



# 1 Day Team Adventure Outbound

**Outbound Location:** Outlife Campsite - Keesara, Hyderabad



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## Agenda

Time	Topic	Learning Objective	Activity	Methodology	Focus & Debrief
<b>08:00 am</b>	<b>Start from Office</b>				
<b>09:30 am</b>	<b>Arrival, Breakfast</b>				
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	<ol style="list-style-type: none"> <li>1. Rappelling,</li> <li>2. Sport Climbing</li> <li>3. River Crossing</li> <li>4. Trekking</li> </ol>	Participants will be divided in groups and take part adventure based learning activities supported by adventure experts.	Facing Fears Risk Taking Trust Building Confidence Building Self Leadership
<b>1:30 pm - 2:30 pm</b>	<b>Lunch</b>				
02:30 pm - 04:00 pm	Teamwork	To relate to how teams work together.	Spiderweb	Participants are have to pass all members through a spideweb net by supporting and working with each other.	Teamwork Communication Trust Building Goal Achievement.
04:00 pm - 05:00 pm	Team Collaboration	To relate to the importance of coordination and collaboration in achieving a common goal	Mission Impossible	The participants will have to work together on this challenge to achieve combined success	Team Work Coordination Collaboration Leadership
<b>05:00 pm</b>	<b>Reflections and Feedback, Hi Tea</b>				
<b>05:30 pm</b>	<b>Start back for Hyderabad</b>				



## 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



### 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 along with enture and unpredictability.





## 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 disturbing the net.

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

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

### 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 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: Kesaragutta  
Distance: 45 Kms from Panjagutta,

1.5 Hours Estimated Drive time in Bus.



## Costing

1 Day Team Adventure Outbound for upto 50 participants.  
- Rs 2000 per head +18% GST

### **Includes**

2 Senior Outdoor Instructor  
4 Outdoor Support Staff  
Outdoor Adventure Activities  
Team Building Activities  
Meals - Veg / Non Veg (1 Breakfast, 1 Lunch, 1 Hi Tea)

### **Does not Include**

- Anything not mentioned above.

## Terms

- An activity disclaimer needs to be signed by all participants.
- Minimum billing will be done for 50 Participants.
- 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



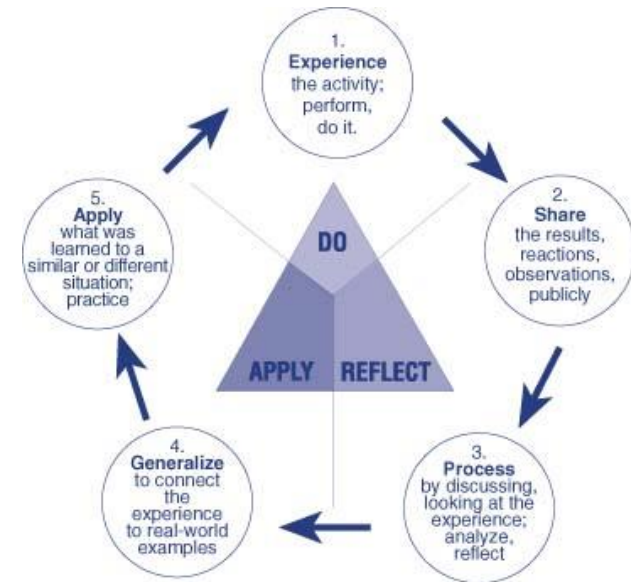
## About Us

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 5 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.

The methodology of training follows a cycle of learning which includes the following steps:

Training Need Identification & Analysis -> Program Development -> Program Delivery -> Program Debrief -> Feedback -> Action -> Impact Assessment -> Schedule Further Training.



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

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