, but the Questival did not fit.
I think it deserves an 8 because it is an overall good experience to connect and find your true self. However, I don’t think this is one of those events that turn around your life (at least for me).

Because I had a hard time following what was going on.
Because it gave me the chance to experience something I’ve never experienced before.

I think it’s a great program. I would have enjoyed doing more outdoor activities though. I’m very adventurous so it’s hard to push me past my barriers. I really don’t have very many.

Exposure to people with varying abilities and understanding we are all able to accomplish great things. This conference really embodied this.

I think that No Barriers is a programmatic opportunity that many people can benefit from. It’s important to face adversity head on but to also be able to recognize how your challenges contribute to you being the individual that you are.

A good evening but might not be definitive in it’s implementation of it’s mission.

No Barriers pushed me to do things I normally wouldn’t do.
While it was very enjoyable, and I believe I benefitted from it, I don’t know all would benefit if not already very self-motivated.

inspiring
There were problems with when and how to use the ASL interpreters. The event was very empowering for those with physical disabilities other than deafness. It was a struggle to feel included.

Feedback from my students and how they continue to refer to their experience at the NYC NBS.

Finances
Now that I have attended a summit, I can better understand the type of friends who would benefit from knowing about No Barriers.

Logistical and technical difficulties I encountered may constrain the individuals that I recommend the summit to.

one day or two can ‘begin’ a process, can open eyes, but does not result in the change itself which requires lots of time and effort, so more about actualizing the change is required.

I found the programs on my track very helpful and inspiring. However, I did not attend the scavenger hunt or concert, because of my own personal time commitments and constraints. For me, a one-day summit with the education tracks was sufficient.

collaborative with others with similar problems

Promoters
The aspect of awareness of the diversity of people with visible or invisible disabilities and how they overcome and defy them. The sense of community and empowerment. The only reason I didn’t give a 10 was a couple of the things that Ice T said Friday morning that didn’t quite resonate with me: focusing on disability as an inspiration and that realm -- more focus on the disability than the abilities. But overall/otherwise all was great!

Increased perspective

The positive experience and people that I was able to meet at the event were impactful and think more should be able to experience the environment there.

No barriers has given me so much confidence to face my obstacles in life with a positive attitude. You can always find someone who has it worse than what you are going through.

I think everyone should experience others with disabilities concurring fears. And performing tasks that are not a mainstream way of thinking

It was great to be around other like minded people! The people I met I still am connected with and they are now part of my support system. I hope I can continue to establish more connections through No Barriers.

I would recommend attending a Summit to a friend though I think that the ultimate mission of the summit was a little lost once in the workshops themselves. I would have liked to hear more from people who overcame obstacles and HOW in a smaller group setting. The speakers were inspiring but I had never heard Mandie Hardey sing before and did not even know she was deaf! (partly my fault for not researching her more before going). I listened to her afterwards at home. Would have loved to have heard her!

Exposure to the no barriers way of life

I ENJOYED MYSELF.

The personal growth and sheer joy I experienced from the breakout sessions, meeting and chatting with new people (of various abilities), the speakers, the Questival, and from my Rope team.

Getting to know people with much harder situation to deal with than myself. Makes me aware of obstacles people face.

The fun and sense of adventure the day gave to me

9 is highly likely

I went because we provide adaptive sports for people of all abilities and I thought I would learn something new and maybe make some contacts. That definitely was true. What I didn’t expect was the positive energy. I left inspired. I left feeling like I could do anything.

It is the truth- the program was terrific

Community of like minded individuals

Important program for helping people.

It makes you understand that any obstacle that you get from life can be overcome

I think it makes everyone a better and more empathetic person and helps you get through your challenges and build your skills. It lets you see how well other people with disabilities are doing and build relationships.

The different activities that shed light on the possibilities that everyone has despite what they or others might think.

No barriers changed my perspective in many ways. It changed my perspective in the world we live in and my perspective in the people that surround us, and it did it in such a fun way that everyone enjoyed it. I loved it so much and would love to do it again.

Very insightful
It's was really fun and you get to learn a lot!
No Barriers completely changed my view of myself and the worlds, and I think everyone needs that.
No Barriers helped me become more open with others and confident in my abilities.
because i had alot of fun and learning experience and over coming my obstacle of just being comfortable with friends not others
How to overcome obstacles!
No Barriers is truly inspiring and has given me a new perspective on life
At No Barriers you can find yourself as the total person you can actually be. Learn from other people to set it on your own life and experiences.
The people that I spoke with and saw really opened my heart and mind and I feel like people should experience that.
It's a greatt experiment
I would recommend it to a friend that I know is struggling with something so they know and get inspired by other people that they can get through it and so they can see the rope team that you develop through no barriers so they know they aren't alone.
The experience I had at the No Barriers Summit is something I adore and treasure. I would not give the world for it. It's something a lot people should go to and I would recommend it 10/10 to others.
No barriers NYC was a blast overall and I met so many inspirational people while attending! I could not think of a better cause or movement! My dream is to one day work at no barriers and bring that feeling to others with my story. I met new friends for life at no barriers! It was an awesome inspiring experience!
No barriers really changed my outlook on appreciating life and empowering others.
No Barriers is the most empowering organization I have ever encountered. Since attending the 2017 NB Summit in Tahoe, I have felt strong urge to live a full life, embrace differences in myself and others, live life with a positive attitude, and embrace the 'What's within you is stronger than what's in your way' motto each time I go outside my comfort zone. I believe my friends and family can benefit from being a part of this organization just as much as I have.
Because this helps people to overcome life
Physical and or mental disparities do not take away any one being's responsibility to contribute to the greater entity that is humanity. No Barriers provides the programs and collaborations that truly exhibit 'working-as-one'. I would recommend this event and program to anyone who, regardless if they are in need of a fresh perspective.
For bringing everyone together regardless of disability, color, race, language. The inclusion of everyone was great feeling!
The event was well organized and had great activities and performers
This program is so valuable for the disabled community. It gives us a day to be 'normal.'
give an added value to my life
The overall experience that I had, I would love for others to have as well.
This summit is continually one of the most important and favorite events that I do every year.
it is an ultimate experience and not only people with disabilities would benefit from experiencing the message they have to offer.
Very positive experience!
Everything
I felt that I met a lot of great and interesting people who have far more barriers than I which made me rethink my excuses to the little things I choose not to do. I also did many things that I had never done and may not have ever done had it not have been for this Summit. I really enjoyed my time at the summit. I have told several people about it already. Many of them are going to try to go next year. I learned so much and met so many people who are going to be friends for life. The positivity surrounding No Barriers is contagious! It took me from feeling limited by my illness to seeing that I can achieve whatever I put my mind to! Everyone can benefit from this experience!

Variety of people and activities to broaden my strengths
To understand that many people have a difficult life. You’re not the only one. Be happy with yourself and then you can find true happiness
It will help others believe in themselves and achieve their ultimate goals
This community cares.
Designed with the human spirit as the backbone. Significantly impacts people personally and professionally. I will be back.
The variety of experiences was tremendous and the venue was a perfect place for it.
I felt welcomed and felt like I had a voice when I spoke to anyone and I just absolutely loved being a part of something so amazing with so many people.
This program is absolutely life changing
It is for anyone who wants to make a difference within themselves and outwardly
The people involved in the program.
My amazing rope team, that was formed at the summit
I attended No Barriers as a representative from a sponsor with no previous knowledge of the No Barriers organization. What I experienced was the most incredible community who I hope to connect with in the future. The overall vision has an incredible impact on me.
The No Barriers summit gave me problem solving skills and connections and a new attitude and sense of purpose.
No Barriers builds a sense of community like no other. I make new friends at every summit, each with a different perspective, and incredible passion for living their best life.
Opportunity to do something out of your comfort zone in a supportive community environment.
Best program!
I feel like my perspective has shifted since the summit. I have Raegan Sealy’s rap about no barriers in my head to constantly remind me to smash those glass ceilings and that what’s within me is stronger than what’s in my way! I am excited to tell everyone about no barriers. I was excited before I left but I have learned more about the no barriers life now, I feel like I can give more and be more!!!
No Barriers is a great philosophy that everyone should adopt
The time I spent at the summit is still with me today. I do not see it leaving anytime soon. I really felt like I was excepted into a group with no judgments attached. The community at No Barriers is beyond explanation, you have to feel it to know it.
Because the event showed we can do anything due to a barrier
For people to see themselves in others
The amazing people that participate, and the inspiration and emotions surrounding the events
Getting to meet others like you and making new friends and trying new things
Inspirational
I wish I would known about and connected with No Barriers earlier on in my transition to civilian life after the Army and post injuries. I think the sooner you can get involved with No Barriers, the sooner you can start truly living your best life.
The camaraderie between strangers and later becoming friends. Meeting extraordinary leaders and individuals at the summit.
Everyone should have the opportunity to experience a summit like that great program
I loved it and learned a lot about others and myself.
The No Barriers Summit is an amazing educational program, and an opportunity to challenge yourself way beyond your comfort zone. It encourages self reflection, and pushed you to think about how you allow things to become barriers. I think No Barriers did a great job at creating a platform for this.
I only had a limited time to spend at the event, but got to meet a lot of people, there was so much that was there to inspire me and others that I would make sure that I would dedicate more time there and invite many more people to come.
During this experience I saw a transformation in the people I met and in myself. We grew together and formed life long friendships. The day we got there, people were unsure. I was a little more sure than the rest as this may have been my 1st No Barrier Summit, but not my 1st No Barrier adventure. The impact that this summit had on the lives of the people I met is absolutely AMAZING and INSPIRING!!! I want to be a part of the positive change!!!
I appreciate how No Barriers can create a challenging environment for all ages and skill levels. I think that that is a unique capability and it’s important because of the diversity that exists amongst the participants.
No Barriers has the potential to be life changing... to help active participants find their strengths and honor their weaknesses.
I found the overall experience to be enlightening and inspiring.
This was an opportunity to build community with folks from all over the country unlike any I’ve ever had before.
Brought together people who desire to growth, share their experiences and learn about others.
I felt comfortable trying new things in that environment.
Everything
I gained so much from the No Barriers Summit. While many of the previous questions reflect upon my opinions, the power of the Summit for me was getting the inspiration and tools to take meaningful action.
I have grown so much from this program. I now have a rope team back home. And I want them to experience what I learned.
Inspiration!
I saw first-hand the difference No Barriers is making in so many people’s lives. The environment of inclusion was inspiring.
Being inspired by the story of Ice-T that even thought people have a rough start they can have a strong finish.
No Barriers stands for everything I believe in and makes everyone a better human.
No barriers taught me how to understand how to find my purpose, my mission. And I really understand what a rope team means and have made life long friends.
Tangible experiences of overcoming things one may see as barriers. Real life connections to others with similar ‘disabilities’. Demonstratable moments of being handicapable!
Others can learn from the No Barriers Program as part of continued growth and development.
All the positivity surrounding the event. It's a life changing experience for all involved. I personally feel inspired to break down my own barriers and want to share this with as many people as I can.
The program is inspirational and motivating to the point of directly making changes in my personal life decisions. I believe that my experience was a validation of my efforts and my life’s passion and I believe that NB is a necessary altruistic social program that is beneficial for the advancement of all people regardless of their places and circumstances. After the summit, I promoted the foundation wholeheartedly to all I come in contact with, either in person or via social media.
AWESOME!!!!

Helps me

NB was a great event.....focused so much on positivity. Learning/reflection, while also having fun. The No Barriers Summit has the potential to change lives for the better. I have experienced it and seen it happen to others before my eyes.
Great opportunity to build a community of positive attitudes.

life changing experience

Great overall experience. Meeting so many new people. Great time for reflection.
I want to create awareness at AbbVie regarding disabilities. I feel I gained helpful connections and ideas in doing so by attending the No Barriers meetings.

The mindset is what got me. The fact that those I've spoke to have this fearless open-mindness to at least try something they've never done before or have feared.

Because I believe in myself And what I stand for

No Barriers has ushered me through so many barriers. I believe wholeheartedly that other wounded veterans will have very similar experiences.
It blew me away. I already believe in the law of attraction and I believe in myself. I will say yes to everything now. I used to say no sometimes to myself. I learned at No Barriers always say YES to life. This summit BLEW ME AWAY AND I WANT TO BE MORE INVOLVED. I will be reaching out to Julie in the days to come to make sure every Girl Scout, especially those in Special Needs Troops, know about No Barriers. I want to help all of them attend. I want my husband and my own kids to attend too. I WAS BLOWN AWAY. I did have a habit of asking, 'how could this be for me?’ After No Barriers, I'm confident the Universe provides!

community

Being around other people who are dedicated to overcoming their own challenges is empowering.
My brother is part of No Barriers and I feel that positive stories of disabilities are stronger than negative stories.

I found the No Barriers concept to be elevating in so many ways, not the least of which was the positive, loving, helpful energy among participants.
I found my experience surrounded by talented, courageous people who are taking on the challenges in their lives, very inspiring. The people and the environment that you all created was supportive and encouraging.

You have changed my life - the way I see things. What a gift! Everyone should experience this!
My experience with No Barriers and it’s lasting impact.

I feel strongly that it is a way to raise awareness and recruit allies.
It was eye opening, life changing, and made me want others to have the ability to be enhanced the way I was.
Be part of people that Care about the same thing I do
I've seen the difference No Barriers has made in the lives of people who participate and embrace the program. I'm not sure its the right program for everyone, but it makes an amazing difference for those for whom it is a fit.

It is life changing, definitely challenges you to step out of your comfort zone. It gave me the experience i never thought i would have or even considered

Inspiration & hope was abundant!

Meeting other people or even just seeing other people can be a comfort/ Knowing that you are not alone in the world. Knowing that there are other people going thru some of the same things is a mind changer. And No Barriers does that. They bring people together.

Bonding
I feel all people can benefit from a No Barriers mindset.

Great Program
An incredible organization
Connection with a community of positive energy, commitment and wisdom.

Never give up
help others

The workshops were well organized and very interesting.

I came broken left feeling a path to heal
I am inspired to step out of my comfort zone -- I want to work for No Barriers.

I had a great time and enjoyed the positive encouragement through the speakers sharing their stories.

I believe in the mission and I found the speakers and other participants inspiring. It is a great opportunity to take the focus off of yourself and think about how you can contribute to the wellbeing of others and manifest your potential. And, you are supporting greater awareness of the NB Life

Vision, and inspiration

To give the highest score as possible
I have been fortunate to be involved with the No Barriers programs for 4 years - it is life changing - each event/summit I attend only strengthens the core values of the program. I will continue to support the cause and work to serve as an example to Live My Best Life - and spreading the word of No Barriers! This statement is for ALL of the summits I've attended, as well as the Trip for The Fallen Youth

Well I tried to engage in multiple activities I know there's multiple people out there with disabilities who sheltered themselves and don't understand that there is a full life waiting for them

Xxxxxx

IT was a great experience for me and I think it is great for individuals that are struggling and need a little help (or push) and to feel better about them selves.

No Barriers is a community that allows one to think about moving beyond challenges, sharing a common bond and learning from others.

It's an inspirational program that is the most inclusive event I have ever attended

Positive experiences are healthy for personal growth.
Because the Summit provides the opportunity to reflect on what really matters in life and to you personally. It allows learning from others who have embraced the adversity advantage to move forward, help others and succeed in the process. Very inspiring experience.
The opportunity of meeting new friends, surrounded by a 'rope team', being challenged, learning from others, getting outside comfort zone, the events, the staff and leadership, the participants, the people, the people and the people.

The program was very supportive and encouraging.

Networking

There was a sense of community that people don’t usually feel on a day to day basis and the program gave an individual lots of hope and the skills to look at things from a different perspective.

Because I Gain more confidence in myself can I had before

Inspiration

No Barriers is an inclusive community committed to helping everyone reach their full potential, regardless of their ability level.

No Barriers gave me inspiration and showed me what’s within me is stronger than what is in my way!

The summit showed me a world could exist where everyone is accepted and loved.

No Barriers is an incredible experience. Though I know that everyone has value and the capability to make a difference, once I became 'differently able' I allowed that knowledge to play second fiddle to pity. I didn’t take full opportunity to get out of my comfort zone that weekend, at least now I recognize that I am limiting my challenge and thus my outcome.

Great Learning experience

The inclusive community and positive love for all. Support of all each of us are and can be

No Barriers is very inspirational!

It was an eye opening experience. It makes you think and find your voice. Lot’s of times we don’t really think about why we do things or what we really want. We under estimate the power of a smile or a good morning. Everything we do is a contribution to humanity.

I have been involved with no barriers for years, I try to live it every day

No Barriers is a very positive organization. I believe that most people can get something positive out of it.

This summit helped me realize that there are more people that I need to relate to

I left the No Barriers experience with a deep sense of inspiration and awe.

I see benefit in all organizations from living a no barriers life

No Barriers is clearly very dedicated to our common cause

I was inspired and humbled

I was a volunteer, with a mission to personally help the people I met. I came away with a truly great experience of getting more than I gave. Their courage to face adversity, and the role of the No Barriers' staff, in helping to guide them, was life changing. I have had the privilege of knowing Eric for about 4 years, and have been fully committed to contribute financially, but my wife convinced me to participate personally, and I am so glad that I did. I look forward to helping with future summits, and to spread the good word about No Barriers far and wide! This is a truly remarkable organization.

wonderful vision
No barriers is an organization very much needed in today's society. It has the power to improve the quality of each individual's life and impact the community and society as whole to make a better world. It is so important to be part of something larger than yourself, esp. if you have serious physical and/or mental challenges. NO BARRIERS is a welcoming, inclusive group based on positively impacting people. It was crazy inspiring! Sharing what I have learned and experienced at the summit with friends I know would benefit from being at a No Barriers Summit! No Barriers strengthens me to do more things. Believe in NB philosophy and goals and in their practical approach to facing issues, problem solving, interacting with and supporting others, and making a difference. Gratitude for what I've received from No Barriers.

I feel it is really important to realize that you have a strength within yourself to achieve more than you think you can. It was amazing to me to see what others in the Program have achieved. Adversity. Since I was a Handicapped Swimming Instructor Trainer professionally with the Red Cross I have not been around persons with physical limitations much. That was 53 years ago. I needed a refreshment. I had a great time and I met a lot of great people there.

**FOR ANY 6 OR BELOW RATING IN PERFORMANCE, PLEASE EXPLAIN YOUR ANSWER**

No confirmations or reminders were sent, no information about where activities took place, no way to cancel or change registrations. I did not know what I was going to, as the information beforehand was not clear. I didn't know what I would be doing, who would be there, if it was a school function or not, etc.

I put a 5 for information before the summit because I was confused about the activities and what was going to happen. I did not rate any 6 or lower. The pre-event information was kind of hard to access. The Questival codes weren't working and the team numbers confused me as people made their own teams? Also, some parents participated and they were strict and didn't allow as much fun as wanted.

I would advise that the opening ceremony would be more interactive with the audience members to keep them engaged. Electives = they were fun but some of them didn't seem very prepared for some disabilities such as mine: legally blind. Accessibility = In my climbing event they didn't have many suggestions for blind climbing. In fencing there was no way to participate and the instructors had no suggestions. In improv there were a few games that were inaccessible. None were below 6.

I'm a really picky eater so I didn't really like any of the sandwiches given. The youth and educator track was not choosable as an option. No! All of them were good in my opinion. For me personally food options were understandably general. But for me I felt like I couldn't eat anything there.

I think that having the Summit in a big city isn't as nice as an outdoorsy adventurous place. The Questival was hard to follow. A lot of the quests were hard to do.
We couldn't figure out the questival
the food was cold and im mostly used to hot, warm foods
The questival was a long journey
All the activities were well planned and suitable for all public.
Cause it gave everyone a choice!!!
Overall NYC is an interesting place to navigate accessibility wise, going in my manual chair I was really happy I had people who were willing to push me at times. I love NYC though. I loved how you didn’t have to explore but you could if you wanted to.

No 6 or below
No Barriers Live - Judah & the lion band did not perform appropriately; NYC is a very busy place and inconsistent with accommodations for those with physical/mental requirements.
I found the questival disappointing. I understand it was a partnership, but technical difficulties aside it didn't seem to be integrated well with the event. Many of the tasks were not really accessible or if they were it felt like the bare minimum had been done to make them so leaving the burden of making them adaptive on the individuals participating.
I think having the conference in a big city made it hard for people with disabilities to get around.
The food was good
NYC is not the most accessible place; I gave a four because it worked and the Intrepid was really accessible. The Lodging was a place where advocacy came into play. It was ‘accessible’ but gaining the access was tougher than it should have been. Mindsets of employees need to changed as well. I am also grateful for the lodging stipend.
Information before the event was not super clear. My team and I had a hard time knowing what to wear, where to go, and how the day was going to be set up.
Nothing really
NYC is a very large city that takes a lot to get around. Because I travel with Access A Ride, I need advance notice to make travel arrangements. I don't think enough consideration was given to travel. Especially with Questival. We were expected to travel around the five boroughs (or even in one borough) for a 24 hour scavenger hunt. It was extremely difficulty to get around. Some elevators in the subways were not working. The entire event was not very well thought out. It was very difficult to get around. No Barriers Live was outside in the rain. I use a power wheelchair. There was no where to go to get out of the rain. Please in the future, give more consideration to those of us who use power wheelchairs and have to use paratransit to get around. It is not as easy for us to get ubers because most are not wheelchair accessible. The food was ok but nothing compared to what NYC is capable of.
Organization of info and app and information given to attendees
Didn’t care for Ice T's speech that much. Information and explanation for exactly what No Barriers is is pretty vague on the website. Activities that I participated in were just okay.
The event needed more organization and energy. Also, the idea to use apps instead of maps wasn't good because I couldn't get it on my phone.
We were unable to find two of our classes. Very frustrating. However, we found other classes that we wanted to attended and just joined th-5 class!
The Questival process was very unorganized. There was some kind of mistake that happened when distributing numbers for the groups. I understand that things happen, but by the time I received my actual group number, my group was gone. I was unable to participate in the Questival part the next day because I could not locate my team.
N/A
N/A
At check in I arrived in the lobby at 7:20 to check in and receive the granted stipend fund. With the commotion and me unaware of what the individual looks like whom I was supposed to track down myself and the other wheelchair user I had travelled with never did receive the money. Without this awarded grant I would not have made it to the Summit as my charity does not have the funds to cover such experiences. I was anticipating more outdoor activities. Different styles of biking, hiking, water activities etc. Also, yoga mats on concrete are not enough for most paralyzed people to participate, myself included. This activity was my second option to cycling and I could not participate. Questival was poorly planned, it caused a lot of anxiety and it wasn’t very accessible for wheelchair users. It was confusing and very distracting. It made me want to go home early. The questival people were rude and wouldn’t help you if you asked them a question. They seemed upset with our group. I felt like it was every discriminatory. It really fit the type of program that no barriers is. The questival had activities that are way too hard for people with disabilities. The hotel lights were hard to turn on. The fan didn’t work. The bedding was super dirty. I received an email with logistics the evening before the event started. I was hoping to receive it sooner. Information flow at the Summit could’ve been better. There was a lot of hurry up and wait that could’ve been used to disseminate information.

I didn’t answer anything with a 6 or under!
At the hotel, during check in it was not made clear where the staff would be set up
I did not enjoy the questival. Too confusing on how to set up, no access if you didn’t have a smartphone, and too big. I think the size of NYC was to overwhelming and kept groups separate for most of the summit. There were people there at the Summit last year I had time to connect with that I didn’t get a chance to this year.
The registration process was somewhat confusing. A lot of the classes were already full. The questival event was very poorly planned. The app did not work. The opening ceremony was not very in line with the message of No Barriers.
NA
Not enough information about logistics or living a No Barriers lifestyle given before the Summit. Check in, or registration was easy enough, but a little confusing. Staff couldn’t answer our questions about location of workshops, and it seemed strange not to check in until we were at the Intrepid, though, definitely the most convenient.
I want to comment on Questival, it was a blast but the interface of the app was tough because it didn’t zoom. I am a VI participant and I struggled with the app, I wanted to do more but felt limited. everything else is a 10. It was an incredible experience. I also served in the Navy, so it was so cool to be on the ship!
I didn’t participate in the Questical because I had a prior event to go to. This was scheduled before the summit and I live in Brooklyn, NY anyway so I didn’t have lodging
The questival was harder for me I can’t walk long distance and I had to go to different spots other then that I had a blast.
The registration process was very cumbersome and confusing. Needs to be cut down to one single screen form. Questival was not explained well either before the event on website or email, nor adequately explained at the event. No signage for the individual sessions at the intrepid made them very hard to find.
Questival was a mess some people got the email with a group number some didn’t and when checking with staff with a pad they found out they where not even listed but had gotten an email. It was very confusing
Accessibility at central park was not very good
Logistically speaking, NYC is nightmare. I totally get that was meant to be a barrier to overcome. Only 1 meal was provided. I think at a minimum there should be a group breakfast every morning to ensure all participants are well fueled for the upcoming day.

