

Team building

The word "Team building" is rendered in a stylized font. "Team" is written in large, rounded letters where each letter is a different colored sphere (red 'T', yellow 'e', orange 'a', dark red 'm'). "building" is in a black, sans-serif font. Above the 'i' and 'd' in "building", there are decorative arcs of small spheres in red, orange, and yellow. Below the text, a silhouette of a team of eight people is shown in various celebratory poses, such as jumping and raising their arms.

**Bushman's
Rock**

Country Lodge
★★★★★

☎ 012 808 2888
bushmansrock@telkomsa.net

TERMS, CONDITIONS & HOUSE RULES AVAILABLE ON WEBSITE

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**ON-SITE
ACTIVITY**

QUADBIKE GYMKANA

DURATION : 1 HOUR

The gymkhana can be used as a fun activity or as part of a team building process. The process has low risks, but it is still exciting enough to offer some challenges. Groups from 6 to 40 can be accommodated.

The exercise consists out of a gymkhana with team activities. The team is evaluated according to a mark sheet and the marker accompanies the team...It starts from a fixed point, follows a circular route and ends at the same point. It includes certain activities such as, throwing a stone in a bucket on the move (Stone Put), balancing a small bucket filled with water, above the head, without spilling (Cascades), Ketty shooting (Top Gun) and zig zagging through markers (Zig Zag) and balancing the quad on a balance beam (Balance Challenge).


**GRAB A
TEAM
ITS
QUIZ
NIGHT**



QUIZ NIGHT

DURATION : 2-3 HOURS
MINIMUM : 20 PLAYERS



SHOW OFF YOUR GROUPS BRAINIAC SKILLS
BY ADDING QUIZ NIGHT TO YOUR
TEAMBUILDING OR FUNCTION.

Quiz nights are a growing sensation all around South Africa and will guarantee a fun filled event. The Quizzes are fun, interactive and challenging. Quiz night can be hosted in our Indoor or Outdoor venue. Our Quizmaster will host a general knowledge themed Quiz, questions regarding the company can also be added to the quiz. There will be 5 rounds and 10 questions per round. Maximum 6 people per group.

ACTIVITY
ON
REQUEST
ONLY

ARE YOU **SMARTER** THAN
AVERAGE?



AMAZING ACTIVITIES

ON-SITE
ACTIVITY

DURATION: 2 hrs

LESSON : Teamwork, adrenalin, chance, time management, planning, cunning, having fun

It is a combination of activities consisting of fun-, think- and team support exercises.

- **UNTIE ME**

Two people stand opposite each other and both are linked with a rope that is tied at the wrists. They have to come loose without taking the rope from their wrists.

- **MARBLE RUN**

Delegates stand in a line each holding a 30 cm channel iron. One person must feed marbles from a fixed point and the marbles must be channeled on the channel iron without dropping any of the marbles. The marbles must go into a bucket a few paces away. They must get as many marbles into the bucket in a given time.

- **CASCADES**

Delegates have to fill a 1 m pvc pipe full of holes with water. Each team gets a bucket to fill the pipe. At the bottom of the pipe is a ping pong ball. They must now close the holes with everything they can, like fingers, hands, toes, and fill the pipe until the ball comes out. The pipe must be in an upright position.

- **TRAFFIC JAM**

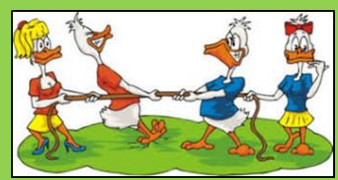
Only works for groups with even numbers. Two group stands in a line facing each other. Each one stands in a hoola hoop. In the middle is an open hoola hoop. The two teams must pass each other so that the one team stands in the hoola hoops of the other team. Certain rules apply.

