

Launch of Outward Bounds 2026

Week 1: Monday 16th – Friday 20th November

Tutor Groups: DEFHL

Week 2: Monday 23rd – Friday 27th November

Tutor Groups: ABCGK



Outward Bound Information Evening

- Aims of the trip and our Outdoor Education Programme
- Our week in Wales
- Accommodation and activities
- Preparing for the trip
- Communication
- There will be time at the end to answer any questions



Year 7 Outward Bound Trip



- 5 days in the Welsh mountains, beach and estuary, gorges and rivers.
- Opportunities to do a variety of activities: climbing, hiking, canoeing, moonlit adventures, toasted marshmallows and the beach!
- Teaching students to be better versions of themselves and achieve things they never thought possible!

Aims

- Increased resilience
- Increased confidence
- Collaboration /teamwork
 - Improved personal and emotional wellbeing
 - Develop communication skills
 - Develop ability to self-reflect and identify strengths
- Appreciation of the natural environment



Year Group motto

Ambition

Kindness

Joy

Dates and Overview

The trip will run Monday-Friday:

Week 1: Monday 16th – Friday 20th November
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Tutor Groups: **ABCGK**



ABERDOVEY CENTRE



- The Outward Bound Residential centres are based in some of the most beautiful and dramatic landscapes the UK has to offer
- Stands within its own 40 acre grounds above the picturesque fishing village of Aberdovey, overlooking the Dovey Estuary
- With easy access to the mountain ranges of mid-Wales

The Outward Bound Trust
Aberdovey / Aberdyfi
Gwynedd
Snowdonia
LL35 0RA









Typical day overview

Timings

- Breakfast 7.30/8am
- Activities 8.30/9am – 4/5pm
- Dinner 6/6.30pm
- Evening Activity 7/7.30pm
- Bedtime 9.30 in rooms/asleep by 9.45pm

DAY	AM	PM	EVENING
MON	Arrival at school: 5:45	Arrive. Setting the scene. Course introductions. Hopes and fears. Jog and Dip. Centre tour. Short team tasks. Discussion, group work.	Exploring course aims and personal responsibility. Night walk. Prisoner, passenger and participant.
TUE	Goals for the day: enjoying and experiencing real adventures. Respect and responsibility. Making a positive contribution and looking after each other. Gorge walk or rock scramble. Tunnels or Jacobs Ladder. Facilitated review. Links with personal action plan.		Planning and preparation. Expedition brief. Pack and prepare.
WED	Confidence and resilience to overcome new challenges. Taking responsibility. Link between effort and reward. Concern and awareness for the natural environment. Mountain walk and set up camp. Prepare meal. Environmental awareness. Ascent of a peak.		Respect and responsibility. Self reliance. Walk into darkness. Mountain camp.
THU	Awareness of the natural environment. Build confidence and push your limits. Contributing to working collaboratively. Resilience and reward. Pack up camp after preparing breakfast. Walk to rendezvous by agreed time. Canoe journey back to the centre.		Making a positive contribution. Review of achievements / action plans. Clean up and put away camping equipment. Facilitated discussion and personal reflection.
FRI	Personal goal setting/ review of action plans. Recognition of achievements. Reward and celebration. High ropes course. Course review and presentations.	Departure time from Wales – 10.00	Arrival and pick up time: 18:00 (approx. – traffic dependant)



Packing list



Outward Bounds provide each participant with all the specialist clothing and equipment, such as waterproofs and walking boots, that they'll need for their course. Participants will therefore only need to bring personal clothing and

- Warm coat
- t-shirts and tops suitable for sport / hiking
- Several warm tops (jumpers /sweatshirts/fleeces etc.)
- Thick and thin walking socks for the week
- Synthetic trousers / tracksuit bottoms / leggings
- Casual trousers or jeans (evenings only)
- **2 Pairs of trainers / sports shoes** (one which can get wet)
- Underwear for the week
- Pyjamas
- Hat, gloves and scarf
- Towel
- Swimwear
- Wash and hygiene items
- **Prescribed medication (in addition to that handed into school)**
- Books and magazines / card games
- **Packed lunch and breakfast for the Monday of departure (no items containing nuts)**
- **Notepad and pen**
- Some extra plastic bags for wet items
- A refillable water bottle

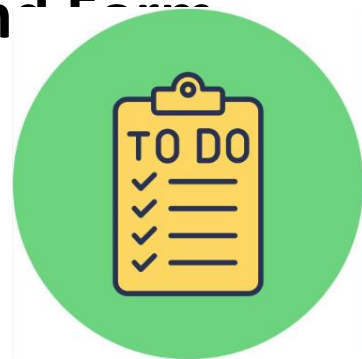
Extras:

- Sunglasses
- Suncream
- Disposable camera

Logistics: What to expect in the next few weeks

- Payment options - 29th September
- Communications from school and from Outward Bounds Centre -
- Medical needs and handing in medication - **6th November. Clearly labelled with full name and Form Group in a plastic zip bag.**
- Communication with any queries

OB@graveney.wandsworth.sch.uk





NO phones are to be taken on the trip.
No electronic devices allowed.



