



Institute for Outdoor Learning



C O R P O R A T E T E A M B U I L D I N G



WHY DO CORPORATE TEAM BUILDING?

The main goals of team-building are to improve productivity and motivation. Taking employees out of the work place helps groups break down social and professional barriers, eliminate distractions, and have fun. The benefits of team building programs are so significant that many corporations have incorporated teambuilding strategies into their standard training curriculum.

At Gateway Adventure we can help you or your organisation achieve your goals. With an experienced team of qualified training staff and with over 50 years combined experience, we know a thing or two about helping people fulfill their ambitions.

Some of these benefits include:



BENEFITS OF TEAM BUILDING

Working well together is essential for maintaining a successful and efficient company, but often this isn't something that just naturally occurs. Like all working relationships, you need to get to know each other and learn how to work together well.

This is where corporate team building activities flourish. These are events that have been specifically designed to engage and involve everyone in ways that encourage people to co-operate and work together. Here are a number of benefits that you'll gain through your team building in partnership with Gateway Adventure:

Building Better Teams

By developing and exploring new roles among your employees during team building you can identify individuals with contrasting strengths in teams. This will help to create more efficient, tight-knit teams who work well together and produce great results.

Company-Wide Co-operation

With improved relationships, you'll also find that people who, typically, wouldn't interact in the office are paired up when team building. Increased co-operation can help lead to innovative thinking and problem solving in ways that previously wouldn't have happened.

Create a Positive Workplace Ethos

Want to be a lively, creative efficient place to work? Team building activities can help to inject a positive ethos into your workplace, making it a much nicer place to work and helping to appeal to current and future employees.

Developing and Defining Roles

Do you find that some people aren't sure of what their exact role is in their team? They struggle to understand what they bring to the team? Team building activities encourage people to integrate themselves, this is great for people establishing their roles within the team.

Improved Productivity

As a direct result of increased morale you'll see improved productivity. This isn't a short term benefit, team building will help your employees work more efficiently and better together.

Improved Relationships

Team building establishes and reinforces improved relationships. Gateway Adventure team building activities are designed with this in mind, to build supportive and positive environments leading to increased productivity.

Increased Morale

Nothing supports the routine of every day work quite like a team building day. Not only does this give everyone the chance to get out of the office, it's a fun day out that people will look forward to. After the event, your staff will be on a real high and office morale should improve.

More Fluid Communication

Communication is key to developing relationships that are open and can help make everything work much smoother. Team building activities encourage your staff to communicate clearly and effectively, a skillset that can be easily carried over to the workplace and provide a huge benefit.

Positive Working Environment

Having regular team building activities encourages open communication and friendly relationships. Whilst you don't need to have these events every month, it can be extremely beneficial, especially to new staff, to carry out these activities at least once or twice a year.



TEAM BUILDING PACKAGES

Gateway Adventure can offer bespoke or standard packages to suit any organisation's requirements. These are available on or off-site at a local park or Scout camp. We provide itineraries for companies with 2-Day to 5-Day residential programmes. These usually take place around the Peak District area because of its central geographical location and its ability to host a wide range of activities. However, other venues are available and will be dependant on your location and your planned itinerary and requirements.

Team Building Training & Activities

The programmes we deliver will help bring out the individual's strengths and indicate areas for further development.

We encourage our participants to rotate leadership roles within their team. On completion of a task our Team Leaders will carry out a review of the groups performance through plenary discussion.

Gateway Adventure has experienced Team Leaders who are able to pinpoint areas for development. The participant is advised how to develop their leadership and personal skills.

Depending on prevailing weather conditions some of the tasks can be run indoors and we have a number of paper tasks as well.

Residentials

All our residential courses include food and accommodation. Venues can vary from tented to indoor accommodation, all with facilities provided. If you choose a Bushcraft activity you may opt to build your own shelter and sleep under the stars!



We encourage the sharing of accommodation with other work colleagues as this has proven to improve teamwork and break down barriers between individuals.

Challenge by Choice

Gateway Adventure operates a 'Challenge by Choice' policy concerning people on activities. This means we will not compel any individual to be involved in an activity they are uncomfortable doing, however, we find by experience that they will eventually join in after observing other team member's reactions on completion of an exercise.

