

SAMPLE PROGRAMME *3 DAYS*

(WITH EXPEDITION)

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

DAY 1

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

ADVENTURES: Immediate and fast immersion into the natural environment with jog and dip followed by a water activity, such as kayaking or rowing.

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

ACTIVITIES: High challenge activity. Preparing and packing for overnight expedition. Stargazing.



DAY 2

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

ADVENTURES: An all-day linked journey through the wilderness over land and water, such as canoeing, a rock scramble and ascent of a peak, with environmental awareness tasks. Set up camp.

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

ADVENTURES: Exploration of tunnels or raft preparation, followed by facilitated discussion by the campfire.



DAY 3

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

ADVENTURES: Further high-paced authentic adventure with rafting or rowing. Course reviews and presentations of learning.

DEPART

