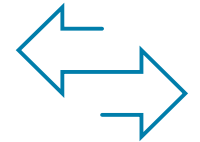


# TRANSFERRING YOUR OUTWARD BOUND COURSE HOME

Use this sheet to reflect on your Outward Bound experience...

think about the adventures you undertook, how you and your team approached them, what did you learn and how you can use this now you are home?



## COURSE LEARNING

### What did you work on during your course?

*This could be how you worked with others, how you took on challenges or how you took responsibility for your time and equipment.*



## TO DO

### How are you going to apply this at home?

*These should be targets, actual things you are going to try and do, e.g. try a new sports club or pack your school bag yourself each day.*