- **TUG OF WAR**

Best out of three tugs is the winner

AMAZING ACTIVITIES CONTINUES ON NEXT PAGE





AMAZING ACTIVITIES CONTINUE

ON-SITE
ACTIVITY



- **ROPE WORK**

Teams must each hold onto a rope and by instruction of a co-member build certain figures, such as a square, circle, figure 8, triangle etc. No one is allowed to shift their hands on the rope. It can be done blindfolded also – planning, trust, communication, listening skills. It also includes rope set up like a spider's web. Members must go from one side to the other side, through holes without touching the rope. Members have to pick up some members and pass them on through the holes. When a hole is used, it is closed.

- **TUBE JUGGLE**

Tubes must be shifted amongst three markers. Tubes lie on top of each other at the starting point and is marked from 1 at the top to 5 at the bottom. The tubes must all end up at the third marker in the same order. A bigger number can't lie on top of a lesser number.

- **HUMAN KNOT**

Members stand in a circle. They hold hands on both sides. The right arm is over the left arm. They have to end up still holding hands but now the arms must be uncrossed.

- **TOXIC WASTE**

Use ropes to throw a bucket filled with mealies into another empty bucket. No one is allowed to enter the circle around the bucket.

- **TOXIC DUMP**

Members have to build a bridge from one side to the other side of the toxic area. They only have planks and bricks. If someone touches the area, that person is out.

- **NAIL CHALLENGE**

Delegates have to balance 16 nails on top of an upright nail fixed in wood.

- **PAINTBALL TARGET SHOOT**

Teams shoot at a target like a dart board. The bullets are valcro balls that stick to the target.

- **ACHUCUKA**

Sing along song, facilitator tells what movements to do and what to sing.

- **RIVER BANK**

All members stand on one side of a rope which forms the bank. The other side of the rope is a "river". The facilitator calls either river or bank. If a member jumps to the wrong side, he or she is out. It carries on until one member is left – The Champion.

- **BLINDFOLDED MINEFIELD**

Delegates are blindfolded and must walk through a minefield (mines are plastic cones). They have to avoid mines and pick up objects of which some are "boobytrapped" They have a coach giving directions.

- **SUCK AND BLOW**

A 24 cm pvc pipe is used to suck up a ping pong ball from a bucket, the team member must run to another bucket a distance away and release the ball in the bucket. If it falls off on the way the ball is wasted. A certain amount of balls must be transferred in a certain time.

- **BALLOON POPPING**

Each team receives a certain amount of blown up balloons. They take part in pairs. One partner must run around a marker to the other partner and put the balloon between their bodies at different places and by applying pressure they must burst the balloon. It is done against time.

- **HA KA SO**

Everyone stands in a circle, we got three hand commands, each one of the command the hand points in a different direction, and the next person must follow. If u do a wrong command or hesitate, you fall out of the circle.

Delegates have to repeat each command loud and indicate with the hand. If you fall out of the circle, you must run around the circle screaming Ha ka so, to confuse the others.

PAINTBALL

DURATION: 1 h 30 min to 2 hrs.

LESSONS: Strategize, having fun, planning, team spirit

ON-SITE
ACTIVITY

Look mean and tough and sort out your opponent. The only way you can enjoy being shot at.

Two teams compete against one another in two or more exercises...

- Killer exercise
- Steal the other team's flag exercise
- Open exercise where the game stops with the last one standing.



This challenge is unique to Bushmans Rock.

The theme is Bushman. Delegates have to do various challenges related to the Bushmen –

Building a shelter, making a bow & arrow and testing it in a shootout. Painting Bushman paintings and making an ostrich egg. Doing a song in Bushman Language...

Interesting and a challenge!!!

BUSHMAN'S CHALLENGE

ON-SITE
ACTIVITY

DURATION: 2 to 3 hrs

LESSONS: Teamwork, creativity, communication, trust, initiative, team spirit, think outside box.





ON-SITE
ACTIVITY

SURVIVOR

DURATION: 2 to 3 hrs

LESSONS – Teamwork, creativity, communication, trust, initiative, team spirit, think outside box.