N/A
Very unorganized as far as where activities were taking place. Locations not marked, only a few people had information and locations were altered. Missed start of 2 activities

This was my 1st No Barriers event and the directions were not specific on what to do, where to go aboard the Intrepid. The life elements need to be discussed prior to the summit as well.

I didn’t really know what to expect when I got there so some more details would be good. Also there was a lot of confusion about where the different activities were being held.

None of my ratings were below a 6, however, I thought the activity portion was a little confusing. I thought when signing up that we could only pick one activity. That wasn't true. I signed up as a Warrior and I was told that I was supposed to do the woman's stuff and missed my warrior stuff which was disappointing. Seems that there should have been something like a schedule provided at check in. The allowance portion was a little confusing because there was no signage and people didn’t know where to go which is scary to someone with anxiety and/or PTSD. In some instances it was the blind leading the blind and that was also a little stressful. My hotel room was not cleaned and when it was reported it was still not cleaned appropriately. That was a little frustrating and disappointing.

N/A
I don’t rate anything under a 6 because any problem that is willing to try to accommodate so many individuals with physical and mental barrier should be respect; however, there is still a lot of room to grow.

NA
Some registration info felt invasive/unnecessary and I did not want to provide. At the Intrepid, I wished there were people clearly identified that were circulating to direct you to electives and/or a specific map. Hard to find some spots and not clear who to ask.

All of the events and individual activities were phenomenal! The only thing I felt was lacking was cohesion between said events and activities. With little to no signage (that I noticed on the Intrepid, I found it difficult to wayfind to get to activities in a prompt manner. I also felt that given the location and tight schedule, we were all dispersed throughout the venues, there was little time to adequately take care of disability related needs like toileting (with so few accessible bathrooms) and even less time to get to know all the fabulous people I met. Having said that, given the event was held in one of the most fast-paced chaotic places on the planet, I truly think the NB Team moved mountains to pull off this amazing event!!!!

NYC: I prefer more intimate places and outdoor challenges personally so NYC was less interesting for me. Opening Ceremony: Ice T seems a poor choice for character. The original MC often was unable to name the person she was introducing. The poet was OK. The acts were creative and inspiring-- tap, vocalist, and Inclusive Dance. Questival: poorly organized for understanding process, getting on a team, it didn’t start at designated time so a lot of clueless waiting around, late notice about needing App download. Seems we should have received clarity in advance about downloading the app and understanding the expectations.

Everything was good
I explained it in an earlier question response.

It was hard to navigate as a disabled person. The wheelchair users had a hard time in the crowds
of people.
NYC is not very accessible. It’s very difficult to get around even for those without a disability.
Lodging is cramped. The Questival was confusing did not fit the mission. No Barriers LIVE repeated too much from the day before.
The grand Hyatt was filthy. Our room smelled of urine. It was not clean. We asked for another room and they said they were all booked.
Not a fan of NYC. Also couldn’t find one of my sessions because of where it was located and there were no signs telling me where it was. I was not the only woman that wasn’t able to find the session either.
Questival had lots of tech problems and didn’t seem to be fully mindful of the participants. Food: more grain free food and flavored drink options would be appreciated in the future. :)

NA
N/A Staff was well organised, especially how well No Barriers staff interacted with participants and also the people connected as hotel, shuttle, Intrepid, and Partnership staff.
I did not have any problems with the experience what so ever. I immersed myself fully into the lives of those who I attended the summit with. I made valuable connections and was impacted in a way that supported my vision and expectations of the event. The level of inspiration I had taken from the experience was life changing will ripple through my life for years to come!

B
Nothing below a 6, however, I found that being in NYC was less intimate. I was one of the sponsor attendees so I was hoping to interact more closely with the NB community directly. I saw some of the images from the Lake Tahoe experience and I personally would have preferred more of a nature setting.
1) The registration process before the summit was seemingly easy for me until I realized that I had never received a confirmation email. It was if I filled out all the materials and then I wasn’t actually 'officially registered'. I’m not sure if this was user error, but I mention it in case others suffered the same experience. After I realized this, I sent an email and the wonderful and incredibly helpful Susan Barstad confirmed i had not been officially registered and she jumped in and got myself and my son all confirmed. I hope others didn’t have the same fate. 2) INFORMATION provided at the SUMMIT gets a very low score from me because of the fiasco that took place with the Questival. Regardless of if it was Questival's fault or No Barriers fault, we had guests frustrated, confused and really upset for over an hour with no announcement. I called on an individual from No Barriers staff and suggested an announcement be made from the stage for all of the people waiting. It never happened until well after the 'closing ceremony' or whatever we wish to call the performers on stage at the end of the elective activity sessions. To that end, the 'closing ceremony' of the day was filled with great performers but the experience was awkward and felt very unplanned because people didn't realize that it was a time to assemble at the stage. It probably should have been carefully thought out that instead of going into Questival teams right away, that we’d want to gather people together and then make an announcement about Questival. If that means, we need to get an MC for the afternoon stage show, re-set up the chairs, bring people together and give our performers the dignity of performing in front of an attentive crowd; we definitely should do that for a far improved experience. 3) Questival registration and the timing was the let down. I know that's not all on No Barriers, but it was incredibly frustrating to get signed up. I personally did not have a team. My son did have a team. We knew no one on it and they were not the people that we had indicated in our registration. We worked it out by basically ditching the original lists/teams. The Questival experience was fun and I LOVED the way that the challenges were tied to the No Barriers Life.
Check in upon arrival was non-existent. Needed to be an information desk at hotel. Signage/locations for sessions at the Intrepid would have eliminated confusion. I received no information after I registered. I had to ask others. First day was a bit confusing at the end. It was mentioned to me that those with Service Dogs could use a separate 'quiet' space to decompress. It is ALOT of stimulation for those dogs. Just an FYI.

I would like more Business Topics like - Employee Resource Groups come to speak about their success in the workplace. The Leadership pannel on Thursday night was really good. More meetings and topics like that would be good. Destination was sensory overloaded, large population, summit location - difficult to locate bathrooms.

It was too hard to get basic information on who was speaking when. My N/A for Questival should be a 1 because I didn’t go BECAUSE I HAD NO INFO on it. Same for LIVE. Sooooo little info given at the event itself. It was on an APP that was NOT announced at the event. I signed up the day before and my email with the app info went to spam. My yoga elective teacher was more concerned with her Facebook friends that she was broadcasting to than her attendees. My other elective got moved and no one could say where. There was not a schedule of events in our bags. The open ceremony was not a ceremony -- it was a celebrity speakers stage with no good presence from No Barriers founders. And I have no idea what the Alchemy, etc. designation means. I saw it on the floor of the Intrepid, I see it here on the survey, but I received no other info on it. I LOVED Ice T but I would have appreciated a keynote speaker on the history of No Barriers on this Alchemy schema more. I feel like I was out of the loop the whole time.

Performance was great
I felt like it was easy for me to get around, being 'able bodied' but I felt as if it might be difficult for others. Example: some subway stops didn’t have elevators or accessible entry. Maybe ahead of time buses for accessible travel could have been arranged. I think some folks might have found it challenging to get around, but it is NO BARRIERS. So hopefully, they overcame the challenges.

I wish there would have been better information as to what breakout sessions were available and where they were located. I only encountered one volunteer who knew where everything was and I believe she was one of the organizers.

One of the most impactful things that I learned at the Summit is that there is an incredible lack of accessibility throughout Manhattan. We had to wait at the Accessible Boarding Area for 3 subway trains (45 min) in order to have space for our two wheelchair users to get onto the Accessible cars which were filled with able bodied people. When the third train arrived we just pushed our way in and forced people to move out of our way. The crosswalks around 5th Ave & Central park were horrendous. The curb cuts were not parallel to each other so our wheelchair users had to weave in and out of cars in order to get to the curb cuts. No Audible Signals. Elevators in the Subway were hard to locate and every harder to get to and could only hold two wheelchair users at a time and the lines were long because people with strollers were using them also. The Accessible cars were a long walk from the ticket counter, all the way at towards the back of the train. There were no visual or audio announcements for stops on the train. We had lunch in one of the Trade Center buildings and the elevator was broken so they had to go outside and walk around the entire building until they found the other elevator. One of the city parks, next to the Public Library, that we were doing an activity in was 2-3 blocks long and there was only one ramp to get into the park. I was an eye-opening experience for me!

It was unclear how if and for what you were registered for and even how to get your registration materials. Questival was a great idea but needed to be better explained. Lodging was very expensive but it was NYC.
The Grand Hyatt was a terrible-quality hotel.

Info before Summit - I didn’t really understand the format of the Summit when I was applying. I did not understand the Questival part either. What it entailed and what types of things we would be doing during that time. I think explaining a higher view logic of the various parts of the Summit and how they fit together would have been helpful. (It would have just taken a few sentences. Perhaps you did this, but I don’t remember it. I think not understanding more clearly what this was about would have been an impediment had I not lived in the area and instead had to travel to the location and stay overnight a few nights.) Questival - As you know there was a bit of chaos around the organization of this on Friday late afternoon. Even at that point in time I was still not clear what this activity entailed. This was really bad because you have a lot of people with health or mobility issues who are trying to assess whether something is a good use of their energy. Yes, I understand that the Summit is, at least in part, about expanding what we can do beyond what we think we can do, but more clarity around Questival would have been helpful. Once I had a better idea about it, it sounded like it could have been quite fun. In the future it sounds like an event that I would be likely to do. I ended up not participating in part because of the lack of organization, but mostly because I was tired and wanted to save my energy for the Saturday night event.

I did not receive all the emails that others did. Not a huge deal to me but thought you should know...

The registration for the questival was super confusing at the beginning. The team selection was not the best as no one showed up one particular team. I was happy that I was able to change my team, so thank you for that.

Accessibility was fine once at the location but getting there was not easy (even without disability). Questival was poorly explained, was not very wheelchair friendly, and had many computer difficulties.

The location of the intrepid was awesome.

The sessions/activities were great. However, it was very difficult to find the location for each of the Summit activities. There weren’t specific locations provided and no signage. Having participated in previous Summits, I think the mountain experience is more conducive to the program. I admit that New York City is not my favorite location, however the expense of being in the city, the amount of time it took to get to the various locations, etc. took away from the overall experience. I didn't participate in the actual Questival but have heard a lot of feedback. There were some real problems with participants not being able to sign up, gain access to the app or otherwise to get information needed to actually participate. I like the concept, but the execution left something to be desired.

I did not like that registration closed before the summit. I wasn't able to change my sessions. Assistant Principal took care of most of the registration.

NYC is very challenging in a wheelchair.

NYC was a great venue but traffic at peak hours were horrendous. Hotel was a little too far (traffic-wise) from the venue. Activities filled quickly. Overall thought everything went well.

Questival was very confusing and directions were not clear at all.

Had difficulty finding No Barriers Staff for funding.
Didn't seem well organized. For example, getting event details in an e-mail at 10pm the night before the Summit. Then the app didn't work to provide details of where the electives were. The organization for Questival was a disaster. First we couldn't find out our team number. Then we were told to look for people with iPads to find our team number, then it turned out the team numbers were irrelevant, etc. I ended up randomly being assigned to a team, never could find out who else was on my team, and nobody did anything. I was asked to provide accessibility needs in the registration, but it was never followed up on. I will say the volunteers at No Barriers LIVE were very helpful.

Everything was incredible!

Accessibility to the pier was hard to get cabs to the proper side of busy highway, I am in a wheelchair that was clunky and hard to wheel far on my own. The website said 'for Uber put in such and such address' for the Live in the park. Hello! Disabled people are often unable to afford Uber. The instructions said 69th st and it was cobblestones at the entrance, very hard to push chair over. 72nd entrance was much easier.

Very poor information sharing. I did not know what the Questival was when I signed up or if I should sign up (still not sure what it was). I also had no idea what was going to occur during the opening and closing ceremonies so the lack of an agenda for that stopped me from even attending (I figured if you all were so disorganized as to not have an agenda for the ceremony, then the ceremony would be disorganized too and would be a waste of my time). Also, when I arrived on the Intrepid, there was no way to easily figure out where the different activities that I signed up for were occurring. I had to keep asking around to figure out where drum circle was occurring or other activities.

Questival created a lot of stress due to lack of clear instructions before the event. Move towards a more environmentally friendly summit—Lots of waste in the lunch and water bottles

Program was well organized, inspiring and motivating.

n/a

Everything was outstanding

Accessibility in New York leaves a lot to be desired. The actual Symposium was pretty good accessibility wise. Our hotel gave us much grief in getting accessible rooms/shower chairs—but by Friday night and much work phoning and talking with Hyatt personnel by several Summit workers and myself the issues were finally resolved. What a great event to teach the Grand Hyatt how to provide accessibility the right way!

Too complicated and too much distance hard to navigate

BEFORE: I think that more information before the program on what to expect would have been helpful. (Better description on how sessions were run, locations of sessions, definition of Questival, etc.) SESSION LOCATIONS: A large poster board with the locations of all the sessions would have been helpful as well as having that information in the packets. The location of all the electives also should have been listed in the app. For Questival, if someone had made an announcement that the team numbers were only to help you find team members and then you should go into the app and create a team, a lot of the confusion would have been solved. People were confused and no one made an announcement of what to do. Questival blamed No Barriers and visa versa. No one cared who was to blame; they just wanted to know what they should be doing.

Questival had issues as far as getting numbers for download and finding team. Would have been nice to know ahead of time

I was impressed the way it was put together

I didn't understand the Questival and how it fit in to the program. Many participants didn't understand the rules and were not supplied the 'flags'. Maybe have something a little more
simplified next time around.

Xxx

There was nothing bad. I didn’t know about the Questival (received email after I left for New York). Also could find the Questival app on my android phone.

One thing I would like to say is the innovation program for students could have been better - the conversation with the woman who finances entrepreneurs was a waste of time for high school students- I am a high school principal and educator of 35 years- the other speakers were great but that was very boring- as evidenced by the comments of my students and the body language of the audience.

Information given at the summit was very poor. I was very disappointed to have missed participating in my second elective as I was unable to find its location even after requesting help from volunteers. There was not sufficient time between activities to enjoy visiting the gift shop, climbing the rock wall or just enjoying the venue. There was an assigned quiet room that we could not even find beyond the point of needing it in frustration. There were not enough readily available volunteers roaming around to help, and no way for a blind person to identify them if in fact they were there. This has been an issue at each summit I have attended the past three years. It was a great venue and had I not felt constantly not where I needed to be and rushed it would have been top notch. The questival was one of the events I was most looking forward to before leaving home. Not the case at inception. The kick-off was nothing short of major confusion. Having to participate via an app was not welcomed by my team. The number (300) possible tasks was overwhelming to choose from. So my team elected to forgo doing anything but the NBS elements set up at pier 51. It's an exciting concept and like I said it was what I was most looking forward to, having a paired down list of accomplishable tasks would be ideal. Having manned stations throughout the city similar to the ones at Pier 51 that could be simply checked off as opposed to posting online would make it much more user-friendly and interactive with those that you were participating with rather than being interactive with your phone.

Good work
I would have given the elective section a 10, however, the rock climbing experience was very disappointing. My son Ryan (who is blind) and I registered to participate in this activity. Since he had done climbing before he wanted to show me and do it together. Unfortunately, our experience was far from what we had planned. There were 3 walls. Since Ryan had climbed before (a taller wall in the past) we chose the grey wall closer to registration. We waited 25 minutes, that was not a problem, we understood this was a popular activity. But then after Ryan got the harness on a man on a wheelchair came over and moved Ryan to the middle wall (the wall for people with motor challenges). I explained to the man and a woman that Ryan had climbed before and that he could do the grey wall. Their response was 'We have an hour and a half and he will have plenty of time to climb that one too.' I was so upset at his response I took my harness off and proceeded to wait another 25 minutes for Ryan to get on the brown wall which by the way was missing steps. I didn't want to upset Ryan and played down the entire experience to him. He too was asking why he couldn't do the other wall. In the meantime, I had to watch how several teenagers on the grey wall got to climb the wall many times, with shoes, without shoes. By the time Ryan climbed the brown wall an hour and 20 minutes had gone by. The other man (who I believe worked with the climbing company) who helped Ryan put his harness knew we were upset and took Ryan to climb the grey wall. I appreciate his effort to help Ryan. By then I just wanted to leave. I can stay home to see how people underestimate Ryan because he is blind. While in other circumstances I would have made a big deal, I chose not to say anything else to the man in the wheelchair and just focus on the positive and great messages we got from all the presenters. I will make sure we have other opportunities for Ryan and I to climb together in the near future! Questival- I wish we had better directions. We were able to download the App but then we couldn't get in to it. We are missing a code. I will not go into a lot of detail since many people had trouble and I am sure you know all about it! Would have loved to participate just couldn't figure out how to do it. Maybe sending information before hand would have been helpful, as well as giving us an example of how to do it. It sounds like a great fun thing to do....maybe next time!
There could have been better signage and instructions for the activities and a follow-up email day before event that reminded you of your schedule, times of activities. Had to walk around trying to figure out who was speaking on which topic.

I don't remember the questions
N/A
NA

Understood that NYC is a huge challenge for logistics... I think for your first 'big city' destination the overall event was well done. The Questival was the weakest link. It was unclear how to register in advance. I never got the email with instructions. Big Confusion on how to find our team - then disappointed there was not a team... that we had to make our own. The App had challenges that were irrelevant to NYC. Too many challenges (overwhelming amount of things to do). Wished it would have been maybe 10-15 challenges that were 'do-able' and within a reasonable distance to travel. Would have loved to spend the Questival day with other participants doing more meaningful interactions. As it was, we did our own sightseeing and immersion experience in NYC. The choice of NYC was great for many east coasters, I am sure.
I was very excited to participate in the graffiti section, yet was very disappointed that, because I utilize a chair, I was limited to the 'practicing painting between the tape' table. if I would have known that I definitely chosen something else.
I think the information was lacking. It was vague and not as helpful as it could have been, especially related to the later events on Friday and the Saturday Questival event.
Unfortunately, there were problems with my registration and despite being charged for my fees, I wasn’t sure I was registered. I didn’t receive information in advance, I wasn’t able to sign up for any electives in advance and wasn’t sure what I could attend. For the Questival, none of our team members were registered and despite several attempts, no one could get registered. We gave up and didn’t attend. None

If you didn’t have a smart phone, you missed updates. Questival tasks should have been in hard copy. Connectivity for those with internet access was at times sporadic. Locating Questival team members was a nightmare. No calls back when logistic problems with confirmed airport shuttle encountered. Shuttle didn’t show up for departure. No metro or city maps. Software and connectivity issues during registration. No info on Questival -- those who had done it before definitely had an upper hand on what to expect. No Summit rep in hotel lobby when checking in. Had some issues creating a team for Questival

N/A

NYC is a little bit pricey. You would attract more people in more affordable environment. Questival was too broad based, required a lot of travel- more designed for the younger audience than older

Needed better information on location of electives i.e. Ask 4 people for the Great Room and did not get a positive answer

The hotel was renovated in 1980 by Trump, a very negative fact that gave me a negative feeling about lodging there. The lobby was totally unfriendly - not a single comfortable chair ANYWHERE - and the food market didn’t even sell any newspapers, books, or magazines like other hotels with gift shops.

The Intrepid is hard even for a New Yorker to reach, and all the more so by the normal Friday NYC traffic. The Intrepid does not do a particularly good job of accessibility. in fact, on Summit Day 1, one elevator was blocked off and not usable until several of us went to Intrepid employees to point that out. I realize that the Javits Center wasn’t available that weekend, but there must have been other venues available. The first Barrier to be overcome was getting to the Intrepid, even for a non-mobility-impaired person.

I believe the lack of information on the Intrepid was due to the lack of help/volunteers and many computer problems. My husband & I volunteered to help out that day on the Intrepid since our group departed separately, as did many others. Since we didn’t have a group for the Questival, we volunteered again for the next day and were fortunate to have been on Pier 51 supervising and showing the participants how to work as a group for the Pioneer challenge. It was a very rewarding experience for the five hours we were there. We definitely both benefited from this event, more than if we actually did the Questival.

I live in NYC. I was not able to participate in fitness and yoga. I am in a wheelchair and it was not really setup for my accessibility.

Prefer the mountains to the big city. Prefer having everything in same general area with organized transportation to various activities provided. Questival did not seem to go smoothly and was confusing. Everyone on the teams should have been able to access the various destinations/activities. Confusing info prior to Summit.

Registration and information was somewhat chaotic. Events could have been organized by disability; events for those in wheelchairs for e.g. somewhat difficult to get to summit if in wheelchair but liked the venue
Reason for low scores above were because it was extremely difficult to locate the group sessions one was assigned to attend. Why couldn’t they have put up signs at each session location? Not even the people assigned to direct us knew where the sessions were to be held.

**PLEASE TELL US ABOUT YOUR FAVORITE ACTIVITIES AND WHY YOU LIKED THEM**

I liked the broadway session because I thought that the people in charge of that session pushed us out of our comfort zone to sing.

I liked photography untouched and I liked the improv session because they were fun and I got to meet new people.

I liked all three of my sessions. Broadway: Got pushed out of my comfort zone in the way I needed to and I got to meet other people that had the same barriers in that type of activity. Rock Climbing: I got to touch the top and that made me feel good because I pushed myself out of my comfort zone because I worked hard. Sewing: I got to try something new and learn some new things from different perspectives.

I liked the yoga class because it made me improve and relax at the same time.

I thought the boxing was a very fun experience because we were getting really good training on learning the basics.

My favorite were climbing and improv because I’ve done some climbing in the past and I really enjoy it. And, Improv because it’s fun and gets people out of their comfort zones.

Fencing because I had never done it before.

I liked all of my sessions so I wouldn’t be able to choose one. I did photography, wheelchair basketball and baked by Melissa. They were all so fun so and I loved them all so much.

Rock climbing because not only was it physical but there was a mental portion that played huge factor.

**Photography**

I LOVED yoga. It challenged me and made me feel at peace. The cupcake making was fun, but it was less relevant to breaking barriers.

I did yoga and it showed me what yoga was really like and not what I thought it was.

I liked the Model Mugging. The instructors were very helpful.

I liked the graffiti activity because I like to do art at home and at school.

When I did boxing

How to become a Jedi

I really enjoyed the rock climbing. It was inspiring to see the creative ways disabled people were able to get up the wall. I was also able to walk in a blind person’s shoes by doing the wall blindfolded (it was terrifying).

The Broadway Insider activity. Since I am really involved within the performing arts but still needed a little push out of my comfort zone, I felt that it helped.

The drum therapy cause I love music

I liked the boxing activity because the people there were amazing and gave me boxing advice but also life advice which really helped me.
My favorite elective activity sessions were the boxing and the mural. These were my favorites because it taught me a lot.

I really like the dancing session. I am very uncomfortable dancing in front of anyone but I feel after that class I will be more willing to step out of my comfort zone and dance. It helped me feel more confident and I liked the support the class gave to everyone.

The boxing session was my favorite because the people I met through it were all supportive regardless of prior experiences and status. They were diverse and had inspired me to be able to do more. They gave solid tips and left me feeling like I have lots of potential and can change the world. I adore that elective.

