

FACT SHEET

Adventure Unlimited

See yourself in a whole new light

This one-week course is a great introduction to Outward Bound®. It provides a mix of outdoor activities, the chance to meet new people and the opportunity for some full-on enjoyment. The activities are all group based under the expert eye of your instructor and will focus on problem solving, leadership and communication skills, as well as a lot of fun! By the end of the course you will have met many new friends, had a great time and be proud of what you have achieved!

Why Adventure Unlimited?

Adventure Unlimited is a centre-based course giving you the opportunity to discover some of your hidden talents in some of the most dramatic scenery in Britain. Along with many new outdoor skills such as canoeing, kayaking, rock climbing and gorge walking, you will also learn about yourself. At the end of the course your instructor will be both friend and guide and together you will write a report reflecting on your time at Outward Bound®. Those attending the course will come from all over the UK and Europe so you will not be the only one beginning a new adventure.

Sample Itinerary [Guideline Only]

Day 1

Arrival is in time for evening meal, followed by a welcome to the centre, other group members and your instructors. You will be issued with the necessary kit and then your instructor will set up some icebreakers in the centre grounds. These will be short and fun so you can start getting to know each other quickly.

Day 2

After a hearty breakfast you will be ready to try more of the famous Outward Bound® activities. You may have a go on the trapeze or the Jacobs Ladder. In the afternoon you and your group will take to the water. You may try to build a watertight raft! Tonight will be spent out of the centre, maybe at a bivouac site, standing camp or a mountain cabin.

Day 3

From your overnight site, there will be a themed walk day. You may find out more about the local culture, folklore or history of the Lake District, the Scottish Highlands or Snowdonia National Park. You will return to the centre for your evening meal.

Day 4 & 5

These two days may be spent rock climbing where a range of climbs will challenge everyone. Alternatively you may spend the day on the water developing skills gained on Day 2. The next day you will spend the morning experiencing some of Outward Bound®'s well-known activities such as the high ropes course, the Zip Wire, Jacobs Ladder or the Trapeze. It's then time to scramble up a waterfall before orienteering in the evening – if everyone is still awake!

Days 6 & 7

This is a chance to experience some of the surrounding scenery as you embark on another overnight expedition. Carrying rucksacks and tents you will leave civilisation behind and head towards a remote mountain. On route through the mountains you will gain first hand experience in navigation, camp craft, teamwork and leadership.

On your return to the centre you will help in the big clean up, and then have some time with your instructor in a 1:1 review, when you will write your report together.

Day 8

Your course finishes after breakfast when you will be presented with your Outward Bound® certificate. You will have plenty of time for goodbyes and photographs to remember your groups adventure forever.

Is this course for you?

To gain the full rewards of this course no previous experience is required. The days are quite long and are full of activity so can be physically challenging. However, they are not beyond the reach of average fitness! You need to be open minded to new experiences and prepared to get on with people from a wide range of backgrounds. Teamwork and communication are just some of the very important aspects of this course.

[continued]

www.outwardbound.org.uk

to book call 01931 740000

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As well as having a lot of fun, you will learn and develop many new skills. Adventure Unlimited also qualifies for the Gold Residential Section of The Duke of Edinburgh's Award.

Age Groups

Adventure Unlimited is available for all ages from 11 upwards. Groups will be split into the following age bands: 11-13, 14-15, 16-18 and 19-24.

Group Size

Groups are fairly small – 12 people maximum.

Clothing List and Personal Item List

The centre provides all specialist equipment, including waterproofs and boots [£10.00 deposit required]. You are welcome to bring your own kit and use it, providing it meets our safety requirements. All damages and losses must be provided for.

- 2 pairs of trainers, one of which will get wet!
- 2 jumpers [fleece or wool]
- 2 pairs of trousers [not denim]
- Shorts and several casual shirts/T-shirts
- Personal toiletries – Please note that aerosols may not be brought to the centre
- Sunhat, sunglasses and sunscreen [in summer]
- Hat and gloves
- Swimwear
- Pyjamas or similar
- Underwear, including plenty of thick socks
- 2 towels
- Some loose change for vending machines

Optional Extras

- Torch
- Wellingtons
- Flip-flops or sandals
- Camera
- Book
- Pen/pencil and notebook
- Insect repellent

General Information

Adventure Unlimited is available at each of our centres for most age groups. Please note that Aberdovey is the only centre that accommodates the 11 - 13 age group.

All food, accommodation and tuition are included in the price. Meals include cooked breakfasts, packed lunches and evening meals. We do cater for all diets [please inform the centre at least two weeks before arrival] and a vegetarian option is always available.

There is little time to shop whilst on the course, mainly due to our busy schedule and our locations. Therefore only a small amount of spending money is required. Each centre has a shop selling confectionary, toiletries etc. Please note the shop does not sell alcohol or cigarettes.

We actively discourage smoking, those under 16 are not allowed to smoke. If you are over 16 and must smoke, your instructor will direct you to a designated smoking area. There is no smoking allowed on activities or on expedition. In addition consumption of alcohol during an Outward Bound® course is banned at all centres.

Arrival and Departure Times

The course will start at 5.30pm on the Saturday and will finish at 9.00am on the following Saturday. Please call the appropriate centre to inform them of your arrival and departure times. You are advised to arrange your transport as close to the start and finish times as possible. Why not take advantage of our Escorted Travel Service?

Further Information

Tel: 01931 740000 (Customer Services)

Fax: 01931 740001

Email: enquiries@outwardbound.org.uk

Web: www.outwardbound.org.uk