An excellent team event.

Be innovative in your survival techniques – Do what you can, with what you have.

Groups get a survival kit and instructions.

It consist of all or some of making a snare, building of a shelter, making a fire, tracking (where possible), nature quiz, purifying water, catching fish, building a small raft.





BOXCAR CHALLENGE

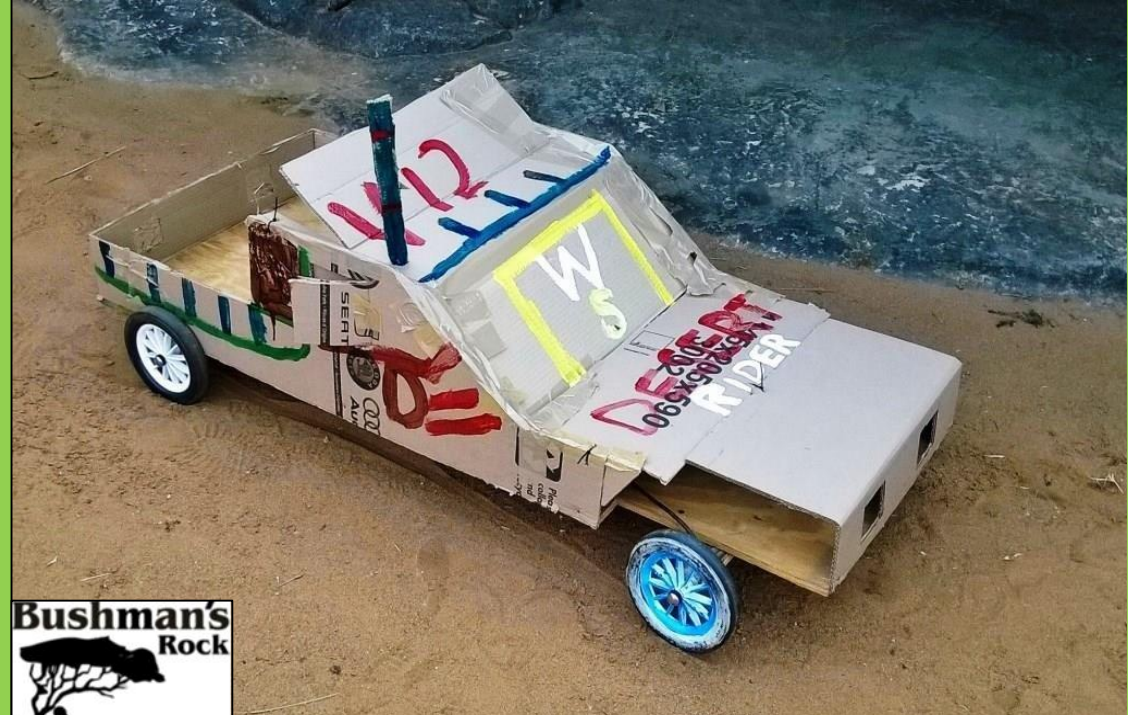
DURATION: 2h30 min

LESSONS: Fun, teamwork and planning, competition

The challenge consists of three stages:-

- Building - Equipment needed is provided. The body of the car must be built with carton. Each team must create an own brand name and logo for the car.
- Advertise prep and presentation- Each team has to advertise their car. A video will be made of each team.
- Race - Then the BIG race start.....

ON-SITE
ACTIVITY





ON-SITE
ACTIVITY

ARCHERY

DURATION: 1 h 30 to 2 hrs.

LESSONS: Having Fun, team spirit, new skill, focus, concentration.



A very popular and interesting team competition. If you can hit the yellow dot try to hit the buck or the balloon. Delegates are shown how to shoot followed by an instructional round, practise rounds and one or two competition rounds.

Six sets are available.

