*** TEAM BUILDING ***

Stormsriver Adventures - utilizing a variety of their quality products – including the world famous Tsitsikamma Tree Top Canopy Tour have linked with Back2Base6 (a Home Grown Stress Management and Life Skills Consultancy with its roots firmly planted in the Tsitsikamma) to bring you a variety of nature focused and outcomes based Activities and Workshops to foster Team Building, Growth, Development and Bonding.

Built around the unforgettable Eco-experiences of the Tsitsikamma – participating teams are given the space to learn by experience - to experience the power in the principle that “Working Together – Works”. It is widely acknowledged that experiential learning produces the highest level of understanding and most effective application of that knowledge. You can pick and mix from a choice of high or low impact activities and blend with a balance of relevant workshop training and activities OR choose one of our Standard programmes .

Programmes can be adapted to meet the needs, abilities and specific issues within your organization. All activities –physical and cognitive – are served with a large helping of professionalism and fun and offer freedom of choice and respect for the individual and the environment. Stormsriver Adventures is a Level 2 BEE accredited company.

BACK 2 BASE 6 FACILITATION

We present a series of workshops which take into account the age, culture and relative physical ability of the group matching this to the relative activity involved in the Teambuilding programme. Pre-event personality and communication diagnostics provide teasers, encourage buy in from the teams and are used to form the basis of your Teams. The programmes are ethical, customer focused and good value – outcomes achieved include better focus, harmony, efficiency, awareness and understanding of each other, self management in relation to stress, time and conflict, relaxation and fun, enhanced communication and deeper tolerance of diversity. Successful outcomes acknowledge and respect both the Goal and the Relationship.

TSITSIKAMMA CANOPY TOURS

The Tsitsikamma Canopy Tour© is a unique eco-wilderness adventure that takes place in the magnificent Tsitsikamma indigenous rainforest. The first of its kind in Africa, the canopy tour involves traversing from one platform to another along a steel cable suspended up to 30 meters above the forest floor... Teams of 8 are guided through the forest by experienced Guides who share the secrets of our magical forest – the mutualistic relationships, the adaptation of the forest dwellers, the life cycle and interdependence of the flora and fauna .

Most platforms are located in giant Outeniqua Yellowwood trees. The scenery and bird life is spectacular and professional guides provide interesting facts about the forest ecology.

Duration : 3 hours - Price : R408.00 per person (Min 10 pax) – includes lunch, transport, equipment, guides

Ages : 7 – 70 –All levels of fitness and mobility – can accommodate those who are physically challenged
HIGH ROPE/LOW ROPE CHALLENGE

Ideal for Team building the obstacle course provides a number of diverse challenges! "Low ropes" includes a number of obstacles at 1 meter above the ground. "High ropes" provides a series of challenges at 8 meters above the ground. Teams are trained on the low ropes – which are a mirror version of the High Ropes course - to build confidence and competence and then moved on to the “High Ropes”. A total of 15 different obstacles are ideal for facilitated team building which can be tailor made to the groups requirements. Professional facilitation is provided – teams are trained, encouraged and assisted by professional guides.


Ages: No under 12’s - High Impact/Energy - Relative fitness and strength required. Full range of mobility required.

PHOTOGRAPHIC SCAVENGER HUNT

The Tsitsikamma Team Challenge and Photographic Scavenger Hunt starts with a sedate stroll with a local field guide through our tree lined village. Your team is encouraged to open their eyes and ears and listen to the useful, useless (red herrings abound), interesting and quirky information being shared with them.......................... whilst savouring the sounds of village life, the smell of clean air, the sights of nature, the feel of friendship and camaraderie and taste the crystal waters of the Tsitsikamma.

The mayhem begins as Teams are given a Competitive and Fun Task List and a Time Limit in which to score the highest points. Following a strategic planning session teams are required to recall useful/interesting facts and faces (were you listening???) capture photographs of Team Members performing zany and challenging tasks, engage with our village community, dancing in the streets, collecting photos of our flora and fauna and using the creative imagination of the inner child to combine talents and skills to earn maximum points. A competitive challenge – Judges decision is final!!! The intensity of your Challenge event is up to you. We can adjust challenges to suit your needs, ambition and ability.

Fully Facilitated Activity
Low/Medium Impact – 2 ½ hours

Price: R200.00 pp (Min 10 pax) – includes Local Guide, Facilitator, Venue, Cameras, Equipment and Stationery

!!! Remember !!!

Take only Photos : Leave only Footprints
THE BIG TREE – WOODCUTTERS JOURNEY ON FOOT

Fully Guided - a trip to the Plaatbos indigenous forest reserve in our Open Fun Bus incorporating an informative experience of forest ecology and birdlife. The Tsitsikamma indigenous forest takes you back to a time where the forest was "home" to hunter gatherers and their existence in the forests.

