

# SAMPLE PROGRAMME

## THREE DAY WITHOUT EXPEDITION



This is what three days at Outward Bound might look like.

### DAY 1

**ARRIVE:** Arrive. Setting the scene. Course aims. Challenge and support.

**ADVENTURES:** Immediate and fast immersion into the natural environment with gorge walking and jog and dip.

**EVENING:** Effort and reward. Importance of collaboration and support.

**ADVENTURES:** High challenge activity. Plan and prepare for tomorrow's linked journey.



### DAY 2

**DAY:** What it means to be a leader. Experiment with leadership roles. Feeling the environment.

**ADVENTURES:** An all-day linked journey through the wilderness over land and water, such as canoeing, a rock scramble and ascent of a peak, with environmental awareness tasks.

**EVENING:** Being a role model at school. Positive examples. Personal reflection.

**ADVENTURES:** Exploration of tunnels or raft preparation, followed by facilitated discussion by the campfire.



### DAY 3

**DAY:** Personal action planning. Recognition of achievements. Reward and celebration.

**ADVENTURES:** Further high-paced authentic adventure with rafting or rowing. Course reviews and presentations of learning.

**DEPART**

