



TEAMBUILDING ACTIVITIES ON-SITE (WE NORMALLY QUOTE ON ACTIVITIES BELOW)	ACTIVITIES AVAILABLE ON REQUEST ONLY (WE ONLY QUOTE WHEN SPECIFICALLY REQUESTED T&C APPLY)
BUSHMAN'S CHALLENGE	DRUMMING
ARCHERY	EAT N BEAT
SURVIVOR	PUB OLYMPICGAME SHOWS
PAINTBALL ** (MS)	INFLATABLES
KETTY SHOOTING	MOVIE MAKING
MAP & COMPASS TANGO	GIANT FOOSBALL
REMOTE CONTROL CARS	MECHANICAL BULL
QUAD / ECOBUG CHALLENGE ** (MS)	BOOGIE BODIES (KARAOKE WITH SCREEN)
AROUND THE WORLS IN EIGHTY MINUTES	BELLY DANCING
AMAZING ACTIVITIES	GUMBOOT DANCING
CREATIVE BUILDING	FIRE DANCING OR FIRE WALKING
LASER CLAY PIGEON SHOOTING	MOTIVATIONAL SPEAKERS
FRISBEE GOLF	MURDER MYSTERIES
TREASURE / SCAVENGER HUNT	KARAOKE
AD MAKING	
MINUTE TO WIN IT	
TRIVIAL PURSUIT	ICEBREAKERS:-
BOXCAR CHALLENGE	Untie me, Human knot, River Bank
4X4 GYMKHANA ** (MS)	(Please refer to Amazing Activities for descriptions)

** * (MS) – MEDICAL SUPPORT is compulsory for high risk activities marked ** (MS)

*** Additional R950 for medical support***

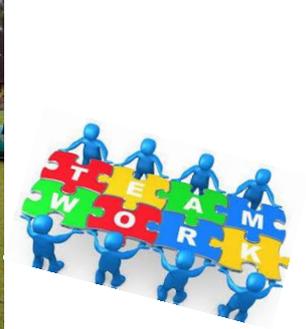
Quote includes teambuilding co-ordinators

BUSHMAN'S ROCK COUNTRY LODGE – TEL 012 808 2888 – info@bushmansrock.co.za



TEAMBUILDING ACTIVITIES ON-SITE

ACTIVITY	DECIPTION	DURATION & LESSONS
QUADBIKE GYMKHANA OR ECOBUG CHALLENGE	<p>The gymkhana can be used as a fun activity or as part of a team building process. The process has low risks, but it is still exciting enough to offer some challenges. Groups from 6 to 40 can be accommodated.</p> <p>The exercise consists out of a gymkhana with team activities. The team is evaluated according to a mark sheet and the marker accompanies the team..._It starts from a fixed point, follows a circular route and ends at the same point. It includes certain activities such as, throwing a stone in a bucket on the move (Stone Put), balancing a small bucket filled with water, above the head, without spilling (Cascades), Ketty shooting(Top Gun) and zig zagging through markers (Zig Zag) and balancing the quad on a balance beam(Balance Challenge).</p>	<p>Duration : ± 2 hrs Lessons: Teamwork, planning, team spirit, communication and trust.</p>
SURVIVOR	<p>An excellent team event. Be innovative in your survival techniques – Do what you can, with what you have. Groups get a survival kit and instructions. It consist of all or some of making a snare, building of a shelter, making a fire, tracking (where possible), nature quiz, purifying water, catching fish, building a small raft</p>	<p>Duration: 2 to 3 hrs Lessons – Teamwork, creativity, communication, trust, initiative, team spirit, think outside box.</p>
BUSHMAN'S CHALLENGE	<p>This challenge is unique to Bushmans Rock. The theme is Bushman. Delegates have to do various challenges related to the Bushmen – Building a shelter, Making a bow & arrows and testing it in a shootout, painting making an ostrich egg, Making a song in Bushman Language... Intersted!!!</p>	<p>Duration: 2 to 3 hrs Lessons: Teamwork, creativity, communication, trust, initiative, team spirit, think outside box.</p>
ARCHERY	<p>A very popular and interesting team competition. If you can hit the yellow dot try to hit the buck or the balloon. Delegates are shown how to shoot followed by an instructional round, practise rounds and one or two competition rounds. Six sets are available</p>	<p>Duration: 1 h 30 to 2 hrs. Lessons: Having Fun, team spirit, new skill, focus, concentration.</p>
PAINTBALL **(MS)	<p>Look mean and tough and sort out your opponent. The only way you can enjoy being shot at. Two teams compete against one another in two or more exercises, Killer exercise, steal the other team's flag exercise and an open exercise where the game stops with the last one standing</p>	<p>Duration: 1 h 30 min to 2 hrs. Lessons: Strategize, having fun, planning, team spirit</p>
KETTY SHOOTING	<p>Those were the days. Become young again. It is based on the same as the archery. Six sets are available. Targets are plastic coloured bottles. Stones form the ammunition and different shooting positions are used -(Normally in conjunction with archery) – can also be incorporated in other events)</p>	<p>Duration: 1 hr Lessons: Having fun, new skill.</p>



