



TEAM BUILDING & CORPORATE EVENTS ACTIVITIES MENU



Overview

Do you and your team have what it takes to survive together in the fierce world of business? Training courses can be forgettable, but our outdoor team building has the power to inspire people who not only remember the learning but transfer it to the workplace. Learn from our team of highly trained, experienced and knowledgeable instructors how to make the most of teamwork & leadership skills whilst facing real life challenges. We have recreated some of the unique scenarios seen on Bear's TV programs including Discovery's 'Man vs Wild', NBC's 'Running Wild', ITV's 'Mission Survive', C4's 'The Island' and the groundbreaking Netflix show 'You vs Wild'. You can be confident that we will create the perfect experience for any occasion.

Brief

What we do

Our outdoor team building events foster the main dynamics of team performance such as communication, development, motivation, leadership, trust and integrity. The dynamics can be subtly integrated or used as a specific platform to draw out real talents to create high performing teams. The most important element, which is always the backbone of any team building event, is fun! It's the core ingredient to any successful experience especially with modern day teams of mixed age, gender and ability.

Our Inspiration – Bear Grylls

- Former SAS soldier
- Honorary Colonel to the Royal Marine Commandos
- No.1 bestselling author
- BAFTA winner
- Hosts more extreme adventure TV shows across more global networks than anyone else in the world
- One of the youngest ever British climbers of Mt Everest
- Youngest ever Chief Scout and World Ambassador of Scouting





ACTIVITIES AT A GLANCE



	COMMUNICATION	CONFLICT RESOLUTION	CREATIVITY	DECISION MAKING	DELEGATION	EVALUATION	FUN	LEADERSHIP & MANAGEMENT	MOTIVATION	PROBLEM SOLVING	STRATEGIC PLANNING	TEAM DEVELOPMENT	TRUST
AIR RIFLE / PISTOL SHOOTING				✗			✗		✗			✗	
AXE THROWING			✗				✗		✗			✗	
IMPROVISED STRETCHER RELAY RACE	✗				✗		✗	✗	✗	✗	✗	✗	✗
KIM'S GAME & OBSERVATION LANE	✗		✗		✗		✗			✗	✗	✗	
KNOW YOUR KNOTS	✗		✗	✗	✗	✗	✗	✗		✗		✗	
LOST AT SEA	✗	✗		✗		✗		✗		✗		✗	✗

COMMUNICATION
CONFLICT
RESOLUTION

CREATIVITY
DECISION
MAKING

DELEGATION

EVALUATION

FUN

LEADERSHIP &
MANAGEMENT

MOTIVATION

PROBLEM
SOLVING

STRATEGIC
PLANNING

TEAM
DEVELOPMENT

TRUST

"STRANDED" SURVIVAL SCENARIO	X			X	X		X	X	X		X	X	
SAS GRENADE THROWING							X		X				
TUG OF WAR	X				X		X		X			X	
WHITEOUT	X			X		X	X	X		X		X	X
SPEAR THROWING			X				X		X			X	
PIPELINE CHALLENGE	X	X	X	X	X	X		X		X	X	X	
RAISE THE FLAG	X	X	X	X	X	X		X		X	X	X	

Vival Academ



BASIC SKILLS TRAINING & ACTIVITIES



Included in all packages:

Introduction, safety brief and outline of the event

The day will be facilitated by one of our BGSA lead instructors who will take you on an amazing survival journey and introduce your team to extreme survival skills used not only by Bear himself in some of the most extreme and wild environments on the planet, but also utilized by some of the most inspirational adventurers of the last 200 years such as Ernest Shackleton, Douglas Mawson, Hugh Glass, Robert Falcon Scott, Joe Simpson and Aron Ralston. The lead instructor will then give a short presentation on Bear Grylls' extreme survival skills, explain the journey and give an event safety brief before leading the team out to start the adventure.

Bear Attack/Situational Awareness System

Learn from our expert instructors how to hone your flinch responses and react more effectively to the dangers in a potentially harming or extreme environment. Then convert that flinch response in order to potentially save yourself from a surprise 'bear' attack.

Camouflage and Concealment

Learn how to move in the wild as one with nature to avoid being seen, how to camouflage yourself to blend in with your environment and be as quiet and invisible as possible. A short task used as an energiser and a bit of fun. Pair up with the boss if you can and cover them in mud...

