

# SAMPLE PROGRAMME

## FIVE DAY WITHOUT EXPEDITION

This is what a week at Outward Bound might look like.

### MONDAY DAY 1

**ARRIVE:** Setting the scene. Course introductions and aims.

**ADVENTURES:** Immersion into the natural environment with jog and dip followed by group work.

**EVENING:** Exploring course aims and personal responsibility and engagement.

**ACTIVITIES:** High challenge activity and stargazing.



### TUESDAY DAY 2

**DAY:** Goals for the day: self-confidence, giving and receiving support. Behavioural values introduced through the day's activity and facilitated review and discussion. Planning and problem solving.

**ADVENTURES:** A full day of authentic adventure in the natural environment, such as gorge scrambling, rock climbing or abseiling.

**EVENING:** Collaborating with others and relationships skills.

**ACTIVITIES:** Orienteering and challenging group composition.



### WEDNESDAY DAY 3

**DAY:** Organisational skills. Being a role model. Link with school values. Concern and awareness for the natural environment.

**ADVENTURES:** A linked all-day journey over land, water or both. Ascent of a mountain peak with environmental awareness tasks.

**EVENING:** Support and effective communication.

**ACTIVITIES:** Exploration of tunnels or nightline.



### THURSDAY DAY 4

**DAY:** Goal setting. Self-confidence. Contributing to working collaboratively. Taking responsibility. Overcoming problems.

**ADVENTURES:** Local exploration and project through a water journey with challenging activities such as raft building, canoeing, kayaking, cutter sailing or rowing.

**EVENING:** Completing and finishing. Personal awareness. Transfer of learning back to school.

**ACTIVITIES:** Facilitated discussion at campfire.



### FRIDAY DAY 5

**DAY:** Working and collaborating with others. Recognition of achievement. Celebration.

**ACTIVITIES:** Final jog and dip. Team challenges in new groups, course review and presentations of learning.

**DEPART:** 1pm.