ACTIVITY	DECIPTION	DURATION & LESSONS
MAP AND COMPASS TANGO	Find your way with a challenging experience. It starts with a short lecture and then teams have to walk on a few legs to different points, as accurately as possible. At the end teams receive a questionnaire to complete from the map. The exercise ends with an activity where direction and distance to an object has to be guessed.	Duration: 1hr 30min - 2 hrs. Lessons: Team work, trust, having fun, accuracy, sense of direction.
REMOTE CONTROLLED CARS	Put your remote controlled 4 x 4 to the test on a challenging and daring track. This is for smaller groups up to 12 delegates. It consists of two to three parts that can be done in rotation or one after the other. A speed exercise over a distance where time is taken, an obstacle exercise where they have to manoeuvre over bridges, balancing beams, minefield etc.	Duration: 1 hr 30 min Lessons: This is a very tactical and a good planning and communication exercise, focus, concentration, having fun, new skills.
AROUND THE WORLD IN WIGHTY MINUTES	Visit a country, do an activity known to the country and have a drink used in that country. Each point represents a country. Soft drinks or snacks known to that country can also be used. It is normally done late afternoon or during a meal.	Duration: 1 to 1h30 hrs Lessons: Having fun, competition spirit, team spirit and communication.
CREATIVE BUILDING	Teams are issued with 50 to 150 small planks each. They have to build anything from a tower, car, house, a portrait in certain given times. Everyone has to partake and teams with highest, biggest, best and most used planks are the winners – Lego building is also available	Duration: 2 hrs Lessons: Creativity, time management, initiative, job satisfaction, communication
LASER CLAY PIGEON SHOOTING	No loud shots, no sore shoulders. Test your shooting skills on a clay pigeon. This is a very interesting and fun event	Duration : 1 to 2 hrs. Lessons : New skill, competition fun, team spirit
FRISBEE GOLF	Play golf with a Frisbee. It is played on the same principle as golf. Instead of a hole it is a marked circle. It can also include things like longest drive, closest to the hole, hole in one etc. Try it!!	Duration: 1h30 min Lessons: Team Work, competition fun, team spirit
TREASURE / SCAVENGER HUNT	Get cryptic clues, visit different points, do challenges and end up somewhere where you can find a treasure.	Duration: 2 hrs Lessons: Fun, teamwork and planning
TRIVIAL PERSUIT	It is a general knowledge quiz on a screen. Quick reaction is important	Duration: 1 hr Lessons: Fun, competition
BOXCAR CHALLENGE	The challenge consists of three stages: Building - Equipment needed is provided. The body of the car must be built with carton. Each team must create an own brand name and logo for the car. Advertise prep and presentation- Each team has to advertise their car. A video will be made of each team. Race- Then the race will start.	Duration: 2h30 min Lessons: Fun, teamwork and planning, competition