Gross Eat Challenge

The winning or losing team will take part in the classic BGSA gross eat challenge. You have seen Bear over the years literally eat anything in order to survive. Would you have what it takes to survive? It's mind over matter when you might be faced with mealworms, crickets, giant water beetles and other nasties. Experience what it's like to be Bear and try some. High in nutritional content and calories for much needed energy... if you can stomach it!



AIR RIFLE / PISTOL SHOOTING

Overview

If you are lucky enough to have a rifle or pistol with you, would you have the essential skills and discipline to use them effectively? You'll have to remember Bear's marksmanship principles in order to hit the target and successfully achieve the minimum standard required of an SAS sniper. Remember that a firm hold of the weapon, a natural aim posture and precise sight alignment are a few of the skills required to effectively conquer this challenge!

Skills



FUN



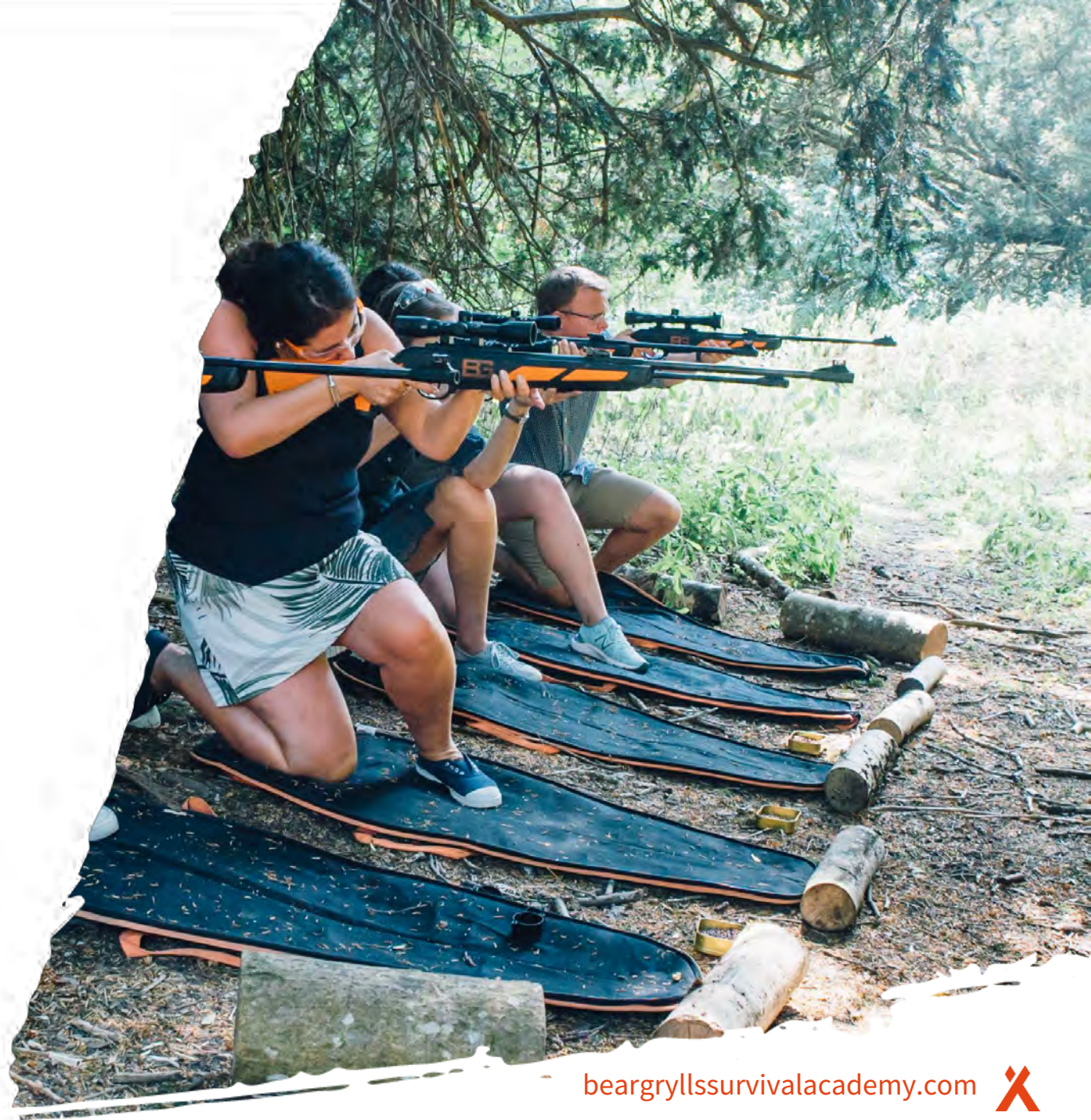
MOTIVATION



DECISION
MAKING



TEAM
DEVELOPMENT





AXE THROWING

Overview

Stalking and axe throwing are both essential skills for the survivor to master. Learn to move stealthily like Bear either to avoid a hunter or to stalk an injured animal. You must avoid detection by keeping close to the ground and blending in as much as possible with the surrounding environment.