I loved dancing with Whitney! Getting to meet her and her family was AMAZING!!!!!! I’m a huge fan of the show and also LOVE to dance!!!!  No barriers live and Judah & the lion was definitely a highlight to me! To me a concert is one of the most unique and Beautiful experiences and everyone is having a great time being themselves while there. I love that feeling so much!!!  Meeting Judah after the show was INCREDIBLE!!!!!!! My life is now complete haha. So much love!

My favorite elective was cooking with Melissa! Her course was very interactive and interesting.

I enjoyed the rock climbing. I’ve climbed before on a regular wall but never on an adapted wall. The adapted wall was easy. I wish I could have climbed higher or on the side of a real mountain.

I liked the meditation (Jedi) session; it helped me obtain some peace and talk more openly with strangers that I wouldn’t have otherwise. I would improve the execution of it (basic presentation skills, e.g. powerpoint, and the environment, e.g. not in a pitch black room to fall asleep).

My favorite elective activity session was Heather Thomson’s Health and Wellness Makeover. She gave an amazing talk on how important it is to nourish your body and soul with good, wholesome foods and find an inner balance within yourself. I really appreciated the realness in her talk, because she really emphasized that everyone is different, and that what works for someone may not necessarily work for you. She knew exactly what she was talking about, having a degree in nutrition and also going on her own personal nutrition journey due to her son’s allergies. I can definitely say I walked away knowing a lot more than I did going in, and really appreciated her sticking around to answer everyone’s questions!

Stage

The Wheelchair Basketball program was remarkable. As an 'abled'-body basketball player, I never considered what the game would be like in any other way. So I challenged myself to take on the basketball session, and I fell in love with the game again!  The experience represented something special to me: Whether a person is abled or inabled, they can still be good at doing something they love and nothing will be in their way.
Mandy Harvey was fantastic. She spoke well, was engaging, and I felt I learned a lot from her.
The boxing activity session. It brought everyone together, care givers with clients and so on and so forth.
Adaptive Boxing was the best, met some great people and learned some new skills
Yoga it was relaxing
My favorite activity was the boxing event because it was pushing my limits.
the bikes because I love being able to help with exercise

ROCKCLIMBING! I love rock climbing; I feel so free and cannot wait for June to rock climb more!
Improv was great.

Mandy Harvey's feel the music was really cool, I liked that it was interactive and very positive
I like the improv session and the wall climbing as well as the painting they all were really awesome the improv session push me to be more then I like to go as far as being outgoing and I have a limit
I was a part of the Leadership Workshop and loved the pace of the activity. We were asked to think big and not be held back by logistics.
Rock climbing so fun and interactive!
?
Group yoga was enjoyable as well as the Alchemy was a fun learning experience.
Street art. Even though it was not spray painting as it was supposed to, painting is relaxing and I was able to be in my own zone doing my own thing.

My favorites where the graffiti art. I felt such a sense of accomplishment. I can't wait to see the finished project! I also like the rock climbing. I had never done anything like that before. I did not think that I would be able to do it. But I did. I went all the way to the top!

I enjoyed everything that I participated in, but I especially enjoyed the Women's panel.

Mandy Harvey is the epitome of not letting a barrier stop you! I am simply amazed by the way in which she overcame her barrier to achieve her dream. I left her session feeling a way I have not been able to feel in quite some time. I now have hope and motivation to achieve more and not let my disability get in my way! INCREDIBLE!

The women's roundtable the Broadway session and the dancing with whitney were all great. I did things I never tried before and got to hear stories from those doing it. I got to hear empowerment from women and get encouraged to do the things I'm wanting to pursue
The baked by Melissa one. Free cupcakes. And her story on how she got her business started was pretty good to pay attention to. And also free cupcakes.

The dance class with Whitney Thore was really fun and it was exciting to see her in person.
We danced with Whitney! We were definitely pushed outside of our comfort zone and appreciated what she did for us!

I really enjoyed all of my activities. They were enjoyable and challenging at the same time.

Poetry

I loved the writing session with Reagan. She was engaging, thoughtful, and encouraging.

The tour of the ship was really cool... was inspired when people in my group were put outside of their comfort zone. EX - one member was blind and he was a little intimidated by the airplanes/ didn't want to put his hand in a place that could hurt him. But, he was challenged to feel the airplane as a way of understanding it. that is really freaking cool!
All sessions were great!

Cycling was my favourite activity. It allowed me to trial different hand cycles, talk to a number of athletes and people about the styles that work best for different abilities and see how to interact with others through the set up process. All these things are very valuable to RAD Society. Also, it was an awesome experience to ride down the Hudson River, to see NYC at a much faster pace than pushing a wheelchair.

Wheelchair basketball as they tended to have a great session planned out.

I was pushed out of my comfort zone to work with someone I normally wouldn't work with during the photography elective. It was nice to do that.

I loved dancing with Whitney!!!! She inspires me and it was so amazing to be able to met her and dance with her!!

i enjoyed the questival because i got the opportunity to expand my comfort zone

The Broadway Insiders...I had no idea what to expect and it became a very emotional session harnessed by passion and music. Very much enjoyed.

Yoga. The instructor was well informed and friendly.

Climbing the rock wall, because it was the most exhilarating thing to be able to go outside of my perceived abilities

I loved the Adaptive Boxing clinic and the writing workshop with Reagan. Overall these sessions helped me to connect with a community I could relate to and push through barriers with.

I loved the Dancing for All session - it made me push out of my comfort zone and let go of fear and find freedom in having fun, stepping up to a challenge, and being me.

I enjoyed the photography session, and really appreciated that they brought cameras for us to use.

Improv comedy session. An amazing experience and mental challenge to overcome. Great opportunity considering I've already tried every adaptive sport and wanted to do something new.

Questival
I did the guided touch tour of the ship, and it didn't have a strong connection to the life elements. I was in the women's track and the dance was fun, the women's table was informative and had great information. I didn't feel challenged by any of those events. I wished to do more, and be involved in other activities I just didn't have time :)

I liked the wellness event. It was very informative.

I did the dancing. I enjoyed dancing with all the other people that appeared just as uncomfortable as me. I also loved seeing everyone break limitations and do what the body wants over what the mind tells it.

I liked the photography class.

Photography and Touch Tour

How to be a Jedi and boxing were great. Both really pushed me outside my comfort zone, and the presenters were very good.

I liked basketball because it was fun. Touring the Intrepid was fun. Rock climbing I got to get to the top.

Wellness with Heather. Informative

The Adaptive Boxing with B-Bold was stellar as I always!

I really enjoyed the art mural painting session. I was able to become a volunteer and help the students/kids paint and get to know their stories.

Fencing was great. Great instructor and fun program

Drums - not musically inclined, and had fun

Loved Whitney and dancing! Realized I could do things I didn't know I could

The No BS dance got me out of my comfort zone out of the 3 activities chosen. I also liked Photography Untouched.

As I live in the region and already participate in the biking and climbing throughout the week, I chose to do the touch tour of the museum. While the tour was not challenging or make reference to the no barrier life, it was engaging and enjoyable. Unfortunately as I was being sponsored I did not get to choose for the other two activity periods, and there were so many other things I was still interested in.

For me it's important to see people, physically and mentally, challenging themselves to doing things that I personally put up as barriers. I really enjoyed the physical activities at the Intrepid, and the workshops and opening night (Thursday) really hit home for me.

I participated in the baked by Melissa event. Although it wasn't a challenge, it was really inspiring. We reviewed different challenges and how to get over them. Also discussed that although some challenges leave things less than perfect, the end product is still delicious so it's still not all lost. Really helpful activity.

I loved the photography session. It was something I wanted to do my whole life and never did. I learned some about my camera that I just been wining it with too. This was valuable info, but I do wish it was longer. The no body shaming dance was great too. This took me out of my comfort zone as choreographed dances and I do not work well. Twerked for the first time too. Also was awesome to see my new friends get up on stage because that was way way out of their comfort zone.
I enjoyed yoga on the flight deck of the Intrepid. It was pretty awesome to be able to just relax and enjoy the floating monument in a unique way. And to see others challenge themselves with their different disabilities. Improve I had to step out of my comfort zone but everyone was on the same level global leader; robotic arm speaker was great. My favorite elective activity was dancing with Whitney Thore because I could identify with being a plus-size dancer yet her style was beyond my usual comfort zone. I love the hand bikes. It allowed me to feel free to explore my environment and to get my heart rate up which is something I have not done in awhile. I enjoyed the educator programs n/a Dancing with Whitney Thorpe.

I loved the women panel and wished that the session was 3-4 hours and not just 1.5. I wanted to individually speak with the presenters and spend more time on the 'ideal life' activity. I feel the women track could have done more with those who elected to be there. The dinner was great, it seemed like twice as many people could have been served. The Broadway acting one because the team was very cohesive, professional, timely and organized. They provided an active learning workshop with a lot of interaction and participation. They were warm and open and created a safe and interesting session very quickly. Very impressed by their approach.

Tandem cycling, I was once an avid cyclist. But have not been able to ride outdoors in about eight years. Fencing is something I've always wanted to try and it turns out actually can do it despite not being able to see the opponents sword. I have always wanted to try boxing, but didn't understand the basics now have a better understanding and knowledge that I can actually do this. N/A

I attended Raegan Sealy's writing workshop. It was my favorite because it really opened a new door to my writing (I've since started my own blog called riseupandtravel.com). And the people that I met during that session have become terrific personal and professional networking contacts.

This was my first time trying boxing and fencing. We didn't wear any head gear for boxing. We practiced throwing combination punches and it was very tiring for me. I liked that I tried both for the first time and have that as another achievement and first hand experience. Thanks No Barriers! The dancing Mandy Harvey was inspiring!

I loved the Broadway Experience and Mandy Harvey. In both, the presenters were interesting and engaging.

I enjoyed the Broadway Experience, Mandy Harvey, and Whitney's dance. They were all very interesting and hands on.
the broadway experience. It was educational and informational. It inspired to move forward in that area.

We liked meeting Mitzi Kits and sewing. We also heard speakers from other initiatives who are coming up with solutions for people who need everything from clothing to gadgets to help make life easier that it would be without these things. The improv took me out of my comfort zone. I could also locate the session!

I had my barriers moment at the Street mural. I lost hope in what I can do after losing my sight 7 years ago. Doing this opened the doors for me to be courageous to finish the rest of the summit.

Intrepid touch tour because I came as my wife's guide. She's a veteran of the navy (ptsd/mst) and now VI. She was able to share so many details about the ship, the work she did (down to the guns and munitions and how to 'dog the doors'), and day to day life without triggering trauma. It was a wonderful gift to us both. Thank you!

All sessions provided a great learning experience. Well thought out and organized sessions.

Wheelchair basketball because of the obstacle of trying to learn the sport was presented to us. We overcame the barrier and by the end of the session we all felt like we somewhat learned the game.

Mandy Harvey's voice program

I enjoyed the life/innovator panel because it incorporates the No Barriers Elements, personal stories, and opportunity to inspire. The discussion clearly and continually made the point that anyone in the audience could be an innovator. Mike Muse was a great curator of the discussion.

Drum circle and the self-defense course. I tried observing all of the elective events and in that I saw positive effects on all those who participated in everything. There was nothing negative about the experience what so ever.

Tours

Wellness Makeover - I learned things I could immediately 'take home' and implement right away.

I liked the Improve Comedy session because it allowed me to push myself a little more than I normally would but I wasn't that uncomfortable.

Mural painting and Fencing. Both were ones in which I felt that everyone was given a task that was well outside their day-to-day and they needed to find ways to learn and have fun doing it. I witnessed a key moment of breakthrough for one participant and it made me feel greatly connected to No Barriers mission

Building a community in the warrior track was a good discussion. enjoyed learning from others point of view.

yoga

Actually the painting, because it was a quite reflective time to just take in the moment of No Barriers. Questival was a great team building activity : )
The leadership panel discussion on Thursday night for businesses.

I enjoyed the self defense. To see such a young instructor with the mindset of anything is possible was refreshing.

it gave me some different ways to meditate

My answer to #17 is because this is the first place I can recall seeing the words NO BARRIERS LIFE ELEMENTS. That must be what the Alchemy is a part of (see other survey answers). I wish there had been a speaker on this. My fave event was the Writing Your Narrative. BUT I had great trouble finding it -- it got moved last second and was listed as 'Sound Board' and no one I asked seemed to know. The woman running this elective got us into our hearts and my fellow participants were amazing.

The dance
Broadway
HOW TO BE A JEDI-IT'S NOT ALL PHYSICAL

I loved the Women’s Round Table because I have these ideas that are really big but I doubt myself. I loved the 100 Things and I’ve already used them with my staff and at a leadership meeting at my work as our ‘Morale Moment’ and I can’t stop talking about it to my kids. I loved the writing workshop with Regan. AMAZING. I loved the happy hour meet and greet. I loved the Dance Party. I LOVED IT ALL!!! I have a new favorite band: Judah and the Lion!

the opening ceremony was great! people were all so different but amazing in their own way. the bicycling! great!

I was part of the Women’s track. I would have liked to have more time to make deeper connections with the women in each workshop. My favorite workshop was the Panel Discussion with Marshawn Evans Daniels. We were all set to dive into some small group discussions and share our own stories when time was cut short. I felt like we could have had at least another 30-45 min. in this workshop.

Loved the adaptive cycling and the rock wall.

Dance for Everyone was a nice time to be goofy with the very people I had just had an intense session with only minutes before. It left me invigorated and believing more in my ability than I did before it began.

How to be a Jedi...I learned I have a lot of the attributes. I need to work on my fear. I need to calm down and face fears in a positive way and not panic. I also realized that I sometimes get crabby due to my fear and I need to accept myself and work on not being so sensitive to what others perceive in me. I am a wonderful disabled woman with a lot to give to this world. I am proud of my progress, but still need growth and experience.
I liked all 3 of the elective activities that I did. Improv - They led us through group exercises to get us out of our heads and be present. In other words, to think quickly, rather than too deeply. It was very fun! Others in my group also had a good time. Mandy Harvey's Feel the Music - It was very inspiring to hear her story about losing her hearing (twice!) and music which she loves so much. Then sharing how she slowly got it back and is now blossoming in so many wonderful ways. She also led us through an exercise where we got to feel in our hands our voice and also music played into a balloon we were holding between our hands. This was one of the practices she used to learn how to feel the music. Really great experience. She is such a wonderful being and a great inspiration. You could clearly see everyone in our group was very touched. Rock Climbing with Mark Wellman - I did rock climbing once when in college and loved it. I have head health issues for many years so have not had a chance to this, but have wanted to for quite some time. This was really physically challenging I did push myself quite a bit on this one. I was sore for several days, but it was totally worth it. I liked this because you could vary the level of challenge and also it was a safe environment to push oneself.

Oh man I loved them all! Drum circle though - went from feeling self conscious to joyful. I loved it. Music Drum Circle...this was a lot of fun! Everyone was engaged and it was amazing how everyone came together!! The talks on inspiration(finding your Yodi), yoga

I enjoyed the BROADWAY audition experience the best. It never really occurred to me that actual disabled people could make a living on Broadway/tv/film. I presumed they only hired able bodies to 'play disabled.' I was inspired by the talent teaching, so much so that, even though I can't sing, i volunteered to go up and try. Youth - energy The Broadway experience was amazing

I really enjoyed veterans' track activities. I felt that I really got to connect with participants and it seemed that everyone who participated felt that it was a valuable experience. I enjoyed all of my sessions. cupcakes, yoga and the mandatory session at the end How to Become a Jedi Helped me to think more clearly about certain things I've been mulling over. Cycling gave me great suggestions to make my handcycle more zippy Actively engaged everyone. Was able to take part in activities not normally offered at business meetings. Photography. Got to slow down and enjoy the atmosphere. I can't choose...all Outstanding Improv - got to do something I had no experience with and got to move around instead of just being talked at. I loved the Rock Climbing because it was so out of my box but I did it! and I learned a ton from the self defense class
Boxing bc Axis staff were really strong energy and challenged and coached well, were also fun.
Model Mugging bc their core philosophy goes w no Barriers and challenges you to look deeper inside yourself right away, more mental than physical in a good way. Fencing was cool but very limited in wheelchair.

Rock climbing. Never thought I would be able to get into one of the wheelchair contraptions and that was eyeopening to do that.
I had never been on the Intrepid

The Warriors Track

How to be a Jedi.....different, creative, great instructor. It was just too short; it left me with so much to think on. It was much more than just about the movie. Lots of connection with No Barriers life aspects. Tandem bike riding with the folks at InTandem. My supposed short ride ended up getting all the way to Battery Park and back; an unexpected adventurous workout on a beautiful day.

Self Defense. Gave me additional techniques to employ in a none violent way while having a reason why I am worth saving

circle of music, rock climbing, how to a Jedi. All excellent s.

I enjoyed the sewing by Two Blind Brothers. I learned to empathize with the visual impaired. It was difficult to sew without seeing. I had to be very patient with myself.

The rock climbing

I enjoyed the climbing -- I was engaged and motivated to keep going.

Loved rock climbing! Enjoyed singing and dancing sessions. All the presenters and teachers were fabulous, positive and engaging!

i like them all

Cakes by Melissa - Great story, fun hands-on activity, inspirational

I liked the street photography once finally out there. It would have been nice to have gotten off the Intrepid for both of my activities (photography and street art).

They were good

The opening ceremony

I have never climbed a rock wall! Was afraid I couldn’t do it. My son, who died by suicide in 2011, was an avid rock climber. Through No Barriers, I have learned to process my grief and begin celebrating the love we shared, enabling me to share with those who have experienced loss as well, hoping to let others know we are a rope team - and they are not alone. I could feel my sons presence as I broke my barrier and challenged the rock wall. I feel certain my son was smiling down at me and proud I’m giving hope to others.

Tour

Whitney dance class

Yoga! Because I love Yoga and it makes me feel better.

the drum circle was awesome- rope team!
What I most liked and took away from my electives was watching the providers learn to adapt as they went along to accommodate the participants challenges and different abilities. That was the utmost valuable thing for me. Observing, teaching and enabling others to grow and learn as an ambassador of living differently is something I strive to do each day. This environment of the NBS expounds upon that concept.

Boxing. The professional was very supportive

Hearing stories of inspiration, innovation and overcoming adversity.

I loved Mandy and the fitness one. How amazing to see what she has accomplished. Her determination to succeed is contagious and her voice amazing! Fitness reminded me that I can do this! Other members of my family did the cycling and they loved it, the wheelchair basketball my son said it was so much fun and the tour of the Intrepid was another favorite. Overall, a great experience! I hope to have the opportunity to attend another No Barriers Summit in the future.

Thank YOU!

Boxing, rock climbing and fencing all physical activities put me out of comfort zone.

Mandy Harvey
Wheelchair basketball

I did not have a favorite. I was pleasantly surprised the way it was set up that I had the opportunity to observe and participate in just about all the activities. From the way the registration was, I thought I would be leaving caked into the time I chose based on availability for a certain number of participants. I don’t know if it was meant to be like that or that people just didn’t show up that registered.

Drums and Yoga  Relaxing. Connecting with people.   Scenic.

Drama and Street Art - working together as a group and the encouragement we all got from one another that we could accomplish something. You could see a positive change in the group.

Women’s round table - hearing others story  Many Harvy's story was inspiring.

The Rock Climbing that gave me so much Confidence in myself

Great variety of activities

Dance class was well done, fun and got our blood flowing. Easy to understand.

I was a volunteer for one of the cycling sessions with Billy Lister, and it was great to see and help people like Abshum get out of his wheelchair and into a handcycle. Also, Mandy Harvey’s session on how she re-taught herself to sing, and what she does everyday to maintain her ability to sing, was very inspiring and insightful.

Self defensive class. The instructors were very informative and I learned a lot in a short time.

Sewing & meeting Bradford (2 Blind Brothers). Showed me new ways to help my blind daughters how to sew.

The young woman from TLC. She was engaging and energizing.

The Panel session on Friday morning was very good. I connected with some people I knew who introduced me to new people. Great networking, as well as great info presented by the panelists. I enjoyed the group discussions and learning from others.
Dancing was great
Whitney’s dancing because I wasn’t sure how it would go ad she killed it with complete drawing in of the audience and a new disability we hadn’t dealt with yet at a summit
I enjoyed all the workshops but fencing was my favorite. engaging instructor, effective teaching techniques.
The Textile workshop loved the Presenters and activity. I have an Aunt that’s a stroke survivor and she loves these types of activities. This workshop has provided me with an opportunity for us to create hallmark moments together!

As a military person, I greatly enjoyed the hands-on aspect of the USS Intrepid tour. Many Harvey’s class was amazing -- what a story and challenge to overcome. Photography was okay, didn’t get to see your photos or have them critiqued by experts on how to make them better. Wellness makeover. Learned a lot about inflammation and eating more naturally
Military was good to be around vets. Yoga was very helpful physically.

Broadway experience. The lesson of finding your voice and using it. Recall.

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Whitney Thore dance program. Watching mixed ability people dance and enjoy themselves was wonderful and inspiring.

As a volunteer, I was only indirectly involved in activities, but enjoyed what I observed. Loved dancing ....great sharing and definitely pushed me

My Favorite elective was the hands-on tour of the Intrepid. The women who ran the activity were extremely passionate about the tour. They engaged everyone in touching the aircraft and getting in the aircraft when appropriate. They were extremely informative encouraged questions and inquires about the Intrepid. I greatly enjoyed all the activity sessions!

#16 & #17 are N/A. The limited part of the Questival I took part in was really fun.

My favorite was Textiles, Sewing and Fashion Design for Accessibility, because it was interactive, and the number of participants was small enough that everyone got to engage with the presenters.
did not participate

The Self Defense course with Sarah! Since my guide dog just passed away and I am back to using my cane, I was very afraid & honestly still somewhat afraid to go out by myself. Sarah gave me more confidence and tools than I had before taking this course. She demonstrated the techniques to defend myself. She was patient, gave me some confidence that I could do this and knowledgeable of what to do in different types of situations. Wish we had more time with her.
I love Cycling. This is an activity I did with a group prior to my stroke. Playing a musical instrument and feeling the beat, I really enjoyed.

Panel discussion was had excellent and inspiring speakers. Session with Mandy Harvey was also inspiring and interesting.

Jedi. He’s amazing! Had 'experience' with young girl that blew my mind and opened my heart.

I enjoyed the women’s track...especially the panel discussion as it was very informative.

Group hunt for points.

Working with a team regarding how recreation improves the lives of those with disability

The location at the Intrepid was great (though a little out of the way).

I loved painting the mural because it was relaxing but I had bonding time with the people around me.

I liked feel the music because her story was amazing.

IF YOU DID NOT PARTICIPATE IN THE SUMMIT (AT THE INTREPID), QUESTIVAL, OR NO BARRIERS LIVE, PLEASE TELL US WHY

Questival because of previous commitment
There was little no information about what it was, where to go, and how it all worked. I had a conflict and honestly didn't even necessarily feel I was missing something, because the Saturday events were unclear to me.

NA
I participated in all of it
I didn't do all of the Questival because it was stressful and not that much fun for some of it.

Questival and no barriers live because I did not have time or know that it existed.

I didn't do the Questival because I didn't really have enough energy to do all that.

I was on a school trip for the day and did not have time.

I did participated

I was out of town for the Questival.

I didn't participate in the Questival due to not having a team and not really knowing about it until last minute

No barrier live

The Summit at the intrepid was a school field trip and I simply did not have the means of transportation for the other events

I didn't find any of my team members for Questivle. I was the only one that showed up to meet my team on Friday night.

Time
Working at the event
because I did not know about the existence of these events
Questival: Went through the questions with my team and we were not interested in fulfilling them. LIVE: I was exhausted and freezing.

Navigating NYC is very challenging for someone with the wheelchair.

Questival, I had a conflict in timing.

I did not participate at the No Barriers Live. My team and I were very tired after the busy day and did not want to be on our feet any longer.

I did not participate in the Questival as I had to catch a flight to get back home to spend time with family.

I participated in all events. Questival was extremely difficult. I cannot be spontaneous with transportation. I use Access A Ride (paratransit). Reservations have to be made at least a day in advance before 5:00 pm. It is hard to do that when you are doing a scavenger hunt and do not know where you are going to be at any minute. We did not even get our groups until after 5:00 pm. I was not able to schedule transportation for myself to get to Questival. It was extremely difficult to get around. Please consider this when scheduling a scavenger hunt that spans a great distance. May you should consider providing transportation. You might also consider having a scavenger hunt in a small area and providing transportation to get to the No Barriers Live.

