

SAMPLE PROGRAMME

FIVE DAYS 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: Jog and Dip. Short team tasks. Centre tour. Discussion, group work.

EVENING: Exploring course aims and personal responsibility and engagement.

ADVENTURES: Nightline. Stargazing. Discussion.



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: Intro to the day. Expectations. Jacobs Ladder or Trapeze. Rock climbing. Facilitated review.

EVENING: Collaborating with others and relationships skills.

ADVENTURES: Short team tasks with changing group composition.



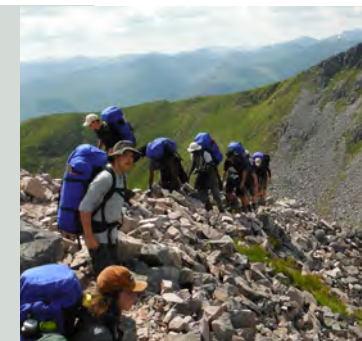
WEDNESDAY DAY 3

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

ADVENTURES: Mountain walk and ascent of a peak. Environmental awareness tasks.

EVENING: Support and effective communication.

ADVENTURES: Tunnels or nightline.



THURSDAY DAY 4

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

ADVENTURES: Canoeing or kayaking, an introduction to skills and journey. Local exploration and project.

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

ADVENTURES: Clean up / put away equipment. Facilitated discussion and reflection.



FRIDAY DAY 5

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

ADVENTURES: Team challenges in new groups. Course review and presentations.
DEPART

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