



FOTA ISLAND  
ADVENTURE



**TEAM DOWNTIME AT  
FOTA ISLAND RESORT**





## THE TEAM EXPERIENCE

In your world of sport, you have many bases to cover in order to produce a successful unit, player down time shouldn't be one of them. We have taken our decades of experience in sports science and development to turn relaxing down time very subtly into fun team time, with bonding shared experiences.

We have the onsite facilities and you determine how far you want to dial it up or down. All of our packages are bespoke, so they will be tailored exactly to your needs, including facilitating any injuries your players may be carrying.

"The team at Fota Island Adventure delivered a 1st class programme for us. Our players found it challenging and entertaining, whilst developing skills that will help us improve communication, team-work and performance. I'd highly recommend it to all teams as a fantastic experience with tangible outcomes."

Dr Tom Little, Preston North End



## YOUR ADVENTURE

### Option 1 - STAY ON SITE

Our standard package has your team spending three hours of light activity with us at the adventure centre. You will start off with a blindfolded communication game as both an ice breaker and a tone setter. The obstacle course may be introduced as a team bonding game, speed orienteering to bring about thinking on their feet and a bit of bush craft to make social skills a tad more exciting.

Finally Kombat Archery to finish the session on a high note.. All of the activities are fun and easy going, our instructors will bring subtle military controls to the event, while your team will no doubt bring a hint of competition.

### Option 2 – GO WILD

Next door to Fota Island Resort is the world famous Fota Wildlife Park, where we can arrange a unique visit. Your team will be given a guided educational two hour tour of the park, including meeting the animal care team and a behind the scenes glimpse of how the park works. Then you will return to the adventure centre and finish off your day with bush craft and Kombat Archery.

### Option 3 – GO EXTREME

Fota Island Resort is an island, surrounded by sea and where there is sea, there are high powered RIBs. Your team will tour the worlds second largest natural harbour on a fleet of 12 seater 350hp speed boats. They will take in thousands of years of history in an hour and maybe spot a couple of dolphins along the way. Once back on dry land, the adventure centre awaits where the obstacle course and orienteering will cement their team experience.



FOR FURTHER INFORMATION VISIT

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