

Life Skills & Teambuilding

We design tailor made programmes intended to fit into particular facets of your curriculum & syllabus

Exploring Life Skills

Our teambuilding activities are specifically designed to challenge students. They explore life skills that are studied theoretically in a classroom and bring them into reality and context when developed in the field. Here are just a few examples of what life skills can be explored in the field.

- **Confidence**
- **Acceptance**
- **Empowerment**
- **Decision Making**
- **Leadership & Delegation**
- **'No Blame Culture'**

Age Ranges

It is never too early for young people to learn the benefits of context driven teambuilding and we can offer programmes for ages 6-18. With this, we appreciate there are key stages in a students academic and social career and we can thus design programmes that fit into these.

Activity Led or Scenario Led

Teambuilding can take many shapes and forms. We can provide standard activity based days to explore some of the concepts noted above, or we can provide more strategic scenario based days, again depending on the objectives and desired outcomes for your group.

Scenario days can be linked to current affairs, specific curriculum items, popular culture etc. Scenario days can work particularly well for students studying business or economics.

Environment

Being based in a 250 acre estate in the heart of North Yorkshire countryside, here at Camp Hill we are keen to promote environmental awareness to all who attend. We employ damage limitation by rotating our activities allowing our land to rest, and we regularly inspect the health of our trees and use our tree surgeons to keep them in optimum condition.

Where possible we use natural resources, working with the environment around us and thus sustaining it. We respect the land, animals and fauna around us and recycle everything we can!

Location

Camp Hill is based in Bedale, North Yorkshire, and is conveniently located 5 minutes from the A1. In addition to offering on site teambuilding, we are also able to bring many of our activities to you depending on your needs.

Activities for educational institutions and community groups

Icebreaker/Energisers

Boredom busters to liven up the proceedings and introduce the team to our instructors and each other

- **Alpha Shuffle** – the power of speech, but what happens without it?
- **Kataclism** – Turn the whole team in to Karate Masters in a very short time

Tasks & Exercises

A selection of cerebral activities and tasks designed to bring delegates out of themselves and interact as a team.

- **Minefield** – Your team has to negotiate across a minefield using pure teamwork. This requires great skill and communication to complete
- **3D Web** – You will need to plan carefully how you successfully complete this mission. Which team member are going to pass through the web and which ones are going to coordinate it ??????
- **Captains Log** – Using the six ropes attached to the log, slide it around the 'maze' to an exit keeping the log as vertical as possible.
- **Nuclear Waste** – A container of nuclear waste has been deposited in the woods. Your team is responsible for lifting the container of waste and depositing it in a safe housing. You can practice with your team but during the real event you will be blindfolded...you will rely completely on team communication to complete this task.
- **Nuclear Fuel Rods** – Your team has been chosen to assist in a nuclear facility. Your challenge is to insert the fuel rods in their correct housings. The problem is that only one team member can make it into the chamber at a time and must communicate to the rest of the team how to progress with the challenge...the fuel rods are different lengths as are the housings....tricky one!
- **All Change** - Your team is planted on an island and has to negotiate to another island location. Your whole team is standing on a pile of coloured planks that must be moved to the other location however, there are rules and regulationsthe planks must be erected on the other island in the same order but you are not permitted to touch the floor in between.....this is a true mental challenge that requires some real thought.
- **Floodwaters** - Your teams have been stranded on opposite sides of a lake deep in the woods (real! not imagined). Can you get the vital information across the floodwaters using only the equipment provided? Be careful there is a sting in the tail and contingency planning will be required!
- **Swing Bridge** - Your team have to be transported above the woodland floor using amongst other things barrels, a plank and a tyre suspended from the trees. The solution to the task is in the title - Are your team up to the challenge?
- **Briefing Room** - A cerebral challenge in the outdoors. There are several rooms and only one correct solution..... can you find a way through the roomed maze and opening doors within the constraints and given time. Open the wrong door and you could jeopardise the mission
- **Tyrolean Bridge** - The bridge you have to cross has been blown apart and needs to be re-constructed as a matter of urgency...however, the electronic conduit between each side needs to be completed in the exact mapped format to operate properly.
- **Willis Jeep Construction** - You have been air lifted and dropped in the middle of a thick pine forest and must complete the rest of the mission by Jeep. The Jeep has been parachuted to the ground with you but needs constructing before being able to be driven...can your team complete the kit in time to move off. Utilises a life size Jeep

Team Tasks, Exercises or Projects

- **Orienteering** - This outdoor pursuit provides an ideal opportunity to enjoy the great outdoors and breathe in some fresh air as well as explore the grounds of Camp Hill. Using a map and compass locate as many 'check points' as you can, solving logical clues along the way.
- **Crashed Plane Rescue Mission** - A plane has crash-landed on an Island. You are the recovery team and have answered a 'mayday' call - reach the Island and retrieve the clues. You are required to construct a rope bridge to effect rescue. (*age restrictions apply)



Low Ropes Courses

- **Mohawk Walk** - Can your team complete sections of wires, without touching the ground? The teams use the ropes hanging from various positions and a nominated 'spotter' to assist in the crossing. Seriously good fun, you'll never talk so much in such a short space of time.
- **Traverse** - Rope courses can be the ultimate challenge for groups and individuals. Low elements are 18" to 24" from the ground. Delegates must work as a team in order to complete them successfully. They include; Swinging Logs, parallel Ropes, Burma Bridge, Vines, Scramble Nets, Wild Woosey, See-saw etc



High Rope Challenges

- **Crate Build** - The challenge is for the team to build the highest possible tower utilising the crates while suspended from the trees and standing on top of the crate tower.
- **Sky Walk** - This is the most adrenalinising walk of your life as you clamber 50 feet up a climbing wall and cargo net to the Sky Walk itself. Cross the planked bridge and descend to the floor in a simulated parachute jump



- **Climbing & Abseiling** - Challenging and exciting this experience really provides an enormous sense of personal and group achievement. Situated within a sheltered section of the woodland, the 6 lane, 40 ft tower provides the ideal facility for both abseiling and climbing. Vertical and inclined slopes.
- **Leap of faith** - For a real adrenalin rush, try climbing to the top of a 35ft telegraph pole, standing on a platform no larger than 1ft square and leaping for a Bovy (just in reach). Huge energy surrounds this activity, with support given as you literally step into the unknown. (*age restrictions apply)



- **The UK's leading tree top Adventure course** – This is unique to Camp Hill and there is not another course like it in the UK. Set in our beautiful 10 acre Oak woodland an the edge of the estate the Aerial Extreme course takes almost 2 hours to complete and involves a number of elements that require the team members to go round in buddy twosomes to provide support for each other and engender a great feeling of trust and overall team spirit. There are logs, bridges, zip wires and cargo nets that all need to be negotiated.....the ultimate element is the finale Sky Walk. (*age restrictions apply)



The famous "Sky Walk" and 50ft simulated parachute descent

*** due to time taken on this course, this is classed as 3 activities