

# The Classic

## Back to basics



This is the course on which Outward Bound's international reputation is founded. It has been the launch pad for hundreds of people who have now made adventure part of their lives and who attribute their personal success to Outward Bound®. **As we are an Approved Activity Provider for the Duke of Edinburgh's Award, this programme meets the conditions of the DofE Residential section. Please contact us if you need further details.**

The Classic Course is three weeks which will never be forgotten for its mixture of new friends, beautiful scenery and giving you the chance to feel good about yourself. Outward Bound is not just the chance to be introduced to as many adventurous activities as you can handle but equips you with the sort of skills you will use each day – how to work with others, solve problems and make decisions. For those from overseas, the Classic Course gives the opportunity for extended use of the English language and the chance to enjoy a rich cultural experience. Each week the Classic Course has a unique feel to it, the first being the introduction to many challenging activities under the guidance of our expert instructors; activities will include rock climbing, canoeing, navigation and many more. In week two the challenge begins as you have the chance to use your new skills, taking on more responsibility and progressing to higher levels of activity. The final week puts your learning to the test, with the advice of your instructor ringing in your ears, you embark on your final expedition, which as a group, you must plan and organise yourself!

### Day 2

The course begins with icebreakers in the grounds of the centre. These will be short, fun and will allow you to really start getting to know each other! You will spend some time individually with your instructor as your first 1:1 interviews take place. These will give you the chance to establish what you wish to achieve from your course, the Outward Bound Classic.

### Day 3-4

Today you will be guided through the most efficient way to pack a rucksack, before you set off on your first expedition. Throughout your journey you will be introduced to various forms of navigation and safety procedures. In the evening you will set up an overnight camp, where you will gain firsthand experience of camp craft.

### Day 5

It's your chance to sample some of the water activities, which may include canoeing, kayaking, rafting or sailing.

### Day 6

After a day on the water we now take you back onto dry land, where you will be taught the skills and techniques of rock climbing and abseiling.

### Day 7

The Classic Course includes an eco-service project and today you may find yourself working in the community, working with National Park Wardens or with the National Trust.

### Day 8-9

These two days will be spent in the grounds of Outward Bound, where you may tackle some high challenges such as the trapeze, Jacob's Ladder or the high ropes course.

### Day 10-11

It's time to put your new skills to the test as you embark on your second expedition. You will find that your confidence and ability as a group has grown immensely since your first expedition and you will want to tackle bigger mountains, a multi-pitch rock climb or a rocky scramble towards a distant peak!



Sample Itinerary [Guideline Only]

### Day 1

An evening meal is provided on arrival. You will be welcomed at the centre by your instructors and will meet the rest of your group. Your instructor will spend some time setting the scene for your three weeks at Outward Bound.



#### Day 12-13/14

After such an action packed eight days it is now time to relax and reflect on your Outward Bound experience so far. This takes place in the form of a solo camp. This is a great time for reflection or simply to catch up with some rest! You will return to the centre for evening meal.

#### Day 14/15-16

The next two to three days may be spent gorge walking, orienteering, climbing or abseiling. You will also have your second 1:1 progress review with your instructor.

#### Day 17

As the final expedition beckons you will see just how competent you and your group have become. You will plan as a group, in conjunction with your instructor, a final expedition.

#### Day 18-20

Your final expedition will include three nights camping. This will of course not only test your expedition skills but also your group's teamwork, leadership and decision making.

#### Day 21

On your final morning you may undertake one last challenge such as a cross-country run with the other participants on your course before spending the rest of the day in the centre. Time will be spent with your instructor doing 1:1 reviews. This is very important as you will draw together all your experiences and learning. Today you will be presented with your well deserved Outward Bound certificate and badge.

#### Day 22

Your course will finish after breakfast and we allow plenty of time for goodbyes!

