



1 Day Team Adventure Day Outing

Outbound Location: Outlife Campsite - TurkaPally, | Keesara Hyderabad



Contents

Agenda3

 Rock Climbing.....4

 Burma Bridge4

 Trek or Trekking.....4

Team Activities5

 SpiderWeb.....5

 Mission Impossible.....5

Venue.....6

Costing.....7

Terms7

Food Menu.....8

About Us.....9

Agenda

Time	Topic	Learning Objective	Activity	Methodology	Focus & Debrief
08:00 am	Start from Office				
09:30 am	Arrival, Breakfast				
10:00 am	Team Bonding	Introductions, Briefing, Fun	Ice Breakers Energisers	Get to know more about each other beyond everyday knowing	Ice Breaker Set pace for the program.
10:30 am - 01:30 pm	Motivation & Team Spirit	To take calculated risks and overcome barriers to achievements of goals	1. Burma Bridge 2. Rock Climbing 3. Zip Line 4. Trekking	Participants will be divided in groups and take part in 2 adventure based learning activities supported by adventure experts.	Facing Fears Risk Taking Trust Building Confidence Building Self Leadership
1:30 pm – 2:30 pm	Lunch				
02:30 pm - 03:30 pm	Belongingness	To relate to how belongingness supports teamwork.	Spiderweb	Participants are have to pass all members through a spiderweb net by supporting and working with each other.	Teamwork Communication Trust Building Belonginness
03:30 pm - 04:30 pm	Positiveness	To relate to the importance of positiveness in achieving team goals	Mission Impossible	The participants will have to work together on this challenge to achieve combined success	Team Work Positive attitude Collaboration
04:30 pm	Hi Tea				
05:00 pm	Closure				



Rappelling

Rappelling is the controlled descent down a rock face using a rope. Imagine the adrenaline of whisking down a vertical rock face. You control your speed of descent. We provide the instruction and equipment. You provide the enthusiasm. No experience is necessary for this adrenaline pumping activity.



Rock Climbing

Rock Climbing is a form of climbing that relies on permanent holdings or anchors fixed to the rock, and possibly bolts, for protection.



Burma Bridge

River crossing is a means to get from one river bank to the other. River Crossing is somewhat similar to Rappelling but more difficult as there is no gravity to pull you down - here you have to use your hands to move horizontally across the river to the other side



Trek or Trekking

Is a journey undertaken on foot on a natural terrain. It is walking along different natural paths that can include rocks and wilderness.

Team Activities

SpiderWeb



This activity uses a net to like a spiderweb through which participants have to pass their team members from one side to another without distrubing the net.

The purpose of this activity is to push the groups to begin to think about trust and also identify the strenghts of the teams. The challenge is how do we all with different skills and strenghts come together as a team to achive a common goal.

Learning's: Task Allocation, Synergy, Teamwork, Trust Building, Goal Achivement.

Mission Impossible



This activity is based on the movie mission impossible and the team has to work together to pick up items from the ground. A team member is suspended above the ground over a pulley system and is supported by the team.

The purpose of this activity is to get the team to think on their roles as individual leaders and how it effects the team and the organisation . The message is that once you stop giving your best, the team and the organisation suffers.

Learning's:, Coordination, personal leadership, Team Leadership. Collaboration.

Venue:

The Outlife Campsite at Turkapally and keesara is known for its rustic natural serene settings, Rocky and Dry Deciduous Forest, water bodies with all facilities for Camping, Outdoor Education and Outbound Training Programs. True to its meaning of Outward Bound. This venue with its natural ambience is conducive for outdoor team building and adventure based learning and development programs.

Campsite Location: Turkapally

Distance: 60 Kms from Panjagutta,

1.5 Hours Estimated Drive time in Bus.

Costing

1 Day Adventure Day Outing Package

- Rs 3000 +12% GST per head for upto 50 pax
- Rs 3500 +12% GST per head for upto 40 pax
- Rs 4000 +12% GST per head for upto 30 pax
- Rs 5000 +12% GST per head for upto 20 pax
- Rs 6000 +12% GST per head for upto 10 pax

Includes

1 Outbound Facilitator
4-6 Adventure Support Staff
Outdoor Adventure Activities
Meals - Veg / Non Veg (Breakfast, 11 am Tea, 1 Lunch, 4 pm Hi Tea)

Does not Include

- Transport
- Anything not mentioned in includes.

Terms

- An activity disclaimer needs to be signed by all participants.
- Minimum billing will be done for 50 Participants. Additional participant above 50 will be charged per head price.
- Payment terms are 100 % Advance. Cancellation or postponement charges are 100%
- All Outdoor Activities are subject to weather conditions and can be changed as per the camp facilitators' discretion.
- No alcohol consumption is allowed at the camp site and 24hrs prior to any adventure activity participation.

Food Menu

Breakfast

South Indian BF - Idli, Upma or Poha or Wada, Boiled Egg, Bread, Jam and Butter with tea and coffee

Lunch - Buffet

1 Non Veg Starter, 1 Veg starter, 1 Veg Pulao, 1 Veg curry, & 1 Nov-Veg curry, Dal, Roti, Dessert, pickle, Papad, Salad, curd & Raita.

Hi Tea

Tea / Coffee

Sandwich / Samosa / Biscuits

About Us

Outlife Outbound Training was started by the promoters of the Great Hyderabad Adventure Club - GHAC to address the learning and development needs of the corporate clients and is run by a team of passionate and certified professionals from the Learning & Development and Adventure Fraternity carrying over 15 years of experience in conducting trainings.

The Learning process includes facilitation based on the Adult Learning Styles and uses variety of methodologies and techniques which include David Kolb's Experiential Learning Model (ELM), Johari Window, and Lateral Thinking etc.

Outlife Outbound Training (A unit of Outlife Adventure Travel Pvt Ltd)

9765393057 | 7729988783 Email: hello@outlife.in | Website: www.outlife.in

We conduct training events out of Hyderabad, Chennai, Bangalore, Pune and Mumbai

