

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: 2pm.

