

TEAM BUILDING at The Beeches

We have an extensive selection of team exercises to choose from and they can be used both **indoors** and **outdoors**.

Team Building offers an excellent tool to bolster morale or improve communication within groups. Our tasks are designed to stretch the imagination, encourage interaction, focus on resource management, decision-making and planning. We have a series of set packages, briefly outlined below.

WE RECOMMEND TEAM SIZES OF 6-8 PER TEAM

Option 1

Half Day Of Team Exercises (Indoors or Outdoors):

We have an extensive set of exercises to choose from and, in its simplest of formats, a light hearted Team Building event can consist of a series of these exercises set out in the grounds of the venue. This is ideal for a **post conference** type of event.

Teams rotate from one exercise to the next, scoring as they go. This format suits large numbers or occasions when time is limited. Tasks can include:

Gorge Crossing	Spaghetti Bridge	Great Escape
The Virus	Artesian	Sheepdog
Minefield	Eggs in Space	Spiders Web
Rope Square	Druids Maze	Build A Crane
Where's Murphy?	Space Escape	Moonwalk
Washing Powder	Invisible Maze	Wiggle
Human Table Football	Pipedreams	Obstacle Skis

For large groups, the tasks can be doubled up and teams can go "Head to Head" to encourage more competition.

Price Structure: One Team- £1000 + VAT, Two Teams- £1300 + VAT, Three Teams - £1450 + VAT, Four Teams- £1700 + VAT, Five Teams- £1950 + VAT, Six Teams- £2200 + VAT, Seven Teams- £2450 + VAT, Eight Teams- £2700 + VAT, Nine Teams- £3950 + VAT, Ten Teams- £3200 + VAT.

Option 2

Half Day Acropoli (Indoors or Outdoors)

The Teams will play on a **Giant board** (approx 15ft x 15ft) and the board is laid out like Monopoly except for the fact that it is based on a series of **Islands** set within the Mediterranean (with names like **Hairy Armpitopolos!**). The idea is for each team to buy as many Islands as possible (just like in Monopoly). Once an Island has been purchased then the teams will also get the opportunity to build a **Marina**, a **Taverna** and a block of **Apartments**. Naturally, if another team land on your Island then they will have to pay mooring fees, stop for a meal and also accommodation costs! There is even the chance to buy a set of **Donkeys** and charge for rides on the beach!

Everything is paid for in **cash** that has to be earned by completing a series of short tasks and fun games! The teams compete head to head and there is an excellent element of fun competition. The Event commences with each Team building their own **Mascot** (out of pipe cleaners) to push round the board. There will also be some head to head **Challenges** giving everyone the chance to earn some cash before the games commences. **Giant dice** are used to play the game.

Instead of "**Go to Jail**" on one corner of the board is a **Wheel of the Gods**. If teams land on it they will be given the opportunity to gamble! Also, on some occasions teams will go head to head on an exercise with the winner taking all the cash! There is even the chance for the teams to compete for extra cash in a **Greek Dancing** competition! But you can also lose money if you land on the **Kebab Van** or **Beach Towel Tax**!

The game is designed to be very fluid and flexible. It can last for a limitless amount of time and the winning team is simply the one with the most cash at the end of the day! It is great for teambuilding (there may be some negotiation between teams to swap islands and borrow money!) as well as great fun. The tasks that can be included can encompass a choice of the following (as well as new games being added all the time!):

Obstacle Skis

Artesian

Brainteasers

Giant Jenga

Where's Murphy?

Rope Square

Human Table Football

Virus

Catchphrase

Moonwalk

Scrabble Archery

Blindfold Tent

Grenade Launcher

Egg Tower

Spiders Web

Build A Crane

Wiggle

Washing Powder

Appliances

Caterpillar

Spaghetti Bridge

<p>Price Structure: One Team- £1000 + VAT, Two Teams- £1350 + VAT, Three Teams - £1700 + VAT, Four Teams- £2000 + VAT, Five Teams- £2300 + VAT, Six Teams- £2600 + VAT, Seven Teams- £2900 + VAT, Eight Teams- £3300 + VAT.</p>
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Option 3

Old Masters

This is a fantastic and unique new **Indoor Team Building Event**. It can also be used as a great form of after dinner entertainment. It encourages **creativity, interaction, interdependency** and **team cooperation**. It has the added advantage of all of the teams working in close proximity with each other and it leads to an **uplifting finale** involving every person present at the event!

