

OUTWARD BOUND IN-SCHOOL ADVENTURE

SAMPLE HALF-DAY PROGRAMME

	Morning or afternoon
Aims	<p>Your adventure</p> <p>Get to know your team</p> <p>Review and reflect</p>
Adventures and activities	<p>Instructor shares your adventure</p> <p>Team building and orienteering</p> <p>Micro-adventure, e.g. build a shelter or make a hot chocolate on a stove</p> <p>Mini solo and feedback</p>