

Wales Activity Breaks

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Quad Biking, Archery & Problem Solving (inc buffet lunch)

Suggested Itinerary

- 9.30am Group arrives at the centre, coffee/tea, briefing on the day's activities
- 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 groups
- 11.00am Group (A) Quad Biking
Group (B) Archery
- 12.30pm Group (A) Archery
Group (B) Problem Solving
- 2.00pm Buffet Lunch at the nearby country pub
- 3.00pm Return to centre
- 3.15pm Group (A) Problem Solving
Group (B) Quad Biking
- 4.30pm Activities finish, de-brief and review the day. Discuss training needs and goals to set
- 5.30pm Depart

