



# Team Building Activities Catalogue

**'Teams that play together, work together'**

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# Innovative team building activities

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## Innovative team building activities



**Fresh Tracks** is an **innovative team building** and **team development** company that has been providing solutions to motivate teams from Europe's most forward-thinking organisations **since 1992**.

Our goal is simple, to **make learning fun**. We achieve this through the activities listed here and in many cases we amend, refine and often create completely new activities to meet the client's brief; just ask one of our team.

Take a look at some of our most popular team building activities below, or contact us to find out how we can create a great team event for you.

*"The event exceeded expectations – lots of smiling, laughing & communication. All the events made people think "Team" which was the purpose of the event."*

**YAHOO!**



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## Innovative team building activities



### The Chocolate Challenge™

The Chocolate Challenge **simulates business processes** in a highly creative environment, requiring **co-operation, teamwork** and **strategic thinking**. The development of a new chocolate brand leads to **marketing, packaging** and **advertising opportunities** in a light-hearted environment. Skilled **facilitation** draws out parallels with day to day working life, so your team leaves with both delicious chocolates and the sweet taste of successful teamwork.

#### Outcomes

The Chocolate Challenge demonstrates how teams can be **more creative** than individuals. Participants rise to **different roles** and **relationships become stronger** as ideas evolve into completed products.

#### Notes

The Chocolate Challenge™ is ideally suited to being incorporated into assessment / review training (e.g. Belbin/Myers Briggs Type Indicator), but equally works well as a standalone **team building** event.

#### Details

- Normally half-day but can be combined with development activities to a full-day programme
- Casual wear (aprons provided)
- Hotels or Conference venues UK and worldwide. Client's own premises can be used if suitable space is available

#### Investment from £60 per person

Number of participants	10	25	50	100
Price	£1500	£2500	£3750	£6000

*"A well organised and structured event, which produced some great results from our team. The professionalism of the facilitators...meant that I didn't have to worry about a thing."*

<https://www.youtube.com/watch?v=usUD5kg8TjY>

< click here to watch the video



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities

### Case Study: The Chocolate Challenge – a short notice event

"Every element of the event was relevant and/or appropriate for the management team and it allowed them to use their skills in a different role."



#### Background

A small Sales Management team from Nutricia was planning their quarterly offsite review meeting; they wanted to include a team building activity that would complement their use of Insights Discovery and enhance understanding of the team's profile. A week out, having consulted the weather forecast, they realised that an outdoor team activity would probably be a cold and wet affair, so began looking for a suitable indoor event. Having seen details of The Chocolate Challenge online, they contacted Fresh Tracks to see if it would work for their group.

The Chocolate Challenge is one of our most popular and flexible team events and with just a few days' notice, we were able to put together a tailored programme that included all the fun of making a box of chocolates from scratch, along with the strategic elements – requiring a more considered approach and input from across the team – of developing a marketing strategy for the finished product. On the day our event managers made sure that the programme was linked back to individual profiles with examples that could be used back in the office.

#### Results

The mix of planning and discussion sessions with activities worked well with this team and delivered some key learning points as well as being a fun event. "The Sales Management team had a great time, I couldn't have asked for a better outcome – they're not an easy bunch of people to please! Thank you."





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## Innovative team building activities



## Lights, Camera, Action!

Teams work **collaboratively** to produce a short film about their organisation or product. **Time management** and **division of tasks** are essential to create a great result. **Training** is given on filming and using the equipment before ideas are gathered and storyboards created. Teams **develop new skills** in filming and editing. At the end of the session, the film premiere begins, with scoring, celebration and **a new outlook** on the company or product.

### Outcomes

Teams think and **work creatively**, within a short period of time, and new ways of viewing the company or product are discovered. **Strengths and hidden talents** are highlighted when the finished films are shown at the end of the session. Visual thinking and **planning** allows participants to brainstorm together generating **consensus**.

### Notes

This session can be tailored to suit the team's requirements or budget

Teams can produce adverts based on fictional products, or create a film about your business set in the future

Teams film and edit using iPads or a professional film crew can be hired at additional cost

A full TV studio can also be used for this event. Please enquire for further details

### Details

- Usually half day but can be combined with other team development activities for a full day
- Location is flexible, but a suitable meeting room will be needed to start and end the session

### Investment from £90 per person

Number of participants	10	25	50	100
Price	£1750	£3750	£6250	£9000

*"The Lights, Camera, Action was an excellent activity! Staff were very adventurous and enjoyed this activity immensely. The films were both very humorous and brought a tear to my eye!"*

<https://youtu.be/FI8M2-evYQ4>

< click here to watch the video



### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities

### Case Study: Change Management

"Everyone said it was the best conference they have ever been to. The team activity went down a treat and really helped ingrain some of our core values."



#### Background

Change is never easy, especially when it involves a new set of corporate values and a change in business name. In July 2010 Treasury Wine Estates became the new identity for Fosters Group wine business and within just a few weeks we worked with the client to produce a conference for 300 delegates at the London IMAX. With the country's largest cinema screen at our disposal, film was the obvious medium to both motivate and communicate the values and new direction to delegates.

