

OUTWARD BOUND JAPAN – WINTER PROGRAM

DESCRIPTION:

OBJECTIVES:

That participants:

- develop personally in confidence, self-reliance, self-understanding, motivation;
- gain skill in teamwork and teambuilding;
- further their leadership potential;
- expand their communication and interpersonal skills;
- grow in social and environmental responsibility.
- learn some skills of winter mountaineering.

CONTENT:

- safety and equipment use;
- basic Avalanche Rescue, hypothermia, snowshoeing;
- navigation;
- snow caving if conditions permit;
- peak ascent possibly requiring some technical assistance
- winter camping and cooking own meals;
- cross country ski challenge;
- debriefing

SKILLS:

- The passage in snowy terrain and mountain ascent require an advanced level of aerobic fitness;
- The challenge aspect of the course requires mental toughness;
- The group aspect of the course requires a desire to work with people.