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# LEARNING CHOICES PROGRAM

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## Outdoor Education

### DURATION OF SUBJECT

One semester

### SUBJECT TYPE

Elective

### COURSE DESCRIPTION

The Outdoor Education program is about preparing for and undertaking expeditions in a challenging environment, with a clear purpose. During this course, students undertake a number of outdoor experiences which can include navigation, paddling skills, camp craft and camp cooking, in preparation for the Adventurous Journey Camp. Outdoor Education is about team work and social connection, for both the team members who will undertake the journey and also with the staff who train, instruct, supervise and assess them. The program provides the opportunity for students to engage in activities that require determination, physical effort, perseverance, problem solving and cooperation.

During the course of the subject, students develop skills which can be applied to the outdoors. This includes the reading of topographic maps, environmental awareness and preparing for camp experiences. The program helps students develop their leadership competence and their understanding of group dynamics. It is a great opportunity to gain independence and work cooperatively.

### ASSESSMENT

All students completing Outdoor Education are expected to undertake practice activities and a qualifying journey. Students involved in The Duke of Edinburgh's Award Scheme will be assessed both by the College and externally.

### Why choose this subject?

Participants experience both highs and lows throughout the training, preparation and actual journeys themselves. A huge amount of personal dedication and perseverance is required for the Adventurous Journey, and some students can find the challenge is much harder than they anticipated. The rewards at the completion of the qualifying journey, however, are hard to match – elation, a real sense of achievement, self confidence, trust, and belief in oneself and others.

This subject can be selected as part of the Duke of Edinburgh's Award scheme, or as an independent subject.

**Note: Please refer to the Cost Schedule for details of costs relevant to this subject.**