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ONE DAY SAMPLE TEAM BUILDING PROGRAMME USING LOW AND HIGH ELEMENTS WITH OVERNIGHT CAMPING AT MALEWA

DAY 1

- 10.30am: Arrival at Malewa. Refreshments & snacks followed by introduction and programme brief.
- 11.00am: Settle into 2 separate camps.
BOYS – Riverside Camp, Malewa Bush Ventures
GIRLS – Malewa Bush School Camp
- 12 pm: Ice breakers and team games. (Run in 2 separate camps by MBV facilitators)
- 1.00pm: LUNCH
- 2.00pm: BOYS Team Challenges in Riverside Camp.
- 2.00pm: GIRLS Low Ropes Elements at Bush School. (Great Traverse, Spiders Web, The wall.)
- 3.30pm: BOYS Low Ropes Elements at Bush School. (Great Traverse, Spiders Web, The wall.)
- 3.30pm: GIRLS Team Challenges in Riverside Camp.
- 5.00PM: BOYS & GIRLS return to their separate camps for showers, supper around the camp fire, mental challenges and scenarios with MBV facilitators.
- 9.00pm: BED

DAY 2

- 7.00am: Wake up & warm up exercises.
- 8.00am: BREAKFAST
- 9.00am: BOYS – Nature trek to Kasuki Gorge
- 9.00am: GIRLS – High Ropes
- 11.00am: Tea Break
- 11.30am: BOYS – High Ropes
- 11.30am: GIRLS - Nature trek to Kasuki Gorge
- 1.30pm: LUNCH
- 2.30pm: Debriefs and Pack up.
- 3.30pm: Depart

FACILITATORS AND EQUIPMENT

Malewa Bush Ventures Ltd

TRAINING OBJECTIVES

Will have been discussed and agreed between MBV facilitators and the client prior to arrival.

Notes:

Please bring along, hat/cap, water bottle at least 1ltr, comfortable clothing/shoes for the activities. Also bring a torch and towel for overnight. Ladies please wear suitable clothing for outdoor activities and