

Conference and Go-kart Challenge Day

9:00am Guests arrive and are greeted with teas, coffees and homemade biscuits.

9.30am Guests then go into the conference room for the mornings meeting.

Tea and coffee breaks as requested.

12:30pm Guests break for a finger buffet lunch, **for example:**

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)

1:00pm Guests are then split into teams and are briefed on the afternoon's activities by a Director of A Day in the Country:

Go-Cart Team Challenge

Guests will remain in their groups and rotate around the following team building exercises. The aim is to earn parts for their go-carts. These exercises will focus on planning, communication and problem solving. Guests will need to identify their strengths and weaknesses to be able to complete the exercises. After the exercises have been completed guests will come together and in their garages to build their go-carts, they will also need to design a logo and name for their go-carts. Once they have been built guests will need to race them down a slope, however these go-carts have no steering and no brakes, relying completely on the team working together. The team with the fastest time wins!!

Giant Marble Run

The team's task is to create a "marble run" using the equipment provided and their aim is to get the marble to run for 25 seconds. Excellent problem solving, team co-operation, highlights planning skills, strategizing and project management – two teams will spend an hour at this activity.

The Contract

This exercise highlights the importance of effective planning and clear communication. An architect has to describe a structure to two messengers (who cannot see the structure). The messenger has to relay the information on to the builders who have to replicate the structure. It is a useful exercise as it highlights how effectively individuals are at managing information and communication in their own jobs. It can also highlight personality types when

used in conjunction with the Myers Briggs indicator as people process information differently and when working within a team this must be taken into account so that communication is processed effectively. Therefore this exercise concentrates on team members being considerate and aware that their fellow colleagues may not process information in the same way that they do. It highlights the importance of checking that communication within the work place has been understood – two teams will spend 30 minutes at The Contract.

Reactivator

This exercise has tubes with hooks on them fixed into buckets. The buckets are in a fenced off area which cannot be accessed by the team members. They are given various pieces of equipment and they need to construct a device to lift all of the tubes out of the buckets without knocking anything over or dropping them. This exercise focuses on team members planning together. It involves participation from all members, however, natural leaders may come to the fore and lead the exercise. Again, this is a problem-solving task and team members by trial and error will have to find the solution. It results in a realisation that planning is needed before some tasks can be tackled and that by taking everyone's opinion into consideration a solution can be found quickly.

Caos

Team members are blind folded, leaving one sighted team member. This person has to direct and instruct their team members to build a pyramid using yellow and black buckets. However, they are not allowed to use words and must just communicate with noises. The team that constructs the pyramid in the quickest time will win. This exercise focuses on planning, trust and good communication, as the team members are blind folded. Some team members will be more confident at being blind folded than others and therefore it encourages other team members to be supportive and considerate and to realise each other's strength and weaknesses. It also encourages coaching skills, as teams have to communicate, direct and encourage their blind folded colleagues. If the team members have not planned effectively then the exercise ends up in Caos!!!

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| 3:00pm | Teams come together to build their go-carts in their separate garages, they also need to name their go-carts and design logos for them. Teams then race their go-carts down a slope, however these go-carts have no steering and no brakes, relying completely on the team working together. The team with the fastest time wins and they will have two attempts at racing the go-carts. |
| 4:00pm | Guests return to the barn for tea with home-made cakes followed by prize giving for the Go-Cart Challenge Champions. |
| 4:30pm | 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.