



FOTA ISLAND  
ADVENTURE

**GROUP TRANSFORMATION**  
**FROM AWKWARD TO**  
**AWESOME**





## THE TEAM EXPERIENCE

We take your group for a two hour experience that bonds them as a unit. Our military personnel bring the group on board immediately with effective communication, removing the awkwardness of name retention by issuing call signs and beginning the fun experience.

“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

We teach experiential learning and the first lesson is communication. Your group will have to negotiate a series of obstacles blindfolded. This shows the effect of proper communication channels while still not requiring the recollection of each other's names.

The group will move to the survival area, where they will be split up into pods and will be tasked with building a shelter, lighting a fire and boiling a cup of water. This requires team work as well as negotiation with other pods to complete the task in a timely manner. Once the task is completed, the instructors examine their effectiveness. This gives each pod the chance to get to know each other, chat as well as explaining their thinking as a unit.

The group will be split into two where they compete against each other in Kombat archery, shooting each other with foam tipped arrows in a massive game of dodgeball. This is a purpose specific, fun environment which creates a cache of instant shared experiences.

Finally, as with all competitive sport people, they will want to have a cut off the obstacle course lap record and get their name on the leaderboard. This gives the individual a chance to shine with the rest of the team screaming encouragement. It is at this point that you realise you have an effective functioning group on your hands.



FOR FURTHER INFORMATION VISIT

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