

Wales Activity Breaks

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Climbing, Caving & Raft Building (inc buffet lunch)

Suggested Itinerary

9.30am Group arrives at the centre, coffee/tea, briefing on the day's activities in the meeting room

10.00am Brainstorming session on teams and teamwork, identifying key words associated with successful teams. Discussion. Pair off and interview each other to discover new facts about your team members and present to the rest of the group

10.45am Split into 3 teams for the rest of the day

11.00am Team (A) Climbing
Team (B) Caving
Team (C) Raft Building

12.30pm Team (A) Raft Building
Team (B) Climbing
Team (C) Caving

2.00pm Buffet Lunch

3.00pm Team (A) Caving
Team (B) Raft Building
Team (C) Climbing

4.30pm Activities finish, de-brief and review the day. Discuss training needs and goals to set

5.30pm Depart