N/A

Wasn’t able to attend. Sabbath time.

I didn’t participate in Questival because I had no group to work in. I didn’t go to No Barriers Live because I had another commitment.

Questival - only because of the disorganization.

N/A

I didn’t attend the no barriers live because of I had to fly home early due to family issues.

Questival and No Barriers Live. I had other obligations and could not participate in those 2 events.

I participated in all of it :)

I did not participate on Saturday because it was the Jewish sabbath

NA

We gave a shot at participating in Questival, but our team was tiny, because we couldn’t find people we’d recruited earlier. And we spent ages in times square looking for your billboard, but never saw it:(

I was there for all of it!

I had a prior event to go to but I definitely will next time...I will have to clear my calendar.

I couldn’t do the questival because of can’t walk long distance before my back stiffens up

N/A

N/A

I just didn’t know all the information about them for me to go.

I am not sure if I participated or not in the No Barriers Live. Questival we did our best, but that day our main focus was getting to the memorial as most of us in our make shift group were veterans. We did participate on the way, but there was so many things it was hard to keep up and not sure if we submitted everything we completed.

I participated in all parts of No Barriers NYC.
I don't understand the Questival it was never explained clearly what was involved. In addition, the team that I was assigned to told me that where not going to participate in the Questival and ended up join another team that was hearing and better able to communicate with them. It was frustrating because I was unable to try the Questival expect with my Deaf friend that I came with.

I participated in all three
No Barriers Live. I don’t know what it is. I must have missed it.
I didn't attend the Questival for a couple reasons. I didn't know much about what the Questival was, and during the prep time, there were signs for numbers of teams, and I wasn't sure which team I was supposed to join. And not knowing what it entailed, I wasn’t eager enough to figure it out. I ended up leaving NYC, which is why I didn’t attend the Live concert.

I almost passed out out from boxing as my first elective and didn’t have the energy and positivity to stay around for the Questival team event. The weather on Saturday was drizzly and unpleasant and I decided to do another event that wasn’t physically active. I wish I was in a better mood to participate in the summit and I wish I got enough sleep.

I participated
My husband and I brought our young children and we planned to do more Questival activities because they were awesome ideas but we didn’t view the list until morning and ended up seeing a lot on Saturday but didn’t mark things off our list. I should have printed the list before the trip and created a plan.
We did it all!!
And, awesome!
n/a; only feedback I would give regarding the questival is the battle of traffic in nyc. Intrepid was great b/c all of the activities were 'contained'
I had family obligations on Saturday and was unable to go to the Questival or Live Performance.
n/a
No Barriers Live. Exhausted from the travel and days activities.

- schedule
Questival -- I signed up the day before the event. My APP email that might have helped me navigate the event ended up in spam. I spoke with several people about my frustration/need for help with negotiating the event. NO ONE mentioned the app until I came from my third breakout event and I saw everyone gathering in groups with team #s for the scavenger hunt. I asked someone how do I know what team I’m on...and then at 4pm she says 'did you download the app?’ WHAT APP? I was so frustrated by the bad communication, I left and did not want to be part of the event anymore.
Did do the boxing because space was limited
I didn't go the second day because i didn’t understand what Questival was and was afraid I wouldn’t be able to manage it with the limits i have on walking distances.
Still support No Barriers 100%
I did not participate in Questival because I received bad news from home and needed to make several telephone calls to touch base during the kick-off.
I ended up not participating in Questival in part because of the lack of organization, but mostly because I was tired and wanted to save my energy for the Saturday night event.
Communication about the events the night before and options on the day of event were not very clear. I had to miss some of the events due to childcare issues.

N/A

The only way would be if I was on a hospital or very sick.

Weather. Too exhausted.

I missed the Opening Ceremony due to parking challenges. I did not participate in Questival because I ended up being randomly assigned to a team and had no way to connect with the other team members.

Questival. Way too vague a description, no confirmation of wheelchair accessibility. No free or inexpensive option to get around to points places. Seemed as if you might have to pay for meals or drinks at places. No clear information, seemed possibly out of budget for me. I saw a lot of able bodied people, wasn’t sure if there would be different challenges for those who would take longer to get around.

There was no information to understand what the Questival was, how long it would take, what the goals, etc, were with it. I have no idea what No Barriers Live is.

No availability

N/A

I didn’t participate in Questival and No Barriers Live. I live in NYC and had tickets to a dance performance during the Questival & No Barriers Live,

I did not participate in the Questival.

Did not participate in the Questival because we were not enthusiastic about most of the activities we were asked to do. Did not participate in No Barriers Live as the person I travelled with and provided assistance for did not feel well.

no barriers live - weather

I didn’t attend No Barriers Live because I tried two different Ubers and couldn’t connect and then couldn’t get a taxi easily. I decided it was easier to just walk around the area a bit instead.

I didn’t organize a group to go with on the Questival and was lazy about getting organized with others. It made me think it might be nice to form cohorts early in the process (I may have missed this?) so you could meet others easily in the spread out event.

I didn’t participate in wQuestival!

I participated in everything I could!

Questival (received email after I left for New York and app not for android phone and couldn’t find anyone with IPad to help).

we couldn’t come back on saturday.

Did not fully participate in questival as it was set up because it was overwhelming to my team.

No Barriers Live due to work commitments

Questival- my phone was not able to download the app so I couldn’t register. Was not sure they had a web-based version as no link sent as an option. Seemed like it was just an app.

My son and I were too tired to fully participate in the Questival, as we were exhausted from the previous day’s activities. If you could start the Questival later and better organize teams, this would’ve been helpful.

N/A
Did not attend the Questival. Had to attend a funeral. Arrived later in the day.
I limited my participation in the Questival and No Barriers Live because the battery on my chair malfunctioned. While on the day programs on the Intrepid I asked staff for some ideas and was referred to the gentleman who was supposed to be working on accessibility issues. I gave him a synopsis of what was happening, he excused himself to tell someone something, said he would be back in just a minute. He went to talk to a group and disappeared. I waited approximately 10 minutes and moved to the side of the room. We were able to get on the bus and thankfully my son was there because he was able to push my chair off the bus. We were able to find a place to rent a scooter for the remainder of the trip, so I guess I truly did find out how to handle outside my comfort zone.

I had registered by myself, and despite several attempts to connect with a group, I did not, and in fact didn’t even go to the Sat event even though I paid for a room in NYC on Friday night. Very disappointing.
Questival - too disorganized, no one was sure what to do.
Didn’t participate in Questival
No Questival. Board meetings and sponsor meetings all day Sat
No Barriers Live really can’t speak to why. Just opted to have personal time at home.
N/A
I did not take part in Questival, rather I spent the day walking with my troubled daughter and discussing what she was feeling.
Had to leave town before the Saturday evening event.
Questival- had other business on Saturday
I was a volunteer, so my participation was limited to helping registered participants, where I could.
I spent the first half of the Summit in NYU Medical Center ER so was unable to participate in Opening Ceremony or the activities on the Intrepid. I took part of one morning of the Questival, and loved how it was set-up, but then was physically unable to continue due to my medical condition.
I didn’t participate in Questival because quite frankly, I have no interest in scavenger hunts and wasn’t able to devote the day to it and didn’t want to let my team down by leaving mid-Questival.
I didn’t go to the concert because the performers didn’t interest me. What interested me was the Summit (at the Intrepid) so that’s what I did. I wasn’t aware until right before the weekend that there was to be a Questival and a Concert. Had I been aware I would have made clear from the beginning that I was only interested in attending the Summit.

Answered previously. I did not participate in fitness and yoga. However I changed and went on the Intrepid tour, which I had been on before. But this tour I learned much more. It was outstanding!
Questival-wasnt sure how accessible it was, would have liked more info

HOW HAS THIS NO BARRIERS EXPERIENCE POSITIVELY IMPACTED YOU?

I walked away with an added praise for those with challenges that they have risen above
It was nice and I’m glad I did it, but there was no big take-away for me.
I have bonded with my classmates and learned to not care what other people thought.
I got to meet people just like me.
The no barriers experience positively impacted me by showing me that you really can do
anything.
yes
it helped me break through barriers and made me feel really good about myself made me love
myself
It made me open my eyes and value more the little things in life
I think it was a good experience and fun event with a message that resonated with me.
It’s made me realize that there are other really awesome disabled people out there who are
trying to push the barriers of what’s considered possible right now and that there is a lot of
support for me through it.
It helped to show me all the possibilities in places I previously saw none.
its shown me that I can do anything and that sometimes we don't realize how fortunate we are in
life.
I learned a lot about empathy.
To be a better person
I have branched out and met new incredible friends for life, as well as grown as a person.
I talked to many nice people and possibly made a new buddy. I saw people seemed relax and
having a decent time
This experience helped me learn more about the No Barriers community. It showed me that
there a more than a hundred people who have overcome many challenges in their lifetime.
I enjoyed hearing other people's stories. And talking to Erik.
it made me feel confident
I was connected by the negative issue listed by the sign and I somehow learned how to rewire it!
It has given me a whole new perception of those who have disabilities
It has positively impacted me by showing me all the possibilities I have in life no matter the
outcome.
It was just so much fun
It has opened my mind, as I now see life differently after meeting and talking to new people I met
there.
It positively impacted me with the inspirational people that were there
I met some really cool and supportive people I believe it made me realize how important a rope
team is. I also believe it made me more comfortable to talk to people and do things I'm not used
to.
It has changed my views of different situations we are all in. Some of us believe we have barriers,
but No Barriers taught me that all the barriers we have is in our mind. If we put our mind to it,
anything is possible. I got to meet amazing people and do tons of things outside my comfort zone.
This experience has given me plenty of motivation to get out my comfort zone more often and
make a change. There really is no barriers in life! I will utilize everything I have learned at the
Summit to make a change in my community and life.
It has affected me in an extremely positive way! I'm already brainstorming how to continue with
this momentum! Also met so many amazing people there! And did so many amazing things.
LOVED PARA BOXING AND THE REALLY COOL RUDES THAT WERE RUNNING IT!!!!!!!!
Changed my appreciation of life. Goals and Inspires me to reach my goals.
I enjoyed the friendships that I made. I know that I was able to make an impact on other people
lives while I was there and vice versa.
It’s helped me realize that even though I identified previously as an inclusive, non-judgemental
person, that I did indeed have assumptions that were barriers--for myself and for those around
me with diverse abilities. It was awesome and eye-opening to see persons who are blind be CEOs
and other high rankings in business where I stereotypically wouldn’t imagine any form of non-mental-illness disability. I feel like the doors of diversity and inclusion in my life are opened much wider than before.

Considering this is my second summit, I continue to be inspired by the 'What's within you is stronger than what's in your way' motto as I participate in elective activities, connect with other people, and listen to speakers' stories. Each interaction I have inspires me and reinforces that I cannot let my hearing loss get in the way of my dreams.

To become a more secure human being

I put into a framework some of the values that I live in my life, and is helping me pave a pathway to what will be the greatest contribution I can make for humanity.

I feel like the doors of diversity and inclusion in my life are opened much wider than before.

Wait and see

I opened my mind to new things

Made some great connections and new friends

I’ve learned who I was as a person and what I wanted out of life

This summit has shown me that nothing is impossible. In the past, I was afraid to workout my arms but after going to No Barriers it helped me realize that I can workout if I don’t put much pressure or strain on them.

I leave my comfort zone and give a little more and so be an example for the little ones

I met so many incredible people!

Continuing to get up of my comfort zone.

I’ve met so many great people, and widened my perspective.

Yes it has. I always look forward to the challenges that are put in Bremen now I just mental or emotional but physical as well.

I was excited to learn more about No Barriers and their mission. My company has a partnership with No Barriers so I was excited to learn more about them.

Everyone had such positive attitudes it was wonderful!

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Very good... I'm more open to facing any challenges in life

By meeting the wonderful people there and getting the experience to interact with others and hear their stories was amazing.

Made me push through my excuses.

I met many people who impacted my outlook on life and challenged me in many ways, personally and interpersonally. I do believe that I will apply to participate again and include my mother as a part of the application process as I believe that she would also benefit.

I was excited to learn more about No Barriers and their mission. My company has a partnership with No Barriers so I was excited to learn more about them.

I now feel more able in my body to achieve greatness. I've been stuck feeling defeated by my illness for the last 2 years. I no longer feel that way. I'm actually crying typing this because I never imagined I wouldn't feel defeated by my disability. I no longer feel that way. I'm actually crying typing this because I

I was excited to learn more about No Barriers and their mission. My company has a partnership with No Barriers so I was excited to learn more about them.

I now feel so free to be me and I truly believe that nothing can hold me back! Thank you all for that!

I got to meet more people and speak on our experiences and why we are attending and meet women who have similar goals to mine. I tried new things I probably won't try at home just because it was more comfortable for me.

Heading Melissa’s story taught me about risk and faith in something by unseen.

I feel inspired, and excited by my life.

I understand now that other people have just as big as problems as I do. It's how we solve those
issues and to be happy rather than feeling sorry for ourself!
It has shown me how to connect with others who are different than me and how being a team can help bring people together to make things better.
Help pushed me more
I felt like I took away the most important message, to remember to always get my reference point to fucked up. That's legit advice and it was and is appreciated. It's genuine!
- Strong reminder to take ownership - do not complain - do not self loathe; there are people out there achieving without the tools that you have. - The human spirit. In a time when so often there is focus on how we're divided,
It offered more perspective and provided with energy to try my best at living a healthy lifestyle.
I was able to meet some incredible local New Yorkers, all with varying disabilities, all doing incredible things in the adaptive movement towards inclusion. These relationships/friendships will last my lifetime.
It has made me realize that I am not a big city type person. Small towns are the best!!!!
It’s made me think more and more about how I unintentionally put up barriers.
It impacted need to be around all of these people that have all types of disabilities inside and out and to see how they are able to still access stuff that people with out handicap so without challenges are able to really made me open my eyes and see the world in a bigger picture
It made me believe in myself again
I learned that its okay to take time for myself and not stress or be expected to give to others when I am unable ti give to myself
It has connected me with awesome people.
Yes
I came in a participant from a sponsor organization, however I participated in several sessions and some questival teams throughout the event. I had an emotional connection to many attendees and hope to be involved as a volunteer going forward for more than just the summit. I’ve become stronger and become more connected. I’m inspired to continue working hard and pushing and not using excuses - to do my best in everything and know I’m here for a purpose - to help others.
I love to visit NYC to see friends, and I feel like I gained a lot more confidence in my abilities to safety navigate the urban jungle.
Helped me expand my self by bringing down mental barriers
Empowerment me
I am charged with a new feeling of direction and motivation. I met many people who inspired me to do more and be more! It was so neat to meet other people with challenges like mine. That was new for me. I lost my vision only 2 years ago, and I lost direction and purpose. But coming to no barriers has shown me, I can do more and be more that just me, and just me without vision. That is just one facet of who I am! I can live a no barriers life!
I am more motivated and determined..thank you
Being excepted and shown that I am something worth working with.
I got to hang with others with disabilities and no judgement zone
The advancement of technology in 3D printing
It sent me home with a deeper appreciation for my abilities, and pointed out things I need to work on
It made me realize I can do amazing things
Met some great people and was inspired
I started the process of conquering my fear of large crowds and big cities. I would be a fool to
think after one weekend that I’m over it, but I’m well on my way.
I was able to use my strengths and work on my weaknesses in order to help others in my community.
Got to push myself and realize I have more in me than I thought. I came home do energized and ready to tackle anything :)

What’s what’s within me is stronger than what’s in my way! I say that a lot
I went on a Questival with a child who got tired fast, an individual in a wheelchair and an individual with a sight impairment. Overcoming these barriers in NYC was eye opening and humbling.
I enjoyed the speakers most of all, and it helped me see how others are reaching past things, so it warms me into the idea of working harder on the things I have ahead of me.
As I said, it really motivated me to self reflect on my life, in certain areas. It made me really focus in on barriers that are sometimes self-inflicted, as well as those that are created externally. The summit really helped provide some tangible tools to help me prepare for overcoming those barriers. From a business standpoint, it really empowered me to drive some best practices throughout my organization.
I didn’t stay too long to say I was changed. I came because I live in the area but I would definitely come to this again and stay the whole time.
I made new friends that are spread all over the US. These bonds were amazing and the transformation was exciting. I want to participate more with assisting in the positive change. I want to be a part of the team.
I feel like I made more friends and was able to network in ways that wouldn’t have been afforded to me had I not attended.
I feel no matter how bad it is someone out there is challenged more at that moment inspired to make and pursue more goals
This No Barriers experience has made me want more for myself. I want to attend again in a different location and really allow myself to be challenged.
It gave me hope that I could be someone again. I had lost my way and motivation to overcome barriers. It helped me to remember that if there is something I dont like then I need to change it rather than giving up.
The positive energy from this summit has motivated me to bring back many of the concepts relating to mentoring and team building back to my classroom xxx
The Summit reminded me that I have the ability to be a part of creating positive change in my communities.
I am MUCH better equipped to understand what accessibility really means and how to work with those with disability. I’m grateful for that opportunity. I was able to be myself - talk about anything and everything and learn from others who’ve faced different challenges and experienced different things in their lives.
New level of understanding of some of the challenges others face and how they navigate that experience-- gives me increased understanding and empathy.
I seem to have a grade or mindfulness that Barriers are actually obstacles and obstacles can be circumvented. Also, it was nice if only for a weekend to be with a group of people who didn’t treat me differently
I’m not that isolated from others
Inspiration overload! It was a remarkably moving experience. I was inspired, humbled, challenged and and empowered. I told all my friends and they all want to come next year!
I tried boxing and fencing for the first time so I am happy about that.
I am motivated to do more and dream bigger.
I feel inspired.
I have made many new friends and connections.
What is within me is stronger than what is in my way.
It inspired to move forward past my barriers of military disabilities and race
It made me more aware that we all have different experiences, backgrounds, and abilities and that people can be so strong in the presence of tough circumstances.
Contacts & meeting others with various 'disabilities' who all do kick ass stuff like I do!
I came back and shared it with my blind/low vision support group and they are excited to learn more. I am determined to figure out my journey and come to the summit in 2019 and share with my friends how I take that energy back with me and effected my community.
Yes. I still have the no barriers rap playing in my head!
It has further enhanced my commitment to diversity and inclusion
Working as an Influencer for No Barriers has impacted me positively. I am a more confident presenter and the overall experience has inspired me to put my passion into high gear to achieve my potential.
I brought my students to experience the No Barriers message
This experience has improved my relationships with family, coworkers and reaching out to strangers, especially those who might not otherwise seek out.
It brought a level of awareness that I had never expected to be exposed to. It helped me overcome my limitations and helped me more fully understand the barriers that face everyone. I was so fortunate to spend time with very strong individuals, and I gained so much insight into the lives of those who have overcome great adversity. By doing so, it put my challenges in perspective and provided me with a comradery, friendship, business connections, social connections and resources that I can access for my own support and networking purposes. I have gained so many resources and have already used the momentum created by the event to inspire all those in my life, people on the street, people on the planes, trains and automobiles. I’m promoting NB like no other social program, because it is an organization that ultimately can change anyone’s perspective on their lives and connect them to resources to help them reach their full potential. I hope to bring NB to my home town of Huntsville Alabama, or act as a liaison for a city with so much lack of awareness of social issues and resources to benefit those in need.
:-) AWESOME!!!!!!!
Makes me push my self more
Great experience - going forward I want to really focus on the ways to succeed vs seeing the limitation in things.
I was very impressed with the speakers at the opening ceremony. It was actually Ice-T’s speech that had the greatest impact on me. I liked what he said about someone always having it better than you and someone always having it worse to give perspective. Yet he was also realistic about the reality of life and that for some overcoming the same barrier might be a very different journey for the individual.
Very simply, it’s made me even more committed to the work I do with No Barriers. I’m even further driven to ensure I’m able to spread the message of No Barriers.
Building a stronger community/sharing the experience with my spouse.
I enjoyed seeing others succeed. This made a big impact on me.
refreshed my mindset
More focused and more positive
I feel more comfortable talking and engaging in conversation with people and about disabilities.
DEFINITELY open to tackle some of my fears
it has made me push my limits even harder
Got me to write important poetry that freed my mind from barriers to stigma
I learned alot
In every way. It was a wonderful experience.
NA
I will never be the same. I am a positive person most of the time. This took me to a new level. It shows! I am so grateful. I never thought I could 'afford' this experience. Now I know I can afford anything!

connecting me to the greater community of differently abled people
Traveling alone to Manhattan was a mini-victory for me. It was a confidence booster and a reminder that I am capable of putting myself first. I loved the inspiration and encouragement I received from the incredible women I met throughout the weekend. I just wish there had been more time to share our experiences and talk about why we were there.
I always like to meet people who inspire me and everyone I met had such a great story to tell and everyone, despite their challenges, was so positive!

It wasn't until the days after the No Barriers experience that I realized the true value in the No Barriers life and how those values set out were expressed in every way during the event. The loving and helpful energy at the summit was remarkable, and it was clear that even staff was invested in the No Barriers life. I came prepared to take in as much information as possible, and while I thought there was a bit of time wasted, I took away subtle messages that have served to galvanize my thoughts about myself, and plans for my future.
I learned a lot about me. I knew my goals, but also wanted some more tools to succeed. I feel as though this was time well spent.

For me, the Summit came at a perfect time. (Interesting how that happens, don't you think?) I have been working on breaking my own barriers and taking on bigger and more challenging things, including going back to school for more technical training. Being fully engaged in the positive and encouraging atmosphere of the Summit, meeting so many really great people and happily taking part in the activities has given me some additional wind beneath my wings. I feel uplifted by the experience and am excited to further connect with NB and some of the great people I met.
For the first time in two years, I'm not beating myself up and I have this odd resolve to redefine my role in my business. (And I'm crying again OMG) I'm not stuck - I know what I need to do - time to put my oxygen mask on first. I don't know what happened or why but God I needed y'all. Thank you for saying yes.
It continues to show that just about anything is possible.
It has made me realize that the strength is the most important thing along with opportunities.
It opened my eyes about myself, and my personal expectations. It inspired me with the courage and fortitude of others. It made me yearn to belong.
through its programs, staff and board members
It makes me feel like I can make different in the anywhere I can put my mind on.
I really enjoyed the opportunity to connect with the veteran participants. It helped me to better understand their overall experience. I also appreciate the energy and positivity of the event.
That is something that stays with people after they leave.
#NAME?
It has inspired me to continue working towards being my best and doing for others.
I’m re-motivated to keep trying, and to find a new purpose.
Awareness of others with barriers and how they overcame.
Gives me hope that there are still good people in the world. And people are willing to help others to become the best that one could be.
Well, I am in WISCONSIN.. with a rope team member... Out of my comfort zone but HELPING
Got to meet a few new people and learned some things I can use from the Improv activity. Also, enjoyed attending my first concert in Central Park.
The No Barriers experience has created a paradigm shift in how I see myself in the world. My new mantra will always be ‘What’s within me is stronger than what’s in my way.’
The application for free ticket enabled me to participate in a fun event with a community of people with all kinds of disabilities. I am a recent amputee and appreciated the uplift in principles I am familiar with, it is helping to remind me and inspire me as I gradually adapt to this newer perspective.
Made me want to get more physically active
Yes
Allowed me the opportunity to share the No Barriers life with my family and friends.