Our production team produced four video sequences in the fortnight leading up to the conference including a sunrise over an Australian vineyard and a three-minute brand sequence from less than a dozen still photographs and logos. On the day, this footage supported live presentations from key figures in the business and complimented a large scale team activity in which delegates brought the new values to life by making their own short films. The day concluded with a light hearted awards ceremony for the best films and performances followed by an after show party.

#### Results

The conference was all about communication and as a result of the day's programme - mixing films, presentations and activities - the company's values and vision had been clearly identified for delegates in a fun and memorable message. *"Just a quick note to say another big thank you for your help with the conference. We had a huge amount of cynicism around the name change but now everyone is really positive about it and they even understand what Vintrepreneur means!"*



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## Innovative team building activities



### Business Bake Off Challenge

Following the success of our Breaking Bread activity, we've developed a 'bake off' style event with a **competitive** edge! Teams are challenged to **create** the best soups, breads, smoothies and canapes.

#### Outcomes

This team building activity encourages groups to **explore** the similarities between building teams and creating tastes that work. Questions are raised along the way such as 'What 'ingredients' does a team need to be a **success**?' This activity is suited to groups that want a **competitive** challenge and want to explore the factors that combine to make an **effective team**. The programme is led by experienced business facilitators who will ensure the attendees get far more from the process than simply learning to cook.

#### Activities

Scores are awarded for 'foodie' knowledge in the four different food zones. We encourage teams to consider the parallels of bringing the right ingredients together to create a tasty dish, alongside the components that make a successful team.

The event concludes with teams sampling and sharing the food they've created – something families have done together for generations, thus underscoring the values of collaboration and team work.

#### Details

- Full morning including lunch or full afternoon with early supper
- Casual, comfortable clothing
- Hotels or conference venues throughout the UK or overseas.

#### Investment from £85 per person

Number of participants	20	50	100
Price	£3000	£5000	£8500

#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



### Team Development

If you want to **re-engage your team**, learn more about yourselves and how you can **work better together**, then our bespoke team development days can help you achieve your goals. Introductory tasks and energisers **focus the group** and the **Strength Deployment Inventory** draws out individuals' motivations and working styles. Team development can be combined successfully with other activities such as The Chocolate Challenge or Lights, Camera, Action for an **extended programme** over one or two days.

#### Outcomes

Teams get a chance **to focus on themselves and their relationships**. The Strength Deployment Inventory questionnaire gives **positive and insightful feedback** on individual motivations. Participants can see how their similarities or complementary differences to others are vital to the team.

#### Details

- Half, full or two day, can be combined with other activities to demonstrate team working in action
- Hotel or conference venues or at client's own premises

#### Investment from £75 per person

Number of participants	10	25	50	100
Price	£1750	£2375	£4750	£7500



" Great opportunity to get to know colleagues... built on the importance of teamwork"



#### Prices exclude VAT and travel

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## Innovative team building activities



### Team Tasks

A **highly flexible event** which will test and improve your team's **logical, creative, physical** and **artistic** abilities using these fun and diverse tasks. **Planning and communication** will be key to success drawing out **team strengths** with plenty of laughter. **Time is optimized** with teams rotating between activities to complete your selected challenges against the clock.

### Outcomes

Contributions are valued and **relationships improve** through having **fun** together. Varied tasks during the day give everyone the **opportunity to shine**. **Collaboration and participation** is highlighted and lots of **laughter** creates a positive collective memory. By varying teams we ensure **participants mix effectively**.

### Details

- Full day or half day
- Hotels with adequate open space, some activities can be run indoors
- Suitable clothing for weather and location. Team colours can be supplied

### Investment from £50 per person

Number of participants	10	25	50	100
Price	£1500	£2500	£3500	£5000

*"...the event built trust, it was fun, encouraged conversation and created a shared experience. Thank you!"*

<https://youtu.be/-VIhQjnmSgQ>

< click here to watch the video



### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities

### Case Study: Team Tasks



DAC beachcroft

#### Background

Our brief was to provide an event for the Employment & Pensions team from DAC Beachcroft, encompassing both lawyers and support staff. The focus being to bring more cohesion to the team and strengthen relationships.

In order to ensure that the event was effective across the whole spectrum we designed a tailored programme which would allow everyone the opportunity to take part, drawing on the different strengths and abilities of individuals. Challenges on the day included physical, mental and problem solving activities, all designed to ensure the attendees had fun, with the importance of 'team' being a core element of the day's message.

The wide variety of Team Tasks we designed for the day encouraged collaboration, planning and coordination, along with a healthy dose of laughter. Mixed teams competed against the clock, accumulating fun money based on their performance.

To conclude, we facilitated a review of each team's performance during the afternoon, identifying strengths and behaviours that could benefit the business going forward.

#### Results

*The mix of activities drew on imagination, creativity and planning skills, effectively engaging this diverse group. Delivering a stronger sense of 'team', whilst being a fun and motivational event.*

*"A hugely enjoyable event of real benefit to our team. Now feels like more of a team working together"*



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## Innovative team building activities



### The Catapult Conundrum

**Teamwork** is the name of the game in this **collaborative construction** task. A combination of **brainpower, budgeting and negotiation** skills will be needed to acquire the pieces to build a catapult which has both firepower and accuracy. The task requires **planning, clear communication, and leadership**. Finally, **collaboration determines success**.

