

# OUTWARD BOUND SKILLS FOR LIFE AWARD

15-19  
YEARS

Get the skills and confidence you need to step up into sixth form, university or work.

- ▶ Become more **INDEPENDENT** and determined, build your teamwork and communication skills
- ▶ Try out everything from **GORGE SCRAMBLING** and rock climbing to kayaking and more
- ▶ Make your CV or personal statement **STAND OUT** from the crowd with a video personal statement, reference and action plan.
- ▶ Set out on two multi-day **EXPEDITIONS**, camping deep in the mountains or on a sandy shore
- ▶ Meet new people from all over the world – our 2014 participants came from over 25 countries!

READ YOUR FULL ITINERARY AT  
[OUTWARDBOUNDTRUST.ORG.UK/AWARD](http://OUTWARDBOUNDTRUST.ORG.UK/AWARD)



## OUTWARD BOUND® SKILLS FOR LIFE AWARD

Develop the skills and confidence you need to unlock your future, as you prepare to step up into sixth form, college, university or work. At the same time, you'll try out all the incredible activities you would expect from an Outward Bound adventure.

This is a **guideline itinerary** for your course but please note the programme is dependent on the ability of your group and weather conditions, so may change accordingly.

### PHASE 1: FINDING YOUR FEET

**DAY 3-4:** Equip yourself with the basic skills that will see you through the course. Strengthen your bond as a group and acclimatise to your new environment.

**DAY 2:** Spend 1:1 time with your instructor, sharing your personal aims for the course and beyond.

**DAY 1:** Settle in and get acquainted with your group and your centre.

### PHASE 2: CREATING YOUR PERSONAL TOOLKIT

**DAY 11-12:** Take some time out from your group to reflect on your achievements. You will begin to make positive decisions for the future as part of an overnight solo camp.

**DAY 10:** Test your team and communication skills with a high adventure activity today, like multi-pitch climbing, a sea kayaking journey or a ridge scramble.

**DAY 6-9:** Build your friendships as you set out on your first expedition, camping under the stars. You'll become a better teamworker whilst honing your organisational and time management skills.

**DAY 5:** Take part in a problem-solving exercise like a mountain rescue, involving plenty of creative thinking and communication between your group – essential skills for later in life.

### PHASE 3: SETTING YOURSELF UP FOR SUCCESS

**DAY 19:** Depart after breakfast.

**DAY 18:** Create the toolkit to get where you need to be in life, including a video personal statement or CV and an action plan, developed with your instructor. We'll help you to transfer your experiences into things you can put on an application or talk about at interview. Later, celebrate your success with a formal dinner and presentation evening.

**DAY 13-17:** Plan and lead an incredible expedition in the wild without your instructor. Scramble, paddle, climb and hike your way to your destination. You'll build your resilience, feel a new sense of responsibility and develop bags of confidence. This will be the pinnacle of your course, where you'll work as a group to put into practice what you've learned.

### Skills for Life Award Course Dates

Aberdovey, Wales	12 July – 30 July '21	02 Aug – 20 Aug '21
Lock Eil, Scotland	28 June – 16 July '21	
Ullswater, England	09 Aug – 27 Aug '21	