So many stories, so much wisdom. Got me out of my usual routine. No chance of being shy hear and no reason to be as so much good vibes and genuine down to earth enjoyment of collective experiences.
Gave me another reason to appreciate life and live
not only for me also for all my family. Great time to share and meet more people that we can help
It was good to see so many people positively participating in activities to support their growth.
I left motivated to live
I am excited to be more involved in the No Barriers’ events.
I found the speakers wonderful. Their personal stories were encouraging. And I had a good time.
anything is possible
Great inspiration
I am completely energized and inspired by the No Barriers mission and impact. I have found myself thinking of those attendees who had significant barriers they continually move beyond. I hope the perspective I gained about harnessing my own potential to live more authentically, to recognize my own barriers, and to meet the challenge they pose to me with more conscious effort and optimism will not waiver.
Very
It impacted me in a positive way
Given me the platform to heal.. by helping others.
It makes me continue to push my personal boundaries
Xxx
Make me a better person with all the positivity. That you can somewhat do anything you put your mind to.
it was awesome I want my high school to get more involved.
I gained a friend. I was able to be support to someone else as they in turn were support for me.
We met the first evening and shared the weekend together, overcame challenges and had each other’s back.
It was relaxed and inclusive and serious sometimes but joyful other times
Seeing others overcome their fears.
I will never forget the feeling I got Friday with the opening ceremony and Saturday at the NB Live, the stories, challenges and the successes shared. I will incorporate the No Barriers Life Elements in my life and spread the word to those around me. One suggestion, make stickers with the NB life Elements!

Developing new friends, living the vision of a No Barriers life.

fuels my soul

It’s encouraged me to continue to challenge myself beyond my comfort zone and to share this philosophy with the students with whom I work.

I met some great people and got to observe the strength and determination of so many.

I am sharing info and got to try new things

My mood was very positive and I felt uplifted after each day even though I felt tired. I felt as if I could accomplish great things.

Made me a more Stronger and appreciative to other people and to just get out and have fun

Inspired me to work through my own barriers and to more actively help others.

Huge kudos to your team for creating this amazing event. It has reinforced my belief that events are excellent mediums for life changing experiences. Impressed by your willingness to take on the challenge of organizing and event outside of your No Barriers comfort zone.

It has made me keenly aware that working as a team, regardless of its makeup, is essential to long-term success. There is an old African proverb that says if you want to go fast, go alone. But if you want to go far, go together. I think that embodies the true spirit and ethos of No Barriers. It showed me how amazing people are despite the challenges they face.

Immensely. Just realizing what a positive attitude can do for me on a daily basis!

I see activity differently. I see me in activities differently.

It didn’t really. But I could see how groups/teams could get a lot out of it, especially people with disabilities. I liked the concept; it just didn’t work out well for me personally.

yes

Ready to put NB life in the forefront of my journey

It always does and I am always surprised that each year it takes me further up in my journey.

Erik’s presentation at the Central Park event was the most moving, motivational and inspiring event of the Summit for me. Seeing the video highlights and stories of all the people he interacted with as participants, volunteers, teachers, etc. was an incredible display of the No Barriers mission in action.

It made me realize everything we do contributes to the whole!

It has caused me to continue to look at ways to enhance my experiences with everyone -- disabled or not.

I acknowledge my limitations and my strengths and know the directions I have to take

It remains for me to practice the No Barriers lifestyle.

It gave my daughter some clearer sense of herself which of course impacts my life. I was afforded some personal reflective time as to an upcoming life decision

It has given me reason to think more about what to do instead of thinking about what I can not do

yes, to see the depth of disabilities and challenges being addressed on an individual and group level was astounding

Attending as a friend of an active No Barriers member, and having no physical challenges of my own, I left in utter awe of the courage, tenacity, and optimism of the many participants faced with true 'disabilities' (I shudder to even use that word, as no where was a sense of disability evident).
Impressed by some of the attendees.
Encouragement and reinforcing to live the no barriers principles
I already knew that the strength is within me... NYC Summit has moved me enough to dig for the passion... To grow and reach higher again
Not sure yet. Still processing.
I have gained so much appreciation for the courage of the many participants I met! It was inspirational for me in so many ways, to see the inner strength of the participants. I also think that Questival gave all of us that volunteered, a chance to spread the No Barriers word farther than would have been possible in past Summit sites.
Wow.... I really needed to hear the lesson that's what's in me is stronger than what's in my way!
Came at a perfect time in my life, so wonderful to interact with so many others who face challenges day to day. I am a glass half-full person anyway and creative and problem-solving with this really reinforced to me that this is the way that I want to continue to live my life!
I have embraced the idea that what's with me is stronger than what’s in my way! I was truly inspired by the speakers and presenters at the Summit. I realize now that if all these wonderful people can overcome their barriers, I can do so also.
It has changed my thinking about my own medical situation so I am more ready to seek help and see myself as part of a larger community vs. suffering in isolation.
I was inspired by the presenters in the No Barriers Life Panel and the Textiles presentation to see opportunity in adversity.
I was totally inspired and still am
I feel so much stronger towards helping people. I saw how uplifted the attendees were...no sad faces, only tears of happiness in completing events and such support, love and compassion for one another!! Everyone was up for the challenges and just from what I was able to witness, no one gave up! I was amazed and inspired! It also gave me some more confidence to combat the fears I have. This was a learning experience and I want to continue the No Barriers Life.
I look forward to attending another No Barriers Summit.

Made me feel like I need to do more to make a difference.
Grounded me. Allowed me to think more positively. Realized where I’m holding myself back and what fears I’m entertaining and acting on.
I hope so
It made me aware of how much more I am capable of doing.
Have learned the Summits are a wonderful idea. Just didn't see NYC was the true location venue for advancing the NB agenda.

**DO YOU FEEL THERE WAS VALUE IN ATTENDING THE SUMMIT IN A LARGER CITY RATHER THAN A MOUNTAIN TOWN? PLEASE EXPLAIN**

Very much when meeting with people of the same mind-set over specific concerns a great interchange takes place
I can't say because I have nothing to compare it to.
It was more convenient to reach the summit from my school.
I loved how it was in the city because it provided lots of opportunity’s like the concert.
I think that there was value because NYC is a very fast paced moving city, and it really pushed us out of our comfort zone during the Questival.
yes
its bringing city people together with mountain people and all the different cultures
and the environment was different, a lot of people live in the mountains so it was a
nice change
I think both places work
I personally prefer mountain town summits just because I am a little more connected
to nature. The city was nice also because it represented how we don't have to go
outside of the real world or out into nature to break barriers.
I think both would be very fun, but the one in the city probably brought more
attention to the message. I would love to do one in a mountain town next!
Yes because it gave more access to others in the city.
yes I do because I met many people from around the city and mountain towns and I
felt that that gave me chance to have the best of both worlds by meeting many
different people who are really similar even if they do come from different
backgrounds.
Being surrounded by opportunities like career and education based was interesting.
Yes
I think the Lake Tahoe Summit was better because of the range of activities, and the
more peaceful 'vibe.'
I liked it being held in an urban area not only due to the fact it's my home place but
also to give people outside of the mountains to really experience different people
with different barriers they don't usually face in such a calm place where their from.
I think that it would've been better to have the summit in a mountain town.
I guess.

yes it could be any location

Yes, I finally know how to control my feelings and actions
I feel like doing it in the city allows the public to see the amazing things that occured
at the summit. It also allows for more human to human interaction and allows for the
public to expand their perception of those with disabilities
I think by it being in a urban area it allows more participants to go to.
Its amazing that they were here cause it was fun
This made it much more accessible and more open as well as attracted a lot of
people.
YESSSSSSSSSSSSSSSSSSSSSSSSSSS because they got a lot of people to go to it
and I wish this happened more often in NYC.
I was at the summit in California the year before and I really loved both I don't think
one is better than the other.
There definitely is value in attending the Summit at a city. Because the Summit is in
such a huge city, I got out of my comfort zone more than I thought I would.
Learning how to navigate the city, seeing and meeting so many different people, and
the different experiences in different parts of NY had made it impossible to forget!
I do feel that there is value in that because it's a totally different environment that
pushes people out of their comfort zones and it's also a stunning city.
Yes, it inspires our members to travel the word. And gives us another outlook in life
rather than a mountain place where you more clear your mind. A larger city shows
the reality of things in my opinion.
I enjoyed how close everything was together and the fact that we got to explore the
city. I love NYC. But I like the idea of this being in mountain towns more. The mountains are more outdoorsy and relaxing.

I feel like to an extent, it was more accessible to both business persons and those with physical disabilities.

Although I loved being in the city because NYC is the best, I did find that I would have preferred this event to be held in a mountain town like Tahoe. The only reason I say this is because I found that I connected a lot more with people then because we were all in one central location, and when you're in the city, there's a lot of chaos around you. I totally get that it was a perfect place to really work on overcoming significant barriers and obstacles, and I still had a lot of fun regardless.

Access was important

This was my first time at NoBarriers

Yes, I think it's accessible to more people and that there is more to engage with around you.

Because it's an accessible location and allows people from everywhere to enjoy the activities

Was great to see a new place and explore the city but made it hard logistically. I got lost walking around a few times.

Yes, however it would be good to have it in a big city every 2-3 years rather than every year

I like the summit location because it was in my hometown and I did not need to travel that far to get to. In addition, I felt like that NYC was the perfect place to host this summit because it has so many disabled people.

an excellent idea so that the urban area goes deeper with with No Barries

YES! So much value, especially in NYC, a place where many barriers exist and must be overcome. Definitely a place full of experience and advocacy practice.

No I prefer the summit to be in Mountain towns rather than large cities.

We had so much fun in New York! I think there are many everyday barriers for those living within urban areas, so I think it was a positive message for all.

I thought the use of the first time ever being held in the city was pretty amazing I saw parts of New York never seen before and I've lived here majority of my life I've never been to New York and LOVED every minute of the city.

More access to those working in the city and easy to get to!

Mountain

The location is most likely easier to get to but overall it was rough with how convoluted NYC is.

I think a mountain would have been better. Although NYC is a great city, I felt as though it was too spread out to have the impact that the Summit wants to have. It was great visiting NYC for the first time but I feel a smaller area would have a bigger impact.

This is my first time at the summit, so I have nothing to compare it to. I talked with other participants who had been before. They did not like to NYC location.

Transportation is difficult in NYC for people with disabilities. I think if you go to another large city, you have to give more consideration to paratransit transportation. It is not flexible.

I've never attended the Summit prior to this year. I liked the accessibility of it being
in NYC.
Personally, I adore NYC. I'm very familiar with it and super comfortable within the city. I think the mountain setting would be a huge challenge for me. Although, after meeting the people I did this weekend, I now feel that I could attend a summit located in the mountains - I think!

I feel like this gave a better sense of family with attendees. It was a bigger challenge but you had to work together to find locations or times of events. You didn't just disappear after each session only to reappear for the evening speakers or entertainment or meals. You got to better bond by doing sessions and meeting in hotel lobby with your gear talking about your experiences.

I love in NYC so I can't say.

I think it was better in the mountain town setting as New York City overwhelmed it. The Intrepid museum was not a good choice, in my opinion.
Absolutely! We were able to see how other people lived and sent us to a city most people wouldn't ever be able to go to!

I feel there was much more to do and experience. New York is such an exciting city and just being there pushes you and challenges you. I think the location fit perfectly with the No Barriers lifestyle.

More people was able to attend

This was my first summit, but I loved it even though I am a mountain person at heart.

I think it benefits to rotate. I haven't been to a mountain retreat, but Personally I love mountains. However the city is a challenge in its own - especially if you have a disability. That's a barrier that every person overcame, which inspired me.

I loved the energy of the city and how that impacted the summit. I haven't attended previous sessions but I'd come back to NYC!

I believe my mountain experience will far exceed my NYC experience.

It was overwhelming in a lot of ways. Their wasn't as many downtime. It was to packed with activities.

Yes, NYC is a great city to be in.

I have never down a summit before but I love NYC so it worked for me!

It truly pushed me outside of my comfort zone

I am a city person, and I did not like it in a large city. Too spread out, too many non- No Barriers folks around leading to confusion, and there was no time for meaningful conversation with other attendees. Also I felt that the staff at No Barriers spent most of their time with sponsors. Which is fine, but I think their presence would be better appreciated at the Summit.

I do not. I think I would prefer attending the summit in a mountain town.

This is my first summit I have no opinions one way or the other

I have not participated in other summits in the past. New York was wonderful, however in my experience helping participants as a sponsor at this summit it was difficult for them to get around the city for sure.

This was my first Summit, and because I'm at home in the country and suburbs (where I have my car and I can get around easily), being in the city was way out of my comfort zone, but I had a very positive experience at the Summit. I was inspired to and supported in pushing past the barriers the city provided (especially with
transportation) and I gained resilience and got creative and gained a newfound appreciation for everything the city had to offer.
Yes. I wasn't psyched about it to begin with, but I recognized the importance of bringing accessibility and your values to an urban setting I'm really looking forward to Tahoe again next year, though I did love the variety this year.
I couldn't stay overnight because of the cost to stay overnight. Transportation was also more expensive. I would have participated both days if it was outside a city with less expenses. I did like the intrepid.
New Good experience in a big city
this was my first summit, so I have no reference point on this. I can say NYC was incredible. I live in a mountain town with mountain culture, and I love that too. I think either venue would be incredible. It was neat to get out of my mountain home to come to such a huge city!
I think no matter where the Summit is it's a great event
I think it gave me a new view of the potential urban barriers. Things that I did not know could be barriers for some were pointed out to me. Life is not all about able body comforts. My freedoms are so much more than I thought. The city was meet by all that I spoke with in high positive points of view.
Yes easy to get to
Yes, to bring the message, idea and experience of the outdoors to urban cities so they can tear down the four walls.
Yes. It brought many people out to attend that live in an urban area, including urban poor/disadvantaged people with disabilities
It made it so people in the busy city had to realize that we are capable of doing everything
Accessibility was not ideal in NYC
I believe it was as difficult as you can get from an accessibility standpoint. Which was difficult at first, but once we figured it out was very rewarding.
This was my first summit meeting. I really enjoyed the city, although everything was expensive, especially transportation.
City was close to home, it was my first, would however love to experience in mountain town too
yes..big city, had to work around people
So challenging... I like Mountain activities but fun to experience a BIG city
Sure, but I haven't experienced the summit in the mountains for comparison.
I'm not sure how to answer exactly. I like that it was relatively close to home and easy to get to. On the other hand, all the noise and chaos was a bit overwhelming.
When the even is in mountain towns, is it more contained to one area? I enjoyed the hunt for items, and learned to work with my team, but there were many things limiting one or the other of us, so while we were happy to work together, it did decrease productivity.
Personally I loved being in NYC. While it is a very big city, public transportation made it easy to get around. I also walked to a lot of places. That said, I've never experienced No Barriers in any other capacity. I could see where having this in a mountainous setting, all in one place, could make it easier to navigate. And I'm sure the adventures (hiking etc) is amazing.
as long as it is accessible I think they are all great locations. I would use turn out as a
gauge for this.
Oh yes. Especially for us veterans that may get a lil nervous in crowds. This allowed
for trust to form fast and to test the boundaries of comfort. However, it made me a
lil nervous that twice we missed one of the visually impaired that did not know we
stopped and they kept walking. That was a lil scary.
I appreciate the concrete jungle for what it is and all that it offers. The hustle and
bustle of NYC was a lot to take in but I was fine and felt comfortable in the
environment chosen by No Barriers.
There was a lot of barriers for everyone. And everyone got to experience each
other's barrier as a team
accessible
I'm from NJ so I've navigated NYC before but I think there was definitely value in
having people who are used to navigating a smaller mountain town have to navigate
around the big city = outside of their comfort zone.
I had never hear of No Barriers before I attended the New Jersey abilities expo. So I
dont have any experience in how they are different. Urban areas can restrict where
people wit disabilites can go where as mountian towns are beautiful and challenging
physically.
diversity of attendees was a big plus
There definitely is value in hosting such an event in an irban location. First and
foremost, it allows disabled folks who may not be able to travel far to have a
Summit experience in our own backyard so to speak. As someone who lives fairly
close, it gave me the opportunity to experience familiar places in a whole new way.
Conversely, holding the event in an urban area also provides new perspectives for
participants from rural areas as well. I had the pleasure of meeting someone from the
Midwest who comes from a town whose total population is about 300 people. Their
experience of the weekend was likely far different than mine, and yet equally
valuable. As, someone who hasn't spent time in mountain towns, I'm eager to
Summit in one. I think it would allow me to really examine the NB life elements
without the noise and fast-paced lifestyle I've grown accustomed to competing for
my time and energy. Thank you for taking the risk and holding a Summit in NYC.
This was my first summit so I'm not able to comment.
Probably because it's more realistic for more people and requires people to open
their minds and use their skills in a more realistic framework. However, a mountain
town offers a great opportunity to be open to new experiences, more opportunity to
connect to nature and quiet and have a more mentally restorative experience.
I live halfway between New York City in the Adirondack mountains either way
would've been fine. It was just close to home.
Larger city is good
I appreciated the urban experience because it was easy for me to get to. While I
haven't attended a session in a mountain town, I do plan to attend next time
wherever it is!
This was my first Summit. I liked it because I live relatively nearby less than 15
miles away.
I can't compare the two. I loved New York. It was just very expensive and difficult
to navigate being disabled. I think I would like the mountain town better. Everything goes!
As this was my first summit, I don't have a basis for comparison but I think the city presented plenty of worthwhile challenges.
No, mountain towns allow for more community and growth.
I am not sure because it was my first time at a No Barriers event but generally I would have preferred a mountain town with less distraction and busyness.
I think there is a value in having the summit in NYC where there is already diversity and an opportunity to break through an obstacle, to show kindness or courage at absolutely every moment in the city.
No, but I'm from a smaller mountain/valley area & so I am not big on big cities. Actually I really don't like them at all!!
Being in one of the busiest cities definitely pushed me out of my comfort zone. We became visible to people that normally would ignore us and the activities and exploring the city, made me be willing to ask for help but the New Yorkers to give it.
Yes. A city that size was daunting to the sighted guides of 'normal' capacities. Guiding around people, without orientation points we're used to, the subway, etc. made sure ALL of us were stretching.
I'm from New York City and thought it was a great location. Should consider hosting the next one in Charlotte, NC. Perfect city that is easy to travel and less expensive than New York City.
I've never attended in a mountain town but I would imagine it would be a better experience.
I live in the city so the mountains are themselves out of my comfort zone
Yes, allowed participants to apply elements in a different way, pushing growth.
Also, experience still allowed for strangers to meet and participate together in an urban area, both during Summit activities and outside of them.

HOW CAN WE CONTINUE TO IMPROVE THE EXPERIENCE WE PROVIDE?

I guess having it in NYC made it easier for me to attend but in a different state am not sure if I will be more readily practically speaking in reality of living Communication before the actual event. A little more focus on substance. It feels a little like you prioritize marketing and selling the event over the quality of the event. Maybe by adding a summary of what we would be doing beforehand.

I think that everything was great!
I'm not sure what experiences y'all can improve on.
keep coming to the states close to where i live (Ohio)
just being you and continuing to have the same leaders and program staff
Keep doing what you are doing
This event should strive to be a little edgier and out of people’s comfort zone. That way people really learn how to step outside their boundaries and believe in themselves.
I think the only way to improve is to make sure that everything is accessible for everyone.
I would make the events more open so that many people could join in if they finish one early.
By having the same sessions.
Better signage to activities
It was all good!
Keep hosting summits! They are awesome!
Just keep in touch with the people and what they would like to see and what can be beneficial
I think there should be a chance to take pictures with the guest speakers.
Continue to find great activities.
by having all the same supporting staff
100%
Maybe allow people to see what you are surving for lunch when they sign up so if necessary they can bring their own food
Keeping on using the lessons learned.
Nothing it was amazing as it is
I feel like the experiences were great so I have no suggestions.
Do more activities and add more.
I think you guys are doing an amazing job and it's an outstanding organization that I would love to continue being a part of.
I don’t see any place that is lacking and needs improvement other than people knowing where all the three activities are taking place. I had to ask several staff members where a place is located until i got to my designated activity. The activity was not lacking though!
Giving more specific information about attending to first time attendees but that’s probably my only criticism, I didn’t really know what to expect going in but it was almost more fun that way!
provide more summits! :)
I was expecting that there would be more time to hang out with the celebrity speakers and other workshops holders. I’d enjoy being able to spend more time getting to know everyone, just as people, not because of a service that they provide.
Use modeling methods and have persons with diverse abilities be the leaders and speakers and teachers!
I would love if there were more No Barriers experiences for young adults, or more summits because I really enjoy connecting with individuals who embrace the No Barriers life.
By example
N/A
Work on making the questival activity more relevant or forgo it entirely.
Keep pushing people to get out of what they’re used to
More time for networking and getting to know more people at the summit. With the tracks I felt like I got to network with the same 10 people the whole time and didn’t get an opportunity to meet lots of other cool people that attended.
Continue to do what you do
I think this event should be a little bit longer and have competitions through the individuals activities. I think next time No Barriers Live they should have a person with disabilities to talk to the audience because I felt like it was great but it should be more focused on the disabled community.
doing more innovative events
I would highly recommend to move everything back to Mountain towns. More detailed schedules provided on the app. Just keep finding ways for us to push ourselves that's all you guys are doing an awesome job. More details around the event earlier. You guys are doing great! Keep it up!! Do the same. Multiple versions with some being in cities and others happening in their more original locations of the mountains.

The experience is great. Just focus a little more on paratransit for people who are in wheelchair and are extremely disabled. We like to participate in everything. It is just so much harder for us to get around. Also, there needs to be a little more time in between classes to get around. It takes a lot longer for me to go to the bathroom. We only had 30 minutes in between classes. That is not enough time if you have to go to the bathroom. It takes me 20-25 minutes to go to the bathroom. That means that I have to leave one location, go to the bathroom, and go to another location in 30 minutes. It was very difficult. Also, we only had 30 minutes for lunch. Not enough time.

I had an overall great experience. It's unnerving traveling alone but I was welcomed. The only negative experience I had was when 'outsiders' were allowed in for the Questival kickoff. I suddenly noticed judgment being passed. People were staring at braces, mobility devices, wheelchairs, service dogs, etc. I heard snickering and even laughing while the dance performance was happening. The whole mood of the summit changed around me and my group was suddenly extremely uncomfortable. This was not an issue during the rest of the summit. The experience would have been much more pleasant with just summit attendees.

Work on the technology and maybe have charging stations if attendees are going to be moving about often but need tech to know the plans. Provide more information for existing what the program will be doing. Get more sponsors for the event. Nothing. I don’t have a single complaint. Everything was excellent! Maybe work on a little more organization next time.

It was great Just keep doing what you’re doing! continuing to find innovative ways to incorporate corporate strategy around this important effort. The variety of sessions was great!

My only bad experience was being told that the stipend fund was rescinded. This means that my charity covered the transportation & food costs while we were in attendance. This was not agreed upon by my board of directors and has left me indebted. Really study out the activities and experience them before you provide them to the group.

N/A

Keep having the no barrier summit.
Keeping encouraging people to show up
More staff time, take the summit out of a large city
By continuing to employ positive impactful people.
Better understanding of dietary needs for different individuals
I spoke to many participants who had a difficult time getting around in NYC to and from the hotel. I would say get the sponsor bodies involved more to help them navigate!
More communication about logistics prior to the event for planning purposes.
By continuing to bring inspirational speakers, and presenters, as well as consistently offering new, and exciting recreation experiences to people of all abilities.
More pre event accessibility information with session hosts. We wasted time changing setup to be accessible at a basic level.
Keep doing great
I am just excited to participate again, I hope that there are things I can do throughout the year inbetween summits. I want to meet more people and continue to elevate my life. I think what you provided was amazing!
Everything was great..just keep it up
Help me to grow my skills so that I may help people feel the way you have helped me feel. I am happy today and know how to be happy.
I loved it
Reaching out to the outdoor minority groups
Easier registration process. Keep information flow simple and clear.
Work on questival
Logistics
From a participant standpoint it was flawless. From an activity provider standpoint, I wasn’t sure you were going to pull it off. It’s like looking behind the curtain at the great and powerful Oz, only to find out that it’s a middle age white guy with cool special effects.
By asking individuals their interests in order to better serve and help accomplish their no barrier mission.
More organization, send information email sooner than 11pm the night before.
:) Just do it
Information! What to expect, where to go, etc. Enjoyed the elective activities that really represented overcoming barriers. Didn’t see Baked By Melissa really having any barriers to her success.
As a participant of the women’s track, I absolutely appreciated the sponsorship and am fully accepting of mandatory activities, but I wish they were in addition to the electives instead of limiting the majority of the electives.
For being my first summit, I thought it was unlike anything I’ve ever attended. I don’t know what I would add or change.
I would make knowing where the different events are taking place easier to find. perhaps a map of the layout would be helpful
I thought the speakers were amazing and I did get most of the signatures in my book from the amazing inspirations...but there were a few that were harder to get and that was a lil disappointing. Also, explain to people how they can get involved more may help. If they wasn’t to volunteer or lead or even participate in an excursion,
somewhere that info should get out. Also, a welcome packet with the schedule selected would be a HUGE help.