ACTIVITY	DESCRIPTION	DURATION & LESSONS
<p>AD MAKING</p>	<p>Teams have to make an advertisement on certain products. They get time to plan and put together. Each team will get a video camera and they have to shoot an ad. The ad must be 20 seconds long. No editing. It is record and stop after 20 sec. The sequence must be perfect.</p>	<p>Duration: 1 to 2 hrs Lessons: Fun, creativity, communication</p>
<p>AMAZING ACTIVITIES</p>	<p>It is a combination of activities consisting of fun-, think- and team support exercises. Lesson : <i>teamwork, adrenalin, chance, time management, planning, cunning, having fun</i></p> <p>Untie Me Two people stand opposite each other and both are linked with a rope that is tied at the wrists. They have to come loose without taking the rope from their wrists.</p> <p>Marble run Delegates stand in a line each holding a 30 cm channel iron. One person must feed marbles from a fixed point and the marbles must be channeled on the channel iron without dropping any of the marbles. The marbles must go into a bucket a few paces away. They must get as many marbles into the bucket in a given time.</p> <p>Cascades Delegates have to fill a 1 m pvc pipe full of holes with water. Each team gets a bucket to fill the pipe. At the bottom of the pipe is a ping pong ball. They must now close the holes with everything they can, like fingers, hands, toes, and fill the pipe until the ball comes out. The pipe must be in an upright position.</p> <p>Traffic Jam Only works for groups with even numbers. Two group stands in a line facing each other. Each one stands in a hoola hoop. In the middle is an open hoola hoop. The two teams must pass each other so that the one team stands in the hoola hoops of the other team. Certain rules apply.</p> <p>Tug of War Best out of three tugs is the winner</p> <p>Rope work Teams must each hold onto a rope and by instruction of a co-member build certain figures, such as a square, circle, figure 8, tri angle etc. No one is allowed to shift their hands on the rope. It can be done blindfolded also – planning, trust, communication, listening skills. It also includes rope set up like a spider's web. Members must go from one side to the other side, through holes without touching the rope. Members have to pick up some members and pass them on through the holes. When a hole is used, it is closed.</p> <p>Tube Juggle Tubes must be shifted amongst three markers. Tubes lie on top of each other at the starting point and is marked from 1 at the top to 5 at the bottom. The tubes must all end up at the third marker in the same order. A bigger number can't lie on top of a lesser number.</p> <p>Amazing activities continues.....</p>	<p>Duration: 2 hrs Lessons:</p> <p>Planning, initiative, communication, problem solving Team work cooperation, competition spirit Competition, team work, fun Brainteaser, communication, planning, problem solving, and team work Perseverance, Competition Team support Planning, team work, communication Problem solving, communication</p> <p>Planning and teamwork Planning, team support, trust Listening skills, focus, concentration Problem solving Fun Communication & trust Competition, fun, focus Competition, fun, teamwork Listening, Focus, Fun Fun</p>



ACTIVITY	DESCRIPTION	DURATION & LESSONS
<p>AMAZING ACTIVITIES CONTINUES</p>	<p>Human Knot Members stand in a circle. They hold hands on both sides. The right arm is over the left arm. They have to end up still holding hands but now the arms must be uncrossed.</p> <p>Toxic Waste Use ropes to throw a bucket filled with mealies into another empty bucket. No one is allowed to enter the circle around the bucket</p> <p>Toxic Dump Members have to build a bridge from one side to the other side of the toxic area. They only have planks and bricks. If someone touches the area, that person is out.</p> <p>River Bank All members stand on one side of a rope which forms the bank. The other side of the rope is a "river". The facilitator calls either river or bank. If a member jumps to the wrong side, he or she is out. It carries on until one member is left – The Champion</p> <p>Nail Challenge Delegates have to balance 16 nails on top of an upright nail fixed in wood</p> <p>Paintball Target Shoot Teams shoot at a target like a dart board. The bullets are valcro balls that stick to the target</p> <p>Blindfolded Minefield Delegates are blindfolded and must walk through a minefield (mines are plastic cones). They have to avoid mines and pick up objects of which some are "boobytrapped" They have a coach giving directions</p> <p>Suck and Blow A 24 cm pvc pipe is used to suck up a ping pong ball from a bucket, the team member must run to another bucket a distance away and release the ball in the bucket. If it falls off on the way the ball is wasted. A certain amount of balls must be transferred in a certain time.</p> <p>Balloon Popping Each team receives a certain amount of blown up balloons. They take part in pairs. One partner must run around a marker to the other partner and put the balloon between their bodies at different places and by applying pressure they must burst the balloon. It is done against time.</p> <p>Ha ka so Everyone stands in a circle, we got three hand commands , each one of the command the hand points in a different direction, and the next person must follow. If u do a wrong command or hesitate, you fall out of the circle. Delegates have to repeat each command loud and indicate with the hand. If you fall out of the circle, you must run around the circle screaming Ha ka so, to confuse the others.</p> <p>Achucuka Sing along song, facilitator tells what movements to do and what to sing.</p>	



