

PRESS KIT



Out There

OUT THERE PODCAST



INTRODUCTION

Tagline: The podcast that explores big questions through intimate stories outdoors

Genre: Narrative/memoir

Where to listen: [Apple Podcasts](#), [Spotify](#), [Stitcher](#), and [wherever podcasts are found](#)

Where to start: [Best of Out There playlist](#)



ABOUT THE SHOW

In 2014, Willow Belden quit her job at Wyoming's NPR station and set out to thru-hike the Colorado Trail.

She was burnt out, depressed, and grieving, and she craved a reprieve.

The **500-mile solo trek** was hard. But also profoundly healing.

It helped her process her mother's death, gave her newfound confidence, and rekindled her **love for life**.

It also provided the **inspiration** for Out There.

Out There's award-winning stories use nature to help you make sense out of your life and world.

Our episodes explore how our minds work, how we find **strength and healing**, how we learn to **flourish** in a difficult world.



WHAT DOES 'OUTDOORS' MEAN?

Anything outside your door!

The outdoors is for all, regardless of where you were raised, the color of your skin or anything else about you.

Our stories celebrate the myriad ways humans engage with nature, and **center voices that are often silenced**.

AUDIENCE

Out There is for nature lovers who like to think big.

Our listeners include women, QTBIPOC, and people of all shapes, sizes and abilities. They share a genuine curiosity about social and environmental issues, a love of well-told stories and an appreciation for nature's power to help us understand our humanity.

OUT THERE

INSPIRING LISTENERS SINCE 2015





AWARDS



Gold medal for "**Changing the World**" from the International Women's Podcast Awards



3 gold medals from the Public Media Journalists Association (formerly PRNDI)



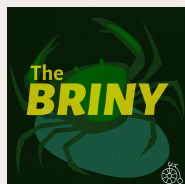
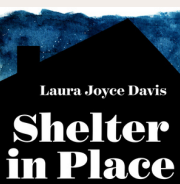
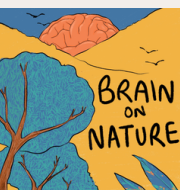
4 silver medals from the Public Media Journalists Association (formerly PRNDI)



7 awards from the Society of Professional Journalists, Colorado Chapter

PRESS

OUR STORIES HAVE BEEN FEATURED ON...



OUT THERE ON “BEST OF” LISTS

- **Buzzfeed:** [16 Incredibly Interesting Podcasts To Get Lost In While You Work Out](#)
- **The Trek:** [The Best Podcasts for Backpackers and Outdoor Lovers](#)
- **Adventure Journal:** [8 of the Best Outdoor Podcasts](#)
- **Pod Bible:** [5 podcasts you'll love if you love The Moth](#)
- **Bello Collective:** [100 Outstanding Pieces of Audio for 2017](#)

WILLOW HAS BEEN A GUEST ON



OUT THERE HAS ALSO BEEN FEATURED ON

Apple's "Every Day is Earth Day" playlist
Stitcher's "Indie Pod Picks" & "Juneteenth" playlists
Castbox's "Indie Picks"



TESTIMONIALS FROM INDUSTRY PROFESSIONALS

“Out There is one of my all time favs.”

SUSAN CONRAD

Author of *Inside: One Woman's Journey
Through the Inside Passage*

“Always inspiring, and always a pleasure to listen to.”

AARON MILLAR

Host of The Armchair Explorer Podcast

**“Each episode not only celebrates the outdoors but
invites introspection.”**

SHANNON PRINCE

Author of *Tactics for Racial Justice: Building an
Antiracist Organization and Community*

“The stories ... engage the mind and touch the heart.”

JEFF LOCKWOOD

Author of *Behind the Carbon Curtain
and Poisoned Justice*

**“Out There reminds us that sometimes we have to get
out to find our way back in.”**

LAURA JOYCE DAVIS

Host of Shelter in Place Podcast

LISTENER REVIEWS



"Quietly wonderful."

— jorjastone



"Storytelling at its best."

— Patrice La Vigne



"I always have a smile on my face and a bit of joy in my heart after listening."

— Kayko53



"Engrossing and thought-provoking."

— Blythe Lewis



"Cannot recommend enough!"

— Gregory Longstride



"If I could give this podcast 6 out of 5 stars, I would; it's absolutely perfect."

— Zgyinger

THE OUT THERE TEAM





WILLOW BELDEN

Host & Founder

Willow is an award-winning journalist and former public radio reporter. She holds a master's degree from Columbia University's Graduate School of Journalism. She's an avid nordic skier and hiker, and she's conquering her fear of heights by learning to rock climb.



SHEEBA JOSEPH

Audience Growth Director

Sheeba is a storyteller, marketer and award-winning producer based in NYC. She enjoys waking up to the chirping of birds, picking homegrown berries, and the changes of seasons - all while living in a concrete jungle.



JESSICA HEEG

Advertising Manager

Jessica is a passionate outdoor adventurer who enjoys helping businesses grow through Digital Marketing. She loves a challenging hike, a distant off-road trail, or taking a cross-country road trip with her husband and their 3 little dogs, Foxy, Remi, and Martini.



KATIE REUTHER

Intern

Katie is an aspiring audio producer with a Master's in Food Studies. Her research focuses on documenting and uplifting the stories of Asian Americans in the food system. She enjoys walking in the mountains or along a lakeshore, preferably toward an ice cream cone.



MARIA ORDOVAS-MONTANES

Intern

Maria is a researcher who moved from New England to England to pursue her PhD, where podcasts kept her company during hours at the microscope and on long runs. She holds the Fastest Known Time for the Oxford Green Belt Way.

CONTACT

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