The event involves the recreation of a **Grand Masters Painting** on a **giant scale!** (alternatively, pictures of your choice can be utilised). Each team has to create their own smaller piece of the giant picture using a **different medium**- these may include a wide variety of materials such as **oil paints, collage, newspaper cuttings, crayons, felt, pipe cleaners** or even beach **flotsam** and **jetsam**. We have even been asked to include products made by our clients' company!

A series of fun **Ice Breakers** are used to commence proceedings. Teams play head to head for **Funny Money**. The winners can choose the painting to be created and they also get to have first choice of materials.

For the **grand finale** all of the teams are asked to leave the room for a few minutes whilst the instructors collect the separate pieces of the picture. These are then **collated** on a giant board and everyone is invited back in the view the finished **Masterpiece**.

The final creation is a true reflection of **Teamwork** demonstrating how small teams can work **independently** towards a larger **common goal**. The painting can also be taken back to hang on the office wall as a reminder of the Event!

Price Structure: Four Teams- £1900 + VAT, Five Teams- £2450 + VAT, Six Teams- £2700 + VAT, Seven Teams- £2950 + VAT, Eight Teams- £3200 + VAT, Nine Teams- £3450 + VAT, Ten Teams- £3700 + VAT, add £300 + VAT for each team above this number.

Option 4 Half Day Mission Impossible (Outdoors or Indoors):

This is an in depth and enjoyable event that has proved to be our most popular Team Building event over the past couple of seasons. It offers both fun and challenging tasks, as well as facilitating effective team building.

Guests typically arrive back in the conference room after lunch expecting another lecture. Instead, they are informed that the original **Wallace and Gromit Puppets** have been dramatically snatched from a **Hollywood Film Premiere** by a gang of **International Puppet Snatchers!**

The teams, faced with a race against time to find him, have to locate and complete a series of **tasks** and **challenges** set within the grounds of the chosen venue. Successful completion of each exercise is rewarded with information that will assist the teams in their final search for Wallace. There is a **final twist** at the end before the teams can go off in search of the missing puppet!

Price Structure: One Team- £1200 + VAT, Two Teams- £1450 + VAT, Three Teams - £1800 + VAT, Four Teams- £2100 + VAT, Five Teams- £2450 + VAT, Six Teams- £2700 + VAT, Seven Teams- £2950 + VAT, Eight Teams- £3200 + VAT, Nine Teams- £3450 + VAT, Ten Teams- £3700 + VAT, add £300 + VAT for each team above this number.

Option 5

The Lost Inca Treasure Trail (Outdoors):

This is another of our most popular Teambuilding Events. Like the Mission Impossible, it offers both fun and challenging tasks, as well as facilitating effective team building.

During the initial briefing, led by that intrepid explorer **Indiana Bones**, teams are handed some **ancient manuscripts**, sealed in wax, that have been uncovered by a curator at the **Bodleian Library**. The old maps will lead the teams to series of Tasks that, if successfully completed, will help them find the key to a locked chest containing the **Lost Inca Treasure**.

The tasks are situated deep within the **Jungle** and teams have to negotiate such tricky obstacles as the **Temple of Doom** and crossing the dangerous **Quicksand**. They might come under attack from the native **Pygmies**, having to fend them off before escaping across the crocodile infested **Gorge**!

The teams are also issued with an ancient **Inca Divining Rod** that will help them locate the lost key- buried somewhere in the grounds of the venue. However, they must be successful on the **Virus** in order to retrieve the **Power Crystals**!

Once all the teams have completed their tasks the finale involves a rush around the grounds using the Divining Rods to unearth the missing key. The winning Team gets to open the **Treasure Chest** and share the spoils of victory!

