



AFFORDABLE ADVENTURES **TEAM BUILDING**

EVERYTHING A **SUCCESSFUL** TEAM NEEDS

BOOTCAMP

Boot Camp is a great way to create a sense of camaraderie among your participants through team building activities. Boot camp workouts are group training sessions in an outdoor space. This is such a fun challenging activity in an open space for groups of approximately 20 people at a time.

Sessions usually last for one hour with a variety of exercises, which have the aim of providing an all-over body workout. Team Building skills are incorporated into the exercises themselves. Participants can work on problem-solving, developing relationships all while working toward a common goal.

OBJECTIVE & SKILL

Problem-Solving, Developing relationships all while working toward a common goal.

LEVEL OF ACTIVITY

Medium to High

LOCATION

Outdoor

TIME ALLOCATION

1 - 2 Hours

GROUP SIZE

Ideal for a group size of 20 or more delegates.