Beware of your shape, shine, shadow, silhouette and human style of movement as any of these could give you away to would-be attackers, snipers or spotters.

We'll find out if you've got the skills needed to accurately throw an axe and hit a designated target. In the SAS Bear learnt the importance of slowing down his heart rate, controlling his breathing and focusing on the job at hand. After all remember, you may only get one chance to hit your target in a survival situation.

Skills



FUN



CREATIVITY



MOTIVATION



TEAM
DEVELOPMENT



KIMS GAME & OBSERVATION LANE

Overview

This stance is straight out of the special forces manual for training members of the SAS. It's essential that whilst on covert operations in enemy territory, SAS soldiers do not take maps, radio frequencies or anything that could be used against them. For this reason, they develop their ability to memorize essential information and to observe, identify and retain any useful information. As a team memorize 20 survival items, then view an observation lane in the woods and identify 10 objects which are half hidden in the near, middle and foreground. Who is the most observant and can retain and retrieve essential information?

Skills



FUN



CREATIVITY



DELEGATION



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IMPROVISED STRETCHER RELAY RACE

Overview

As a team use your combined skills and experience to treat and carry an injured team member to safety. Treat the casualty from head to toe using slings and bandages. Once you have stabilised the patient, they need immediate CASEVAC. Grab what you can, utilise anything in the surrounding location and make an improvised stretcher. Now move fast like Bear taking some risks if you need to and race against time or another team over undulating and difficult ground to see who can finish first and get to the pick up point...
This activity is linked with Know your Knots.

Skills



FUN



TRUST



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MANAGEMENT



PROBLEM
SOLVING



STRANDED SURVIVAL SCENARIO

Overview

Stranded, marooned or just left alone to survive with nobody coming to rescue you. Your team is stranded on the ice, ship wrecked or just lost in the wild.

Your team must survive but you must prioritise your actions if you want to survive the night.

Bear always says "Please Remember What's First", a mnemonic for 'Protection, Rescue, Water and Food'. Build a team shelter, light a signal fire, collect enough water for the night and create a giant SOS on the ground large enough to be seen from the air or afar.

This challenge will teach your team some potentially lifesaving bush craft skills along with lessons in leadership, delegation, multi-tasking and communication.

Skills



FUN



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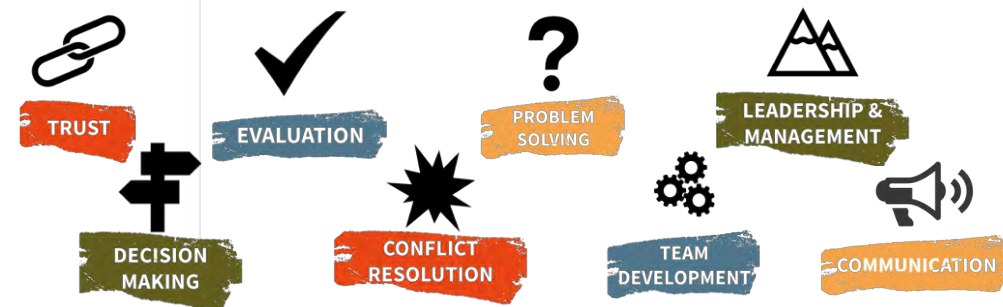


“LOST AT SEA”

Overview

Over the years Bear has been in various survival situations where he has had to not only take calculated risks but has also had to make tough decisions. This exercise tests your decision making, analytical reasoning skills and your ability to put forward a persuasive case and all important management skills. You are the captain of a ship. A fire on board has destroyed the radio. From the rate the water is rising inside the ship you estimate that it will sink in between 2-2.5hrs. You did not tell the authorities of your destination. It will take about 45 minutes to launch the only boat and it will take 15 minutes for each person to be lowered into the boat and they can only go one at a time. Your task is to decide which people will enter the boat, only enough life rafts for two thirds of the team. Everyone has agreed to abide by your decision. Items held by individuals must stay with the owner; they cannot be transferred to other people. When the decision is made the group in the rafts will “paddle” across the shark infested water to safety, the remainder will have to wade and swim and hope for the best!

