



TEAMBUILDING PROGRAMME (DURATION: 2 DAYS 1 NIGHT)

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 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			
	02.00pm	ROPE COURSE 1	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

				<p>and individual.</p> <ul style="list-style-type: none"> ● Develop sense of responsibility ● Overcame fears and developed self-confidence. 	
	03.30pm	Tea break			
	04.00pm	ROPE COURSE CONFIDENCE COURSE 2	<p>Group Hiking:</p> <ol style="list-style-type: none"> 1. The group hiking 3 km in group. No one leave their group member. 	<ul style="list-style-type: none"> ● Increased mutual trust, commitment, respect and acceptance within group member and individual. ● Develop sense of responsibility ● Overcame fears and developed self-confidence. 	<p>Outdoor/OBS compound</p> <ul style="list-style-type: none"> ● OBS rock wall
	06.00pm	Dinner			
	08.00pm	BONFIRE & GROUP PRESENTATION	<p>Group night walk</p> <ol style="list-style-type: none"> 1. The group will given a task to walk along the string with blind folded 	<ul style="list-style-type: none"> ● To share duties and responsibilities as a team. ● To encourage teamwork and creativity. 	<p>Outdoor/ OBS compound</p>
	10.00pm	Supper (Goodnight)			
DAY 2	06.00am	MORNING EXERCISE	<ol style="list-style-type: none"> 1. Short run(2 km) 2. Fun games 	<ul style="list-style-type: none"> ● To encourage healthy routine & to start the day with a positive mindset. 	<p>Outdoor/ OBS compound</p> <ul style="list-style-type: none"> ● OBS field



OUTWARD BOUND SABAH™

to serve, to strive and not to yield

					● OBS beach
07.00am	Breakfast				
08.30am	MORNING MEETING	<ol style="list-style-type: none"> 1. Room cleanliness inspection, 2. Flag raising with National and state song. 3. Group motivational thought sharing. 	<ul style="list-style-type: none"> ● Positive mood 	Outdoor/ OBS compound	<ul style="list-style-type: none"> ● OBS assembly site
09.30am	KAYAKING	<p>Water activity:</p> <ol style="list-style-type: none"> 1. Basics kayaking skills briefing and lesson 2. The group will given some task to complete. All group member must cooperate to complete the task 	<ul style="list-style-type: none"> ● Increased mutual trust, commitment, respect and acceptance within group member and individual. ● Develop sense of responsibility ● Overcame fears and developed self-confidence. 	Outdoor/ OBS compound	<ul style="list-style-type: none"> ● OBS boat house ● Kawang river
11.00am	Tea break & self cleaning				
12.30am	Lunch				



OUTWARD BOUND SABAH™

to serve, to strive and not to yield

02.00pm	FINAL CHALLENGE:	Improve rafting challenge 1. The group will be given a sort of equipment to build their own raft. 2. Their goals is to cross the river and return with all member must on top of their raft.	<ul style="list-style-type: none"> ● Increased mutual trust, commitment, respect and acceptance within group member and individual. ● Develop sense of responsibility ● Overcame fears and developed self-confidence. 	Outdoor/ OBS compound <ul style="list-style-type: none"> ● OBS boat house ● Kawang river
03.00pm	Tea break/self cleaning			
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 DEPATURE END OF PROGRAMME			