#### Outcomes

Teams **self-govern** and assign themselves roles which can be drawn on during **facilitation**. A **great buzz** is created when teams work **safely, collaboratively** and can share the success of their accomplishments.

#### Details

- Full day or half day
- Specialist centres or hotels with adequate open space or large room
- Suitable clothing for weather and location. Team colours can be supplied

#### Investment from £60 per person

Number of participants	10	25	50	100
Price	£1500	£2500	£3550	£6000

*"...the exercise was in keeping with the tone of the whole day. People really engaged with each other."*

<http://bit.ly/teamcatapult>

< click here to watch the video



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



### Paint Your Perfect Picture

An **impressive final product** is the result of **collaborative team work** in this **creative** task. Small groups work on creating separate parts of a whole image and this requires **communication**, **co-operation** and the **exchange of ideas** throughout the session. Exercises focusing on communication and creativity set the scene and after creative input with the materials available teams need to **negotiate** to put the finished product together.

#### Outcomes

An **impressive large-scale piece of art** to be displayed. This can be an interpretation of a classic or an original piece incorporating company logos or brand images. Teams work to a high level in this powerful demonstration of how **individuals contribute to the whole**. This activity can have the greatest impact when the final image represents a symbol of what the group stand for.

#### Notes

Painting, sculpture, printing or mosaic can all be used to good effect.

#### Details

- Half or full day depending on size of group
- At client premises or venues throughout the UK
- Casual wear (aprons will be provided)

#### Investment from £60 per person

Number of participants	10	25	50	100
Price	£1500	£2500	£3750	£6000

*"Without exception everyone had a fantastic time and the day really moved us forward as a team; morale and motivation has increased significantly."*



#### Prices exclude VAT and travel

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## Innovative team building activities



### Breaking Bread

For thousands of years, the head of the table has broken bread to signal the commencement of a meal. Celebration, or feasting, is an important practice for **high performing** teams. Eating together is still regarded, across all cultures, as one of the best ways to **recognise team success**.

This activity explores the parallels between transforming simple ingredients (individuals) into a delicious loaf of bread (a cohesive, effective team).

#### Outcomes

This activity encourages groups to explore the similarities between building teams and making bread. The analogy of flour, water, salt and yeast transforming into bread provokes **insightful conversations** about team development. This activity is suited to smaller groups that want to **create space** for deeper conversations. The programme is led by experienced business facilitators who will ensure the attendees get far more from the process than simply learning to bake bread.

#### Activities

- 'What's my loaf?' icebreaker
- Mixing, kneading and knocking back dough
- Facilitated discussions on topics such as transformational change, resilience and team development
- Baking, then tearing sharing and eating delicious fresh bread

#### Details

- The activity typically lasts around 3 hours but can be expanded to suit requirements
- An ideal team building challenge for groups of 6 to 12
- Professional facilitation is included
- Use of our Hertfordshire Farmhouse is included, other suitable venues can be sourced on request

**Investment from  
£250 per person**

Number of participants	up to 6	up to 12
Price	£2500	£3000

*"Thank you so much for today - it was great to get out of the office, do something fun and make progress with supporting each other and our customers! So much achieved in so little time!"*

<https://youtu.be/cgvVPCRJha4>

< click here to watch the video

#### Prices exclude VAT and travel

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## Innovative team building activities



### The Century Challenge

100 challenges in 100 minutes for as many teams as you can muster. **Teams race** against the clock and one another to complete as many challenges as they can in 100 minutes. Challenges are categorised in zones:

Physical – sporting or physical challenges

Creative – artistic or creative challenges

Performance – dramatic or performance challenges

General Knowledge – testing your general knowledge

Puzzle – solving riddles, puzzles or clues

#### Outcomes

The variety of events **highlights individual skills**, and how these can be best used for **team efficiency**. It also encourages strategising to work towards a tight **deadline**.

#### Activities

- Creative and analytical problem solving
- Construction tasks
- Sporting and dramatic performance
- Calculating risk versus reward. Each challenge has a different value.

#### Details

- This team building activity involves a wide variety of tasks - physical, creative, performance, general knowledge and puzzles.
- Can be held inside, outside or both depending on the location and weather - also, excellent for an evening team- building session.
- Perfect for teams of any size - 6 to 600.

#### Investment from £75 per person

Number of participants	25	80	100
Price	£2750	£4750	£7500

*"The activities & tasks were appropriate and excellent choices. The event managers were highly skilled and I didn't have to worry about a thing."*



#### Prices exclude VAT and travel

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## Innovative team building activities



### The Team Machine: it has a knock-on effect!

**The Team Machine** is a **large-scale** teambuilding event. Each team must collaborate effectively and **share information** before assembling a flawless device. Later, the teams must **work together** to find the correct sequence of mechanisms, so that, once launched, each element will trigger the next in a chain-reaction building to an explosive finale!

#### Outcomes

Team Machine demonstrates the **value of co-operation** and the danger of 'silo working'. **Collaboration** and **communication** are key.

#### Notes

Silo working is a very real threat to many organisations. Team Machine demonstrates how human nature tends to focus on the task at hand, often at the expense of the primary corporate goal.