We would much prefer
that students socialise and
learn to work together
without technology.

Increased knowledge and appreciation of the natural environment



Climb mountains – rise to new challenges and increase resilience



Learn to work as part of a team



Support each other and celebrate success



Have time to reflect upon your learning

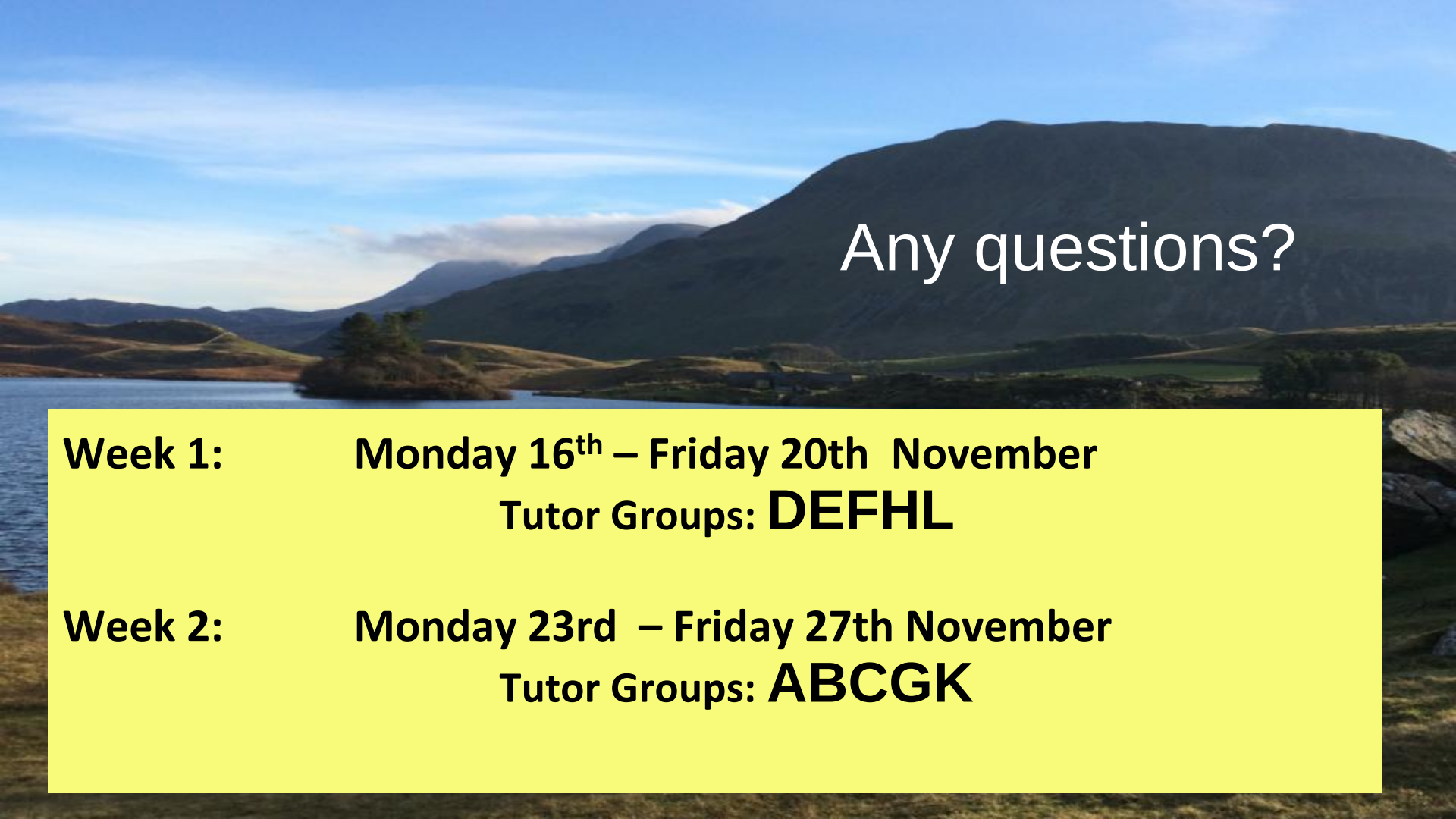


Be part of a supportive team



Be part of something special!





Any questions?

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