<p>Price Structure: One Team- £1200 + VAT, Two Teams- £1450 + VAT, Three Teams - £1800 + VAT, Four Teams- £2100 + VAT, Five Teams- £2450 + VAT, Six Teams- £2700 + VAT, Seven Teams- £2950 + VAT, Eight Teams- £3200 + VAT, Nine Teams- £3450 + VAT, Ten Teams- £3700 + VAT.</p>

Option 6

Half Day "Enigma" (Outdoors or Indoors)

This is a new low cost Team Building/ Treasure Hunt Exercise designed specifically for those groups on a lower budget. It contains many of the tasks in the above options but is **"self policing"**, thus reducing the need for so many instructors. It is an event that calls for cunning and innovation! The scenario is that the teams are faced with a Mission to crack the code of the top secret **"Enigma Machine"**.

First of all the teams have to find the venue, hidden deep behind **enemy lines!** To do this they will have to meet a mysterious **Secret Agent** at **Checkpoint Charlie** who will

hand them some top secret documents outlining their mission and also containing instructions on how to reach the "**Drop Zone**".

A series of fun tasks and activities are located in the woods surrounding venue and, once they have been dropped behind enemy lines, the teams have to locate and complete each one using the map and **Grid References** provided by the **Resistance**. At the same time they have to evade capture from the patrolling security forces!!!

Once they have successfully completed their tasks (photographic evidence will have to be shown!) then the teams can radio through (using the **Walkie Talkies** provided) for their final rendezvous where they will be met by "**M**" and get the chance to crack the **Enigma Code!**

Tasks can include:

**Spiders Web
Tent Erection
Well**

**The Virus
Where's Murphy?
Rope Square**

**Invisible-Maze
Grenade-Launcher**

**Blindfold
Artesian**

<p>Price Structure: One Team- £700 + VAT, Two Teams- £850 + VAT, Three Teams - £1050 + VAT, Four Teams- £1250 + VAT, Five Teams- £1450 + VAT, Six Teams- £1650 + VAT.</p>
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Option 7 **Half Day "Dash for Cash":**

This is an excellent way to combine **Teambuilding** with fun **Activities**. The teams are faced with a mixture of Team Exercises and Activities (other options available) such as:

Quad Bikes or Racing Lawnmowers (including Team Relay)
Team Exercises- Spiders Web and the deadly virus
Scrabble Archery or Laser Clay Shooting
Team Exercise- Artesian Well
Blindfold 4 x 4 Driving

"Mystery Task???" for the Grand Finale (involving all teams)

Each time they complete a section the teams are awarded "**cash**" in the form of **Funny Money**. The amount they get depends on how quickly they perform the task, how enthusiastic they are and also how well they work together as a Team.

The event finishes with a grand finale in the form of a "**Mystery Task**" where the teams all compete **head to head** to see who is the overall winner. The teams have to buy the equipment needed for this task using the "cash" they have earned from the previous challenges.

<p>Price Structure: One Team- £1100 + VAT, Two Teams- £1350 + VAT, Three Teams - £1700 + VAT, Four Teams- £2000 + VAT, Five Teams- £2350 + VAT. Six Teams- £3100</p>

+ VAT, Seven Teams- £3350 + VAT, Eight Teams- £3600 + VAT, Nine Teams- £3850 + VAT, Ten Teams- £4100 + VAT.

Option 8 Half Day Ice Breakers or Post Conference Energisers:

These games offer a very effective means of breaking down barriers and **energising** participants before the main Team Building event begins. Alternatively, they can be used as a post conference energiser as a stand-alone event in their own right.

A group will typically be split into teams and participate in a series of light-hearted fun games and exercises. Each team is given a **call sign** (such as being **Loud Farmers**) to encourage team identity and participation.

Although fun, an element of competition can be included! The games are fast and furious calling for quick thinking, interaction and a sense of humour. A **joker** can be played to earn double points! Games can include:

Washing Powder Ad
Obstacle Skis
Blindfold Tent
Wiggle
Egg Tower

Jenga
Build A Crane
Catchphrase
Eggs In Space
Caterpillar

Board Meeting
Pipe Dreams
Maths Puzzle
Brain Teasers
Human Table Footy

Price Structure: One Team- £750 + VAT, Two Teams- £900 + VAT, Three Teams - £1050 + VAT, Four Teams- £1200 + VAT, Five Teams- £1350 + VAT, Six Teams- £1500 + VAT, Seven Teams- £1650 + VAT, Eight Teams- £1800 + VAT, Nine Teams- £1950 + VAT, Ten Teams- £2100 + VAT.