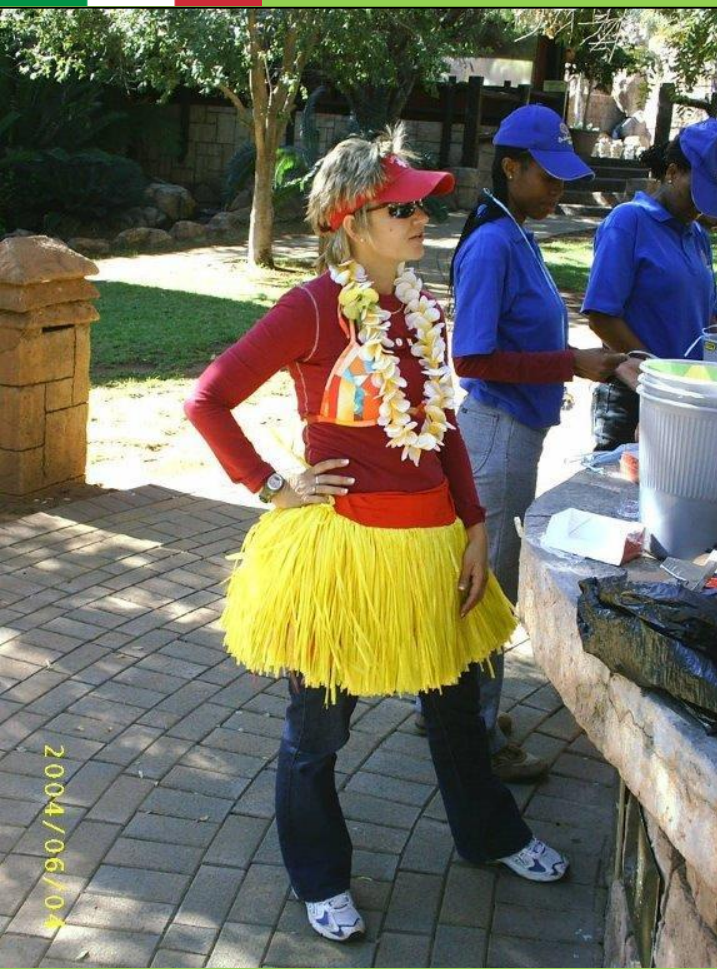




AROUND THE WORLD IN EIGHTY MINUTES

DURATION: 1 to 1h30 hrs

LESSONS: Having fun, competition spirit, team spirit and communication.



Visit a country, do an activity known to the country and have a drink used in that country. Each point represents a country. Soft drinks or snacks known to that country can also be used. It is normally done late afternoon or during a meal.



ON-SITE
ACTIVITY





FRISBEE GOLF

ON-SITE
ACTIVITY

DURATION: 1h30 min

LESSONS: Team Work, competition fun, team spirit

Play golf with a Frisbee.

- It is played on the same principle as golf.
- Instead of a hole it is a marked circle.
- It can also include things like longest drive, closest to the hole, hole in one, etc.
- Try it!!

ON-SITE
ACTIVITY

CREATIVE BUILDING

DURATION: 2 hrs

LESSONS: Creativity, time management, initiative,
job satisfaction, communication

Teams are issued with 50 to 150
small planks each.

They have to build anything
from a tower, car, house, a
portrait in certain given times.

Everyone has to partake and
teams with highest, biggest, best
and most used planks are the
winners !!

– Lego building is also
available



ON-SITE
ACTIVITY

LASER CLAY PIGEON SHOOTING

DURATION : 1 to 2 hrs.
LESSONS : New skill,
competition fun,
team spirit

No loud shots, no
sore shoulders.
Test your shooting
skills on a clay
pigeon. This is a
very interesting
and fun event !





MINUTE TO WIN IT

DURATION : 1H30 TO 2 HOURS

LESSONS : Focus, team work, balance

ON-SITE
ACTIVITY

• BACKFLIP

Contestants have to put a pencil on the back of their hands, flip it up and catch it. Every time a pencil is added, until one falls.

