



# INSIGHT

*day programs*

Philadelphia Outward Bound School's Insight Program – a half-day or full-day teambuilding experience - includes ground games, initiatives and adventure learning ropes course challenges. Highly trained instructors facilitate these activities to build self confidence, trust, and leadership. After each activity, the group reflects on the experience in order to reinforce lessons learned. Insight programs take place at our high ropes challenge course in Wissahickon Park or at your available location.

## SAMPLE ITINERARY

- 9:00 AM** Arrive  
Large Group Initiative  
Ice Breaker/Energizer
- 10:00 AM** Small Group Games  
& Initiatives
- NOON** Lunch
- 12:30 PM** High Ropes Element  
Small Group Debrief
- 2:30PM** Large Group Game  
Wrap-Up
- 3:00 PM** Depart

## SAMPLE CURRICULUM TOPICS

- ⊕ Conflict Resolution
- ⊕ Communication
- ⊕ Trust & Support
- ⊕ Leadership

## PROGRAM INVESTMENT

Philadelphia Outward Bound School charges a deeply discounted fee per youth group per day. Fees include equipment and technical gear use, facilitation, activities, and facility use. Scholarship funding may be available for qualified students and groups.

## EDUCATIONAL FRAMEWORK

**Values**  
Compassion  
Integrity  
Excellence  
Diversity and Inclusion

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**Design Principles**  
Learning Through Experience  
Challenge and Adventure  
Supportive Environment

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**Outcomes**  
Character Development  
Leadership  
Service

Sign up or inquire at [www.outwardboundphiladelphia.org](http://www.outwardboundphiladelphia.org)

