

WELCOME TO OUTWARD BOUND

LEARNING THROUGH ADVENTURE

“

We are all better than we know. If only we can be brought to realise this, we may never again be prepared to settle for anything less.

Kurt Hahn

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YOUR PROGRAMME

LEARNING OUTCOMES

Adventure, Challenge developing Cultural Capital

- Increased awareness and concern for the natural environment
- Boost nature connectedness, increase opportunities for young people to engage with nature
- Improved confidence and self-belief in own abilities
- Increased resilience and determination
- Broaden horizons and build cultural capital

In addition, instructors will develop strands of learning as appropriate and incorporate United Learning Trust ethos and core values.



SAMPLE PROGRAMME

5 DAYS

MONDAY DAY 1

ARRIVE: Setting the scene. Course introductions. Hope and fears.

ADVENTURES: Immersion into the natural environment with jog and dip followed by group work.

EVENING: Exploring course aims and personal responsibility.

ACTIVITIES: High challenge activity and stargazing.



TUESDAY DAY 2

DAY: Goals for the day. Self-confidence and self-awareness. Achieving personal goals. Try something new.

ADVENTURES: A full day of authentic adventure in the natural environment, such as gorge scrambling, rock climbing or abseiling.

EVENING: Effort and reward. Importance of collaboration and support.

ACTIVITIES: Preparing and packing for overnight expedition.



WEDNESDAY DAY 3

DAY: Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment.

ADVENTURES: An all-day journey through the wilderness. Ascent of a mountain peak with environmental awareness tasks. Set up camp.

EVENING: Self-reliance. Recognising achievement.

ACTIVITIES: Overnight camp in the wilderness. A hike in the dark followed by a facilitated review.



THURSDAY DAY 4

DAY: Awareness of the natural environment. Goal setting and taking responsibility. Contributing to working collaboratively. Resilience and reward.

ADVENTURES: An all-day linked journey back to centre over land and water, such as a hike followed by canoeing, kayaking or rowing. Discussion, group work.

EVENING: Exploring course aims and personal responsibility and engagement.

ACTIVITIES: Clean up and put away camping equipment. Facilitated discussion and personal reflection.



FRIDAY DAY 5

DAY: Personal goal setting. Recognition of achievements. Reward and celebration.

ACTIVITIES: Group rowing. Team challenges in new groups, course review and presentations of learning.

DEPART: 1pm.



All activities depend on centre location, weather and group ability. Instructors will develop learning as appropriate.



SAMPLE ACTIVITIES

Jog and dip

Mountain expeditions

Gorge scrambling

Raft building

Canoeing

Rock climbing

Orienteering

Kayaking

Shelter building

Abseiling

Understanding nature

Woodland exploration

YOUR CHOSEN CENTRE

OGWEN COTTAGE, SNOWDONIA



Outward Bound Ogwen Cottage is our first exclusive use centre run in partnership with The National Trust. It is on the shores of Lake Ogwen and between the Carneddau and Glyderau mountain ranges. There are endless opportunities for challenging and high level adventures whilst getting immersed in this special landscape.



OUR PILLARS OF CHANGE

1. Self-Belief & Resilience

We inspire young people to believe they are capable of more, and to get up when they are knocked back.

2. Improving Chances

We develop skills in young people, which help lead to better life chances, particularly those from less privileged backgrounds

3. Hunger for Challenge

We inspire young people to seek out challenge, not be afraid of it, and be risk aware, not risk averse.

4. Great Relationships

We promote the importance of strong, authentic relationships to develop internal self worth and a sense of belonging in the world.

