



# Adventure & Challenge - 5 Day

## Factsheet

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

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.

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 objectives 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

### 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

### 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 (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 / Tour of centre Centre grounds / Challenge		Hopes & fears, starting your adventure Night expedition			
TUE		Awareness of self & others & working with others Team dynamics	Setting and achieving personal goals & awareness of environment Rock Climbing		Responsibility & planning Expedition prep			
WED		Working with others / personal goals & responsibility / understanding the environment / awareness of others Expedition start by canoe / continue by foot / wilderness mountain camp / course review & action plans						
THU		Experience adventure & achieve personal goals Return from exped, by foot or canoe	Planning & working with others Orienteering & raft planning		Self awareness Working with others High Ropes			
FRI		Responsibility & transfer of learning Hand kit in. Final review of the week.	DEPART					

 Learning objectives  
 Activity

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