Qualified FGASA guides will lead you on foot along a wooden boardwalk to one of the oldest and biggest remaining Outeniqua Yellowwood trees on the Garden Route – stand next to this giant and feel like a dwarf against this unique forest inhabitant. Wonder at the patience and permanence of this majestic testimony to the power of nature. Discover the secrets of the spectacular forest as you encounter Hard Pear trees, Giant Yellow Woods, ancient Tree Ferns and other interesting Forest Flora. Hear how the interdependent ecology of the forest works together in mutualistic and symbiotic relationships and how the roots of these forest giants enable them to stand firm and weather the storms of life over centuries. You will be amazed!!

Discover how the forest lives and breathes; listen to the sounds of birds like the Knysna Loerie and Green Woophoes.

Activity Price : R140.00 per person – incl snack pack, transport, entrance fees, local FGASA guide

Duration : 2 hours - All ages and fitness levels : Low impact walking tour.

A variety of longer Guided Hikes are on offer as additional options for an extended Teambuilding experience.

**Half Day Activity & Workshop – Fully Facilititated Combine Tour with 2 hour Teambuilding Workshop – see programmes below

BACK2BASE6 FACILITATED TEAMBUILDING

Our Workshops draw from the parallels of Synergy and Interdependence found in nature – proof that Working Together Works. A balance of training, experiential learning, brainstorming, icebreakers, group activities and exercises, interaction with nature and the local environment, interactive group games and task with a serious undertone are on offer – a process which enables individuals and groups to feel connected and creatively respond to opportunities and challenges in a less stressed environment. Our environment, activities and facilitation provide a safe space in which your Teams/Groups can relax, discuss, process and reflect.

Using the collaborative core values known as T.I.G.E.R.S (Trust, Interdependence, Genuineness, Empathy, Risk & Success) the Workshops and Training Sessions explore Team Establishment, Models of effective Communication; Time and Task management, Emotional Intelligence and empathy with others and our environment; the ability to identify and achieve group tasks; dealing with cultural and interpersonal diversity, the courage to break through the fear barrier and the ecology of goal setting.

Workshops & Training can be chosen from the following 2-2/12 hour segments/programmes and when combined with one or more of the above Adventures/Activities make up a full day event.
Team Establishment, Trust and Interdependence
Stress Management – SOS – Sources, Signs and Solutions
Communication Basics & Assertiveness
Conflict Management & Anger
Diversity – Celebrating Differences
Goal Setting – Time/Task Management
Overcoming Fear – False Evidence Appearing Real & Emotional Intelligence

FACILITATION FEES (Includes Training Material/Facilitation/Presentations)

HALF DAY (1 x Full (2/3 hour) workshop session)  R 75.00 PP
FULL DAY (2 x Full (2.5 hour) workshop sessions) R125.00 PP
1 ½ DAY (Meet and Greet/ Intro Session plus 2 full workshop sessions) R150.00 PP
VENUE HIRE (TRAINING CENTRE OR FULL CONFERENCE FACILITIES) – FROM R 55.00 PP
REFRESHMENTS – TEA/COFFEE/HOME BAKES R 45.00 PP

A balanced of Combined Activities and Workshops will provide your team with an event to be remembered

Experiences you’ll Never Forget

Some feedback from previous Teambuilding Participants

- Understanding and listening with empathy to the people you work with makes work a lot more fun and makes the team to be more productive
- To be patient, truthful, brave, responsible – the ability to work together, respect each other and be responsible.
- Enlightened – my ability to communicate was uplifted as well as my Team Spirit. It was very nice to engage with my fellow Team Mates as a whole
- I am not gonna have such high expectations from others. Everybody is not a perfectionist. Let someone else take the lead.
- I have learned that by working together you can achieve a lot. You CAN be a team of individuals.
- Great fun, Understanding and communication and support

TEAM = Together Everyone Achieves More

Synergy is the highest activity of life; it creates new untapped alternatives; it values and exploits the mental, emotional, and psychological differences between people – Steven Covey

Teamwork represents a set of values that encourage behaviors such as listening and constructively responding to points of view expressed by others, giving others the benefit of the doubt, providing support to those who need it, and recognizing the interests and achievements of others - Katzenbach & Smith.
Sample programmes and rates sheet for Teambuilding (Min 10 pax) - Programme can be adapted to suit your individual needs

***Prices exclude accommodation, breakfast, evening meals and drinks. Conference/Training venue and lunch included in certain programmes where stipulated

1 - 1/2 DAY PROGRAMME
FROM : R850.00 per person (Min 10 pax) – Fully Facilitated & Guided includes:

Conference/Training Venue (1 day), Basic Refreshments, 1 x Light Lunch, Tree Top Canopy Tour, Scavenger Hunt, Local Guides, Qualified Facilitator, Equipment and Participant Manuals

**DAY 1 - ARRIVAL**

Lunchtime Check in at your accommodation establishment

✓ Group Meeting – Mini Workshop
   ➢ Introductions – Ubuntu and the Spirit of Interdependence
   ➢ Establishing, Defining & Forming the Team
   ➢ Establishing Team Norms and Rules/Synergy Works
✓ Photographic Scavenger Hunt – Time & Task Management exercise – encourages strategic planning, creative thinking, working together and getting to know each other.

Dinner/Braai and Social evening at your accommodation establishment – Creative team tasks and getting to know you exercises as homework.