• QUIZ

Contestants have to answer questions against time regarding nature and general knowledge.

• PING PONG CHALLENGE

Delegates have to throw a ping pong ball sitting in a chair into a cup. It can only bounce once. Best out of two or three chances. The second challenge is where a delegate holds a cup and a second delegate must bounce the ball and the first mentioned has to catch it. If successful another cup is added on top of the ball until five balls are caught. The more cups the more unstable it becomes.

• GO THE DISTANCE

A ping pong ball is placed on a measuring tape. By controlling the tape with one hand the ball must run along the tape into a cup. The tape cannot touch the cup.

• FISHING

Contestants must build a mini fishing rod with rope, paperclip and sosatie stick, and hook an earring from the ground one meter away.

• TARGET THROW

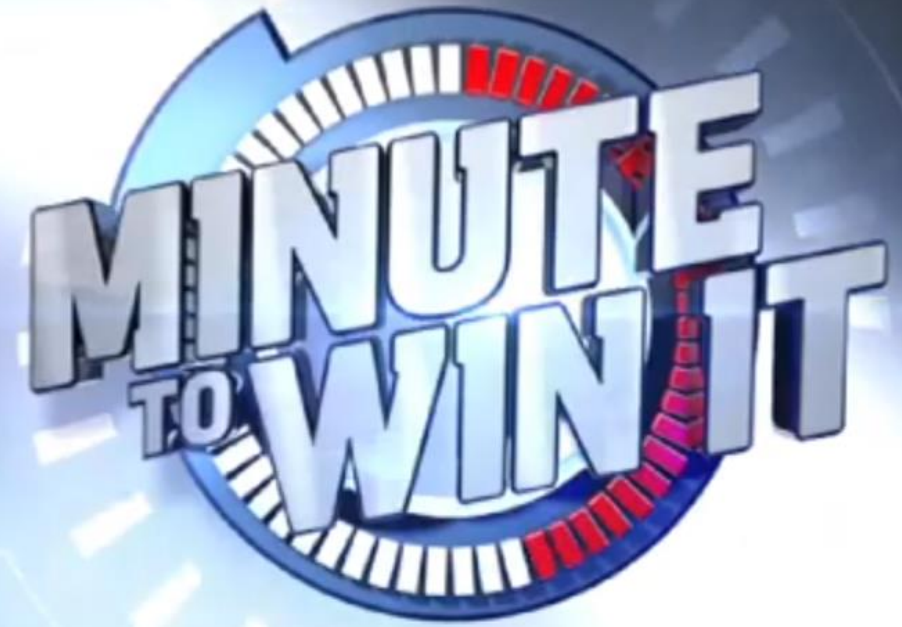
Contestants have to throw six small balls from behind and through their legs to a hula hoop 4 meters away. Three of the six must go through the hula.

