

# A WEEK IN WINTER

We run Outward Bound programmes all year round. No two courses are the same as we work in partnership with you to understand your school and pupil context, and your course purpose and aims.

Your three or five-day course is made to order depending on the learning needs of the group. Weather and winter conditions don't get in the way of our adventures and often enhances it, making the impact greater for the pupils.

## A PROGRAMME DURING THE WINTER MAY LOOK LIKE THIS...

### MONDAY



#### DAY 1

**ARRIVE:** Programme introductions. Hopes and fears.

**ADVENTURES:** Jog and Dip. Centre tour. Short team tasks. Discussion, group work.

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

**ADVENTURES:** Night walk. Prisoner, passenger and participant.

### TUESDAY



#### DAY 2

**DAY:** Goals for the day, experiencing real adventures. Respect and responsibility. Making positive contributions and looking after each other.

**ADVENTURES:** Gorge walk or rock scramble. Tunnels or Jacobs Ladder. Facilitated review. Links with personal action plan.

**EVENING:** Plan and organise.

**ADVENTURES:** Expedition brief. Pack and prepare.

### WEDNESDAY



#### DAY 3

**DAY:** Confidence and resilience to overcome new challenges. Concern and awareness for the natural environment.

**ADVENTURES:** Mountain walk and set up camp. Prepare meal. Environmental awareness. Ascent of a peak.

**EVENING:** Respect and responsibility. Self reliance.

**ADVENTURES:** Walk into darkness. Mountain camp and stargazing.

\*Primary pupils will take part in a full mountain day and not an overnight camping expedition.

### THURSDAY



#### DAY 4

**DAY:** Awareness of the natural environment. Build confidence and push limits. Contributing to working collaboratively. Resilience and reward.

**ADVENTURES:** Pack up camp after preparing breakfast. Walk to rendezvous by agreed time. Canoe journey back to the centre.

**EVENING:** Review of achievements and action plans.

**ADVENTURES:** Clean up and put away camping equipment. Facilitated discussion and campfire at centre.

### FRIDAY



#### DAY 5

**MORNING:** Personal goal setting and review of action plans. Recognition of achievements. Reward and celebration.

**ADVENTURES:** Group row. Course review and presentations.

**DEPART**

## WAYS WE WORK WITH YOU

PRE-COURSE SUPPORT

UNDERSTANDING CONTEXT

VISION, AIMS AND OUTCOMES

DAILY OPERATIONAL MEETINGS

DAILY LEARNING MEETINGS

ONGOING CPD ACTIVITIES

TAKING PART IN ADVENTURES

USE OF LEARNING MODELS

ONGOING REVIEW OF PLANS

COURSE PROGRESSION

ACTION PLANNING

INSTRUCTOR FEEDBACK

TRANSFER OF LEARNING

POST-COURSE FOLLOW UP