Option 9 Indoor Office Olympics:

This event is a fantastic form of Indoor Entertainment that combines Team Bonding with fun and hilarity! We have used a combination of our Indoor Tasks, Ice Breakers and It's A Knockout Games to create an exciting and action packed event. The games are quick fire and can have hilarious results!

A group will typically be split into several teams and participate in a series of light-hearted fun games, tasks and quizzes. Each team is given a **call sign** (such as being **Loud Farmers** or the **Sweeney**) and are actively encouraged to be as loud as possible!

The games are fun and an element of competition can be included- teams may play a **Joker** to earn double points on one game. We can also include **funny money** with the team that wins the most cash (by hook or crook) at the end of the event being declared the winner.

The games come thick and fast calling for quick thinking, interaction and a sense of humour (you might be asked to wear a white coat and bald head!). Games can include a selection of the following:

Washing Powder Ad	Giant Jenga	Board Meeting
Obstacle Skis	Build A Crane	Pipe Dreams
Blindfold Tent	Catchphrase	Maths Puzzle
Wiggle	Grenade Launcher	Brain Teasers
Appliances	Where's Murphy?	Human Table Footy
Giant Egg Tower	Caterpillar Racing	Table Top Footy

Price Structure: One Team- £750 + VAT, Two Teams- £900 + VAT, Three Teams - £1050 + VAT, Four Teams- £1200 + VAT, Five Teams- £1350 + VAT, Six Teams- £1500 + VAT, Seven Teams- £1650 + VAT, Eight Teams- £1800 + VAT, Nine Teams- £1950 + VAT, Ten Teams- £2100 + VAT.

Option 10

Full Day of Ice Breakers and Mission impossible, Lost Inca Treasure Trail, Acropoli, "Enigma" or "Dash for Cash":

Ice Breakers:

These games offer a very effective means of breaking down barriers and **energising** participants before the main Team Building event begins. A morning session of **Ice Breakers** is the ideal complement to an afternoon **Mission Impossible**.

Once completed, the morning session is followed by a **Mission Impossible, Lost Inca Treasure Trail, "Enigma" or "Dash for Cash"** (as described above) in the afternoon.

Price Structure: One Team- £1500 + VAT, Two Teams- £1800 + VAT, Three Teams - £2100 + VAT, Four Teams- £2500 + VAT, Five Teams- £2850 + VAT, Six Teams- £3100 + VAT, Seven Teams- £3350 + VAT, Eight Teams- £3600 + VAT, Nine Teams- £3850 + VAT, Ten Teams- £4100 + VAT.

Option 11

Full Day of Classroom Theory and Mission Impossible, Acropoli, Lost Inca Treasure Trail, "Enigma" or "Dash for Cash":

This format represents our most advanced and intensive form of Team Building. The morning comprises of an intensive theory based Classroom Session. Our Trainer is experienced in the use of powerful personality profiling methods including Belbin and Myers Briggs. Facilitated by our expert Trainer we will cover a wide range of topics including:

What is a Team?

Planning and the Planning process

Communication

Team Roles

What makes an effective team?

Assertiveness and Leadership

Understanding of others

Managing and resolving Conflict

The session is very **interactive** and all delegates will be encouraged to participate fully in every area of discussion. The trainer will also allow time for some **Ice Breakers** that will complement the topics covered. Their final task for the morning is to complete the **Electric Team Leader** and come up with an **Action Plan** for the afternoon session.

In the afternoon delegates are offered the chance to put theory in to practice by completing a series of Team Exercises- usually under the guise of the **Mission Impossible** scenario. Following these exercises the teams are debriefed and encouraged to look at how they performed as a team before the final wrap up session back in the classroom.

The final task involves the whole group going through a collective **Debrief** and **Feedback** session. Each participant is given a handout to take away with them and encouraged to look at how the benefits of the programme might be applied to the **Workplace**.

This is an intensive but highly effective Team Building event that is best suited for smaller groups (up to 30 participants). It can work equally well **Indoors** or **Outdoors**.