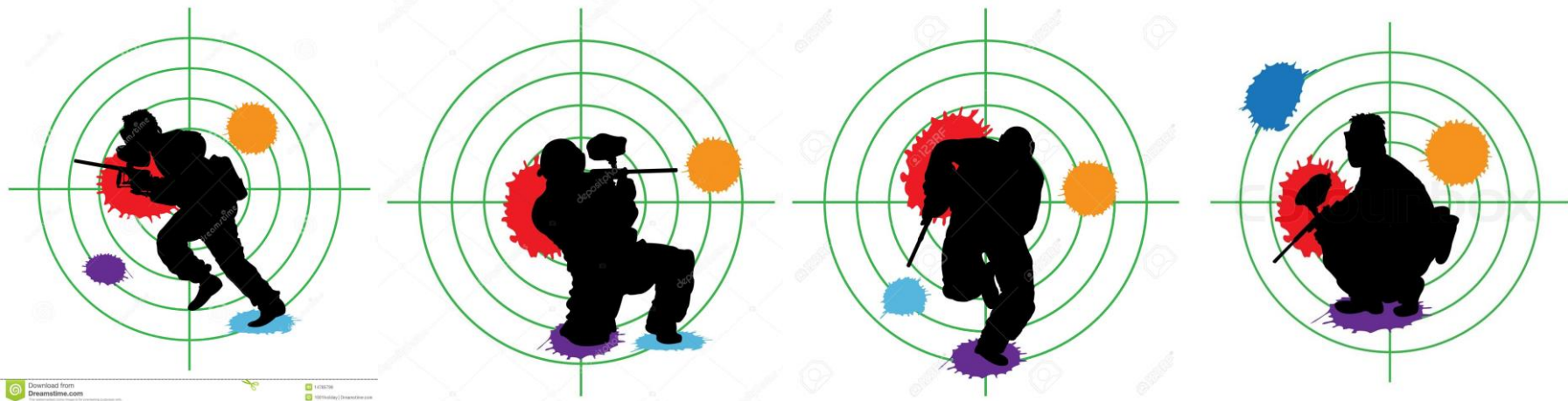
• NUT STACKER

Delegates have to stack 10 metal nuts on top of each other in one minute.

• BALLOON CHALLENGE

Teams must keep 4 to 5 balloons in the air for 1 minute.





PAINTBALL TARGET

DURATION : 1H30

LESSONS : Having fun, new skill

Teams shoot at a target like a dart board.

The bullets are valcro balls that sticks to the target. Each get 3 to 4 balls to shoot.

Score is taken.



ON-SITE
ACTIVITY

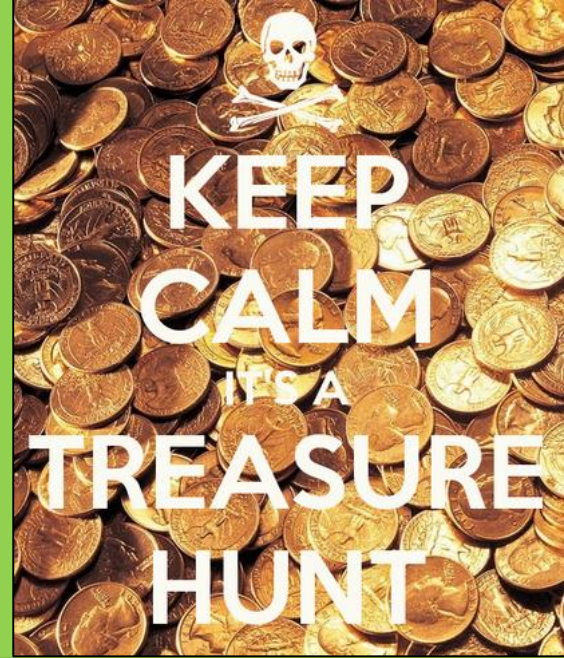
TREASURE / SCAVENGER HUNT

DURATION: 2 hrs

LESSONS: Fun, teamwork and planning

Get cryptic clues, visit different points, do challenges and end up somewhere where you can find a treasure.

ON-SITE
ACTIVITY



FARM OLYMPICS

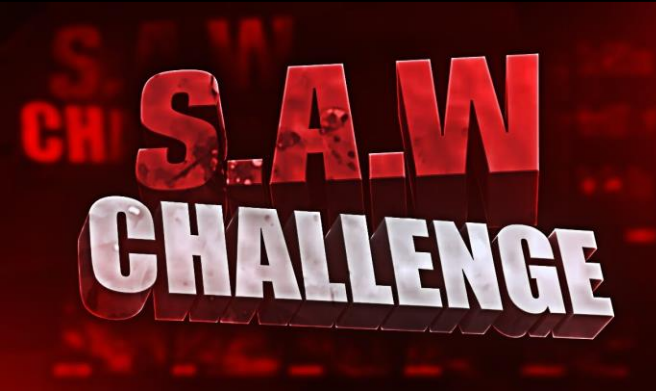
Duration: ± 2 hrs

Lessons: Fun, teamwork and planning, competition

Farm Olympics – Challenges that are typical in a farm environment. It consist of Horseshoe Throw, Building a fence, Saw Challenge, Wheelbarrow Challenge, Gumboot Throw, Fill the tank and Bean Bag Target throw



ON-SITE
ACTIVITY





KETTY SHOOTING

Duration: 1 hr

Lessons: Having fun, new skill.