#### Details

- 90 minutes to full day
- Casual, comfortable clothing
- Hotels or conference venues throughout the UK or overseas. This event can also be run outdoors, or at client's own premises if suitable space is available

### Investment from £75 per person

Number of participants	10	25	50	80
Price	£1750	£2500	£4250	£6000

*" The Team Machine was a great way to see everyone's approach to team work."*

<http://bit.ly/teammachine>

< click here to watch the video



### Prices exclude VAT and travel

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## Innovative team building activities

### Case Study: Balancing Risk & Reward

"In truth, I had expected a fun way for a fairly new group to get to know each other and perhaps, an exercise that could underline a point I had wanted to make. I did get all of that, but also got an approach that really simulated our organisational challenges and illustrated graphically how we might solve them. Excellent!"



**Balfour Beatty**

#### Background

The requirement to generate profits on large, low margin contracts is a distinct challenge to the construction industry. Particularly in sometimes dangerous environments. Efficiency is essential but complying with safety regulations can be costly. Senior managers at Balfour Beatty know it's their role to drive the right behaviours and thinking that will lead to efficient and safer working.

At their bi-annual Senior Managers conference, Kevin Craven – CEO of Balfour Beatty Services asked Fresh Tracks to facilitate a practical exercise that would illustrate this tension, through a memorable 'hands on' experience. We responded by adapting our popular Team Machine exercise. As small groups set to work building the ten mechanical devices that make up the Team Machine, a countdown clock descended by one million pounds each minute. Whilst speed was important, the 50 senior leaders also knew that the Team Machine would only work if every component was correctly assembled, tested and positioned in the correct sequence. At times the temptation to cut corners was great for some however, the group were determined to comply and not to take unnecessary risks. As a result, after some thorough testing, the Team Machine connected seamlessly, earning the group a profitable bonus.

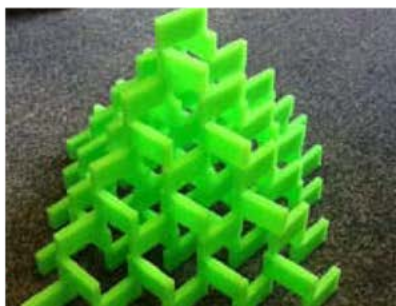
The review that followed drew out some valuable observations, with many saying how they were surprised that so much could be learnt from a playful exercise.





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## Innovative team building activities



### The Domino Effect

The Domino Effect simulates teams **working together** in a **high-pressure** environment. Competing groups need to strike a balance between **competitive flair** and **risk management**. Teams plan and test a **domino display** which is then combined with other teams' display for the tense one-off finale. Thorough preparation and **attention to detail** coupled with **great teamwork** lead to valuable lessons being learnt.

#### Outcomes

This activity shows the **power of co-operation** and the risks and pressure associated with **working in large groups**. Small teams must **contribute** to the whole whilst competing to build the most impressive exhibit. Teams learn about the need to work **safely, collaboratively** and **respectfully** when they connect with other teams

#### Notes

Typically a 2 hour activity this event can be extended, reduced or even broken into bite sized chunks to fit around your conference programme.

#### Details

- 2 to 4 hours
- Conference room with sturdy tables and dance/hard floor

#### Investment from £50 per person

Number of participants	10	25	50	100
Price	£1500	£2500	£3500	£5000

*"...the delegates' level of engagement in the activity exceeded our expectations. A really great session and people definitely enjoyed themselves a lot!"*

<http://bit.ly/dominoeffect>

< click here to watch the video



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



### Logo Logistics

Get your team members to be the **embodiment of your company logo** or other motivational message. Using our giant grid, this event involves teams positioning themselves into pre-arranged places or **working collaboratively** on a grand scale to design and create the layout for your chosen image.

You receive a brilliant aerial photo of your giant logo – a great way to celebrate an anniversary, project completion or motivational conference.

#### Outcomes

Your team will need to **come together** to plan the structure of the logo and then ensure every individual is in place for the final aerial photo.

#### Activities

- Choosing colours for the logo
- Creating ways for people to make visual images
- Finding places on the grid
- Co-operation and collaboration between staff to ensure everyone is in place

#### Details

- Can take as little as 30 minutes and suits from 50 to 500+ people.
- This activity can be adapted to suit any location, as long as there is adequate room.
- Helps develop co-operation and collaboration skills between staff.

