

8 WAYS

to make the most of your
Outward Bound adventure

1

Be curious

Ask questions. Find out more about what you're doing and why it's important.

2

Be brave

Try new things. We promise you'll surprise yourself with what you can achieve.

3

Set goals

Have something you can practise – it will help build your confidence.

4

Embrace the wild

The view from the top of a mountain can be amazing. Take a moment to appreciate these special moments.

5

Practise teamwork and communication

Be open to new and different ways of doing things, as well as the ideas of others.

6

Look after yourself

It's exciting to be away from home but you'll have a better experience if you sleep and eat well, and drink plenty of water.

7

Celebrate your successes

Give yourself a pat on your back when you deserve it. Congratulate others too.

8

Have fun

And have lots of it. Enjoy your time making new friends and doing new things. This is not your average week at school.