

Wales Activity Breaks

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Weekend Teambuilding Residential

Staying at a Dormitory in Cardiff Bay on a Full Board basis

With activities of a RIB Speedboat experience, Tour of the Millennium Stadium, Quad Biking safe driving session & Archery

I would suggest an activity and attraction based package of 2 days culminating with speedboat experience on Cardiff Bay, a short walk from the dormitory, a tour of the Millennium Stadium followed by a quad bike trek and session of Archery. We have built in a course facilitator who will guide the group to the various locations and destinations.

The programme is designed to promote teamwork, while boosting individuals self-confidence and esteem. Some of the activities are quite high cost so there is a social inclusion element in the programme.

Accommodation is at a large dormitory in Cardiff Bay, which is run by a Welsh youth organisation. The rooms are very good quality, with up to 6 people in each room and all en-suite. The following option is based on staying on a Full Board basis, although B&B basis can also be arranged.



Suggested Itinerary

Day 1

2.30pm Arrive at the accommodation, check in, tour facility

3.15pm Short walk over to the waterfront

3.30pm Meet RIB boat skipper, kit out, safety briefing

4.00pm Adventure RIB blast on the water

5.00pm Activity finishes, short walk back to the accommodation

6.00pm Evening meal

7.00pm Introductions and set up a code of conduct for the residential. (*youths to design and agree code of conduct for the residential and agree sanctions for breaking rules*)

7.30pm Evening workshop on teams and teamwork. (*This workshop explores the theories of successful teamwork and includes a series of problem solving exercises and brainstorming sessions.*)

8.30pm Free time (perhaps visit the nearby Ten Pin Bowling/Cinema)

10.30pm Bunk house for the night

Day 2

8.30am Breakfast

9.30am Check out, depart for city centre

10.00am Tour of the Millennium Stadium

11.00am Activity finishes, depart for Taff valley

11.45am Arrive, kit out

12.00pm Quad Bike trek

1.15pm Archery

2.30pm Activity finishes, review course, present certificates and depart for home

