

FAQs



WHAT IS THE FOOD GOING TO BE LIKE?

There will be a varied menu for the week and you will be able to choose the food you like out of three main meals, lots of side dishes and a hot or cold dessert. Example menus can be viewed on our website under centre information.

WHAT DO THE DORMS LOOK LIKE AND WHO WILL I BE SHARING WITH?

The dorms will be of different sizes and will mostly have bunk beds in them and some are ensuite. Depending on the course, either your school or Outward Bound will put together a plan of who will be sharing a room. This will depend on how many students there are etc. But whoever you will be sharing with – being roommates is always a good way to get to know new people!

WHAT ACTIVITIES WILL I BE DOING?

This depends on a lot of things: What your school has asked to do, what your instructor has planned based on your learning aims, how many of you and also on what the weather is like. However, to give you an idea, below is a list of activities you might be doing:

- Expeditioning (camping)
- Rock climbing
- Canoeing
- Kayaking
- Gorge walking
- Scrambling
- Sailing
- Raft building
- High ropes activities
- Hill walking
- Tree climbing

WHAT TIME WILL I HAVE TO GET UP AT? WILL WE HAVE ANY FREE TIME?

Coming on an Outward Bound course is not like going on holiday, there is always plenty to do! To fit it all into the day we like to start the day bright and early. Below is a sample outline of what a typical day at Outward Bound is like:

- 7am – wake up
- 7:30 – 9:00am – breakfast
- 9:00 – 5:00pm – activity time
- 5:00 – 7:00pm – dinner and free time
- 7:00 – 8:30pm – activity time
- 8:30 – 10:30pm – free time
- 10:30pm – to dorms
- 11pm – lights out

WILL I GET WET?

Yes, there are certain activities where the aim is to get wet (like jumping off a pier or running into the sea...) or others where getting wet is a possibility if things don't quite go to plan (like raft building or paddling). However, you can come ready and prepared for these activities. Please dress appropriately in clothes that you don't mind getting wet and don't wear your best set of trainers. Ask your instructor what is best to wear for the day or the activity if you're not sure – they will be happy to help!



**THE
OUTWARD
BOUND TRUST**

WHAT CAN I BUY IN THE SHOP?

Our shops don't sell sweets or fizzy drinks. However you can buy juice, crisps, and cereal bars. It will also have a selection of souvenirs and some emergency items like tooth brushes or soap.

WHAT CAN WE DO IN OUR FREE TIME?

Most of our centres will have a pool and football table. You can also do some sports activities like basketball and football. There are a selection of board games available from the shop and you can request to have a DVD on in the student lounge, just ask your duty instructor.

DO I HAVE TO DO EVERY ACTIVITY? WHAT IF I FEEL LIKE I REALLY CAN'T DO SOMETHING?

Your instructor will encourage you to take part in every activity even if it seems a bit daunting at first. This might feel a little worrying to begin with, but you will soon realise that most things are not as scary or as difficult as they seem. The most challenging things are often the most rewarding!

Your instructor will not ask you to try something that they think is beyond your ability or that is unsafe, so give everything a go, you will be surprised how much you can achieve!

WHAT WILL I GET OUT OF THIS COURSE?

The answer to this is simple, you will get out of it what you put in! It might sound silly, but it's true! The course will give you lots of opportunities to push yourself out of your comfort zone, to try new things you didn't think you were capable of and to work together with others you might not have met before. Only if you take every one of these opportunities and try your hardest throughout the course will you discover something new about yourself and learn some great new skills for the future.

WHAT DO I NEED TO BRING?

Basically, bring enough clothing to be outside every single day of your course! Bring clothes that you can move around in (like joggy bottoms) and that you don't mind getting wet and dirty. Don't bring jeans for your activity time as they are quite heavy and you won't be able to move in them very well. Finally bring plenty of socks and some old trainers. Ask your teacher to print off our checklist for a copy of our full packing list and remember the weather can be very changeable!

IS THERE ANY MOBILE PHONE RECEPTION OR INTERNET ACCESS?

This depends on the centre and what network provider you are with. Certain areas are better covered than others, but as all our centres are based in rural areas, the phone signal might not be great. None of our centres provide computers for internet access.

HOW MANY STUDENTS WILL BE IN ONE GROUP? WHO IS GOING TO CHOOSE GROUPS?

A group will have up to 12 students and you will be with one of our instructors for the duration of your course. Depending on your course, these groups will be chosen by either your school or Outward Bound. Generally, you will be with at least one of your friends - and by the end of the course you will have gained up to 10 more!