Comfort - Stretch - Panic

When a person feels 'comfortable' in doing an activity the learning is limited, but when the individual is 'stretched' their learning is increased. When they feel 'panic' it is very difficult for the individual to learn as "fight or flight" tends to take over and a survival instinct kicks in. We aim to 'stretch' all participants with appropriate activities.



"THANK YOU FOR AN EXCELLENT TEAM BUILDING DAY, IT IS CLEAR THAT YOUR STAFF
A REWARDING EXPERIENCE FOR ALL. THE ORGANISATION AND PROFESSIONALISM DIS
EXECUTION OF THE DAY WAS EXCELLENT, AND ALL AT A VERY REASONABLE COST."

LAURA CROXFORD, THE AA - WWW.THEAA.COM

THE GATEWAY ADVENTURE DIFFERENCE

Gateway Adventure's aim is to ensure all participants develop potential and have fun at the same time! Whatever activities we do, they are all designed primarily, to enhance the learning of life skills.

Many of our instructors come from a public service background and have extensive knowledge and experience in high pressured environments and having to meet specific deadlines and targets within their role.



Life Skills

All our instructors are skilled in developing and promoting a variety of life skills such as: Communication and leadership skills, environmental awareness, self reliance and team bonding.

Another element is time management, which is essential, as several of our activities use time management in order for them to make participants aware of the consequences of poor time keeping.

Under the supervision of our experienced instructors, the teams may be responsible for a food budget for the duration of their residential course/activity and will have to learn to negotiate with other individual's dietary requirements.

Planning

Under supervision, the team will be responsible for planning and allocating roles within the team such as team leader, a time keeper to accountant and menu planner. This list is not exhaustive, there may be more roles the teams think they may need depending on team size, age and environment.

TYPES OF TEAM-BUILDING ACTIVITIES

Dependant on the overall goal you are trying to achieve, team building takes the form of a planned activities designed to teach specific skills. However, sometimes it's a less structured activity that is more fun but still 'stretches' the individual so they are still learning and gaining valuable life skills.

Activities Available

Depending on the venue and geological location Gateway Adventure's experienced Instructors and Team Leaders will introduce participants to a range of new skills and activities including:

- Hill Walking and Mountaineering
- Map Reading and Navigation techniques
- Orienteering
- Rock Climbing and Abseiling
- Gorge Walking (Site specific)
- Kayaking, Canoeing and Improvised Raft Building
- Caving
- Off Road Cycling
- Camp Craft
- Ground Leadership Tasks/Team Tasks (Exercises in order to improve/assess teamwork and communication skills)
- High and Low Rope Courses
- Bushcraft
- Archery
- Mountain Rescue Scenarios
- The Country Code



END OF COURSE FEEDBACK

Giving feedback is an essential tool in the development of the learning experience. This feedback informs the learner of their progress whilst maintaining their interest and encourage them to achieve their goals.

ENJOY THE WORK THEY DO WHICH MAKES FOR
PLAYED IN BOTH THE PREPARATION AND THE



FUNDRAISING & CHALLENGE EVENTS

Team building can also take place around a group fundraising event for a charity which may be significant to the business or fellow workmates. If you've never done any mountain walking or abseil before, but think it's something you might enjoy, then taking on one of the challenges below can be a great source of motivation. You'll feel a great sense of achievement once you've completed any one of these challenges.



The National Three Peaks Challenge involves climbing the highest mountain in England (Scafell Pike-978m), Scotland (Ben Nevis-1345m) and Wales (Snowdon-1085m).

There are no set rules for the challenge, with many people attempting to complete all three peaks in 24 hours, others opting for a more leisurely approach completing one mountain per day over a long weekend. However you plan to tackle the challenge, you will need to be fit, prepared and well organised.



The Yorkshire Three Peaks Challenge takes place in the Yorkshire Dales National Park. The park is dominated by the peaks of Pen-y-ghent (694m), Wharfedale (736m) and Ingleborough (723m).

The Challenge is to follow a circular route of approximately 24 miles (39km) over these three peaks in twelve hours. The start and finish are situated in the picturesque village of Horton-in-Ribblesdale.



