

# SAMPLE PROGRAMME

FIVE DAYS



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

## MONDAY DAY 1

**ARRIVE:** Setting the scene. Course introductions. Hope and fears.

**ADVENTURES:** Jog and Dip. Short team tasks. Centre tour. Discussion, group work.

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

**ADVENTURES:** Nightline. Prisoner, passenger and participant. Support challenge models.



## TUESDAY DAY 2

**DAY:** Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

**ADVENTURES:** Gorge walking. High challenge activity. Facilitated review.

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

**ADVENTURES:** Expedition brief. Pack and prepare.



## WEDNESDAY DAY 3

**DAY:** Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment.

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

**EVENING:** Self-reliance. Recognising achievement.

**ADVENTURES:** Mountain camp. Facilitated review of the day.



## THURSDAY DAY 4

**DAY:** Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

**ADVENTURES:** Pack up camp after preparing breakfast. Walk to rendezvous by agreed time. Canoe journey back to the centre tour. Discussion, group work.

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

**ADVENTURES:** Clean up and put away camping equipment. Facilitated discussion and personal reflection.



## FRIDAY DAY 5

**DAY:** Personal goal setting. Recognition of achievements. Reward and celebration.

**ADVENTURES:** Group row. Course review and presentations.

**DEPART**

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