#### Why the Classic Course?

The Outward Bound Classic Course is both challenging and adventurous, and those who attend the course will gain a great sense of achievement. Along with learning many new outdoor skills such as canoeing, kayaking, rock climbing and gorge scrambling; you will also learn a great deal about yourself, including how to work well with others, how to work within a group and how to cope with challenge. At times the course will be both tiring and hard work but it will also be great fun and enjoyable, making the whole experience much more worthwhile. One of the special features of this course is the Outward Bound report, which is written by the

instructor and participant and reflects on the participant's involvement and learning throughout the course. This report is ideal to show to a prospective employer, university lecturer etc. Also unique to the Classic Course is the Outward Bound badge, which is the symbol of commitment and enthusiasm shown by those completing the Classic Course.

#### Is this course for you?

Outward Bound courses are physically challenging – they are meant to be! You should therefore be fit, motivated and enthusiastic. You should have a determined, yet flexible attitude, as this will help you through some of the more challenging times. The days are generally long and full of activity and you will be expected to carry your own kit whilst on expedition. You will need to be open-minded and keen to accept new challenges and experiences. Social interaction and acceptance of others is not only a very important aspect of this course, but is a valuable asset to carry with you into adult life, and therefore you need to be prepared to work within a group of people from a wide range of backgrounds during your three week Outward Bound Classic Course.

#### Age Groups and Group Size

The Outward Bound Classic Course is open to 14-24 year olds. Groups will be split into the following age bands: 13-15, 15-18 and 19-24. Group size 12 maximum.

#### Clothing and Personal Items List



The centre provides all specialist equipment, including waterproofs and boots. You are welcome to bring your own kit and use it, providing it meets our safety requirements.

- 2 or 3 pairs of training shoes – 1 pair will get wet!
- 2 or 3 pairs of warm trousers, e.g. tracksuit bottoms. Jeans are unsuitable as they may get wet and do not dry quickly.
- At least 3 jumpers [wool or fleece are ideal]
- Several casual shirts or t-shirts
- Underwear, including plenty of socks. Thick walking socks will be needed for wearing with walking boots.
- Pyjamas or similar
- Swimwear
- Shorts, sun hat, sunglasses and sun screen
- 2 towels
- Hat and gloves



- Personal toiletries – Please note that aerosols may not be brought to the centre
- Pen or pencil and notebook
- Insect repellent [particularly in Scotland]
- Some loose change for vending machines

### Optional Extras

- Torch
- Wellingtons
- Flip-flops or sandals
- Camera
- Book to read
- If you decide to bring a mobile phone, please be aware that at the majority of our bases, telephone signal is very unreliable

### General Information

The Classic Course is available at three of our centres for a wide age group.

We provide all technical and outdoor equipment. This is provided free of charge; however we do ask for a deposit of £10.00, in case of breakages and loss.

All food, accommodation and tuition are included in the price. Meals include a cooked breakfast, packed lunch and an evening meal. We do cater for all diets [please inform the centre at least two weeks in advance of any specific dietary requirements] and a vegetarian option is also available.

There is little time to shop whilst on the course. This is mainly due to your busy schedule and our locations. Therefore, only a small amount of spending money is required. Each centre has a shop selling confectionery, toiletries etc. Please note the shop does not sell cigarettes or alcohol.

We actively discourage smoking; those under 16 are not allowed to smoke. If you are over 16 and must smoke, your instructor will direct you to a designated smoking area. There is no smoking allowed on activities or on expedition. In addition consumption of alcohol during an Outward Bound course is banned at all centres.

### Arrival and Departure Times

The course will start at 5.30pm on Saturday and will finish at 9.00am on Saturday three weeks later. We can arrange drop offs at a local train or bus station, or you are welcome to be picked up by parents/ guardians at the centre. Please call the appropriate centre to inform them of your arrival and

departure times especially if you are requiring a pick-up or drop-off at the local station. You are advised to book your transport as close to start and finish times as possible. If you are attending a course at our Welsh or Scottish centre, why not take advantage of our Coach Transfer Service, see our website for details.

### Further Information

Tel: 01931 740000 (Customer Services)

Fax: 01931 740001

Email: [enquiries@outwardbound.org.uk](mailto:enquiries@outwardbound.org.uk)

Web: [www.outwardbound.org.uk](http://www.outwardbound.org.uk)



As we are an Approved Activity Provider for the Duke of Edinburgh's Award, this programme meets the conditions of the DofE Residential section. Please contact us if you need further details.