Price Structure: One Team- £1300 + VAT, Two Teams- £1900 + VAT, Three Teams - £2500 + VAT, Four Teams- £3100 + VAT, Five Teams- £3600 + VAT.

Option 12

Full Day or Half Day Land Rover Treasure Hunts:

These have also proved to be very popular recently and operate along similar lines to the Mission Impossible. Each Team is supplied with a vehicle and instructor (to ensure that they do not stray too far off course!). The event often starts with an indoor Ice Breaker, such as **Supertanker**, to get the teams working together and interacting.

The teams have to follow a series of clues that will take them on a predetermined route, completing a set of **Team Challenges** on the way round. Wherever possible, we include stops at points of **Historical Interest** and **Natural Beauty**, to make the route as interesting as possible.

Each team is issued with a **Polaroid Camera** and film. They have to take photographs on the way round, proving that they have visited certain places and completed all of the tasks. At the end of the event, each team does a short **presentation** explaining their **mission**. It is up to them to make it as interesting and far fetched as possible using all of the **props** and **photos** that they have collected on their journey. Finally, all of them **vote** for the best **"Story"** to determine the winners.

Price structure: Up to 2 vehicles- £1775 + VAT, Up to three vehicles- £2225 + VAT, Up to four vehicles- £2775 + VAT, Up to five vehicles- £3225 + VAT, Up to six vehicles- £3775 + VAT.

Option 13

Half Day Multi Activity Events:

A Multi Activity event is an excellent way to entertain your clients or reward loyal staff. There is always something for everyone as the combination of Driving Activities and Field Sports offers excellent variety. We can offer you an extensive range of Activities including the following:

Honda Pilot Buggies	Archery	Clay Pigeon Shooting
Quad Bikes	4 x 4	Laser Clay Shooting
Reverse Steer	Air Rifles	Human Table Football
Racing Lawnmowers	Falconry	Blindfold Driving
Grass Karts	Hovercraft	Sheepdog Trials

The event can take place at the venue of your choice or we can easily source one for you. We recommend that teams of 6-8 participate on each Activity at once and you have a minimum of three Activities.

All participants are supplied with full safety wear (helmets and waterproofs). Shelter gazebos are erected whenever possible, pit lanes and welcoming areas flagged off with bunting are also supplied.

A typical format will involve groups rotating around the Activities spending about 40 minutes on each one. The teams are scored as they go round and Prizes may be awarded at the end of the event.

Events can last for a full day or half day and you can choose your own combination of Activities. Alternatively, we have some special packages listed below:

A) Three Driving Activities:

**Honda Pilots
Quad Bikes
Blindfold Driving**

Price: £2000 + VAT

B) Three Field Sports Activities:

**Archery
Clay Pigeon Shooting
Air Rifle Target Shooting**

Price: £1800 + VAT

Three Activities are suitable for up to 24 guests.

C) Four Activities:

**Archery
Quad Bikes
Racing Lawnmowers
Blindfold Driving**

Price: £2125 + VAT

D) Four Activities:

**Archery
Honda Pilots
Clay Pigeon Shooting
Blindfold Driving**

Price: £2250 + VAT

Four Activities are suitable for up to 32 guests

E) Multi Activity Event with 2 Identical Zones for Large Groups

**Archery
Quad Bikes
Human Table Football
Racing Lawnmowers
Blindfold Driving**

**Archery
Quad Bikes
Human Table Football
Racing Lawnmowers
Blindfold Driving**

Price: £4775 + VAT

This Event is suitable for up to 80 participants

F)- Half Day for smaller groups:

This option allows smaller groups to experience a wider range of Activities at a discounted price. It is available for group sizes of up to 12 participants.

Activities include:

**Honda Pilots or Clay Pigeon Shooting
Archery or Blindfold Driving
Quad Bikes or Racing Lawnmowers**

For group sizes of up to 8 they will participate as one team and group sizes above 8 will participate as two teams.

Price: £150 + VAT per person based on a minimum charge of £1500 + VAT

DESCRIPTIONS OF ACTIVITIES

DRIVING ACTIVITIES (sold on a 4 hour hire basis):

Honda Pilot Buggies (£700 + VAT per pair)

These off-road buggies were originally designed for dune racing in America. They have a phenomenal rate of acceleration and the driver is fully protected by a complete roll cage. Despite their advanced design, pilots are simple to drive, with fully automatic hand operated controls. Guests race against the clock over a flagged course. The pilots can also be used for team building where the crew participate in a "Team Relay". Be warned, this is one of our most popular activities and you **will** enjoy yourself!

