



Day Outbound Training Program

Outbound Location: Outlife Campsite



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Proposal

Training and Team Building is the core responsibility of any organisation. Organisations across the globe have people with diverse skill sets and personalities. This contributes to improper implementation, conflict and competition leading to team initiatives failing often. In order to ensure synergy, organizations need to constantly sharpen the Team Building Skills of its workforce.

AIM: The Outbound Training program is aimed at helping participants explore the important elements

- Communication
- Team Building
- Trust Building
- Collaboration

OUR APPROACH

Experiential learning offers many ways where business lessons in real life can be simulated through action learning, and well researched games, and activities, and offers a chance to practice Learning by Doing. Adult Learning Principles are incorporated to give a more of “hands-on” approach to learning which not only provide for more variety, but also leads to a more profound participation and comprehension.

Participants develop teamwork skills by testing their knowledge, skills, and abilities through newer experiences and challenges. They learn best when put in unique and ambiguous situations. The debriefing of each activity focuses on structured reflection, generalizing, co-relating and applying the learning’s to real life work areas.

Outcomes: After undergoing the training the participants will be able to:

- Enhance Team Bonding, Communication and Trust among each other.
- Understand and work on areas of Teamwork and Collaboration

Learning Style: Experiential Learning with Adventure and Team Building Activities.

Training Agenda

Time	Topic	Learning Objective	Activity	Methodology	Focus & Debrief
07:30 am	Start from Office				
09:00 am	Arrival, Breakfast and Welcome				
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.
11:00 am - 01:30 pm	Motivation & Team Spirit	To take calculated risks and overcome barriers to achievements of goals	1. Rappelling, 2. River Crossing 3. Sports Climbing	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
1:30 pm - 2:30 pm	Lunch				
02:30 pm - 04:30 pm	Teamwork	To relate to how teams work together.	Ballooniture	Participants are given resources including balloons from which they have to create any furniture that will support 1 team member fully on it.	Teamwork Communication Coordination Task Allocation
04:30 pm - 05:30 pm	Team Coordination	To relate to the importance of coordination in achieving a common goal	Mission Impossible	The participants will have to work together on this challenge to achieve combined success	Team Work Coordination
05:30 pm -	Hi Tea & Closing				



Adventure Activities

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.

Sport Climbing

Sport Climbing is a form of rock climbing that relies on permanent holdings or anchors fixed to the rock, and possibly bolts, for protection. Since the need to place protection is virtually eliminated, sport climbing places an emphasis on gymnastic-like ability, strength, and endurance.



River Crossing

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

Balloniture:



This activity uses balloons to create a piece of "furniture" that is sufficiently sturdy to completely support the weight of one team member.

The purpose of this activity is to push the groups to begin to think about creation and innovation of their ideas, introducing some chaos as well as developing the dynamics of the teams. The challenge is once you have a great idea how do we make it happen?

Learning's: Task Allocation, Synergy, Teamwork, Task delegation

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.

Costing

1 Day Team Outbound – Rs 2500 per head
+5% GST

Includes

1 Outbound Facilitator
6 Outbound Support Staff
Team Building Activities
Adventure Activities
Meals - Veg / Non Veg Spread (1 Breakfast, 1 Lunch, 1 Hi Tea)

Does not Include

- Anything not mentioned above.
- Transport

Terms

- An activity disclaimer needs to be signed by all participants.
- This billing will be for minimum 45 participants
- Payment terms are 75 % Advance 10 days before the event and Balance 25% within 2 weeks of activity.
- Cancellation charges are 100% and postponement charges are 70%.
- 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 10 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.

We deliver outbound training in the Indian cities of **AHMEDABAD, BANGALORE, CHENNAI, COIMBATORE, DELHI, GOA, HYDERABAD, KOCHI, MUMBAI, PUNE and VIZAG**

Outlife Outbound Training (A unit of Outlife Adventures Pvt Ltd)

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