#### Investment from £10 per person

Number of participants	up to 100	up to 300	up to 500
Price	£2100	£3300	£4500

*"Superb support and communication, nothing was too much trouble"*

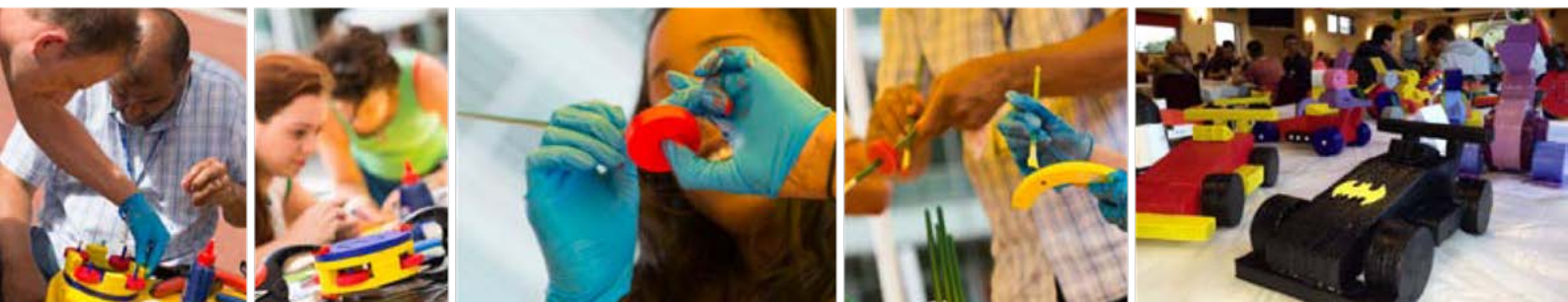
#### Prices exclude VAT and travel

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## Innovative team building activities



### The Toy Factory

The Toy Factory is a **practical** and **hands-on** activity with a heart. The team must form a **real production line** cutting, sanding, gluing, painting and assembling wooden toys. **Efficient systems** must be adopted, **clear roles** and **strategic planning** are needed to complete the task to a **high standard**. Finished toys can be donated to local children's charities or the whole event can be run alongside a company **charity** or **CSR** day.

#### Outcomes

High quality toys and a strong sense of pride in the product result from **focused teams working together** with a **common purpose**. The practical activities give space for colleagues to chat and build **deeper relationships**. The CSR or charity involvement gives a feel-good factor whilst reinforcing corporate values.

#### Notes

In addition to being a fun and worthwhile event the Toy Factory is an ideal activity from which to generate discussion on management processes such as LEAN, Six Sigma and Cell Working.

#### Details

- Half or full day
- Casual, comfortable clothing
- Hotels or Conference venues throughout the UK or overseas with sufficient space

#### Investment from £60 per person

Number of participants	10	25	50	100
Price	£1500	£2500	£3250	£6000

*"Working together on making these toys has given us the space for real conversations and relationships to develop. Coupled with helping the charity, this really has been a win-win day."*

<https://www.youtube.com/watch?v=VxmCjxKux4M>

< click here to watch the video



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities



### Generous Giving

**Values determine behaviour.** If you want your team to **embrace your culture**, this activity is a powerful way to tap into their values and demonstrate that with ingenuity, courage and a worthy goal, teams can **achieve extraordinary results**.

Teams are given a £100 cash budget and told to come up with a way to distribute every pound in the most generous way possible.

Each team is filmed throughout and scored on the number of people positively impacted, the creativity of their idea and the impact their initiative has on the community.

#### Outcomes

This activity encourages teams to consider the wider world, and how they can work together to create a positive impact on others. It reinforces the values of **sharing and collaboration**, helping teams bond as they work towards a common good.

#### Activities

- Sharing areas of personal interest and concern
- Creative planning as a team
- Research into local community and issues
- Sourcing gifts, materials and resources
- Making contact with recipients in an appropriate manner

#### Details

- For groups of 6 to 60 people, this activity is perfect for a half-day exercise.
- Promotes Creativity, Teamwork, Planning and Passion.
- The winning team is that which is deemed to have the most effective strategy

#### Investment from £90 per person

Number of participants	10	25	50
Price	£1750	£3000	£4500

Prices have built in £100 per team for items/cash

*"A simple concept masking a complex dynamic"*

#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



### Yes Uke Can

Power of Uke is on a mission to bring **more creativity** into the workplace. These **revolutionary** ukulele song writing and coaching workshops encourage your team to **maximise their potential** and **achieve the unthinkable**.

#### Outcomes

Our Ukulele Workshops allow participants to switch off from work and practise a **mindfulness approach** through a focused activity. This **boosts confidence, performance and leadership skills**.

#### Activities

- Learn to play the ukulele
- Create an original team song
- Lead your own rehearsal
- Perform the song in public
- Reflect on key skills developed

#### Details

- An intensive 3 hour activity
- No prior musical experience required
- Not just ukulele playing
- Indoor or outside, worldwide

#### Investment from £100 per person

Number of participants	10	25	30+
Price	£1500	£2500	£POA

*"The shared experience meant I saw my colleagues as human and felt more able to approach them in the future. I was skeptical but I'm really glad our team pushed for this!"*

<https://youtu.be/eNJHbU93hho>

< click here to watch the video



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities



### Black Cab Challenge

Teams set off in their chauffeured Black Cab armed with a set of **instructions** and **cryptic clues** to solve. **Working against the clock** the Cabs race around London as team members **play to their strengths, solving challenges, gathering** information, **capturing** photographs, **purchasing** souvenirs and **working together** to win the most points. The routes can be themed to include historic sites, places on a Monopoly board, Sherlock Holmes or Musical London.

#### Outcomes

Teams use **planning, time-keeping, problem solving and observation skills**. Small groups of 4 or 5 develop **closer working relationships** in a short period of time with a **common goal**. There are abundant opportunities for **fun and laughter** and a chance for all team members to shine.

#### Activities

- 15 minute briefing from event manager
- Teams of 4/5 board their own cab for up to 2.5 hours
- Team Challenges including:
  - Collecting souvenirs
  - Photographing landmarks
  - Solving location clues
  - Cracking conundrums
- Debrief, scoring and prize giving by event manager

#### Details

- Half a day or evening
- London-based. Starting and finishing locations are flexible
- Similar activities can be run in other UK cities, please call for details.

