SAMPLE
PROGRAMME
FIVE DAY

THE OUTWARD BOUND TRUST ®

This is what a week at Outward Bound might look like.

MONDAY DAY 1

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

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

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EVENING: Exploring course aims and personal responsibility.
ACTIVITIES: *High challenge activity and stargazing.*

TUESDAY DAY 2

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 scrambling, rock climbing or abseiling.*

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EVENING: Effort and reward. Importance of collaboration and support.
ACTIVITIES: *Preparing and packing for overnight expedition.*

WEDNESDAY DAY 3

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

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

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EVENING: Self-reliance. Recognising achievement.
ACTIVITIES: *Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.*

THURSDAY DAY 4

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.*

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EVENING: Exploring course aims and personal responsibility and engagement.
ACTIVITIES: *Clean up and put away camping equipment. Facilitated discussion and personal reflection.*

FRIDAY DAY 5

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: 1pm.