



Adventure & Challenge - 5 Day

with the John Muir Award

This course is suited to all age groups and levels, encouraging young people to push themselves beyond their expectations and develop learning about self, others and the environment.

The Adventure & Challenge programme is designed to offer your pupils the opportunity to enjoy and experience a wide variety of adventurous and challenging activities in a safe and supportive environment. Your course will be delivered in a progressive manner, supported by reflective reviewing, designed to enable participants to acquire a range of transferable skills that will help them to realise their potential, both at school and in their subsequent lives. There will be a strong focus on integrating the environment into the learning objectives and values of the course, through the incorporation of the John Muir Award - an environmental award scheme that encourages people of all ages to connect, enjoy and care for wild places.

When you arrive at the centre, your participants, working in groups of up to a maximum of twelve, will be met by an experienced instructor who will guide them throughout the course. Each group will undertake a range of activities that are carefully chosen to enable them to achieve the key learning outcomes below, directly linked to the National Curriculum.

Outward Bound® courses are designed to help enable young people to become:

Successful learners

- › Develop skills in setting and achieving personal goals
- › Improve ability to work and communicate with other people
- › Develop action plan
- › Enjoy and experience real adventures

Responsible citizens

- › Increase awareness of other people
- › Improve ability to work and communicate with other people
- › Increase concern for, and awareness of, the natural environment

Confident individuals

- › Improve confidence to overcome new challenges
- › Develop skills in setting and achieving personal goals
- › Increase self awareness and personal responsibility
- › Increase awareness of other people
- › Improve ability to work and communicate with other people
- › Increase concern for, and awareness of, the natural environment
- › Develop action plan
- › Enjoy and experience real adventures

John Muir Award

Throughout their course participants will engage with four challenges at the heart of the John Muir Award: Discover a wild place, Explore its wildness, Conserve it by taking personal responsibility, and Share your experiences. Meeting these challenges in a committed and enthusiastic way will enable participants to achieve the John Muir Discovery Award.

Expedition

The expedition will be designed to meet your students' abilities. The journey usually includes an overnight experience in the form of a camp, bivouac or staying in a mountain cabin or bothy.

Key facts

Year group: Y6–13

Key stage: 3–5

Duration: 5 days; Monday - Friday, 7 days; Monday-Sunday

Location: Aberdovey, Wales / Ullswater, England / Howtown, England / Loch Eil, Scotland

Sample programme: Adventure & Challenge with the John Muir Award (five-day)*

All courses start and finish at 1pm

	7am	9am	1pm	5pm	7pm	8:30pm	10:30pm	11pm	
	UP	GROUP GATHERING	LEARNING OUTCOMES / ACTIVITIES	DINNER & FREE TIME	LEARNING OUTCOMES/ ACTIVITIES	FREE TIME & PREP	DORMS		
MON			ARRIVE / Setting the Scene Introductions / Overview of the John Muir Award / Challenge & exploration activities		Hopes & fears, starting your adventure Night expedition				
TUE		Awareness of self, environment & working with others Team dynamics, environmental challenges	Setting and achieving personal goals & awareness of environment Rock climbing, discovery & exploration		Responsibility & planning Expedition prep				▶ Learning objectives
WED		Working with others / personal goals & responsibility / understanding the environment / awareness of others / discovering & exploring wild places Expedition start by canoe / continue by foot / wilderness mountain camp / course review & action plans							▶ Activity
THU		Experience adventure & achieve personal goals Return from exped, by foot or canoe	Planning & working with others Orienteering & raft planning / environmental challenges		Self awareness Working with others High Ropes				
FRI		Responsibility & transfer of environmental learning & sharing Hand kit in. Final review of the week. Action plan of environmental challenges	DEPART						

*Please note this is a sample programme only. All activities will depend on centre location, weather and group ability.

