

Wales Activity Breaks

Tel: (029) 20 831658

Fax: (029) 20 832734

Cwrt y Celyn Farm, Upper Boat, Pontypridd, Mid Glamorgan CF37 5BJ

Email: info@walesactivitybreaks.co.uk

Residential Teambuilding Weekend **for 15 youths and 3 staff**

The aim is to run the course as a structured team-build with the emphasis of the weekend on key skills:- *Problem solving, working with others, communication, leadership etc.*

Although structured the team-build will be delivered in an informal, friendly and innovative way, with the emphasis being on *JOINING IN AND GETTING INVOLVED*. The course is also intended to boost individual's self-confidence and esteem in completing the various elements. The course will allow the youths to take part in some quite high cost activities and so this course has a social inclusion element.

To engender a team spirit we will be keeping people in groups for each activity with a prize at the end of the weekend for the winning team, this will have the effect of bonding the individuals within teams. So if there are youths or individuals from different areas or cultures it would be a good opportunity to mix them up to break down barriers and encourage social interaction.

We are quite used to working with young people from disadvantaged backgrounds and we regularly work with, youth gateway, new deal, youth justice and many community regeneration partnerships, including young carers projects. We also work with many 'blue chip' companies, such as Panasonic, Mars confectionery, Barclays Bank, T-Mobile etc.

The quad-biking element will be run as a training session highlighting safe driving skills. It is not like go karting, we will not be on a race circuit but it will be a trek through the countryside. The groups will be with qualified instructors emphasising safe distances from the driver in front, suitable gear selection, proper use of steering and accelerator. These skills are transferable to the highway when your young people start driving. This element is used frequently by schools and colleges from all over U.K. and regulars with us are Broadway Youth centre near Perry Barr. The Butetown Youth pavillion, St Mellons C.E.U. Dusty forge project. Amelia Trust. Washwood Heath YIP Etc.

The Archery will be run with Grand National Archery society coaches who will teach proper techniques with both recurve training bows and field target bows.

The gorge walk will be run by myself and another company. The RIB boat is a high powered speedboat on Cardiff Bay, capable of some tight turns and high speeds on the water. A great fun activity.

Accommodation will be at Dare Valley Country Park, who will also provide all meals. Hal-al menus can be arranged upon request.

I enclose a copy of our public liability insurance, which is extended to cover courses with children with learning difficulties or behaviour problems. Our risk assessments and policy statement. I further include letters from previous customers for your information.

The course includes accommodation for 2 nights and all meals, course facilitator, team quiz and teambuilding workshops evening 1, gorge walking activity, archery, quad biking and RIB speedboat experience.

The cost is based on a minimum group of 15 young people and 3 staff taking part. NB: Prices may vary if numbers change. (Based on 4 rooms for the young people and one room for 3 members of staff).

Transport not included. If you would like to add mini bus transport we can arrange this for an additional cost.



Team-building Itinerary

Course Objectives

- ❖ To instil the importance of teamwork
- ❖ To develop communication skills
- ❖ To develop planning and decision-making.
- ❖ To highlight the importance of problem solving skills.
- ❖ To bond the group and have fun

Day 1

- 3.00pm Depart Birmingham
- 5.00pm Arrive, allocation of rooms, tour facility
- 6.00pm Evening meal
- 7.00pm Teams design and agree Code of Conduct
- 7.45pm Team-building workshop and problem solving
- 9.00pm Team Quiz
- 10.45pm Bunks for the night



Day 2

- 8.30am Breakfast
- 10.15am Depart for the Brecom Beacons
- 11.00am Begin the Gorge Walk
- 1.00pm Packed lunch
- 2.00pm Resume Gorge Walk
- 4.00pm Activities finish, return to the centre
- 6.00pm Evening meal
- 7.00pm Visit to Bowlplex/Cinema
- 10.30pm Return to centre



Day 3

- 8.30am Breakfast / Briefing
- 9.00am Tidy the bunks and pack
- 9.15am Depart for Taff Valley Activity Centre
- 9.50am Arrive at the quad centre
- 10.00am Group (A) Quad Biking
Group (B) Archery
- 11.00am Group (A) Archery
Group (B) Quad Biking
- 12.00pm Activities finish. Final debriefing, award certificates, fill in review sheets
- 1.30pm Packed Lunch then depart for Cardiff Bay
- 2.30pm Arrive at the Cardiff Bay waterfront, meet RIB instructor, kit out
- 3.00pm Adventure RIB blast on the Bay/Channel
- 4.15pm Activity finishes, depart for home