ACTIVITY	DESCRIPTION	DURATION & LESSONS
<p>4 x 4 GYMKHANA</p> <p>The client to provide own 4 x 4.</p>	<p>Get your team, with a map, in the off road mode with challenging and interesting team exercises . The client to provide own 4 x 4. The gymkhana can be used as a fun activity or as part of a team building process. The process has no risks, but it is still exciting enough to offer some challenges. A team consisting of 4 to 7 members is allocated to a vehicle. The team consists of a driver, navigator and team members. The team receives a map with instructions and the team then has to follow a route. Along the way the team takes part in certain activities. Some are based on teamwork and some are based on individual actions. Drivers can change according to need. The team is evaluated according to a mark sheet and the marker accompanies the team.</p> <p>4 X 4 TRAINING - We offer basic to advanced training to individuals or companies. Clients use own vehicles to get trained on.</p> <p>CONTENTS OF 4 X 4 GYMKANA Items that form part of the 4 x 4 gymkhana are as follows: (Items can be left out or added according to need and time available)</p> <p><u>Tarzan & Jane</u> The whole team must do rope walking for a distance without falling of.</p> <p><u>Bridge too Far</u> The vehicle must be indicated over a small bridge by the navigator.</p> <p><u>Canyon Cross</u> The team must plan and build a bridge over a small donga. The vehicle must cross successfully.</p> <p><u>Stone Put</u> Team members receives a small – and medium sized stone each, and they must throw the stones in a drum from the vehicle, whilst on the move.</p> <p><u>Top Gun</u> Team members must shoot on a target with catapults. They receive 1 stone each</p> <p><u>Hop Skip & Jump</u> The team must take the vehicle through a “minefield”, represented by flat cones, without touching the “mines” and without talking. Only sounds and whistles are allowed. Driver & Navigator are blindfolded</p> <p><u>Balance Challenge</u> Two team members has to balance three cold drink tins on top of one another, whilst the vehicle moves over an uneven area</p> <p><u>Mole’s Nightmare</u> The driver is blindfolded and the navigator must navigate the team through an obstacle</p> <p><u>Tyre Challenge</u> The team gets a tyre that must be steered by two sticks. It is a time trial where the tyre has to be steered through cones (zig zag).</p>	<p>Duration: 2 to 3 hrs Lessons: Teamwork, planning, team spirit, communication and trust</p>



ACTIVITIES	DESCRIPTION	DURATION & LESSONS
DRUMMING	Learn synergy the African way. Learn to play a few beats and put it all together in an amazing ensemble.	Duration: 1 hrs Lessons: Communication, coordination, synergy, team work, team spirit, having fun
EAT N BEAT **POTJIE TEAMBUILDING COMBO WITH DRUMMING**	Includes 1 Hour drumming + our teambuild potjie masterchef supplies everything including tables,crockery,cuttlery,selection of fresh meats(chicken, vennison, beef, lamb) and fresh chopped vegetables, spices, gas burners and large potjies. OUTCOMES beside drumming advantages. Teams get to create their own logo and team name (e.g. chicken team "Hennie en die Hoenders") , Teams Trade and Barter for ingredients, herbs, spices.Displays many outcomes including fun Communication, Collaboration, Healthy competetiveness,Cohesion, Group and Team Dynamics in organisational behaviour, Accesses 3 human modalaties Visual auditory and kineasthetic combined with other senses of smell ,taste and touch. Token gifts of small drum and small potjie pot given to winning team to display in office and as reminder of fun, memorable,empowering day	Duration: 4 hrs Lessons: Communication, coordination, synergy, team work, team spirit, having fun

BUSHMAN'S ROCK SPA

TEAMBUILDING SPA PACKAGES AVAILABLE ON REQUEST

15 MINUTE TREATMENTS :-

HEAD, NECK & SHOULDER
HAND MASSAGE
FOOT MASSAGE

30 MINUTE TREATMENTS :-

BACK, NECK & SHOULDER MASSAGE
HEAD, NECK & SHOULDER MASSAGE
XPRESS PEDICURE

AND LOTS MORE

*** AN EXTRA SURCHARGE MIGHT BE APPLICABLE IF ONE OF ABOVE WERE CHOSEN AS A TEAMBUILDING ACTIVITY ***