

TEAM BUILDING / COMMUNICATION EXERCISES

FUN AND BONDING

Every human endeavour involving more than one person requires teamwork. Teambuilding events improve teamwork through well planned exercises focusing on a variety of key skills. Some of the most important of these key skills are:

Decision making
Problem solving
Team working
Communication
Leadership

There is one further vital ingredient: **FUN!** All teambuilding exercises should be great fun. A good teambuilding event is marked by vital noises such as laughter, clapping and cheering. People learn about each other through play in a completely different way to when they work together.

Country Sports and Motorised

This is the most established style of event and includes activities such as:

Sporty	Alternative	Motorised
Abseiling	Boeing 747 Simulator	Banger Racing
Archery	Phantom F4 Simulator	Quad Bikes
Assault Course	Arcade Simulators	Honda Pilots
Dragon Boat Races	Giant Scalextric	Go Karts
Laser Clay Shooting	Radio Controlled Cars	Reverse Steer Car
Paintball	Lifeboat Rescue	Off Road Driving
Giant Obstacle Courses	Circus Skills	Rally School
Inflatable Olympics	Laser Quest	Racing School
Sky Diving		Blind Driving
It's a Knockout		Hovercraft
		Formula 1 Drive

These are just some of the available options and new ideas are always being launched. Typically a group will have several of these activities for an event and will move from one to another enjoying light hearted competition. Such an event format leans more towards fun than learning but it is ideal for motivational and incentive campaigns.

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Command Tasks

These events are ideal for focusing on the skills listed above. Teams are given a variety of tasks, each with strict time limitations. They might include building and crossing a bridge or navigating across a minefield. Each challenge comes with a story and the instructor will set the scene and encourage teams to work together. If an event has a specific objective, for example improving communication, the event can be biased towards that lesson.

Such a day can be given a theme to enable the story to be developed, for example Spy School in which a field is set up to look like a MASH camp and instructors wear camouflage uniforms and face paint. Clients are also encouraged to dress up if appropriate.

Indoor Events

For some events an indoor programme is suitable, either because the hotel has no outdoor grounds or because of the time of the year. We have a variety of creative options including simulations such as NASA Moon Survival in which teams must come up with a strategy to survive a crash on the dark side of the moon. Such simulations are presented with clips from well known space films and lighting to ensure that they are visually stimulating and exciting.

Hells Bells is a medieval theme game similar to a giant version of the children's game Mousetrap. Teams work together to create a massive device which works like a chiming clock and tells a story of intrigue and mystery. There is a fantastic grand finale in this game which brings the entire group together and leaves lasting memories.

Other Ideas Include:

- Murder Mysteries
- Treasure Hunts
- Sailing and Power boating
- Water Based Treasure Hunt in RIB Speedboats
- Hells Bells
- Charity Challenges
- Wacky Races
- Crystal Challenges

We are constantly working on new ideas with our team of activity designers to satisfy an increasingly sophisticated and experienced clientele.