#### Investment from £95 per person

Number of participants	10	25	50	100
Price	£1950	£3125	£5500	£9500

*"The energy and enthusiasm of the Fresh Tracks staff really got our competitive streaks going. I have already recommended this activity to friends."*

<https://youtu.be/IiVNI-bOKJg>

< click here to watch the video

Julius Bär

#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



### Beats Working

Get out of the office and into the groove with a high-energy drum or music workshop. Our coaches will **boost the confidence** and **creativity** of your team and get everyone **working together** to produce an original piece of music within a tight timeframe. Sessions can be themed using African drums, rainbow boomwhackers or a samba fiesta. A great buzz is created from the final performance which demonstrates the **power of the large group working together**.

#### Outcomes

Teams get a great **sense of satisfaction** from learning new skills and using them in a **collaborative** group environment. The final performance is a perfect demonstration of the synergy of the group, showing that individuals **working together** in **harmony** leads to **success**. Groups take part in several activities throughout the day, developing their skills.

#### Activities

Demonstration and tuition, scavenging for items which can become instruments, composition, performance.

#### Details

- Half a day
- Any location, UK or overseas

#### Investment from £15\* per person

Number of participants	25	50	100	250
Price	£2500	£4000	£6500	£9500

\* £15pp when used as an energizer as part of a facilitated day

*"The facilitators encouraged everyone to get involved, and everyone did! Thoroughly enjoyable event for all members of the team - thank you!"*

<https://youtu.be/r50z0wxotII>

< click here to watch the video



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities



### Market Mayhem

London is a city built on trade, from the artists selling their work in Camden to the foreign exchange traders in the City. In this game teams must scour London's markets, **buying and selling**, for maximum profit.

Each team starts with a £100 budget, a shopping list and a case containing a series of apparently random items. Within four hours\* they must buy the items on their shopping list, sell the contents of their case and return to the start with a cash profit.

\*Times can be varied to suit the client's agenda

#### Outcomes

Teams work together to navigate around London **negotiating, buying and selling** random goods, in order to make a combined profit, all whilst **competing** against other teams. This encourages **imagination**, flair, financial and strategic planning, drawing on different resources to achieve success.

#### Activities

- Creative problem solving
- Research into items for sale
- Negotiation and bargaining skills

#### Details

- This event typically lasts 4 hours but can be adjusted to suit the client's requirements
- This outdoor event can be run all year round and makes an excellent morning team-building session
- Suited for groups of 6 to 60 individuals, bonding people from across your organisation

#### Investment from £90 per person

Number of participants	10	25	50
Price	£1500	£2750	£4500

Prices have built in £100 per team for items/cash

*"Thank you for a fantastic event. The event managers were brilliant."*

<https://www.youtube.com/watch?v=qLAU7S73cfE>

< click here to watch the video

#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



### The Communication Puzzle

Communication is a **challenge** for most **organisations**. This activity explores the nuances of how we **communicate**, with memorable experiences to **improve interaction** going forward.

#### Outcomes

As teams work through the puzzles they learn the value of the 7 Cs of communication:

**Clear, Concise, Concrete, Correct, Coherent, Complete, Courteous**

#### Activities

##### Phase 1 – The Search

In twos with one partner blindfolded, pairs must search for and recover two sealed envelopes, ideally hidden outside the meeting room. This highlights the impact of tone and clarity in one to one verbal communication.

##### Phase 2 – Blind Discussion

Having found their envelopes, pairs return to the main room and sit in groups. Before opening their envelopes all except one 'seer' put on blindfolds. Envelopes are then opened revealing jigsaw pieces of different sizes and colours. A 15 minute countdown begins, during which time the puzzle pieces must be accurately sorted into sizes and colour. The seer may only answer questions by saying yes or no, blindfolds can't be removed without the seer's agreement. This session mimics a typical meeting in which information is distributed amongst those present. Only when this information is effectively shared can the group reach a shared solution.

##### Phase 3 – Puzzle Assembly

The puzzle pieces are once again shared evenly amongst the team, this time with one colour per person. New, larger groups then form based on the colour of their puzzle pieces. Around tables these groups assemble their puzzle in the shape of a ring. Taking care to establish the correct sequence to spell out communication related words and phrases written across their puzzle pieces. For example: "Listen to understand, not to reply" "Good words are worth much and cost little" "Beware of assumption, clarify"

##### Phase 4 – Final Assembly

Once each coloured ring is complete, the final task is to find a way to assemble the rings together to make the large target.

#### Details

- 60 minute intensive, half day or 15 minute energisers throughout the day
- Casual, comfortable clothing
- Hotels or conference centres

#### Investment from £45 per person

Number of participants	20	50	100
Price	£1950	£3250	£4500

#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



## Countryside Activity Day

Our Countryside Activity Days are **adaptable** to your budget, timescale and interests. We will create a programme to fit your needs for half, full-day or more. All of our kit is mobile and most of the activities can be run at **outdoor venues** all over the country. The day offers the chance to **try new things, get to know each other, discover hidden talents** and **have fun** together. See the list below, or call us to find out how we can help you put on a great day.

