

Example Conference and Teambuilding Day

9:00am Guests arrive and are greeted with teas, coffees and home-made biscuits. Guests then go into the conference room for the mornings meeting.

Tea and coffee will be provided when requested.

12:30pm The mornings conference finishes and guests break for a buffet lunch where a selection of the following will be served:

Home made mini soups with freshly baked rolls
Sweet and Hot Cumberland Sausages
Thai King Prawns with Sweet Chilli Dip
Chicken Satays with Peanut Sauce
Roasted Vegetables in Filo Pastry
Beef & onion pasties
Assorted bruchettas or wraps
Chocolate Profiteroles or Lemon Tart
Fruit Juices, Mineral Water, teas and coffees

(Vegetarian alternatives are included – please advise on numbers in advance)

1:15pm Guests are then split into teams and are briefed on the afternoon's activities by a Director of A Day in the Country:

Teambuilding Exercises: for example

These are just a selection of some of the team building exercises that we can provide and A Day in the Country can focus on specific issues such as Trust Building, communication, problem-solving, and change management. All of our exercises encourage bonding and openness within a team as well as being great fun.

Spider's Web

Your group is trapped in a tunnel that contains a deadly, giant spider. You have managed to find a tunnel that leads out, but the way is blocked by the spider's web. You must get through the web without touching any of the strands, which would alert the spider to your presence.

Toxic Waste

A can of highly toxic popcorn has contaminated a circle approximately 8 feet in diameter. The toxic area extends to the ceiling. If the poisonous popcorn is not transferred to a safe container for decontamination, the toxic popcorn will contaminate and destroy the population of the entire nearby village of Aynho. The popcorn is estimated to have a safe life of exactly 30 minutes before it explodes. Obviously, there is insufficient time to contact authorities and evacuate the village. Therefore, the lives of hundreds of people are in your hands. Inside the circle you will find two cans. One (unsafe) container is marked red and is about half full of the toxic popcorn. The other (safe) container is available for decontamination.

The Ropes Course

Guests are taken down to the woods where they are given a full safety briefing followed by an ice breaking exercise. Guests will then negotiate the Mohawk Walk as a team. They will then be harnessed and given the opportunity to take part in the low rope activities and then the high rope elements. Nobody is made to do anything they feel uncomfortable with, however, everyone is made to feel involved.

Teams will then come together for The Egg Launch Finale:

The Egg Launch

With the equipment provided teams must build a device to propel an egg, the team that propels the egg the furthest wins!

4:30pm Teams return to the barn for Tea and cakes before departure

5:00pm Departure.

A Day in the Country provides all food and soft drinks, instruction and equipment, full event management and prizes at the end of the day for the winning team. We require final numbers at least 5 working days in advance. If the number drops then the price per head may increase.