ON-SITE
ACTIVITY



Those were the days. Become young again. It is based on the same as the archery. Six sets are available. Targets are plastic coloured bottles. Stones form the ammunition and different shooting positions are used -(Normally in conjunction with archery) – can also be incorporated in other events)

MAP & COMPASS TANGO

Duration: 1hr 30min - 2 hrs.

Lessons: Team work, trust, having fun, accuracy, sense of direction.



Find your way with a challenging experience. It starts with a short lecture and then teams have to walk on a few legs to different points, as accurately as possible. At the end teams receive a questionnaire to complete from the map. The exercise ends with an activity where direction and distance to an object has to be guessed.



Trivial Pursuit

NTSC

ON-SITE
ACTIVITY

TRIVIAL PURSUIT

Duration: 1 hr

Lessons: Fun, competition

It is a general knowledge quiz on a screen.

Quick reaction is important.

AD MAKING

Duration: 1 to 2 hrs

Lessons: Fun, creativity, communication



Teams have to make an advertisement on certain products. They get time to plan and put together. Each team will get a video camera and they have to shoot an ad. The ad must be 20 seconds long. No editing. It is record and stop after 20 sec. The sequence must be perfect.

ON-SITE
ACTIVITY





ACTIVITY ON REQUEST ONLY



DRUMMING

Duration: 1 hrs

Lessons: Communication, coordination, synergy, team work, team spirit, having fun

Learn synergy the African way.
Learn to play a few beats and put it all together in an amazing ensemble.



EAT N BEAT –

ACTIVITY ON REQUEST ONLY

POTJIE TEAMBUILDING COMBO WITH DRUMMING

Duration: 4 hrs

Lessons: Communication, coordination, synergy, team work, team spirit, having fun

Includes 1 hour drumming. Our teambuilding potjie masterchef supplies everything. Selection of fresh meats (chicken, venison, beef or lamb) and fresh chopped vegetables, spices, gas burners and large potjies. Teams get to create their own logo and team name. Gifts of small drum and small potjie pot given to winning team to display in office and as reminder of a fun, memorable empowering day !



Potjie cook off Teambuild



DODGE BALL

An inflatable house which can accommodate 6 participants at a time. They are provided with sponge balls that they then shoot at each other using cannons operated by air.



BULLS EYE SHOOTING CHALLENGE

Our Paintball guns have been converted to operate with gas. Targets are placed at the end of an inflatable tunnel. The tunnel prevents any balls from going wayward.



GIANT SLIDES

The slides can be operated wet or dry.



FOOSBALL

Adapted from the Table Soccer game. The game is played on a giant inflatable court, where the human players are tied into position using cords, and play their game much as in the small version.

BUNGEE RUNNER

An inflatable obstacle where the participants see who can place their Velcro pad the furthest. The catch is that they are tied to a bungee cord that keeps pulling them back and they are running on the inflatable surface making it soft and difficult, to make it more interesting add soap water.



OTHER ACTIVITIES

ACTIVITIES ON REQUEST ONLY

ROCK CLIMBING WALL

The use of this climbing wall is extremely safe, due to the fact that it is hydraulically operated. A failsafe auto delay system is used.

MECHANICAL BULL

A rodeo bull, where the speed and direction is controlled by our experienced operator. A huge inflatable mattress protects the participants when they fall off.

BUNGEE BOUNCE

Bounce safely to huge heights on our trampolines while testing your acrobatic skills.