**DAY 2**

08.30 **Meet @ Conference Facilities – Workshop/Training Session**
   ➢ Teamwork – Feedback and Exercises – Stop, Collaborate and Listen
   ➢ **SOS Workshop**
     ➢ Anatomy of Stress – personal, organizational and environmental
     ➢ Sources of Stress, Signs of Stress, Solutions for Overcoming Stress
     ➢ Adapt or Die – coping and adapting to change
   ✓ Training includes Participant Manuals, Powerpoint presentations, games and activities, brainstorming and role plays

✓ Tea/Coffee Break
   ➢ Fear as a Stress Reaction
   ➢ Focus on Fear – Understanding and Facing Fear
   ➢ Letting Go of Fear

11.00 – Tsitsikamma Canopy Tours - Collective Group Briefing
   Smaller groups of 8 depart separately on their tours at short intervals

✓ Lunch

14.30 **Conference Venue - Workshop Session**
   ➢ Basic Models of Communication
   ➢ Role plays, team tasks, powerpoint, discussions & brainstorming sessions
   ➢ Can include creative musical communication exercise.

16h30 - Close with Learnings, Feedback and Outcomes from participants.
1 DAY PROGRAMME

FROM: R650.00 per person (Min 10 pax) – Fully Facilitated & Guided includes:

Conference/Training Venue (1 day), Refreshments, 1 x Light Lunch, Tree Top Canopy Tour, Local Guides, Qualified Facilitator, Equipment and Participant Manuals

Recommend at least 1 night Stopover in Tsitsikamma – you will be met at your Accommodation on arrival by our Facilitator and briefed as to the following day’s events.

✓ Breakfast at your Accommodation Establishment

✓ Group Meeting – Workshop

➢ Introductions – Ubuntu and the Spirit of Interdependence
➢ Establishing, Defining & Forming the Team
➢ Establishing Team Norms and Rules/Synergy Works
➢ Team Creative Tasks and Brainstorming

✓ Tea/Coffee/Refreshments

➢ Celebrating Differences – Intercultural & Interpersonal Diversity
➢ Powerpoint, training, brainstorming, Diversity Bingo & Role Plays

11.00 – Tsitsikamma Canopy Tours - Collective Group Briefing
Smaller groups of 8 depart separately on their tours at short intervals

✓ Lunch

14.30 Conference Venue - Workshop Session

➢ Conflict – What is it? Good or Bad
➢ Assertiveness Training
➢ Conflict – You see things differently – Stop, Collaborate & Listen
➢ Conflict Exercises, Roles Plays
➢ Win/Win – Synergy

16h30 - Close with Learnings, Feedback and Outcomes from participants.

OPTIONAL EXTRA ACTIVITY OR HALF DAY PROGRAMME
ON FOLLOWING DAY e.g. High Ropes/Low Ropes or Woodcutters Journey

A Variety of Excellent Accommodation Options exist in Storms River – in close proximity to the Activities and Workshop Venues. Accommodation options range from high quality Backpackers/Budget and Self catering accommodation to 3 and 4 Star Hotel/Guest Lodge Accommodation. We can assist and recommend a suitable option to meet your budget and taste.

NB: Accommodation, breakfast, drinks and dinners are not included in our packages.
HALF DAY PROGRAMME (SAMPLE SUGGESTION) – If time is not on your side or you need more time for In-House training sessions without facilitation – try this tasty teaser sample of what the Tsitsikamma Team Building has to offer and have the rest of your time in Stormsriver to do your own thing and have your own meetings and breakaway groups and sessions and – even find some time to reflect and relax!

FROM : R325.00 per person – Fully Facilitated & Guided includes:

Conference Venue (Full Day), Tea/Coffee, Snack Pack, Transport, Entrance Fee to Big Tree, Local Guides, Qualified Facilitator, Equipment and Participant Manuals

Recommend at least 1 night Stopover in Tsitsikamma – you will be met at your Accommodation on arrival by our Facilitator and briefed as to the following day’s events.

- Breakfast at your Accommodation Establishment
- 08h30 - The Big Tree – Woodcutters Journey on Foot – 2 hours
- Meet @ Stormsriver Adventures – Downtown Stormsriver
- Fully Guided - a trip in our Open Fun Bus - incorporating an informative experience of forest ecology and birdlife. The Tsitsikamma indigenous forest takes you back to a time where the forest was "home" to hunter gatherers and their existence in the forests.
- Stand next to a giant Outeniqua Yellow wood and feel like a dwarf against this unique forest inhabitant. Hear how the interdependent ecology of the forest works together in mutualistic and symbiotic relationships and how the roots of these forest giants enable them to stand firm and weather the storms of life over centuries.
- Discover the secrets of the forest; how it lives and breathes, listen to the sounds of bird call and savour the pure forest air. You will be amazed!!
- Convene @ Conference Centre – Tsitsikamma Village Inn
- Fully Facilitated 2 ½ Hour Teambuilding Workshop Session
- Lunch – Own Arrangements & Cost
- Conference Venue at your disposal for Corporate/Group In-house training, meetings and planning sessions etc. OR additional Activity