Dive into yourself

8-DAY PERSONAL DEVELOPMENT TRAINING

Summer 2017
In this training course you will...

✔ Learn about yourself and the world around, dive into your own personal virtues and weaknesses, and experience **the experiential learning through adventurous activities** in nature.

✔ Learn about leadership, communication, team-work, effective learning, decision making and problem solving.

✔ Walk, hike, sleep under the stars, scuba dive and **discover your strengths** this summer in Croatia on the Velebit mountain and in the Adriatic sea.
Aims of the training course

- improve self-confidence and decision-making
- learn leadership styles
- practice leadership capabilities
- become effective, independent and team focused learner
- practice communication and team-work skills
- improve performance and problem-solving skills
- learn about the Outward Bound experiential learning method
Participants don’t need a prior outdoor experience but need to have an ability to walk long distance on mountain trails as the program is expedition based, you need to be healthy and able to swim.

Training is based on high professional standards of the world-wide Outward Bound system of experiential learning and is led by instructors with multiple-year experience and all technical skills necessary for a secure completion of the course.
Outward Bound

Outward Bound International -

www.outwardbound.net has provided more than seven decades of experiential education to individuals seeking focus in life, strength of character, resolve, sense of social responsibility and leadership. Outward Bound courses teach overcoming physical and mental challenges, building self-esteem and discovering one's own full capacities all resulting in higher level of adjustment to challenging life situations.

Outward Bound Croatia –

www.outwardboundcroatia.com conducts outdoor courses in nature where the participants discover and refine their inner abilities, build respect for themselves and others, gain skills of building positive social interactions and leadership, reject unhealthy and destructive habits and become environmentally conscious. We teach and work by the following principles: compassion, integrity, excellence, inclusion and diversity.
Experience of the participants

“This program ranks as the very best for the personal development. It stretches you out of your comfort zone with every new challenge. I recommend this to anyone seeking their own limits”

Participant, August 2016.

“This was an eye-opener experience filled with moments that cannot be forgotten. Life-changing, exceptional and fun. Kind of program that helps to shape the future of the movement.”

Participant, August 2016.
## Content of the programme

### Day 1
- meeting in Gospić
- arrival and welcome
- introduction
- get to know each other
- overnight in Educational center

### Day 2
- teamwork and problem solving activities
- outdoor skills practice
- preparing for expedition
- hiking
- debrifing
- overnight in bivouac

### Day 3 – 6
- expedition days - hiking through Velebit mountain
- practicing communication, teamwork and leadership skills
- rock climbing and abseil
- debrifing
- overnights in bivouacs on different locations

### Day 7
- effective learning and decision-making
- hiking to the seaside
- discovery scuba dive
- debrifing
- overnight in Educational center

### Day 8
- reflection & evaluation
- saying good bye
Place: Croatia, Veliki Žitnik - Ravni Dabar - Velebit mountain, Ribarica- Adriatic sea

Velebit mountain - the largest mountain in Croatia, stretching form the Alps and located along the Adriatic coast is a venue for this outdoor training course.

The coastal slope is very rocky, bare and in the inland, although steeper is almost completely covered in forest. Almost the whole area of Velebit is protected as a nature park and some parts are protected in a category of a national park.
Adriatic sea – Croatian coast is famous for its crystal clear sea, protected bays in one of which you will scuba dive and thousands of islands. There are 1244 islands, islets, cliffs and reefs of which only 50 are inhabited, so Croatia may justly be called „a land of a thousand islands“.

„The surroundings were beautiful! It was great to see only the team and remove ourselves from reality“ - participant in August 2014
Meeting point and how to get there

• The training will begin and finish in Outward Bound Educational center in Veliki Žitnik - a small village in Lika.

• Transport to Veliki Žitnik will be provided by the organizers as there are no public transport available. For this reason the meeting point is the biggest nearest town - Gospić - center of the region. Gospić is well connected by bus with the capital Zagreb (2 h by bus) and other bigger cities like Zadar (1h 15min by bus). Zadar is a destination well connected with low cost airlines during the summer period with airports across Europe.

• We will meet on the Gospić bus station, by 1 PM latest on the arrival day.

• Planed departure is from Veliki Žitnik at 2 PM.
Practical information

This is truly an outdoor training, so please read the following lines carefully!

What to bring:
- Sleeping bag (-5 degrees)
- Backpack min 60L
- Camping mattress
- Good walking shoes - preferably waterproof, suitable for walking long distances in a mountainous, rocky area
- Shoes for water (sandals or old sneakers)
- Outdoor clothes - all-weather jacket, warm gloves, warm hat, sun hat, sunglasses, sunscreen, extra clothes for changing, UV sun block, long sleeve shirt
- Headlamp or battery-torch
- Towel
- Swimming suit
- Medicines that you usually use and need
- Passport or other official identification

In a case you do not have a backpack, sleeping mattress or sleeping bag, Outward Bound Croatia will provide one for you. Please communicate with us your needs.

Special needs (diets, medicine) - Please, tell us beforehand if you need any assistance from us in this matter.
Technical details & safety

• For accommodation, a bivouac is used in the natural surroundings of Velebit mountain. Discovery dive equipment is provided by the organizer. The meals are also provided by the organizer and prepared by the group.

• Risk and uncertainty are central to adventure and personal growth. By embracing this philosophy, Outward Bound is committed to systematically identifying, assessing and mitigating hazards, while at the same time providing real challenges.

• Outward Bound instructors are experienced and qualified outdoor professionals committed to their participants’ wellbeing through their values, judgment, words, and actions. Outward Bound staff is trained to identify, assess, and approach risk as a learning tool, to be managed but not eliminated, with the goal of providing the opportunity to gain insights and perspectives into their own and their crew’s capabilities that are unavailable anywhere else.

• As part of an ongoing effort to monitor and improve safety, Outward Bound programs are regularly reviewed and audited by both internal and external teams in order to proactively identify and assess potential hazards as well as areas of commendation. Outward Bound has been a leader in wilderness safety and risk management for 75 years and is a co-sponsor of the annual Wilderness Risk Management Conference (WRMC).
Participation & applying

• Participation fee – 450,00 EUR

• Included in the price: food and accommodation, training delivery, transport during the training, group and technical gear, accident insurance.

• Not included in the price: transportation to the location, travel insurance.

• Possible dates:
  ➢ 01.-08.07.2017.
  ➢ 05.-12.08.2017.

For applying: Click here
“A ship is safe in harbor, but that's not what ships are for.”

- William G.T. Shedd