### Outcomes

Everyone gets to **try something new**, have **fun** and create great **memories** together. Teams must demonstrate **different strengths** to earn points ensuring that every participant gets the chance to shine

### Activities

#### Choose from...

Human Table Football  
Giant inflatable volleyball  
Power turn buggies  
Treasure Hunt

Blind 'off road' driving  
Archery  
Sheep or duck herding  
Axe throwing

Laser Clay pigeon shooting  
Quad Bike Circuits  
Team Tasks  
Camp craft

...and more, Call us for further ideas

### Details

- Full or half day
- Selected locations throughout the UK with suitable grounds
- Casual wear

### Investment from £65 per person

Number of participants	25	50	100	250
Price	£2500	£4250	£7500	£16250

*"Tremendous fun! Everyone had the chance to contribute and excel at the different tasks. It created a real buzz back at the office."*

OFFICE

### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities

### Case Study: Teambuilding Activity Day

"The Fresh Tracks team were professional but joined in with the spirit of the day. The event brought everyone together to get to know the people they work with."



#### Background

Burton's Foods is one of the largest biscuit manufacturers in the UK with brands such as Jammie Dodgers and Wagon Wheels. In planning an off-site meeting for the finance team, the key was to keep motivation and energy levels high and to encourage more efficient team working across the group.

Fresh Tracks put together a full day programme combining outdoor activities and energisers that integrated presentations from senior managers to reinforce some of the key messages from the conference. Our "Who's in the Zoo?" session looked at the variety of characters that a team will usually comprise, whilst a treasure-hunt with photographic, collection and mental challenges got the teams up and out of their seats. Team tasks and problem-solving challenges based on co-operation and communication provided key learning points for the day, which concluded with a barbecue and prizes.

#### Results

The day allowed individuals to find out a bit more about the dynamics of teams in general, as well as finding out about their own and others' roles with a team in particular. "Everyone enjoyed the team event and it was pitched at just the right level" so that once back in the office this shared experience provided the basis for better communication across the team.





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## Innovative team building activities



### Treasure Hunts – Countrywide locations

Teams get **out and about** and use their skills together to solve cryptic clues and challenges in order to be the first back with the answers, photos and scavenged or bought items. Participants are **challenged to think on their feet, negotiate, solve** and **collaborate**. Different locations use different transport but each treasure hunt will give your teams an **opportunity to learn** more about each other and have fun.

#### Outcomes

Participants can **work with new people** and get to know their own and others' **strengths and abilities**. Relationships are strengthened and there is time and **space for conversations** to develop. A day out of the office provides a fun yet developmental activity in the local area or elsewhere.

#### Details

- Half day or evening Treasure Hunts can take place on foot, on public transport, bicycle, chauffeured car or taxi
- The Treasure hunt can end in a bar or other venue with lots of opportunity for prizes to be awarded, photos and films can be viewed providing a great start for an evening entertainment or meal
- Use of GPS devices allows us to hide virtual clues and provide a live league table of team's progress

#### Investment from £60 per person

Number of participants	10	25	50	100
Price	£1500	£2250	£3500	£6000

Prices quoted are for an on-foot challenge. Transportation charges apply.

Travel and preparation costs may be charged for a new or bespoke themed challenges.

*"A fantastic event! The results session was fun and competitive – everyone talked about it for weeks after. The activities were a great selection to keep everyone busy – they've obviously been well thought out. Thanks so much!!"*



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities



### Escape Room

Combining your teams' wits to escape from a locked room is an appealing and effective activity. Unfortunately it's not always possible to ship 100 conference delegates to a suitable permanent installation. Instead we bring the activity to you.

#### Outcomes

We create a series of diverse challenges. To escape one area might require **ingenuity** and **lateral thinking**. Another might involve building a catapult to literally blast a whole in a wall to escape! A more sedate exit could involve a series of puzzles to decipher a digital code.

#### Details

- Typically half a day or evening
- Casual, comfortable clothing
- Hotels, conference venues and sports stadia throughout the UK or overseas

#### Investment from £75 per person

Number of participants	20	50	100	200
Price	£3000	£5000	£8500	£15000

*"Extremely professional, great organisation and very friendly, helpful, motivational facilitators. The event brought a new team leader and new starters together and broke many barriers."*



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities



### Build a Bike

Do you remember receiving a bike as a gift? It is a wonderful and memorable occasion. You can now build teams at your next event by building bikes, that will then be given to underprivileged children.

#### Outcomes

Whilst there is some competition between teams the primary goal is to successfully assemble as many bikes as possible.

Teams start with a pack of components but must begin by **collaborating** with other teams to exchange their surplus items for the correct parts to build their bike.

Having acquired the parts the team construct and **restore** their bike, where necessary customising with additional lights, bells and reflectors.

#### Details

- Typically half a day or evening
- Casual, comfortable clothing
- Hotels, conference venues and sports stadia throughout the UK or overseas

#### Investment from £75 per person

Number of participants	20	50	100	200
Price	£1950	£4375	£7500	£15000

*"Extremely professional, great organisation and very friendly, helpful, motivational facilitators. The event brought a new team leader and new starters together and broke many barriers."*



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities



### Messing about on the River

Slow down and **relax** with your colleagues on a Canal boat. Relationships have a chance to develop far away from fast paced office life. Team activities can range from the **physical challenges** of boat handling and navigating locks, to cooking with limited resources or producing local guides inspired by the surroundings. **Individual programmes** can be developed according to your team's needs.

