

# EXAMPLE OF 5 DAY SCHOOL COURSE

Here is an example day plan for a typical five day course. Activities shown are included in our standard course and additional activities such as kayaking can be added at additional cost, please tell us about your requirements and we will try our best to make them happen.

## DAY 1

### Getting to know each other

- Welcome to the our Educational Centre at Veliki Žitnik
- Getting settled in and an overview of what to expect at Outward Bound
- Lunch
- Building trust and teamwork. Fun and challenging games and activities to connect the team
- Dinner
- Evening circle and reflection
- Overnight at the Educational Centre

## DAY 2

### Immersion in teamwork

- Morning workout, setting exercise challenge for the week, breakfast
- Communication and teamwork in low-ropes and problem solving games
- Lunch
- Learning how to use a compass and map, orientation exercises around the Centre /preparing in groups for the expedition
- Dinner
- Overnight at the Educational Centre at Veliki Žitnik /overnight outdoors bivouacking



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## DAY 3

### Entering the Outdoors

- Morning workout challenge, breakfast
- Entering the outdoors on Expedition /self-led hiking and navigation, stretching the comfort zone rock climbing and abseiling
- Cooking a meal outdoors
- Evening circle/ campfire
- Overnight outdoors – bivouacking

## DAY 5

### Conclusion and growth reflection

- Morning workout challenge, breakfast
- Leave no trace cleanup
- Returning back to the Centre from the expedition
- Lunch
- Evaluation of personal successes and the program
- Departure from Veliki Žitnik

## DAY 4

### Exploring the boundaries

- Morning workout challenge, breakfast
- Leave no trace camp cleanup
- Expedition day to second location – caving and exploring under the earth
- Cooking a meal outdoors
- Evening circle/ campfire
- Overnight outdoors - bivouacking



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# LEARNING THROUGH ADVENTURE - LEADERSHIP SKILLS

**AIM: To develop young people's awareness and skills of leadership**

COURSE OUTCOMES:

- Increased awareness of own skills and abilities
- Improved confidence and self belief in own abilities
- Improved ability to listen and communicate effectively with others
- Improved awareness and concern for the natural environment
- Increased resilience and determination
- Improved understanding of leadership
- Increased leadership skills



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# LEARNING THROUGH ADVENTURE - TEAMWORK SKILLS

**AIM: To develop young people's teamwork skills**

COURSE OUTCOMES:

- Increased awareness of own skills and abilities
- Improved confidence and self belief in own abilities
- Improved ability to listen and communicate effectively with others
- Improved awareness and concern for the natural environment
- Increased resilience and determination
- Increased understanding of the features of effective teams
- Improved ability to plan, problem solve and review progress as part of a team

