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### **Adventure Challenge**

This self-led teambuilding event incorporates traditional team building activities with a less intense, recreational-style of program. Specifically designed for groups that are self-motivated, high-functioning, and see the value of teamwork, but don't necessarily want to spend the time discussing it between activities, the Adventure Challenge is for groups that want a fun, competitive event. Easily adapted to be a themed event or a friendly competition, we will develop a program that is tailored specifically for your group, its goals, time constraints, physical abilities or liabilities. Please feel free to contact Eriq Powers with any questions.

- A liaison from each small team will be trained prior to the rotations, in order to make sure the group has clear instructions.
- A facilitator will start the event with some warm-up activities
- Groups will have different roles to fill (leader, scribe, time-keeper, goal-keeper, liaison).
- Facilitators will be available to answer questions and check for safety.
- Groups will rotate from activity to activity, working on communication, problem-solving, and building trust among their members.
- The GROUP CHALLENGE will bring everyone together to perform a challenging task...



**ADVENTURE CHALLENGE** - (always tailored to fit the goals of your group)

#### **SAMPLE ITINERARY**

**10:00 am – group arrives: check medical waivers and brief overview of the day.**

**10:15 am – warm-up games – tag variations, etc...**

**10:50 am – break into groups, small group introductions – discuss accident potential, challenge by choice philosophy, program rules, instruction books, etc...**

**11:00 am – rotation 1**

**11:25 am – rotation 2**

**11:50 am – LUNCH**

**12:20 pm – GROUP CHALLENGE (Electric Coin Toss)**

**12:40 pm – rotation 3**

**1:05 pm – GROUP CHALLENGE (World's Tallest Structure)**

**1:20 pm – TRUST EXERCISES**

**1:40 pm – MOUSETRAPS**

**1:50 pm – Debrief (Small Group)**

**2:00 pm – END**