

# Adventure & Challenge - 3 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 Curriculum for Excellence.

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

### Successful learners

- › Increase self awareness and personal responsibility
- › Improve ability to work and communicate with other people
- › Enjoy and experience real adventures

### Effective contributors

- › Increase self awareness and personal responsibility
- › Increase awareness of other people
- › Improve ability to work and communicate with other people

### Confident individuals

- › Increase self awareness and personal responsibility
- › Increase awareness of other people
- › Improve ability to work and communicate with other people
- › 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

### 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

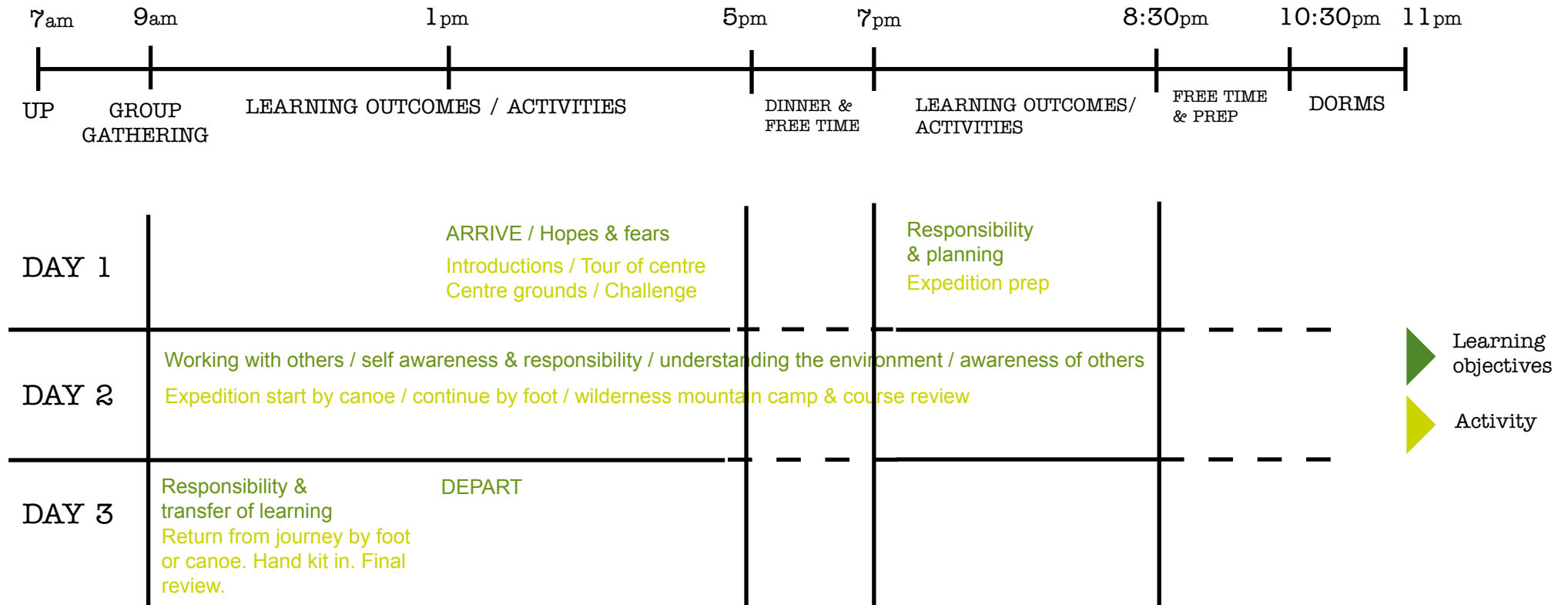
Year group: P7–S6

Duration: 3 days; Friday - Sunday, Split week; Monday - Wednesday, Wednesday - Friday

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

# Sample programme: Adventure & Challenge (three-day)\*

All courses start and finish at 1pm



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