Skills



SAS GRENADE THROWING

Overview

Bears former SAS status is well known and during his initial training he learnt how to effectively use a range of specialist weapon systems including pistols, rifles, automatic weapons and various grenades. Learn to throw grenades effectively and with accuracy to destroy the targets or aggressors. You will need patience, core stability and great eye hand coordination to score highly.

Note: Supplements Apply

Skills



FUN



MOTIVATION





KNOW YOUR KNOTS

GIANT KNOT CHALLENGE

Overview

One of Bear's key must have survival skills is the ability to tie knots. Not just granny knots but specific knots for specific survival tasks - you never know when this skill could save your life! To self-rescue, Bear uses a variety of knots to achieve his aim.

Learn a few key knots before attempting our giant Hemp Rope knot challenge with the whole team holding onto the rope at the same time.

This is great for communication, team bonding and leadership skills – see who lives and survives in your team ... it's not as easy as you may think!

This activity can either happen stand alone or be linked with Stretcher Relay Race or Land Rover "Sledge Pull"

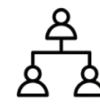
Skills



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TUG OF WAR

Overview

The effectiveness of teamwork cannot be stressed enough, especially when this team consists out of several excellent team players! The results a team can achieve will always exceed the results of a single person! Tug of War is a long standing favourite team building exercise. A real sense of teamwork is created as young and old, big or small, work together as a team to come up as the victor in this battle of strength.

Skills



FUN



TEAM
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MOTIVATION



COMMUNICATION



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WHITEOUT

Overview

Bear was one of the youngest British climbers to summit Mt Everest, famously using it as rehabilitation following a free-fall parachute accident where he broke his back. It's one of the most dangerous mountains in the world where climbers can get lost in whiteout conditions, become exhausted or simply succumb to the effects of high altitude and decreased oxygen. 10 x climbers are lost on a mountain in whiteout conditions, they are wearing their O2 masks and blackened-out snow goggles to simulate whiteout conditions and the lack of oxygen up at 8000m. Climbers must locate the fixed line and get back down to base camp and safety. The expedition leader located back at base camp will deliver information to his team leader at "Advanced Base Camp" (ABC) via radio. Can the leader get all of his team back down the mountain before they succumb to altitude sickness and snow blindness or like so many climbers before them become a permanent fixture on one of the most dangerous mountains in the world.

Skills



SPEAR THROWING

Overview

In a survival situation, it's important to utilise every asset you have. Hunting for wild food is difficult enough but you can be a little more efficient by creating a survival spear out of a timber staff and a survival knife. Select your timber staff and lash the knife to the end securely. Now the difficult part, learning to throw the spear effectively and hitting your target. You may only get one chance....

Skills



FUN



CREATIVITY



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TEAM
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RAISE THE FLAG

Overview

Your team has successfully reached the South Pole and now time to raise The Bear Grylls Survival Academy Flag. Utilise all the equipment provided – sound simple? Due to melting sea ice there is an exclusion zone, if any person or piece of equipment enters the zone then you run the risk of falling in the ice hole! The team will have to use various lengths of rope and pulleys to achieve the desired aim. This is a task of teamwork, communication, improvisation and knot skills.

Skills



PIPELINE CHALLENGE

Overview

Following a business trip to one of the poorest regions of Nepal, the MD has decided to return and utilise his company and take them away on a charity aid working trip back to Nepal. There is a village located on flat dry pastureland which receives little or no water during the monsoon season. There is no water to irrigate crops and worse, children and families must travel 5 miles every day to a neighbouring village to collect clean drinking water.

The commodity you are dealing with is much more valuable than gold or oil. Its water, and water, is life.

The team will be split into groups with the aim to build a giant aqueduct across a gorge. Each team is responsible for their own section of the pipeline, however, there are some specific rules. The 'CEO' will be given the brief, which then becomes their project to manage. They can only communicate this to their 3 senior managers. The 3 senior managers are then responsible for passing this information on to the team leaders, who in turn pass the message on to the wider team. Sounds complicated? Perhaps, but it will encourage all team members to think as a whole unit rather than just fragmented teams within the company.

Skills



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HEALTH & FITNESS



HEALTH & FITNESS

All of our team building activities are designed to be successfully achieved by any group that is prepared to work together. Fitness levels and age are not barriers and we welcome individuals who may have limited physical ability. Whilst they may not be able to partake in the implementation of a particular task, they can be a valuable asset in the planning stage as well as taking on a role of co-ordinator and motivator during the tasks