The Welsh Three Peaks Challenge is a lesser known than the National or Yorkshire Challenges, takes in the three peaks of Wales: Snowdon in the North, Cadair Idris in mid-Wales, and Pen y Fan in the South.

The Welsh Three Peaks includes a total walking distance of 17 miles (27.4km) and an ascent of around 1500m, usually in less than 24-hours.

While Snowdon is the highest peak in Wales, Cadair Idris and Pen y Fan are much lower, and are chosen for their location rather than their height.

“WITH GATEWAY ADVENTURE’S HELP WE MANAGED TO RAISE A SUBSTANTIAL AMOUNT FOR OUR CHOSEN CHARITY!”

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In order to complete the Welsh 3000s Challenge you are required to have been at the top of all 15 of the mountains over 3000 ft in Wales within the space of 24 hours, without using any form of transport.

The length is approximately 24 miles (39km), but the walks to the start point and down from the finish point can take it to over 30 miles (48km) in total.

The walk is also known as “The 14 Peaks” (although there are officially 15 peaks, or possibly 16).



Abseiling is thrilling, adrenaline-fuelled - and an unforgettable experience. What better way to ensure the promise of a healthy pile of donations waiting for you at the bottom? The opportunity to raise money for a charity of your choice can often provide you with a level of inner strength that you never knew you had.

Whereas other charity challenges will provide the platform for you to improve your health and fitness, perhaps the best side-effect of taking part in a charity abseil is the opportunity to face and conquer your fears. Of course, if those fears don't exist, then it's simply an epic adventure anyway.

You can abseil from a bridge, building or rock-face. Safety is of paramount importance and all of our sponsored abseils will be supervised by our experienced instructors for the entire duration of the event.

The above events mainly take place during the Summer months, however, certain events may take place at different times of the year subject to the prevailing weather conditions.



APPRENTICESHIPS & GOLD DofE

Many company apprenticeships enroll their apprentices on to the Duke of Edinburgh's Gold Award. Gateway Adventure offers tailormade packages for Gold DofE expedition and residential sections.

GOLD DofE EXPEDITION PACKAGE

Our Gold package consists of 10 days spread over 3/4 different dates.

- Day 1** A 'Walk & Talk'.
- Day 2** Day route planning session for the qualifying expedition plus comprehensive training to include topics such as kit, navigation, route planning, food and nutrition etc.
- Days 3, 4 & 5** Consists of an overnight practice expedition where the participants take part in a further 'Walk & Talk' and an overnight supervised 'Wild Camp' on day 3 and then meet supervisors at checkpoints on days 4 & 5.
- Days 6 to 10** Finally the participants take part in their qualifying expedition over the final five days which includes an acclimatisation day prior to the start of their venture.

Sample Gold Package

Based on previously achieving Silver Award.

Gold (10 Day) 2 Training Days, 3 Day Practice.
5 Day Assessment*

* *Direct entrants may require additional training dependant on their individual abilities (at extra cost).*



GOLD DofE RESIDENTIAL PACKAGE

If you are looking to achieve your Gold DofE Award, you will also have to complete a Residential section.

Gateway Adventure delivers activity based residentials where you will spend five days and four nights taking part in a shared, worthwhile activity with people you've never met before. A DofE residential will boost your independence and confidence and is a great way to leave a positive footprint on your life and other people's.

We predominantly aim to run residentials in the Peak District as it is an ideal area to cover a wide variety of activities and is central to most areas of the UK. However, we can run residentials throughout the UK including the Brecon Beacons, the Lake District and Snowdonia.

An example itinerary

- Day 1** Arrive, set up camp, menu plan and meal budget, purchase food and team activities. Entertainment after the evening meal.
- Days 2, 3 & 4** Two activities per day from the following list:-
abseiling, archery, bushcraft, canoeing, caving, climbing, high and low ropes, kayaking, mountain biking, orienteering, raft building and team tasks.
- Day 5** Break camp, team activities, a debrief of the whole week and then depart.

During the evenings the activities to keep the participants on their toes can include a camp fire and sing-along and various wide games (which is an outdoor activity, usually between two or more teams).

Should you be interested in a Residential, we can design a programme to suit your needs. Prices will depend on the activities requested and the accommodation needed.

Please note that some of the activities will be dependant on the geographical make-up of the area.

Contact us for further information on how we can help you.





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