

OUTWARD BOUND IN-SCHOOL ADVENTURE

SAMPLE FIVE-DAY PROGRAMME

	Day 1	Day 2	Day 3	Day 4	Day 5
Aims	<p>Set the scene</p> <p>Begin to plan your adventure</p>	<p>Plan your adventure</p> <p>Communicating with your team</p>	<p>Upskill your team</p> <p>Increase awareness of own skills</p>	<p>Go on your adventure</p> <p>Increase awareness of local environment</p>	<p>Review and reflect</p> <p>Increase confidence and self- belief</p>
Adventures and activities	<p>Shelter building</p> <p>Fire building</p> <p>Team building exercises</p>	<p>Introduction to map reading</p> <p>Risk assessing</p>	<p>Team development</p> <p>Map reading skills</p> <p>Orienteering</p> <p>Route planning</p>	<p>Micro-adventure*, e.g. finding a local landmark, journey to the highest and/or lowest points locally</p> <p>Build a structure or community project</p>	<p>Solos</p> <p>Feedback activities</p> <p>Personal goalsetting</p>