

SAMPLE PROGRAMME

THREE DAY



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

DAY 1

ARRIVE: Arrive. Setting the scene. Course introductions. Hopes and fears.

ADVENTURES: Immediate and fast immersion into the natural environment with jog and dip followed by a water activity, such as kayaking or rowing.

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

ACTIVITIES: High challenge activity. Preparing and packing for overnight expedition. Stargazing.



DAY 2

DAY: Learning about yourself and others. Listening. Taking responsibility. Concern and awareness for the natural 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. Set up camp.

EVENING: Respect and responsibility. Self reliance and confidence.

ACTIVITIES: Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.



DAY 3

DAY: Personal goal setting/ review of action plans. Recognition of achievements. Reward and celebration.

ADVENTURES: Further authentic adventure rock climbing or abseiling. Return to centre. Course reviews and presentations of learning.

DEPART



All activities depend on centre location, weather and group ability. Instructors will develop learning as appropriate.