I think the logistics piece or a few maps of the area due to the app not working, would’ve made it easier for folks to navigate to their activities. I’m sure this is an obvious feedback though.

Find different locations to challenge everyone to get out of there comfort zone

the different activities were hard to find. no/poor signage or info about where activities were located.

I think the No Barriers team is stellar. I would only request more options for things like the Women’s track since it was a little limiting in choices, especially physical activity and in meeting other No Barriers participants not in the track.

Either hire someone who is Deaf or hard of hearing and knows the various needs of people with hearing or find a intern.

I would like more steps to continue working with No Barriers

xxx

Keep on providing cross disability access as you did so wonderfully this weekend. I also would have benefited more had there been the option to delve into some pre-summit thought work. The YouTube video and elements overview were great, but transitioning from average frenetic Wednesday to a No Barriers mindset on Thursday was a challenge :)

I heard chatter that some Summit attendees felt uncomfortable when Questival was opened to the general public. It got noisy and chaotic and I feel it took away from those who were there to experience summit. The rules of Questival could have been more clearly explained and better organized. It was messy to find groups and get a login. I felt bad for the quieter folks who did not have a group or needed help to understand what was going on.

Have every detail already laid out. Provide app in advance of Summit. Perhaps a map of event locations. More inspiring/admirable keynote speaker than Ice T.

Please don’t take my constructive criticism as complaining, because I don’t believe I’ve had a better weekend in quite a long time. During the Friday event to there seem to be quite a lot of downtime that could’ve been used constructively to get people mixing and talking and building rope teams.

Better directional signage of where various sessions are. Most details about experiences like the Questival. I realize the event is about trust and exploring the unkown, but some of us need those extra little details to make the decision.

I can’t remember but if there were motivator speakers for the electives, I believe that would have been better. The physical activities electives could be less prominent and focus on classes that are run by motivational speakers.

Provide financial assistance for veterans that cannot afford to go unless otherwise Awareness. I want everyone to know about No Barriers.

More signs to tell where things are at! I also was disappointed in the accessibility of
NYC.
I loved the whole experience!
Create/encourage networking tables.
Continue to have a variety of sessions that captures all levels of interest and overall engagement.
Continue on your path and include Ali Adaptive Sports and Fitness and their kids at future summits!
I would have liked a pre-conference just for educators so we know how to prepare our students
More breakout sessions would be great and opportunity to interact more with presenters.
I would love to help expand the awareness that NB promotes. I think that NB is doing exactly what needs to be done!
NO!!!
Help more people get to the festival
No immediate things come to mind....the event was wonderful.
I would have liked to maybe have been more immersed in learning HOW to overcome a barrier.
Scrutinize every detail of what went right and what went wrong. There are so many successes from this summit. However, there are big opportunities to make things even better. The end of day 1 being the most disappointing part with the Questival fiasco and the lack of clear communication to our frustrated constituencies.
Information flow at the actual event. Pre-arrival information was outstanding
I would have liked to see more inclusion in the questival. I am not sure what parts of it where inclusive.
keep the summits coming!
?
More business learning topics. Employee Resource groups success stories & more business related resources and learning opportunities.
I’d like to receive information more consistently prior to a Summit
smaller group activities
Have an opening keynote speaker who is on No Barriers staff/board who can passionately communicate the No Barriers Life Element. And include a physical map in the participant bags. And ANNOUNCE the app if that is how you expect participants to negotiate their own way at your conferences. Ask staff to reiterate this. Have staff wear visible shirts that say staff.
More program
None
NA
It was so wonderful. I can’t think of much, but by all means, let me help if you come up with something!
no comment
Perhaps do the team Questival/Scavenger Hunt activity as a Saturday morning activity. The team activity quickly bonded us. It would have been nice to have that ‘rope team’ all weekend.
clearer instructions for sign up.
I wish there had been more time for questions at the ends of the panels, or for
interactions between audience and panelists. It also seemed as though some of the
panel moderators were unprepared w/r/t insightful questions for the panelists. If they
couldn’t come up with questions on the fly, they maybe should have been more
carefully selected. (e.g., Restaurant guy poured his heart out about his 9/11 experience
and was asked about how restaurant apps affected the food service industry.) Both of
these served to dilute the effect of panelists sharing their experiences.
Keep taking these surveys. Everyone had a different experience. Also, it is a free
summit, but being in NYC cost about $1,500-2,000 between food, transport and
lodging. This will strap my family for months money-wise. It would be better if you
had a great summit in a place that did not make us go broke. Had a great time and
learned a lot so happy, but broke. lol
Here are some of my observations about what could have been improved for this
Summit and also going forward. Use apps for the event that work. The CrowdCompass
Attendee Hub app would not even install on my Android phone. It also has a rating in
the Play Store of 2.7 stars with many complaints of the app crashing, etc. The Questival
app has a rating of 1.8 stars, also with many complaints. I don’t need to say anything
more about Questival, since my understanding is that there were major problems with
that vendor. (Bummer, sorry to hear that. Next time you might want to take a look at
their app since it will tell you a lot about the company. :) Yes, I am a tech guy which is
why I am making such a big deal about this.) I received an email the night before at
10 PM ET with info about the apps. That email probably should have been sent earlier
that day or the night before. Without the CrowdCompass app (since it would not
install on my phone) and probably even with it, the various sessions were not clearly
marked so I found myself wandering around looking for one of my sessions, Mandy
Harvey’s, which was in the bottom floor of the ship. I am sure the logistics of having so
many events in such a large and different venue must have been challenging. I also
understand some sessions were moved at the last minute. It would have been great to
have a large board located near the entrance area (outside right when you walk out
from the registration area) that listed events and locations.
Not sure I understand the question…. more staffing? Keeping your vision strong - not
getting too big thereby watering everything down - donations…..
I didn’t see a lot of promotion for the NYC summit. At least via mass transportation. I
wish that more people would have known about the summit.
#NAME?
Please continue to provide financial assistance, so people like me, can experience
something so valuable as the NO BARRIERS experience.
by keep doing it
Make it more affordable out NYC
This is such an ambitious event and I can tell that the No Barriers team put a lot of time
and effort into planning and organization. But a bit more attention to detail during the
actual event would be helpful. i.e. providing clear locations for each session or signage,
etc.
Be able to change registration prior to event Questival was fun but a bit unorganized
with registering individuals and teams
The activities should be more hands on. Some were just presentations. Locations of
events should be a bit closer. Maps of activities should be provided. It was confusing
when trying to find them.
I was very appreciative of the financial assistance, and hope to attend again
I thought all went well. Loved the No Barriers Live as closing. I thought Ice T was
funny and engaging. Activities were not your typical business type break outs.
Small details seem to be left out. In the case oh NY. It would have been a great help if there was a person outside of the hotel helping with transportation. Pointing people to the Uber that is waiting for them. Someone in front of the Intrepid. giving a brief rundown of what is happening. Someone inside the gates of the venue in Central park to guide people. There is alot of time spent wondering around trying to figure out what is next.
Just keep doing what you do..
Improve the logistics. I work in logistics and so I am sensitive to when this is done poorly as was often the case at this Summit. Would be happy to help improve this at future Summits. The number of e-mails we got in advance was confusing. I think there was an opportunity to do more formal activities to help people connect (icebreakers, disabled reception, one disabled person/Questival team, etc.).
This was my first summit. It was an amazing experience and I can’t wait to attend the next one!
More focus on accessibility for wheelchairs and continue applications for discounted and free programs.
Provide more information about the program
Nothing to add
More environmentally friendly/ less impact
Well, maybe an extra day.
Creativity is the watchword for dynamism
n/a
Many of the interesting workshops were scheduled at the same time. Please spread the workshops out or have two sessions.
Name tags
Keep doing what you’re doing - it works.
I’m not sure--I thought the events we participated in were wonderful. Questival questions seemed a little intrusive to me. But in all fairness the no barriers conference was created to push one outside of their comfort zone. The person I help said there’s an uncomfortableness maybe even dangerous feeling with being asked to walk up to a random stranger and ask them for a hug--that’s just not Safe in New York City.
Perhaps Lake Tahoe!
not sure
Better detailed info on the goals of the program, who should attend, etc.
I think taking the feedback you receive and finding a way to incorporate it into future summits will be a good start. It was an awesome experience and a real treat to get to know a bit more of NYC.
None
No change
More volunteers - to help navigate and information on what is going on and how to get there.
Continue to be Innovative and do not close any doors
Xxx
Little better on communication about the whole event.
perhaps having a map that indicates locations
For me -a better way to identify volunteers for someone who is blind. -A little more
down time at events to regroup and enjoy the peripheries without feeling like you are missing out on somewhere you are supposed to be. (i.e- designated free time without skipping an elective assigned to you so that you can visit an expo or climb the Rock wall or just enjoy strolling with your service animal/or a new friend and time for attending to personal needs between activities.) - maybe even a way that folks can connect before the summit to begin building a ropes team for support when they arrive. - some type of one on one buddy system for participants who come alone would be helpful in navigating the venues - I have gained something wonderful from each summit I have attended. I cannot imagine missing this event ever in the future. thank you for creating this incredible event.

Keep doing what you do
Add technology-based solutions.
You have done an amazing job! I know there are always things we can improve but overall, a first class event. Thank you for sending an evaluation of the event and continue to reach out for our input! Thank you, I will never forget my participation at the NB Summit NYC! Keep up the great work!

Use the feedback from the participants
breadth of experiences available
Delay the opening of the Questival to allow participants to simply rest and enjoy their surroundings.
- For your sake, more advertising. I did not even hear about it on public radio- which can be free advertising. - Saw a lot of wasted food. Maybe collaboration can be made with a food bank. I understand there is a risk of spoilage so maybe it is not possible. - The fact you gave scholarships was awesome. - Since it was an urban area and there are just many attendees in general, I thought maybe a ‘quiet’ designated area be available. - Better signage at each elected activity. I used my vision and hearing to observe the activity before knowing what it was. - The schedule was not clear on the website. I sometimes had difficulty getting to the page. - Staff was excellent. If you needed help, you could ask and they were very accommodating, but not always clear who was staff. There was no barriers staff and intrepid staff. Both were excellent. - The weather gods were on your side! - I attempted to volunteer and got an email, but then no one followed up with me. I was confused when I got a reminder to register because I thought I was volunteering, but it all worked out. I enjoy being a participant.

Felt that many people within the special needs communities was unaware of this awesome adventure and missed out
I think a schedule of location where each workshop was in our backpack would have been helpful. I had to ask people where I needed to go and at times it still was not clear. But everyone was great when I asked for help.

Have it again in NYC
Closely engage your target audiences and your sponsors
Questival needed better organization / explanation in advance. As a 59 year old traveling with a 23 year old from a non-American culture who cannot read English, the App based game was not engaging, and we opted out. Perhaps you could offer different ways to do the same type of game/challenge that do not require the use of a smart phone... maybe good old fashioned paper and pencil scavenger hunt would have worked as well. Maybe offer one or two other options for activities on the 2nd day that would bring us in contact with more attendees. - I really enjoyed the experience. The young woman I accompanied is from a third-world country, a refugee who is still illiterate and still struggling to understand American culture. The sessions and the
leaders/speakers were wonderful from my perspective. From my young companion’s perspective, she had trouble relating to most of the presenters and understanding the content. (the presenters, while all wonderful from my perspective, spoke English rapidly, assuming English as first language and I spent much time trying to summarize for my companion). Perhaps adding some non-American voices, some content that includes perspectives from different cultures, presenters with English as a 2nd or 3rd language, and add content of the challenges faced by being a minority, an immigrant, a person with no reference to American culture and expectations of our society in relationship to ADA. Holding the summit in NYC was a good opportunity for more diversity in that regard. Again - great event!
Continue to be the voice and advocate for those who cannot speak for themselves individually.
Not sure.
Only improvement would be to between explain the Whole Questival thing.
Maybe ask, as a part of the initial contact after being selected, what type of assessibility is needed. I should have requested an assessible room. But, I also didn't ask, so it's on me.
Attending as an individual was tough. Also, the whole Questival app and experience was frustrating, difficult and not set up well, in my opinion.
Better organization.
Keep having more summits and additional activities or workshops
Help to keep sponsors happy so we can keep helping people
I would like to see a No Barriers program that targets young adults with Mental Health barriers such as grief or depression.
Just keep doing what you are doing!
Put yourself in the shoes of those most disabled when you are coordinating transportation -- ridiculous flight routing causing up to 3 more hours in the air rather than waiting in NYC for others to arrive; failure to meet even the simplest of requests when scheduling flights; no info on facilities for service dogs at airports transitted; only unanswered phone calls when complications arose at the airport for confirmed shuttles; more info on Questival for all participants; hard copy maps to facilitate navigation on foot, on the bus, in the metro, on the ferry.
Improve Questival or develop a new activity.
I don’t know.
Not sure.
I can not say this is my first tine
people with disabilities are looking to having successful 'lives' and careers- for blind people the career side is extremely difficult- employers based career activity discussions and representation would be helpful
Provide a rest, water, feed and relief area for the many service dogs in attendance.
Keep asking questions!
keep expanding
I can make any suggestions to improve the No Barriers platform! I can only say, the more you bring on board, the more that learn it.
Not sure. I need to attend another summit to compare.
I think there could have been a little bit more organization. In NYC, it’s exponentially harder to keep everything organized, and the staff did a remarkable job. But in that
environment, it would have helped to have a little more help from people skilled in organizing, and perhaps people who lived or worked in the city. If it will be a future venue, that is the only thing that I felt could have been a little bit better.

My first Summit...keep it up. Use social media to keep promoting. Continue with the mix of physical challenge activities and dance/music etc
Continue to get feedback from people and continue to communicate with people and spread the No Barriers Message.
Perhaps expand to international sites.
More panels; alternatives (when you’re in a city) to questival and concert--I would have loved a second day of presentations as an alternative.
not sure how to answer this -- Continue doing what you are doing!
By adding more challenges...not sure if they are different in a mountain towns, add a half hour of more time for a challenge that warrants it. Fix the computer problems so people will be able to get the information quickly and start their events with less wait time. Give out upon arrival at check in, a printed detailed sheet of where the activities are located, restaurant address...sometimes in the city and maybe even in the mountains, GPS doesn’t work too well. Detailed information for the Questival. A better system for grouping people for the Questival. Overall, given the amount of people, I thought it went well and I enjoyed it.
It was awkward filling in the registration. I understood that only 1500 people could attend. I did not fit into that special group. One month prior to the event I finally filled in the registration with help from another attendee. I think more people would have attended.
Believe you are doing a great job.
More sessions with leaders in small connecting ways. I felt like opportunities to sit and converse in small group settings were missing.
more organization
Keep up what you have started.
Due to its importance I will repeat my precious comments: I personally like -the more remote the better. How about hosting the summit in a large group camp setting? Tahoe will be better than NY but still will have many distractions. (casinos, shows nightlife etc). You want to really make a difference in peoples lives - get them out into an environment where they are, so to speak, forced to work on the summit missions and goals together; minimize distractions and then you will have a summit everyone can be to say: 'I survived with No Barriers'. But of course it would be no more dangerous than NYC, Tahoe and the like. I say these things above with a great deal of experience hosting similar events / activities for nearly 50 years before I retired a few years back. (Professional Park and Recreation. administration / management for 47 years)

APPENDIX D: MID-TERM OPEN ENDED RESPONSES

Please tell us about your No Barriers pledge experience
I pledged to help my local veterans community and have become chapter coordinator for team river runner
Pushing more boundaries, getting to the outdoors and spending more quality time with my family
To try to peel the onion
I have volunteered more time at my child's school and also taken a larger part in my church community participating in activities to help raise funds for mission trips. I have also continued to seek out ways to become more mindful and empathetic toward others.

It has been a fluid changing pledge since my expedition
I have gotten more closely involved in a Veterans organization
I'm still working on my book and I plan on going to a few national parks this year in order to experience nature again.
I have taken it upon myself to address sleep issues and life stressors and create solutions

Honor my mother and father, keep the convenient which i have made, let go of what I can't change by focusing on my actions and attitude and serve those around me in need

I went back to college. I startef coaching sports again. Anf volunteer at an animal shelter. Finally removed the negative from my life.
I havew fought and won my battle with cancer.  I have taken my neighbor (an amputee) to the doctor and managed to save his left foot and now they will be working on his stump so that he can wear an artificial leg again.
I've been trying to work on getting folks my age to eat better. The problem I've encountered is that people don't want to really make this change until something happens to make it necessary. So, I've volunteered to deliver meals on wheels to shut ins. It is at least a small step in the right direction.
I continue to help other Veterans whenever I can and I now look for my fellow Veterans to help them without being ask.
I inspire and support others daily on social media, participate in outdoors sports events and stay very active promoting positivity in all that I do.
Stronger marriage, better community, happier me, success!
Prior to pledge, I did not take notice or acknowledge those that help me every day. I now 'thank' verbally my wife, each one of my kids, and the few outsiders in my life, for even the little things they do for me every day. It has brought appreciation and gratitude back into my life.

I have been working out more getting healthy changed my eating habits, started to be more fiscally responsible.
I had a good experience, but also felt pressured to talk about private things and write stuff on my flag and I wasn't comfortable with that.
I've made myself available to help others who may need my help or assistance.

Taking a pledge started out as a mere ritual but it symbolized the control I have over the problems and challenges I face. It helped me refocus on making other decisions that positively impacted my life and those around me. It helped me be present and mindful.
I pledged to mend my relationship with my son and dedicate more time to him and it has been an amazing experience. The bond we have created is wonderful, we talk more to each other and help each other deal with my husband's loss.

The dedication to family time was something that was needed and it has helped in all aspects of our day to day lives.

To be more involved in community and help others. I did do all that, and more!

I am trying not to compare myself with others.
I am now in school to finish my degree and become a teacher which is what I have always wanted to do.
My experience was truly amazing. The staff support was incredible and the activities we did, which I never thought I could do I was able to achieve through encouragement of the staff and my fellow vets.
I wanted to help others and I wanted to show that I do care for others and not as much just for me.
I don't remember what it was.
I pledged to organize a trip with my rope team members that could go to summit the mountain we failed to climb because of weather. This trip is coming up, I've identified dates, attendees, a route - planned a scouting trip with family to confirm the route, and now am looking for sponsor help before asking folks to buy tickets and take time off work.

My pledge was to help start a Judo Dojo and I have successfully helped start one. We have 10 students and we are hoping to get some help from the community to help us expand and get our own building. I just need help with finding sponsors and people willing to invest in this goal.

I have attended mass more often after my No Barriers experience to gain a more spiritual connection to a higher power.
It has opened me up to my community and the outdoors. I enjoy sharing my experiences with coworkers and fellow veterans.
My No Barriers pledge was to engage within my local community purposely and introduce the No Barriers Life. I have led a book study that focused on bridging the gap of understanding between civilians and veterans for the past 8 weeks. I have been able to connect with those who are looking for ways to find their purpose walking along side them as they navigate this journey using the life elements of No Barriers. I have lives positively changed, including mine.

My No Barriers pledge held me accountable moving forward. My pledge did change but I never stopped pushing toward living a no barriers life. I volunteer in the community I now live in and have taken the steps to truly heal myself. I live to live life and help others discover their potential.
It was an amazing experience! It allowed me to rediscover myself.
I have recently moved up to the Falling Waters, WV area and I am going to be working with a Draft horse rescue in Maryland. Getting back into horses is one step towards my pledge

NA
I enrolled in school in sept. After I returned, I finished that first semester of full time University classes with a 3.8, making me eligible to apply for scholarships, so I did, just found out I was awarded one for $1000! This semester is going great and I'm debating whether or not I can budget to take summer classes because financial aid doesn't cover summer. No stopping this girl! :)

Mine was to be more present with my children and to spend more time at home making dinner with them 3 times a week at least. It's been fun to spend time with them and see what they like to do and talk about. It has brought us closer as a family.

My pledge was to spend more time with my family outdoors. I'm doing this on a regular basis now. It has up and downs. But I keep moving forward.
I am preparing to hike the AT next year.
Since my expedition I have taken major steps to submerge myself into my community and several programs to use what has happened to me in the military as a platform to encourage others! I also am filling up my Rolodex with contacts and networking to be able to one day help families of Warriors get the help they need when a loved one is away serving! I've learned that these things cannot be done overnight, so patience is something I'm relearning! Looking forward to another expedition in the future, becoming a coach has been quite the honor! Thank you for the opportunity and the help I needed to get past my barriers!

Helping others, I have volunteered in my community. Donated to local animal shelters and charities.
Loved being able to write things down to give myself a visual goal to achieve
I pledged to always look forward in life and to take chances even though odds are against me and to never give up in life.
I have been working to improve myself, my family, my community.
Was good to know and confirm how far I have come
To have a better relationship with nature.
I wanted to take my family hiking this summer. 2018. The initial response was hell yes. As we tried to pick a date last fall we came up with a week that would work. Then my daughter enrolled in college abroad and her friend's dad is paying for them a trip to Europe early. My Army son is just waiting on papers for deployment so it is breaking apart. I have not given up but may have to postpone
I have been trying but I'm still going through so much. I over do stuff for others that when it comes to me I am just broke mentally financially etc
I have donated my time to a charity like I said I would.
I dont remember taking a pledge
I support and am active with organizations that help the world around me, and am constantly learning about how I can help others around the world. I am also focused on how I can base by every day actions on what I enjoy doing and how I can share those experiences with people close to me, rather than what everyone thinks I should do.

I was able to try new things and get out of my comfort zone
I took the No Barriers pledge at a school trip in Costa Rica
It has made me a better person
I don't really remember much about it
I have tried new things outside my comfort zone and tries to assist others in that. I always try to do the best possible.
I went to a beach over the summer and I threw a shell into the ocean that I had whispered my pledge into. It was very powerful and freeing to do this. I felt that the world knows my pledge and I will try harder to keep up with it.
I pledged to keep persevering even through the bad.
My pledge connected to the next trip we would take with students from my school, but unfortunately, my school changed its experiential learning program, so I cannot run another trip to the Amazon.
I pledged to use less energy when I didn't need it. And I have really cut down on it

No Barriers has given me the confidence to persevere and keep picking myself back up when life becomes very challenging.
I pledged that I would get out and be a mentor for other Veterans. I am fulfilling that pledge slowly. I am starting a peer support group in my area and am a peer mentor for those who need it.
I believe that it's difficult to continually think about what I'm doing to advance my pledge, but the difficulty isn't stopping me. I know that it's important to me and those from my rope team and that drives me.
Since entering college, I have entered into counseling as well as started Lexapro; my pledge was to take action to alleviate my mental health struggles.

I had pledged to get involved with Big Brothers in order to introduce a child to the outdoors and to mentor them in the ways of the outdoors

- What is the most important reason for the score you gave?

I feel that healing happens quicker in the wilderness
I have recommended a lot of people and have been told that some veterans I have randomly met have been chosen for events
I think some vets may be turned off
The teamwork and professionalism of the NB team and their ability to provide a positive experience and encouraging personal and team growth.
The experience is so life changing I believe everyone that has the opportunity should apply.

I think No Barriers helped me connect, recognize strengths and weaknesses.
I truly believe in the program and the benefits that it can provide to Veterans... no matter their age or life experiences.
When I came home, others noticed the positive affect the experience had simply by the aura I emitted
The strength of the leaders in fulfilling the No Barriers mission to veterans and helping me connect and reconnect.
I like what NMW believes in
Because i feel if i tool away what i did and it positively effected my life it can effect someone elses in a positive way.
Because of the liberating feeling I got it was terrific.
Because I come back from the trips with a new inner strength and improved attitude toward the challenges in my life.
No Barriers is there for one reason. That is to help veterans see they they are important and can make a difference in not only their own life but there fellow veterans.

