

8 WAYS

to make the most of your
Outward Bound adventure



1.

Be curious

Ask questions. Find out more about what you're doing and why it's important.

2.

Be brave

Try new things. We promise you'll surprise yourself with what you can achieve.

3.

Set goals

Have something you can practise – it will help build your confidence.

4.

Embrace the wild

The view from the top of a mountain can be amazing. Take a moment to appreciate these special moments.

7.

Celebrate your successes

Give yourself a pat on your back when you deserve it. Congratulate others too.

8.

Have fun

And have lots of it. Enjoy your time making new friends and doing new things. This is not your average week at school.

5.

Practise teamwork and communication

Be open to new and different ways of doing things, as well as the ideas of others.

6.

Look after yourself

It's exciting to be away from home but you'll have a better experience if you sleep and eat well, and drink plenty of water.