



TEAMBUILDING PROGRAMME (DURATION: 1 DAY)

DAY	TIME	ACTIVITIES	CONTENT	LEARNING OUTCOME	TRAINING TOOLS
DAY 1	08.00am	Welcome Session / Welcome Refreshment Arrival of participants & Registration			
	08.30am	WARM-UP & ICE BREAKERS	Indoor games: 1. Captain on deck 2. 1, 2, 3 action 3. mingle	<ul style="list-style-type: none"> ● Establish fun, friendly and participatory tone. ● Reduce personal inhibition. 	Indoor/OBS compound ● Multi purpose hall
	9.30am	PROBLEM SOLVING	Games: 1. 'A' frame 2. Minds field 3. Block tower 4. String ball	<ul style="list-style-type: none"> ● Deeper knowledge of oneself & others. ● Increase mutual trust, commitment, respect and acceptance. 	Outdoor/OBS compound ● OBS field ● OBS hall front yard.
	12.30pm	Lunch			
	01.30pm	ROPE COURSE	Climbing activity: 1. Rock climbing	<ul style="list-style-type: none"> ● Increased mutual trust, commitment, respect and acceptance within group member 	Outdoor/OBS compound ● OBS rock wall



OUTWARD BOUND SABAH™

to serve, to strive and not to yield

			<ul style="list-style-type: none"> and individual. ● Develop sense of responsibility ● Overcame fears and developed self-confidence. 	
03.00pm	Tea break			
03.15pm	FINAL CHALLENGE:	BEAM challenge 1. The group will be given a challenge to cross over the beam with certain time given or challenge their first attempt.	<ul style="list-style-type: none"> ● Greater appreciation of task delegation and resource management 	Outdoor/ OBS compound
04.30pm	DEBRIEF & CERTIFICATE PRESENTATION	Final debrief; 1. The instructor will facilitate to dig out all learning thru this session.	<ul style="list-style-type: none"> ● Shared and learned others. ● experience value 	INDOOR/ OBS compound <ul style="list-style-type: none"> ● OBS multi purpose hall
05.00pm	Hi tea DEPARTURE END OF PROGRAMME			