No Barriers has made a very serious change in my abilities in life complimenting everything that I do.
Team cohesiveness - 'rope team'
The positive attitude and mentor-ship of the staff.
I feel that so many of my military family can better their lives with this program

Because it was good, but could've been better.
There was a lot of support and true caring with those I came in contact with. I know they have the ability to meet others needs in the same capacity.
The No Barriers team that led my expedition was an amazing group of ladies. Katie, Jill, Rachel, and Trish taught me to have confidence in my self, and they helped me see that there is no obstacle too big or a problem that can't be solved. They truly helped me see that there is still a positive side to life even after there has been darkness in your life, and I will be forever thankful to them for that.

the experience was something that I knew would be tough, but was still not prepared for just how tough it was. having said that I pushed past my stopping point numerous times.
TMF/NB expedition I participated was life changing experience for me in so many levels. It challenged me beyond my preconceived limits of physical as well as mental strength. In a sense it felt as if I got tested to the point where I learned what I was made of. I loved what I’ve discovered about myself and others when put in difficult situations. I learned to understand myself and others and accept with no judgment.

In everything I do and all of my decisions lean toward being more out in nature. We just bought a ranch out in the country.
I have already recommended No Barriers to my late husband’s battle buddies. The support through NB is awesome and I know others can benefit from it.

The staff support during my venture. I really did learn about myself. I wasn’t sure that I can complete the hike but I did staff pushed just enough as here I felt positive. I think others can do it as well.

It was a great experience to be able to bond with others.
It was risk and cost-free, it made me feel valued and took away any fears of investing in something that would be useless for me - and turned out to be an incredible return on investment - thank you to my trip’s sponsor and the No Barriers team!

No Barriers brought me out of my shell. I have already recommended it to a few Veterans I know and one is in the wait list right now.
The confidence, spiritual gain, aesthetic beauty, and growth I experienced as well as teamwork has improved my life for the better.
It has helped me realize my own potential and what I can do for others.
The most important reason for my scoring is I have purposely applied the No Barriers Life Elements in my life and can directly pinpoint the results to the application. It works!!!!

No Barriers pushes you beyond your limits and is a great team building experience. It gives you opportunities to witness your strength and create a pledge to continue living a No Barriers life.

My expedition was a life changing experience! I still have the positive aspects of that trip in my head and heart and I will never forget. I hope to be able to go on another expedition, but more importantly, I will always spread the message of ‘what’s within me is stronger than what’s in my way’. I carry the coin that says that in my pocket every day and hopefully I am able to spread this message continually.

I enjoyed everything and the people.
The experiences I had, and the strength and confidence I gained have stayed with me since then! I wish everyone could be so blessed.
I’ve met great friends and have felt a huge positive change in my home life with my kids. Being more present and connecting on a deeper level.
The boost in confidence, hanging out talking with other vets.  
No barriers has been a game changer for me. A truly life changing experience  

I had a great experience with the mentors.  
It was a very positive experience. I have a network of people I can reach out to if I need.  

The proof is in my life!  
because of the experience that I had with the program, people should know that they aren't alone  
and handling any kind of disability can be done with people that have similar experience  

The impact on me and other warriors I witnessed first hand  
A fun, wholesome environment that made me feel welcomed and important.  

The extreme challenge and gung-ho experience with my teammates.  
It helps expose to the outdoors, enjoy an activity with fellow vets, and time to reflect on life.  

I nominated a local veteran who will gain some more insight  
For the positive impact it had on my life.  
I learned so much about myself and various motivational styles. I really admired the staff as well.  
they worked so well with all personalities  
They gave me so much to hope for. I just have to figure out what where when why and how  

Experience was great the expedition leaders were not the best.  
The moments of the actual excursion were amazing. The memories are worth looking back on  
when making choices for the future.  
Your guides (head guide mainly, but they all went along with it) were more concerned about  
making the summit than helping us push through our pain and mental barriers. They made us feel  
like if we were injured and we tried to attempt the summit, we would ruin it for others. I thought  
it was supposed to be able working together and learning to lean on each other when you're  
hurting, not giving up.  

It changed me a lot as a persk and gave me a perspective on the world around me  

The bonds that I formed on my trip, not only with my friends but also with the people I wet there.  

Guides were very professional and knowledgeable. Felt safe that they knew what they were doing  

I like No Barriers a lot and I think it provides great opportunities, however it's slightly expensive.  

it is unique but there are also many other organizations like this  
Because I made so many strong friendships  
It's changed me life
Being able to see that my mom who is a single mother and all the things that have been thrown at her, she has never once given up. She works two jobs, she works when she’s sick, she works when she's been up all night with my brothers. She had something terrible happen to her and she never gave up. Going on this trip helped me realize the type of person she is, and she gives to everyone. No matter the challenges she faces she never gives up. This trip helped me to see what she is, and how much of her perseverance she has instilled in me.

I had a great time on the trip I took with No Barriers and it taught me a lot about the power I have to help those around me.

It was amazing
Self confidence instilled in my by pushing myself
it was a great way to experience a world outside my comfort zone
The people I went with and the structured itinerary
It is a great adventure, but sometimes it tries to focus on its method and mission statement as opposed to what other people think.
While we were in one of the wildest places on Earth, we all felt very safe and as though the program had and our guide we on top of the logistics.
It gave me things to think about constantly
I believe that No Barriers is a very positive organization that is staffed by very kind and supportive people.
Living the no barriers life has allowed me to let go of the idea of what my life is supposed to be like with chronic pain, and it has lifted my spirit to believing I am capable of anything I put my mind to
Because the No Barriers life is a great way to live. I try really hard now not to let anything from stopping my progress
The people that I met were incredible.
The relationships I've made with youth and adults
Any type of outdoor therapy is beneficial to the mind and body and No Barriers takes that one step further by introducing the community outreach aspect which challenges you in other ways the the outdoors cannot
Appendix E: Youth Scholarship Open-Ended Responses

- Expedition Programs: What is the most important reason for the score you gave?

It depends who is on the trip with you.

The experience will help anyone grow in a way that will only benefit the individual.

It's a humble, meaningful, once in a lifetime experience, that is very grounding, makes you cherish things that have become normalities in your life.
Because this program is very resourceful
I had an amazing time.

- Because it's a Great way to get out of your comfort zone and see new things

This trip allowed me to bond and allowed me to have moments that will be special.

It is life changing and you learn how to use teamwork to our advantage.

- I think it's such a great experience but maybe it's just not for some people

I gave it an Eight because I had a wonderful experience away from home and family. I also gave it away because you may miss home and also prepare for something you may feel uncomfortable with at first.
Because it is a very humbling and eye opening experience
You will learn things about yourself that no one else could point out to you. This experience was truly humbling

The trip away was amazing, I really liked it a lot we had a couple of problems here and there but I would really recommend it to a friend.
So others can have the same experience as me

I gave this score because I was able to grow/learn, give my knowledge and embrace the world without being on my phone.
The most important reason is to reflect yourself as a person.
The activities and experience was where I thought it was

I think the trip went good and it allowed you to see so much but things could still be better. it was a great experience became closer friends and made new ones. learned many things to help me as a human.
Truly an opportunity for personal growth.
I gave this score because this experience has made me more aware of who I am, where my barriers are, and how to overcome them in a meaningful way. I made a lot of new friends, learned how to harness adversity better and I gained confidence.

Support, motivation, selflessness, and love/high hopes on this trip
It's life changing
The program was fun and engaging.
Amazing experience, good select of some people, good leaders but also bad leaders and kids too young.
To make new friends from around the world.
It is a great way to learn about yourself and grow as a person.

I would recommend it to friends that are in need of finding the light within them.

It is really fun to jump into cultures headfirst and embrace the weirdness of travel.

Not only is this trip fun, but you learn a lot about the ecosystem and how humans are destroying it. Being in wildlife and learning about it at the same time really opens ones eyes. Also, when you see the sense of community everyone has, you will fall in love.
The reason I gave this score is because I think this program helps you overcome challenges that you face in this program.

It gave me the chance to do things that I normally wouldn't have the chance to do.

It gave me a new look outside of my New York life and I loved it.
I found it really opened my lens on community.

The reason I gave this score is because I felt as if this was a very good experience.

Because this program did things to me that I didn't know could be done.

The reason I will recommend this program is because of the impact this program had on me in the best way possible. It is a great learning experience.

Get to experience a lot (great experience) Learn about Costa Rica as a whole and the culture

Being able to get out of my comfort zone and experience new people and new events made me realize how important it is to try new things.
I would give an 8 because it would give someone who is going through a tough time some realization. I want my friends to go through what I go through.

It will change you for the better! And I felt like a stronger person and I'm glad I came! I gave it a 9 because it is a life-changing experience and will change you a lot and give you a different mindset a lot!

The goal is once-in-a-lifetime, this will change you and make you a completely different person! This is the most important experience for me because of how it changed me as a person, thank you for creating this program.

I would like my friend to be one with nature and to find what's inside her or him.

My friends has barriers of their own and I want them to hear, see, and listen to how people broke thier barriers so my friends can do it too. Because I am in the middle.

The most important reason for the score I gave was because I love this trip, I want my friends to do what I did and get the same mental focus I did.

I gave this score because I want my friends to enjoy the experience that I did. The most important reason for me giving that score if because it taught me to be confident and important.

Because the trip helped you overcome your fears and do things you wouldn't usually do.

I gave this score because during the program I grew as a person. We had fun. My friends would probably not contact No Barriers. This trip is eye-opening and impactful.

Because it gives you an opportunity to overcome your fears and connect with others. It was a nice interactive program which made me think. It was a very cool, once in a lifetime experience. Because I had an amazing experience. Because they will gain new experiences and enjoy it.

I gave this score because I didn't like how one of the leaders who was just there for the hike kept pushing until people cried, but it was fun.
I gave this score because it's not what I expected at all. Just be prepared for many obstacles.

It is a life changing experience where you can change your life for the better.

Because I met some incredible people who made me feel at home even when I am very far from it and also made long lasting memories.

This program showed me that getting out of my comfort zone will help me grow as a person and make a difference in the world around me.
This experience is the best trip that I have been on. I would like my friends to get a chance to enjoy this as much as I did.

I thought that this trip was so very crucial to me and it helped me grow so very much as a human, a friend and myself! It was just overall an incredible/amazing experience.
Because it's taking me out of my shell
It teaches a lot of life lessons and gives new experiences.

The most important reason I highly recommend this program to my friends is because this program has changed me to do something I would never have done. It is important that someone new gets to experience new things and maybe gain new lessons and skills.
To be a team player
This program has made me a better person and has made me realize my vision matters. This program is amazing!
I really like this program & I want others to experience it too
I believe it was great but, I know some people dont have my same likings and wont enjoy it as much.
It was fun, but sleeping was hard and uncomfortable which made waking up in the mornings harder

I gave it a 10 because it's a great Place to have fun and learn about climate change

The camp was a great experience and lots of fun. It has a great impact on people in order to keep a better world. Although it was a bit chilly in the nights.

I had a lot of fun and I learned many new things like climate change.
new people need to know about the outside.
The program in realy fun

Experience, they should get the same experience because you Really learn a lot.
The reason I gave that score is because this program will help you rethink the way you affect the world and find ways to help it. It is very fun, but tiring.
Bring Awareness and knowledge on Climate Change!
It was the greatest experience ever!

the most important reason is because I genuinely loved it so much.
I had fun and learned at the same time.
I completely enjoyed the time I spent at this program. Very educational and helps with connections to others.

The reason I gave a 10 was for the experience. We actually able to take a hike, be around the camp fire, roast our own marshmallows, and even set up our tent. It wasnt like school we weren't told that we couldn't put fire wood in the fire. Simple things like that we were able to get the full experience. The hiking kills you.

The most important reason for these score is you learn a whole lot in the park
The program really helped me understand the world around me and I'm sure this can help others.
Because some of the things i did not like with climate change, it affects EVERYTHING!

I've already sent a message to my GS friends saying to go for it! because it was Amazing!!!!!
*No. showers  *Must have alot of patients
its fun and it will be a nice experience make new friends and enjoy the forest discover and learn new things.

Yes this was a very difficult experience but again it helped me get out of my comfort zone, it helped me interact & it disconnected me from past stress it helped me understand our world
It's a very good experience.

This program can help people discover new things about themselves.
It changes your outlook on life and how much control you have over it. Who wouldn't want that realization?
It was fun and different.
Friends.

Because I felt better on the trip when I help the guides unload the rafts.
It's a great way to connect with others and the world. Great way to learn about yourself.

The amazing bonds and friendships you make with people in such a short amount of time. This program helped me grow as an individual and I want others to be able to experience what I have.

I had an amazing, inspiring experience.

Such a fun trip and I learned so much!! I would recommend this trip for anyone willing to work with a group a lot!

This trip isn't for everybody but certain people would really benefit.

I think it would be a beneficial experience for everyone. You don't need to be blind to do this trip. It's all about pushing your comfort zone even if you don't like being outside it's still beneficial to push your comfort zone and those boundaries.

The trip was an incredible experience and helped me understand my goals and how to achieve them.

I loved it.

A new and wonderful experience.

I feel like I learned so much about others and that is a perspective-changing experience that everyone should at least be aware of.

I feel this trip really harnesses the idea of rope team and through this trip you understand how important it is and I didn't rely on others before this trip.

I learned a lot about myself and about the world from this trip. I enjoyed it very much, but it's not for everybody.

Because I see No Barriers as an adventuring program and lets you see a different part of the world and see who you truly are.

This experience was a pivotal moment in my life and I think I'm a better person because of it.

I would most likely recommend this program to my friend, but for some of my friends they aren't interested in camping. I think this was an interesting experience, however there is always room for improvement.

There is a lot to learn from others, especially people that are different than you.

This experience forces you out of your comfort zone and forces you to grow in one of the most mesmerizing landscapes on Earth.
Because it is an incredible experience at an affordable cost.

I think it is a life-changing experience and would be for anybody.

I want people to know about it so I will recommend it when I am able.
it was a amazing experince i want other people to see feel and change the way i did in costa rica

Because no barriers has changed my friends and I to be better people, without the amazing experience I don't believe I could be the person that I am today.

I learned so much from this trip and I am excited to take that knowledge and use it in my home town. I feel like I changed in my behavior and awareness of others and not only me but I saw others in my group as well. I feel like NB supported me through this incredible experience and I am very thankful for that.

The most important reason us because I think having an experience like this has changed me, and it has the potential to change others as well.

I would recommend NB to a friend because traveling on the trip was an amazing experience and our guides were really nice to us.
It is an amazing experience and everyone should be able to enjoy it. The No Barriers people are helping people everyday.

i really enjoyed this experience but i don't know how much my family or friends would like it. i would encourage them to go because it is very life changing

No Barriers is an amazing program that I would recommend to almost anybody however there may be some people in which no barriers isn't there thing which is little to no people I know.So keep up the awesome work!

I would definitely recommend No Barriers, but you have to understand that life-changing programs are not a common topic.
I learned so much from this experience. Not only myself change, but I saw other change. I saw others in my group be more aware and show a different side of themselves. Some kids in our group where the cool kids in school. I saw them show their real selves and learn to make friendships that were outside of their own group. You bond with everybody and make new friendships on the journey. It's a very amazing and important opportunity. A once in a lifetime opportunity. I am amazed how I know we are all going to make a difference when we are older. I am truly lucky to have all these friends.

Because I think it was a great thing, and I loved to do all the things we did. I think that everyone should experience this at least once in their life.
I loved our guide kaitlen, the feel of adventure, and the learning experience that it provided for me.

I chose a ten because this program is life changing. I got a new perspective on how I see things. If all the people in this world got the experience I did, the world would be almost perfect place.
I gave a 10 because No Barriers provides a great learning experience that I think everyone should have.
I loved No barriers.

I grew so much during the trip. My parents see it (they have told me), my brother sees it (he told me too). I am a lot more responsible and I want to help others. If I see anyone in my family waste food or anything, I tell them what they should have done.
I really enjoyed it and I learned a lot about my impact on the world and got to see lots of awesome animals
It was really fun for pretty much all of it but sometimes there were times when I felt a little uncomfortable

- In the space provided, please explain any aspect of your program that you rated a 6 or below

The thought put into the program and overall logistics were very thought out. Coming to a city like NYC from a small town could be very overwhelming but everything was planned out and helpful to navigate.
The preprogram information was given a 5 because lots of us weren't informed about the weather and daily activities we would do.
I think the pre program stuff is basically what we did in costa rica. I learned more about the pre stuff in costa rica instead of the pre. I didn't learn anything in the pre.
Non
none it was all awesome
Not what I was used to.
The program information was too broad, but it had a lot of fun activities.
Some of the activities fell through due to bad communication and not enough planning.
The pre-program materials weren't always easy to access.
Conference calls didn't explain what we were actually going to do (boats, activities)
I wasn't officially accepted until the end of June so I didn't participate in much communication before the trip.
The trip wasn't really explained very well before the trip. I didn't know what was really going to happen.
They said we could call our parents and to bring towels. And I felt that wasn't good enough.
I gave a #1 a 6 because I thought I was going to call my mom everyday after the river, but I didn't.
I did not pick any aspect in my program that I dated a 6 or below.
I really don't know.

- How has this No Barriers experience positively impacted you?

It made me realize how much the world needs helpers.
This experience positively impacted me by showing I am stronger than I thought.

It has made me realize my worth and purpose.
It gave me a chance to meet new people and experience something I have never done before.
It has helped me realize my dreams.
It impacted me because it showed you don't need technology to live your life and creating a rope team is important.
It yet again opened my eyes to the world and how amazing disconnecting is.
It taught me to have an open-mind.
Creating stronger relationships with the youth and guides have encouraged me to try to become an apprentice next year.
It has made me work with people I would not have approached otherwise. This made me become a better leader and a more understanding friend. I feel like I have made some friends for life on this trip.
It has inspired me to achieve my goals, despite the adversity I may face.
This trip has definitely been the highlight of my year! I had such a great time, met so many new people and learned a lot about nature and the National Park Service! I plan to go home and devote at least part of my life to positively changing the world!!

It showed me that I have a lot of things to work on. I got a lot of friends out of it and I had fun.
This No Barriers experience has positively impacted me because before the program I wouldn't necessarily have thought I could do anything I put my mind to, I was more focused on my problems and I wasn't really looking to push past them I was focused on how they could hold me down. I feel this program really allowed me to grow and allowed me to push past the boundaries that I set for myself. I personally didn't know how I would communicate with other people, because I'm not a social person, I had to push myself to ask questions. Overall this program will stick with me and has made a big impact as I grow older.

It has given me a new perspective and a way to see and understand how other people leading different lives from me live. I have made so many new friends and made memories that will last forever.

This trip has made me realize that it's ok to trust and work with other people. In my life so far I've had more enemies than friends. I will definitely work hard to make good connections to solve problems I have.

This experience has positively impacted me in that I got the chance to work with complete strangers only to make them my friends and to hear their stories. This experience has helped me see how the world is amazing and that people can break boundaries in order to make the best of what there is at hand. This has also helped me to see that there is more to this world than just my city, there is beauty that needs protecting in this world.

The way I was positively impacted was my perspective on people and life. I learned so much about how strong the people who were on the trip with visual impairments were. I even had trouble with some activities that were led. Then I also learned that the natural world is so important to life as I traveled through the Grand Canyon. The natural sounds, seeing the night skies and everything else was so amazing, even learning how the Canyon was formed is so amazing.

This experience has definitely impacted me. Before this trip I was overly independent and didn't want to rely on others, but after this trip I have learned to rely on a rope team. I have also gained a better appreciation for nature and a stronger understanding of natural sounds.

This experience has taught me a lot about communicating with other people as well as myself and I feel more confident in myself and my abilities. I feel significantly more motivated.

The No Barriers Youth program impacted me in a way that makes me feel like there are better things in life than staying in your comfort zone. The overall No Barriers experience was fantastic.
I learned that I don’t always have to be the best or the fastest. I don’t have to make the most friends or be the smartest. Instead, I should focus on really living life. This experience and group of people has changed me and made me a more laid back person.

This No Barriers Youth experience has impacted me by giving me the strength to overcome my obstacles and to get out of my comfort zone. Being from the city I was scared to go on this expedition because I didn’t believe I could adapt to the new surroundings, however after I completed the trip I feel like I can adapt to new experiences and go become confident in my abilities.

It has positively impacted me in many different ways. I have learned how to help B/VI people. I want to be more involved and want to tell people about my experience. Also, I feel like I can do more than I did before.

Before this trip, I had never experienced something this new and foreign to me. Through bonding with my trip-mates and delving into river life, I truly grew as a person. I learned that I can be extremely resilient in unfamiliar situations. I gained insight into NPS science and the immense importance of improving and maintaining National Parks.

It made me realize that I can do more than I think I can. I feel motivated to do more and I feel like I have more courage to break through my barriers.

This No Barriers Youth experience has positively impacted me because of the lessons I’ve learned and goals I want to take from it. I now want to kayak the Grand Canyon. I have learned about the natural world and how important and valuable it is to me. I’ve learned new perspectives from other B/VI kids that is useful for my non-profit. I’ve learned that I am capable of anything, but sometimes I need to slow down to accomplish goals.

I got to know more people and learn about the Grand Canyon, the National Park, natural sounds and plants and animals.

Okay. Where do I begin? This trip made me re-fall in love with nature and has inspired me to spread the word about climate change and it’s impacts. It also made me want to learn more about medicinal plants as well. Most importantly, I saw real community and I loved it.

The way this No Barriers program impacted is because this program has a lot of different activities where I had to face the fears that I have. This program just made me overcome my fear that I had.

It has taught me that I can be something bigger than I ever knew. It showed me how to go outside my comfort zone and gain knowledge from it while working with others. I has helped me be a better person.

It has allowed me to expand my comfort zone and learn a lot about community and energy conservation.

Gave me a new outlook on life and helped me overcome obstacles I felt I wasn’t able to face.
It taught me how to appreciate nature and learn to help the environment in ways that can be small, but very impactful. I now feel the impact this trip had on me well used when I return to the city. This has pushed me to want to be a better me and want to do something for the environment.

Overall it helped me to develop a connection and good understanding of the Costa Rican culture. Through the connection and understanding that was developed, I was able to see life in a unique way as a whole. Thanks to this trip I was able to build new, better, and stronger relationships with my peers. We now can all relate to each other in a way no one else can because we experienced this together.

I was able to really pin point what I wanted to do in the future and how I’m going to work to get there. It made me realize that there’s more to life then just our phones. Being away from my phone made me feel more open to others. The experience made me feel like I can accomplish anything. The trip made me feel like I can be a better person. This experience positively impacted me and I feel like I would come again! And I am a STRONG woman!

It made me feel stronger because I didn’t think I could hike and anything at all, but I did and now I feel stronger and more happy. It made me a stronger, confident, more social person. It showed me how important it is to communicate and bond with one another. 'Teamwork makes the dream work'

It inspired me to travel and hike more often. It inspired me to help the world out in ways no one has thought of. I didn't have my phone. It made me realize that I have a lot of walls and I need to break them down. It made me get out of my comfort zone and realize there is more out there in the world.

It has made me feel grateful, confident, and brave. P.S. I would do this again if I could.

It helped me overcome my fears of heights and it helped me realize that I should be grateful for what I have. It positively impacted me by making myself overcome my challenges with bravery. The program helped me grow as a person and also helped me overcome my fear of heights.

It impacted me because I got to do new things. It was a great trip. I learned and grew from it. It has made me learn to enjoy what you are given.
It opened my eyes and encouraged me to experience the world and country in poverty.

It allowed me to connect with my Son of a Saint brothers.
It opened my eyes to the world and forced me to think harder and realize other people's challenges and conquer mine.
It has made me become a better person and see life differently.
It impacted my because it made me see the world in a different view and made me want to give back.
This experience positively impacted me because I have learned to step out of my comfort zone and always try new things. I also learned to have patience and be more understanding of others.
The No Barriers Youth Program was a really good experience for me because I didn't think I could do it and I wanted to give up but eventually I felt accomplished.