#### Outcomes

**Relationships develop** and are strengthened through **shared experience**. Solutions to office issues can be found through **working together** on unfamiliar tasks. Facilitated team tasks can add a further dimension to the day.

#### Details

- Whole day (can be longer if sleeping on board)
- Numerous canals throughout the UK
- Whole or half day (longer if sleeping on board)

#### Investment from £105 per person

Number of participants	8	16	24	Larger groups
Price	£1500	£2100	£2520	Please call for prices

*"The event gave us space and time for discussion about the climate at work and planning for our desired environment."*



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.





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## Innovative team building activities

### Case Study: Team Away Days

"The event did exactly what was required - bonded the team and improved relationships and understanding."



#### Background

The Health & Safety Department at BP Oil is a busy and disparate group with most team members field-based, constantly on the move and rarely getting to spend time together. The group included, according to the brief, "the young, the not so young, the fit and the not so fit" so this team event had to be something that would appeal across the board and not leave anyone feeling uncomfortable.

The three-day programme that Fresh Tracks put together provided meeting facilities at a hotel for two days, with the middle day given over to a full day on narrow boats, cruising the Grand Union Canal. A treasure hunt carried out en route along with a canal-side pub lunch, lock-handling and boat-handling tasks combined to keep everyone occupied. Overnight the team stayed in a mixture of tents and self catering accommodation to reinforce the feeling of "time out" and a summer break.

#### Results

The event gave the team that all-important time away from the pressure of their everyday roles with space to improve communication and relationships. The relaxed environment of the canal boat, combined with the treasure hunt and other activities ensured that there was something for everyone – once back in the office it was clear that communication and discussions between the groups within the team had improved as a result of the time spent together. *"Thank you – your professionalism, support, enthusiasm and your ability to book good weather also made for a superb event!"*



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## Innovative team building activities



### Multitasking Team

A series of fun, informal, physical **and cerebral** activities in which teams compete throughout the day/half-day or evening.

#### Format

Teams must proceed around a series of activity stations. At each activity they must **compete** against another team to win points or earn **fun money**.

#### Activities

##### Choose from...

Group Juggling

Pyramid Challenge

Mental Challenges

Leonardo's Bridge

Team Construction Tasks

Spider's Web

The Towers of Hanoi

Blind Control

The Maze

...and more, Call us for further ideas

#### Details

Teams use their wits to solve conundrums and find their way to a series of practical team challenges. At each activity they will compete against another team before moving on to the next challenge. Bonus points can be earned by successfully completing a book of puzzles requiring both analytical and lateral thinking. Physical challenges are selected to suit the location and the participants. In this Olympic year we can provide a number of sports themed exercises, our Human Table Football pitch is especially popular. We understand that team building can fail when the varied learning styles of those taking part hasn't been taken into account. By blending fun with a wide spread of exercises, everyone gets the chance to excel. This activity allows people with different skill sets to make a valued contribution, reinforcing the importance of **collaboration** as a means to **success**.

#### Investment from £65 per person

Number of participants	25	50	100	200
Price	£3125	£5750	£8500	£12750

"Great fun, ticked all the objectives and was really memorable"

<http://bit.ly/teambuildingday>

< click here to watch the video

Balfour Beatty

#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.



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## Innovative team building activities



### Pedal Power Grand Prix

Formula 1 teams can now change a set of wheels and refuel a car in under 2 seconds! Understandably motor racing teams are often singled out as epitomising outstanding teamwork. Our latest team building activity has been created to recreate this experience for any team.

#### Outcomes

This team building activity is highly flexible, enabling us to adapt the programme to fulfil your objectives. Teams can simply **race** the karts or become engrossed in the challenges of **managing** a race team.

Participants will experience **intense competition**, they will need to agree and adhere to a race **strategy**, learn from experts and work within time and budgetary constraints.

#### Activities

This motorsport inspired team building activity is infinitely variable. It has potential to deliver so much more than just the fun of racing.

The programme can include:

- Constructing and tuning of pedal karts
- Design and decorate karts with team livery
- Precision pit stops
- Pitching to sponsors
- Negotiating for resources
- Agreeing team tactics
- Coaching drivers
- Analysing driver performance
- Relay racing

#### Details

Typically half a day or evening

Casual, comfortable clothing

Hotels, conference venues and sports stadia throughout the UK or overseas.

We appreciate that each group is different, objectives vary and timescales can range from an hour to a day, we will therefore build a programme to suit you.

#### Investment from £75 per person

Number of participants	20	50	100	200
Price	£3000	£5000	£8500	£15000

*"The work put into the making of this event was outstanding. The result was an extremely engaging team building event coupled with the element of competition. The whole team is still buzzing. Feedback has been 'The best seminar ever'"*

<https://youtu.be/JI2HpWgBPk4>

< click here to watch the video



#### Prices exclude VAT and travel

Programme costs include venue sourcing and booking; bespoke event planning/organisation; professional, trained activity staff; specialist activity equipment; on site programme management; emergency first aid support; £5 million public liability insurance.