

# SAMPLE PROGRAMME *5 DAYS*

(WITH EXPEDITION)



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

## DAY 1 MONDAY

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

**ADVENTURES:** Immersion into the natural environment with jog and dip followed by group work.

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

**ACTIVITIES:** High challenge activity and stargazing.



## DAY 2 TUESDAY

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

**ADVENTURES:** A full day of authentic adventure in the natural environment, such as gorge or scrambling.

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

**ACTIVITIES:** Preparing and packing for expedition.



## DAY 3 WEDNESDAY

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

**ADVENTURES:** An all-day journey through the wilderness. Ascent of a mountain peak with environmental awareness tasks. Set up camp.

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

**ACTIVITIES:** Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.



## DAY 4 THURSDAY

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

**ADVENTURES:** An all-day linked journey back to centre over land and water, such as a hike followed by canoeing, kayaking or rowing.

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

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

## DAY 5 FRIDAY

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

**ACTIVITIES:** Group rowing. Team challenges in new groups, course review and presentations of learning.

**DEPART**