Reverse Steer Land Rover (£700 + VAT)

Our specially designed Land Rover is designed to confuse the driver! Turn the steering wheel left and the vehicle goes right! Guests have to negotiate a tricky course without hitting any flags - not as easy as it might at first sound!

Racing Lawnmowers (£650 + VAT per pair)

All thrills of the Race Track brought to you via the power of these high- tech lawnmowers! Our engineers have converted real mowers into exciting racing machines. Modifications include the fitting of a race seat and Formula 1 style steering wheel. Participants race against the clock and the Team Challenge can include the obligatory Pit Lane Tyre Change. This activity is hilarious fun but watch out for "Garden Rage"!

Blindfold Driving (£650 + VAT)

A true test of teamwork and communication – not advisable for couples! The blindfolded driver is instructed by a sighted passenger and a course has to be negotiated safely! The teams race against the clock with penalties being incurred for hitting any gates.

Quad Bikes (£650 + VAT)

Another of our most popular activities. These four-wheeled bikes can go anywhere and, like the Pilots, are fully automatic making them extremely easy to operate. No driving experience is necessary! Guests will face a challenging course, including the Limbo Pole.

4 x 4 Driving (£700 + VAT)

This obviously depends on the suitability of the venue used for the event. Where possible, a testing off-road course is set up. Under the watchful eye of our instructor, guests will attempt to negotiate this course with points being awarded for driving skill as well as speed.

Archery (£495 + VAT)

The traditional sport of Longbow is an ideal complement to Driving Activities. Guests use Olympic Recurve bows and will undergo instruction before taking their scoring arrows. Don't forget to bring your green tights!

Laser Clay Shooting (£645 + VAT)

This is ideal for venues where it is not possible to do real clay shooting (such as city centre hotels with limited grounds). Up to five people can play at one time. Guests use deactivated shotguns fitted with a laser beam to shoot at clays fitted with a reflective strip. An automatic scoreboard keeps track of your progress.

Air Rifle/Pistol Target Shooting (£495 + VAT)

Our BSA air rifles are fitted with powerful telescopic sights and guests will face a variety of targets. Scores are kept. How many targets can you hit on the "Against The Clock Round"?

Human Table Football (£695 + VAT)

This is a giant inflatable version of the popular pub game and is hilarious fun! Human players are attached by Velcro to plastic poles, which slide from side to side across a pitch with inflatable sides. Team sizes can range from 5 to 8 aside. Great fun for It's A Knockout Activity Days or as a stand alone event- but beware of the referee! Players have been known to be given the Red Card for having scary hair or even a beard!

Others:

Hovercraft (per pair):	£795 + VAT
Powerturns (per pair):	£695 + VAT
Falconry:	£695 + VAT
Sheepdog Trials:	695 + VAT

DESCRIPTION OF OUR MOST POPULAR TEAM GAMES

Spiders Web (teamwork and problem solving):

Hidden in the trees is a giant bungy web. The whole team have to pass through it, and back again, without touching the web. This is a very popular task that involves the whole team working together.

Artesian Well (multi tasking, teamwork, leadership & problem solving):

The team are faced with a restricted area. Inside is a length of down pipe that they are told contains a bomb. The aim is to retrieve the bomb without touching it and transfer it to the safety bunker, also situated within the minefield. There are also two watering cans located in the middle of the minefield. There is not a lot of equipment provided and the team really have to puzzle over this one. Teamwork is essential to complete what initially looks like an impossible task.

Grenade Launcher (planning, design and leadership):

Using the equipment provided, the teams have to construct an egg launcher. Not only do the teams have to fire the egg across a gorge, but they also have to catch it to earn maximum points!

The Virus (problem solving and cooperation):

In the middle of a minefield is a tin containing a highly contagious virus. This has to be retrieved and taken to a decontamination pot. No member of the team is allowed in the minefield or within three feet of the virus!

