

SAMPLE PROGRAMME

THREE DAYS WITHOUT EXPEDITION



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

DAY 1

ARRIVE: Arrive. Setting the scene. Course aims. Challenge and support.

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

EVENING: Features of effective teams.

ADVENTURES: Exercise 'jigsaw'. Review. Plan and prepare.



DAY 2

DAY: What it means to be a leader. Experiment with leadership roles. Feeling the environment.

ADVENTURES: Gorge walk or rock scramble. Linked journey to hill walk. Facilitated review. Reflection on preferred team role.

EVENING: Being a role model at school. Positive examples. Personal reflection.

ADVENTURES: High challenge or raft preparation. Facilitated discussions.



DAY 3

DAY: Personal action planning. Recognition of achievements. Reward and celebration.

ADVENTURES: Team row / rafting. Course review and presentations.

DEPART: All programmes start and finish at 2pm.



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