

Wales Activity Breaks

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Kayaking & Climbing (inc buffet lunch)

Suggested Itinerary

- 9.30am Group arrives at the centre . Coffee/tea and briefing on the day's activity
- 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 2 teams for the day
- 11.00am Group (A) Kayaking
Group (B) Climbing
- 1.00pm Buffet Lunch together
- 2.30pm Group (A) Climbing
Group (B) Kayaking
- 4.30pm Activities finish, de-brief and review the day. Discuss training needs and goals to set.
- 4.30pm Depart

