



## AFFORDABLE ADVENTURES **TEAM BUILDING**

EVERYTHING A **SUCCESSFULL** TEAM NEEDS

### **OBJECTIVE & SKILL**

Teamwork, Communication, Listening Skills  
and Fun

### **LEVEL OF ACTIVITY**

Light

### **LOCATION**

Outdoor and Indoor area with power point

### **TIME ALLOCATION**

1 hour

### **GROUP SIZE**

Ideal for overall group size of 8 - 1000+

## **DRUMMING**

Africa is the Drum continent of the world. Interactive drumming has become a cutting edge psychological tool, increasingly being used in the business environment as a means of stress release, group bonding, team building and synchronising of thought processes. Group drumming is a non-competitive activity where each person, regardless of age, sex, race or position within the company has an equal part to play.

A traditional drum will be provided for each delegate. We will give you an introduction to drumming (within 10 minutes you will be drumming together!). We will teach you the very basics and two expert, authentic rhythms. These rhythms will be combined with other percussion instruments and a traditional song called "Tongolo". This will conclude on a high note, where the delegates will put the whole program together, playing the drum and/or other percussion instruments and singing!