

SAMPLE PROGRAMME

THREE DAYS



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

DAY 1

ARRIVE: Arrive. Setting the scene. Course introductions. Hopes and fears.

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

EVENING: Exploring course aims and personal responsibility.

ADVENTURES: Expedition brief. Pack and prepare.



DAY 2

DAY: Learning about yourself and others. Listening. Taking responsibility. Concern and awareness for the natural environment.

ADVENTURES: Mountain walk and set up camp. Prepare meal. Environmental awareness. Ascent of a peak.

EVENING: Respect and responsibility. Self reliance and confidence.

ADVENTURES: Walk into darkness. Mountain camp.



DAY 3

DAY: Personal goal setting/ review of action plans. Recognition of achievements. Reward and celebration.

ADVENTURES: Return to centre. High ropes course. 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.