



P.O Box 446 – 20117 Naivasha, Kenya. Tel: +254 721 941494
Email: christinemalewa@gmail.com Website: www.malewa.com

Malewa Bush Ventures is set in the stunning natural landscape of the Rift Valley on the banks of the Malewa River, adjoining a wildlife conservancy. This is an original, challenging and fun teambuilding day that can be tailored to suit, in terms of timings or content. Easily accessible from Nairobi.

(EXAMPLE) ONE DAY TEAM BUILDING PROGRAMME USING LOW AND HIGH ROPE CHALLENGES

Welcome and refreshments (optional full breakfast buffet)

Introduction and programme briefing by professional Malewa Bush Ventures facilitators.

Ice breakers on the lawns.

Low Ropes Course – Team challenges:

The following low rope challenges are designed to develop teamwork through shared goals requiring good communication, decision making and leadership where appropriate.

Great Traverse, Spiders Web, The High Wall, Traffic Jam

Lunch A variety of delicious dishes with ingredients sourced where possible from the local community, and freshly prepared by our own chefs.

High Ropes - Individual challenges:

In a safe and controlled setting, with a variety of tasks, individuals are encouraged to explore their limits.

Wrap up debrief and reflection.

In addition to the day programme, there is the option of staying overnight at the Malewa campsite with relaxed sundowners, and BBQ round a campfire. Groups often find this really cements the experience of the day. Optional music and dancing!

Notes:

MBV will provide all the group equipment. These include: tents, beddings, First Aid kits, ropes, harnesses, helmets, catering equipment and all other related paraphernalia for the scheduled activities.

All other personal gear and clothing should be sourced and organized for by the client. Participants are advised to dress casually. T shirts, tracksuit bottoms, ideal fitting trousers or shorts are recommended. Sports shoes, trainers or light weight boots with a good grip will come in handy for the hike. A personal water bottle is advisable which can be refilled in camp. We discourage single use plastic bottles.

There is an option to do a nature trek to Kasuki Gorge and to swim in the natural pool, so the participants may bring swim wear if desirable.