Druids Maze (planning and leadership):

The team are faced with a giant bungy maze stretched out across the floor. They are informed that it has been laid across a dangerous area containing quicksand and the only safe way across is with the aid of a series of coloured wooden boards. Once a segment has been used it cannot be used again. Careful planning is needed or some members of the team may be left stranded on the wrong side!

Wiggle (teamwork and trust):

An excellent Ice Breaker calling for teamwork and co-operation. The team form a circle and join hands. There is an inner tube hanging over the arms of one pair in the group. The aim is to pass the tube all the way round the circle without releasing each other's hands! This is even better when two or more teams are racing each other.

Space Escape (problem solving and teamwork):

This game calls for organisation, communication and problem solving. Faced with a dwindling supply of oxygen the team must rearrange hula-hoops in such a way that will allow them to beam aboard their spacecraft. Various restrictions are in place, which make this task a lot more difficult than it first appears.

Gorge Crossing (teamwork, trust and planning):

Faced with an imaginary 200ft deep, crocodile infested gorge, the team have to get safely across using the equipment provided. This is hard enough but what if one of the team steps on an unseen mine and has to be stretched across?

Invisible Maze (problem solving, leadership & organisational learning):

A group of astronauts in training for a two-year mission into deep space must demonstrate their ability to learn and problem solve as a team by traversing an invisible maze.

Minefield (communication, planning and trust):

Faced with crossing a minefield blindfolded, the team have to first create a language using a whistle and then get as many people across the minefield in the allotted time period. Planning and time management are essential.

Moonwalk (problem solving and interdependence):

Your team have been caught on the wrong side of a poisonous swamp whilst testing an experimental oxygen system. They need to get back across to the other side to safety, but the system involves the entire team being linked together. Time is of the essence because there is a limited supply of oxygen left in the tanks

Obstacle Skis (interdependence, cooperation and trust):

Great as an Ice Breaker or as a team exercise in itself. Three members of the team are linked on a pair of skis and have to safely negotiate an obstacle course. This game calls for balance and teamwork and it can be hilarious fun for onlookers!

Blindfold Tent Erection (communication and trust):

An excellent communications exercise. Before they even see the task, the team have to select communicators and facilitators. The facilitators are blindfolded and then the sighted members of the team are given the brief. They have to instruct their blindfolded team-mates to erect a tent within a restricted area, then get in it and zip up the door! This is a head-to-head race to use during an Ice Breaker session.

Washing Powder Advert (creativity, design and planning):

Using props and a Polaroid camera, the team have to make a washing powder advert, take photographs and make a presentation to the rest of the group. This calls for creativity and imagination. It is one of our most popular team tasks!

Great Escape (trust, interdependence and planning):

The team have been captured and imprisoned by aliens. Any disturbance of the compound wall will alert the aliens with the result that the whole group are re-imprisoned, even those who have escaped. The only equipment provided is a single plank. The task calls for a high level of team commitment and how does the last person get out?

Board Meeting (creativity):

The team must balance themselves on a small board long enough to sing the chorus of a song. The words are to be created by the team and adapted to a known tune of their choice. This task calls for problem solving, creativity and team building. It can also have some hilarious results!

The Amazing Electric Team Leader (communication, planning and interdependence):

The team has to draw up a list of the actions that a superbly competent team leader would carry out in order to achieve the following: Good Teamwork, Motivate Individuals, and Develop the Team as a Whole. This is an excellent communications exercise that can also be used to help a team formulate an Action Plan for the tasks ahead.

Build A Crane (problem solving and planning):

This is an excellent task for creativity and resource management. Teams are provided with a range of equipment that they have to buy. Using their materials they have to build a crane with points being awarded for weight lifted, vertical distance, horizontal distance and aesthetic appearance of the crane. This is an intriguing exercise that calls for a lot of thought and planning.

Where's Murphy? (problem solving and interdependence):

The team's task is to calculate and provide the top management of an Irish Whiskey company with a vital sales figure. Each member has some of the necessary information but, unfortunately, Mr Murphy, the Sales Manager, has disappeared with some of the key data. It's a race against the clock to locate him and ask him to fax the missing information. This exercise highlights interdependence, leadership and planning skills.

All activities subject to ground hire charges