This experience positively impacted me because it showed me not to give up and push through even though it's hard. It helped me step out of my little bubble.

It has impacted me by changing me in a positive way. This trip made me more open minded and I learned to never take things for granted where you live because it can all get taken away from you in the blink of an eye. It has also helped me to learn to love myself and to respect others as well.
It just taught me to be a wiser person and how to overcome struggles. Life isn't always perfect so we shouldn't give up.
It overall made me a more positive person and made me realize there's always a way to do something even when you think you can't.
It has helped me grow by being outside my comfort zone. It helped me be more open to others. I was able to make more connections with the leaders and the other girls.

This experience helped me to become more connected with the other girls, guides and leaders. I got the chance to raft and participate in different activities which allowed me to know what I enjoyed. This has been a really great experience for me. I would love to do this trip again.
I have gotten so much experience and growth this trip I can hardly pick only a few. But I would like to say that I have become so much more confident in myself because of this trip!

It made me more of a social person
I have learned to open up and trust myself and what I am capable of. Also that I can have positive things happen in my life. The leaders were amazing.
The No Barriers Youth has positively impacted me by enjoying nature and appreciating the things I was given and learning to be yourself in all the things you do.
It's helping me get self-esteem
i care more about the invarment more then every every time i buy or throw away things i think of the impact it will make
It has made me a better person.
This experience has impacted me in many ways. One way is that I have learned to not take control and let other people be the leader. Also I got to see what is outside of my home town and It taught me that not everything is as perfect as it is for me. I especially felt this when we visited La Carpio. Another way is that I am home and have been with my friends for over 10 days that I feel more connected with all of them. Just because we all went through the same situation.

It's made me see things in a new way. I had a new desire to see different areas of nature, work with new people, and do more service projects.
It was a very eye-opening experience because I got to see people who weren't as fortunate as me and I got to help them out too.
It has shown me that I have the ability to make a difference.
i got to know all of my friends better and the people i don't know are now my friends too. i also got to learn a lot more about the world and how i am impacting it.

It has inspired me to make a environmental impact on the world.
No Barriers has helped me be more aware of my privileges and who I am as an individual. It has also pushed me out of my comfort zone and become a better leader and problem solver in situations that can be uncomfortable for me.

I'm absolutely a different person. So is everybody that went. I have already started a garden with my brother in the back yard for fresh vegetables. I am more grateful, more engaged with my family and friends, more happy, and I'm excited to make a difference. In fact, No Barriers has done so much as to give me the idea of being an expedition leader when I'm older. I have created bonds I never thought I would have.

It has positively impacted me with the service projects we did. I think I learned more there than I could in a classroom learning for a whole year.
It has positively impacted me by showing that I need to work on my independence. I realized that I rely on my parents a lot.
In soooo many ways.
I now really want to do more service work and positively impact the world. I also have greater passion for a number of things.
It has helped me look at the world a different way.
I am way more responsible than when I left, I have more of an urge to help people, I want to conserve even more than when I left and I just feel even kinder than I was. I also just made really great friends during the trip.
I have learned to be a lot more conservative and made some new friends while I was there which is awesome.
I know what I like.
It has made me believe in myself. I will help my environment and community in any way possible. They made me realize that my vision matters.
This program has impacted me to try & make a change because I got to explore nature & see how beautiful it is. I want to keep it that way.
It made me realize I don't need my phone and the world is much bigger than myself and I need to do more to help.
It has helped me by letting go of my use of technology and made me realize we need to do more for the planet.
It has positively impacted me by I could make a change in the world.
The no barriers youth program has impacted me in many ways. For example, it has taught me to try my best to conserve the planet and avoid distroying it in many ways.

I participated in activities and I was able to connect with more people.
No Barriers Youth has impacted me positively by showing this side of me home.

I never knew how life outside can be impacted on us.
It impacted me in the way that I want to go out doors.
The no barriers youth has positively impacted me by wanting to keep the world cleaner, and know people aren't everything.
It has really opened my eyes and allowed me to appreciate nature more and help to keep our world clean and just the way we found it for future generations.

No Barriers Youth positively impacted me by getting out more and helping my community.

The no Barriers Youth has impacted me positively by empowering so much more to bring change & awareness to climate change. Encouraging our generation to step up and make a difference.
This program has impacted me to do big things and go out and explore the world.

the experience has positively impacted me because it not only involved camping it involved something I am extremely interested in let alone trying to be a part of.

I got to learn more of what's around me, and do something about climate change.

It was fun.
It has positively impacted me to benefit the knowledge about the safety of our nature.
It positively impacted me but being able to not only learn about climate change but being able to see what it affects and how.
It taught me more about climate change, and and how it affects the world
It made me look & frente to the nature and people around me.
This No Barriers Youth experience has positively impacted me by knowing how I am.
Stepping out of my comfort zone.
I feel more confident and I see the world differently. The world need help and I know now that we can make a difference by helping even with the littlest things.

Made me care more about persuving water
This No Barriers Youth Experience Positively Impacted Me By trying to save More water.
Also to get at my comfort Zone.
Made me want to explore
made me a better perso
The No Barrier Youth Program experience helped me positivity helped me by able to camp and go outside more.
I made new friends. It was Beautiful! It was amazing.
It gave me a chance to get out and enjoy exploring somewhere I haven't been since I was very small
more attiere more outgoing my surroinds
It made me experience the beauty of nature and explore the world from a different point of view.
I got to get out of my comfort zone I did thing I never really seen or done like the night hike was really fun to have or experience how night vision works.
This impacted me in the way that it helped me see that there is so much in our world that we take for granted.
By letting me expand my horizon and stuff and do stuff I never thought I will do. Also this trip made me think about other and the people that nothing.
It has made me more thankful for the things I have.
This experience has positively impacted me because I feel like I've grown tremendously as a person. I've realized my love for helping others, and giving back. This experience has also humbled me in ways unimaginable.
NB made the trip more engaged w/ fun activities, the sense of organization brought safety. Which allowed us to feel comfortable, and secure.
Helped me further find myself.
This program has impacted me in a strong way to encourage younger kids to achieve their dreams and to get an education.
#NAME?
This No Barriers Youth experience positively impacted me by allowing to see different parts of the world. This experience alone let me fulfill two of my wishes: to fly in an airplane and to go to a different part of the world. My favorite place was the Badlands in South Dakota.
This trip has impacted me by showing me how much of a necessity teamwork is and I learned how to overcome my fears.

It taught me that I could do more than I thought I could, it taught me issues can be resolved in a positive productive way where everyone can be happy in the end. It pushed me to where I was comfortable but challenged.

This trip impacted future choices I would make and just to have a growth mindset all the time with me. Perseverance played a role on this trip.

It has shaped me into a better person by humbling me and makes me want to help my community and those around me.

I know what I want to pursue in the future for sure. I want to travel more and learn more about other cultures. I understand the importance of tradition. I feel like I'm more open-minded as a person.

This No Barriers Youth experience positively impacted me with giving me more insight about Native American culture and how they are living right now. I already knew a fair amount before I came but now since it's done I feel more educated.

I love what No Barriers does for students of any kind and what they provide. I felt like it brought me closer to the people in the U.S.

This No Barriers Youth experience has positively impacted me in numerous ways whether its physically or mentally. My leaders were able to make me feel comfortable and supported. I grew a great bond within a few amount of days. Also, physically now I feel very active and I want to continue being productive.

It impacted me in a way as seeing and visiting places I thought would never see in person.

This No Barriers youth experience positively impacted me in the way of getting things into my comfort zone, being able to get close to people I didn't think I would.

It has because it opened my eyes to the other people in this world that struggle and it let me gain a perspective on what I think a problem is.

It made me realize how positive I could be. I say this because I'm very competitive and hate losing so I sometimes show negativity. For example in the beginning of the trip wasn't really showing that much positivity throughout the sport activities. Then realize I should change and make it more positive.

N/A

This experience has positively impacted me because I felt like I'm better prepared for high school.

It helped me gain confidence, helped me find my place in the world, helped me discover who I am, and helped me gain motivation.

It has shown me my true capability, my AWESOMENESS and how life is about love, laughter, and joy!
I figured out how lucky we are in America and how much I want to change the world.

I got to see many people like me.  
It has helped me get a vision. 
Made me so appreciative and built my rope team. 
Wanting to be in the conversations. 
It has expanded what I am willing to eat and has given me a more full view of what the world is. 
It helped me realize my passion for ASL and push forward to help me embrace my pledge I committed to. 
It helped me gain a close, supportive group of friends. Additionally I love experiencing new cultures.

- **How can we continue to improve the experiences we provide?**

The leaders made the trip 10/10.  
Keep doing what you’re doing.  
Don’t change anything and you should be fine.  
Pictures would be better to explain what we need to pack. 
Maybe more activities on the river and a little more learning.  
You can show people technology is not everything.  
Pictures for visual learners.  
Keep doing you.  
More hiking opportunities.  
I would have wanted a schedule so that I could have been in the right place at the right time. I felt like I was getting in trouble because I was not on time to activities, but I did not have a schedule to reference.  
Provide more engaging activities for participants. Sometimes it felt as it we were just sitting there. Also try and intervene with the exclusive friend groups more.

This was such a great trip and thinking back on it I would not change anything.
Make sure that the pre-program materials are in accessible formats and websites.  
Continue to provide explorations in multiple science fields and making sure we see more opportunities in these careers in geology and sounds.

Have more tactile or braille resources. Or large print, especially for this evaluation. Create the following in braille: -Animal cards -Pre Trip Resources -Journaling (some type of device for journaling so I have to have someone to write for me)

I think that it could be letter to try and get the participants connected more fully before the trip, because it can be kind of difficult to be surrounded with people you don’t know at all.
You could keep on doing these!
Me personally I saw no major things that needed to be improved. I don't think the science activities should be changed too much, they were quite fun and I learned a lot from them. The only problem I had was an injury which was my personal fault than anyone. Maybe one thing is inform participants that there will be sand blown at time and ways to counteract that.

It might be beneficial to invite people with different impairments other than blindness to experience the Grand Canyon trip. Then, more people could visit and experience the beauty in some way.

To continue improving the experience I would try and make sure the guidebooks are accessible for visually impaired participants. I would also give more information on what to expect on the trip. I felt a little unprepared for the days and types of activities.

I cannot think of much to improve the experience. The one issue I had was that there should be more spread of responsibilities of leading the visually impaired. I enjoyed leading students that needed help, but somewhat often I sacrificed the enjoyment of my trip while others rarely helped out.

Offering other destinations for this program.
I have no idea. At least once every day, I would be struck by the realization that something one of the leaders had done or some aspect of the trip was a really good idea. This system needs no improvement from me!

You can continue to improve the experiences you provide by continuing to care about the participants and by providing new and unique experiences.

If students start to have exclusive relationships, end them and don't let them continue. Also, make sure students are not too personal. Let people know who is B/VI and also let people know how to help them.

Provide more training for sighted students on how to help/guide BVI students. I often felt like I didn't know what I was doing in terms of helping them. Also, put more of an emphasis on Grand Canyon history if you can! I always wanted to know more.

More activities that involve positive vibes by capturing applicants that have inspiring stories.
More marketing and more information on phones calls and more communication with expedition leaders.

It would be cool if there was more focus on scientific topics other than sound (water quality, etc)

To be honest, I don't know. This trip was great.
The way you can improve the experiences. Just by adding more activities to the program so that there are more experiences.

N/A
By continuing to love great leaders that inspire us to enjoy ourselves and the things around us.
Make sure the experience stays the same but attempt to bring the kids to the city more so they can see more of the city.
Judging from my experience, I think that nothing should be changed.
I feel like what is now happening will continue to push people. Experiencing the culture a little more will be very impactful, but either was this will continue to push people.

Experience the culture a little more.
Keep up the good work.
I think letting us call our parents at least 1 day.
The trip was great, nothing should change. The only thing that should be put in this trip is to call our parents once in a while.
Just give better preparation
To let some sensitive kids call their mom and for kids that don't go out to go on a trip like this.
By communicating and taking advantage of opportunities like this.
It's as good as it can get.
Letting the group's go on more trips as they are breaking their barriers.
To talk to everyone.
Just keep doing what you're doing. It made me feel comfort and excitement.
To at least have one call every three days.
Let us sleep in tents more often and let us call our family more often.
Well, I feel more downtime to explore towns, but everything else was amazing.

You can improve the experiences that you provided by extending the days so that we can do more things with the time that was given.
Do the same thing.
It was a great time. Just keep doing the same thing.
They need more things to do on the trip.
Longer length, because 'time flies when you're having fun'
By making the events fun.
More fun or interactive events with community members.
Include more activities.
Being No Barriers.
It can be improved by understanding that some people have limits and give them space.

Keep doing this program every year
I would do something else with the bathroom situation. Talk to the guides and tell them not to push so much.
You can improve how much fear a person really has of canyons and the heights. Bring better snacks for the river and don't bring the rice crackers.
Make the trip longer
1. Maybe sleeping bags that zip up
2. Also some cold water once in a while
Improving the snacks (the rice crackers weren't a big hit)
I would like to have better vegetarian options.
This experience has been the most incredible experience of my life. I can't imagine how ya'll can make it any better!
N/a
Little pads to sit on during the trip. Also better food. It was good, but it could improve.
Alyson was a little mean and wouldn't listen to how we felt and always give the option to have tents if we want them.
There is nothing for this program to improve.
N/a
u cant you are doing amazing thank you for this experice
Just keep doing what you are doing.
If I had to change anything it would to put another service project in the 11 days we were there. Other than that this experience was super incredible.
Make it longer! I really wish we could have been in Costa Rica for a longer amount of time.

Make the trip longer with more service projects.
Keep doing what you are doing.
do daily check ins and make sure everyone is comfortable with the people because it is really important for them and the whole group for everyone to be happy and comfortable with everybody else.
I can't really thing of anything
Making sure kids have time to bond before the trip would definitely help us be more comfortable on the trip and help us understand who needs to do what in a crisis.

I think there's barely anything but if I could change one thing it would be another service project in the 11-14 day time period. We could've done one thing more to help a garden, a family, or anything out. It would make a big difference. When I say the playground we had fixed up one day and later that day there was tons of kids and families playing on the equipment, it just warmed my heart, I want to see that again.

You can improve the experience you provide by giving more time with the service projects. Or just add one more in. I think that is all you should do.
Keep doing them!!
Add more days to the program.
You are doing fine.
Nothing I loved it.
I don't think that you can. I really had a first-hand experience to the Costa Rican culture and I learned a lot during the trip.
I think that they were awsome
Help in some way.
Their is no improvement, although, better food and snacks!
some improvements can be to check the weather before campers come & to be more
prepared when it comes to the campers that didn't bring the right stuff.

You can improve by having more activities & maybe some games like board or card games
to play during recreation time.
Help us get more comfortable as we sleep.
it could be improved by going When it's closer to summer or when it's warmer

They can improve the tents, sleeping bags, and sleeping pads. As the nights were cold and
when it rained some water came inside the tents.
Have more activities and more night hikes.
More games
Keep doing the program
I don't think you need to improve the program is good as it is.
Improving would be more prepared for weather.
Teach it to others and get ideas and feedback.
To improve No Barriers Youth program you should Provide more comfortable sleeping
pads.
Prepare the learners on climate and challenges faced up in the mountains. Lots of us
weren't ready for the cold weather and windy roads.
More free time to enjoy nature -board games -campfire -stories
You can improve by doing all that you're doing and more. I just think staying creative with
activities and finding ways to make them more engaging will/might most likely help in the
future.
Increase time of activities
games
I find this organization a great experience so I believe there should be no improvements,
it's not necessary.
Next time you should let students know about that type of gear they should bring (if they
have it). Let them know beforehand about what camping is because for some people the
only experience they have of camping is scicon. Scicon wasn't like this. We didn't get a
campfire or cook our own food.
provide showers
Do not make us hike to the biggest tree.
Everything was good for me
By helping bring everyone together and help and work as one.
preserve water
to improve the experiences you guys provide are by not waking up so early.
Better food
have better food
We can have more hikes and more activities where we exercise.
give us showers but other than that it was good.
Better understanding of the limits of students
Provide showers
I like how it is maybe it can be a bit longer and do more activities.
I think that these programs should be available all around the world for teens could be
able to experience all the beauty the nature has to offer
Don't spend to much money.
y'all are great
specifically for international programs: Just try to be more weary and understanding of
the diets of the people attending the trip when deciding places to eat out at, hotels to stay
at, etc. I say this because as travelers, we don't truly know the foods we're putting into out
bodies, and if our bodies reject the food, we are left with no choice but to eat food we
don't want.
Allow some meals to have a budget, don't select all food.
Just do more programs like this one.
use Neha in more expeditions
Keep doing what y'all are doing
Let people try different things. Infuse positivity in their minds. My biggest outcome is
being able to do more without being afraid. Support people when they have trouble doing
things.
we should be able to have more hands-on experiences with items you can't find in the city.

For next year I would say less sandwiches and maybe figure out a way to make the driving
time less.
To improve experiences just appeal to the audience that will be attending by age group.

I will take everything I've learned here in india back home to keep growing while also
spreading knowledge to others.
By showing the very best as well as poor aspects of a place. This will result in a well
rounded understanding of the place visited.
In my personal experience the trip weg perfect, there really isn't anything I would change.

Just keep doing what you're doing
The way to improve the experience is to just take in suggestions as done and keep doing
what they were doing.
I feel like that this isn't my place to ask this.
I don't think there is a need for improvement.
you can make it more physical.
Giving it more publicity and keep on doing what your doing because it's Awesome.

Everything was perfect. I wouldn't change a thing.
Give more pre-information to participants about illnesses and vaccines in the place we are going to as a lot of people didn't have or know about vaccines and got sick.

INVITE GRETCHEN EVERYWHERE. This trip was absolutely perfect I had the time of my life with Maddie, Emma, AJ, Zach, Faye, and Gretchen but we had a stuck up, selfish, and self-centered (Mandy!) Keep doing as is I had a blast.
More activities.
By being more connected.
Choose not just any mentor but mentors with travel experience and who is accountable and frankly not stuck up and mean (Mandy). Interview the participants. In order to fully gain for the trip we all need to be of the same maturity level and we aren't.

Nothing, don't change.
By changing packing lists/including more detailed description of what some things will be used for so we know if we will need/want to pack it.
Experiences come naturally through jokes and riddles and memories we made and moved together.
Keep the expeditions coming is all I have to say.

- Adventure Camp: What is the most important reason for the score you gave?

The reason I gave my score a 10 is because of the relationships I made while at this camp.
This camp creates teamwork and helps people face their fear.
The camp leaders and campers are all nice and the food is good and I grew as a person.

I had a great time and was drawn out of my comfort zone.
distance
NB has taught me to respect the wilderness/wildlife to take on new challenges and how to work together as a team.
Very fun and adventurous program. A safe way to step out of my comfort zone.

This program gives you the opportunity to achieve any goals you may have.

Camp is fun and very inspiring and helps you and the others around you grow. But the wilderness and the challenges aren't for everyone.

NB is a strong organization that brings fun and challenge. The program pushes you to grow as a person.
Being away from your world (ex. parents, cities, phone) helps you see what you are capable of doing as an individual.
The activities helped me overcome my fear of heights and meeting new people and it took me out of my comfort zone and helped me become a better person.

NB forced me to step outside of my comfort zone and challenge myself with 'once-in-a-lifetime' opportunities.
I think this program would be great for anyone to attend (especially if you aren't too fond of nature) because it helps you realize your own potential and see nature in a different light and maybe even come to love nature.

You get to meet new people across the United States and it helps you realize that everyone is different and are challenged differently and you have to learn how to encourage them.

You can make new friends and it is fun as heck.

- In the space provided, please explain any aspect of your program that you rated a 6 or below
I wish we had pictures of the camp to see what we would need. I also wish we had more photos and were allowed to bring our own camera because I had very few pictures of me due to forgetfulness.

- How has this No Barriers experience positively impacted you?
It helped me trust people a little more.
This camp pushed me out of my comfort zone.
It impacts me positively by helping me step out of my comfort zone.
NB showed me how to face my challenges, respect wilderness, and take advantage of teamwork and other support.
I overcame my fears. I am terrified of heights and Austin and Cheyenne were especially helpful and very patient with me. If it were not for them I probably wouldn't have been able to zip line or the leap of faith. I have been positively impacted by my counselors teaching me to believe in myself.
NB has helped me to have more confidence in myself. I have also learned to approach a challenge with no fear in mind. I have achieved these as goals of mine through the activities provided here that test each of these characteristics.
It has helped me socialize more and find new parts of myself and brought me out of my shell.
I am a stronger person because of the ideas of Vision I know where I am going and what I believe.
Being away from the city and being in nature has helped me see what I am capable of doing as an individual. I know that I can be away from my family and away from my phone.

It helped me overcome my fear of heights.
It has given me a chance to experience new activities and get a break from being surrounded by electronics 24/7.

This program helped me overcome my fears of insects, drowning and heights. As well as taught me to better respect the environment and the importance of being responsible for ones actions. As well as introduced me to some amazing campers who I hope to keep as life long friends.

I believe this program has opened my eyes to more adversity. I have learned that all people are not on the same level when it comes to challenges. Every person needs different methods of encouragements depending on their challenges. This camp has helped me know to approach each situation and person.

I made friends and I didn't think I was going to.

- How can we continue to improve the experiences we provide?

I think this program was perfect the way it is.
It's good enough.
Keep doing what you do, I have no complaints!
Provide more bonding activities among campus to get to know everyone better.
wifi:)
Plan ahead even on the trip. I'm quite upset there were few 'action' photos and I did not get to go rock climbing or mountain boarding which was what I really wanted to do.
I think the experience could improve by taking more pictures in each of the activities.
Nothing the experiences were wonderful.
I would like to eat more smores and spend more time with other campers.
Maybe offer like two food options/take votes on what to prepare to ensure everyone enjoys the meals. Maybe offer more hygiene time but I don't know if that is even possible.
I believe the experience could improve if we could hike more and the weather would be nicer in order to do more activities.
Stay the same and clean the bathrooms.

- Education Group: What is the most important reason for the score you gave?
No barriers has helped me find ways to help people that I didn't think of beforehand

Not only am I embroiled in special needs-land, I'm also lucky to be surrounded by strong, kind, accomplished people. While a lot of the people I know live the no barriers life in one way or another, the summit crystallizes the fortitude and power people hold. I feel we could have done more

No Barriers has empowered me to pursue (our) idea and the organization holds the same values I do, in that diversity and inclusion are extremely important and beneficial.

I think that No Barriers is a really great opportunity that helps people learn how to come up with creative solutions to societal problems.

- **How has this No Barriers experience positively impacted you?**

  By helping me realize that I can make an impact in this world

  This experience made me stronger. As I worked on my global impact project with my team, I learned how to create professional connections, manage events and media presences, and better serve my community. In spite of interpersonal issues, I'm proud of the work my team did for No Barriers. I plan to continue working with special needs in the future, and I'm eternally grateful for the start that No Barriers gave me.

  Introduced me to new people with similar interests

  Our project idea has gotten so much attention because of No Barriers, which has led to a lot of positive feedback from local news stations and community members who offer to help and who are interested in what we want to do. We are getting a lot of support for the work we want to do, which is to increase diversity and inclusion in our community.

  It has taught me how to creatively learn to solve problems. It has also taught me the importance of working with a diverse group of people, since everyone brings different ideas/experiences to the table. In a more specific sense, learning how to design an accessible website also taught me that there are experiences/challenges that I would not be able to anticipate, which showed me the importance of continually educating myself by listening to people and researching. I want to become more aware of these challenges because in my future career as an engineer I want to make sure I am designing products that are really accessible.

- **How can we continue to improve the experiences we provide?**

  Continue on with this challenge
The panels at the Summit were phenomenal; I'd love to see more workshop slots. It would also be amazing if workshops diversified to include programs by occupational therapists and workshops on new advances in treatment for developmental delays.

Do more with each of the contestants. More direct contact
Make the organization and programs more widely known
Less worksheets/paperwork during the planning stage. The project proposal was the perfect length, but in my opinion there were a few too many other things to fill out. In addition, teams should be notified earlier so they can have more time to work on their project