

G & H Conference and Teambuilding Professionals

"Big or small we can do it all" All your Conference, Teambuilding & Events!

Teambuilding Packages 2013

Key to activities

We at G&H Conference use the best facilitators for all our teambuilding activities together we strive to ensure that we are able to cater directly to your specific needs, therefore with the description of each activity listed; we have included a key list to help you, help us in structuring your particular package. Our activities can be adapted and tailored to accommodate group of various levels of fitness, even including physically challenged delegates. Time allocation for each activity or event is also included in the key list. Have a look at the new activities that we offer, great entertainment packages has been added.

Activities and Events -

- A) Sunshine Events and Adventure Olympics
- B) Cryptic Challenge
- C) Indigenous Games
- D) Survival Challenge
- E) Puzzle Challenge
- F) Creative Workshops
- G) Drumming

NEW) Page 08-14 - look at our new added activities we offer...

Rates 2013-

All activities A-G Summer Special 2013 -

Half Day (01-04 Hours) @ R295.00 per person

Full Day (04-06 Hours) @ R395.00 per person

G) Drumming - 01 Hour Session @R150.00 per person

New Activities A-T - prices attached, some prices on request

(All group sizes from 15-1000 pax welcome, bigger groups of 100 pax and more qualify for an even better rate.

Less than 20 pax a flat rate of R4900.00 per booking!

G&H Conference was awarded the Best "Independent Small Business Tourism and Leisure: Conference and Teambuilding" 2012

G&H Conference and Teambuilding Professionals



" Standard Bank

Contact: (079) 560 5801

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A) Sunshine Events and Adventure Olympics

Sunshine events are really popular and great way to build your team spirit and increase those dwindling energy levels. Activities include a variety of interesting ball sports and creative teamwork challenges, such as: badminton, blanket volleyball, pitank, hole in a pole and giant ski's to name a few. Adventure Olympics is comprised of numerous relay race type activities, such as a gumboot race, balloon popping, three legged race, sack race, etc and the group will be divided into equal teams in order to compete against each other. These activities are always loads of fun and provide a lot of laughter. These two activities can be run simultaneously as one event or they can be run as separate activities.

Outcome of these activities:

- Teamwork
- Team dynamics and Morale
- Cohesiveness
- Positive attitude

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
1hr to 3 hrs	12 or More	Medium to High	Daytime	No



Half Day (01-04 Hours) @ R295.00 per person
Full Day (04-06 Hours) @ R395.00 per person

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B) Cryptic Challenge:

Communication is vital - how often do you here this phrase stressed or emphasized? In this new and innovative challenge that we have put together you will learn to communicate in some incredible ways of old having an insight and firsthand experience of what it must be like to be a spy, as you and your team will have to complete a series of challenges solving certain mysteries and deciphering codes and creating ciphered messages in order to communicate your findings and to prevent opposing teams discovering your secrets. This challenge is fantastic for developing communication skills and will also require great participation and interaction from each team member.

Outcome of this activity:

- Teamwork
- Planning
- Communication
- Conflict Resolution
- Cohesiveness
- Positive attitude
- Creative Thinking

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
3 hrs to 4 hrs	6 or More	Low	Day or night	No



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Full Day (04-06 Hours) @ R395.00 per person

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C) Indigenous Games

Designed to stimulate conversation around the complex issues of cultural diversity, this challenge provides great enjoyment for all team members. The process involves a series of fun filled traditional, African, Boere and Colonial games. Some of the games that teams participate in are Kgati, Dibeke, and Morabaraba, Jukskei, Egg toss and tidily winks. Teams need to work together and give each other instructions on the rules of the games and how they will score points in the process.

During the allocated time for the activity a visual transformation of attitude becomes clear to see amongst team members. Cultural understanding begins to assist all people in the group to work together and deal with the game at hand, its origins and why it was traditionally played. Groups are divided into teams and compete against each other on a rotational basis. This activity helps to bring about a sense of cultural education and understanding amongst different team members.

Outcome of these activities:

- Teamwork
- Team dynamics and Morale
- Communication
- Cohesiveness
- Positive attitude
- Creative Thinking
- Cultural acceptance and understanding

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
1 hr to 3 hrs	6 or More	Low	Day or night	No



Half Day (01-04 Hours) @ R295.00 per person
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D) Survival Challenge

This activity is not based on the popular television program "survivor" but is rather a very unique and incredible challenge comprising of genuine survival skills and challenges that will help teach you and at the end of this dynamic journey you and your team will have learnt that "impossible is nothing". In this challenge teams will be equipped with a map and a compass as well as an activity list, they will then have to plot their course of action on the map and plan the best way to complete the activities that are on their list.

Activities such as: Paintball target shooting, archery, blowpipe, tyre shuffle, goat, sheep and cabbage are a few of the activities that teams will have to complete. Besides the Survival challenge being an immense amount of fun and really challenging the team dynamics, it also teaches each participant relevant and incredibly interesting survival skills.

Outcome of these activities:

- Teamwork
- Team dynamics and Morale
- Leadership
- Planning
- Conflict Resolution
- Cohesiveness
- Positive attitude

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
1 hrs to 3 hrs	12 or More	Low to Medium	Daytime	Yes



Half Day (01-04 Hours) @ R295.00 per person
Full Day (04-06 Hours) @ R395.00 per person

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E) Puzzle Challenge

This activity has been specifically designed for people who work as individuals and need to improve their teamwork and resource sharing skills. The concept involves a series of fun and participative activities set to challenge the logic and perceptive skills of every individual in the group, as they go head to head against other competing teams as well as the clock, in order to complete the puzzles and challenges correctly and gain maximum points. Planning and strategizing are crucial elements that need to be incorporated in your teams efforts as you will have to complete as many challenges as possible in the allotted time. This activity is ideally suited for groups that want to focus on communication and problem solving. Activities such as: 5 squares, traffic jam, illuminate, nails, strings, replica building are some of the activities that teams will have to complete

Outcome of these activities:

- Teamwork
- Team dynamics and Morale
- Planning
- Conflict Resolution
- Communication
- Cohesiveness
- Creative Thinking
- Decision Making
- Trust

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
1 hr to 3hrs	5 or More	Low	Day and Night	No

Half Day (01-04 Hours) @ R295.00 per person

Full Day (04-06 Hours) @ R395.00 per person

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F) Creative Workshops

They say that a picture paints a thousand words and that the pen is mightier than the sword, so why not undertake to create a series of masterpieces as an organization, using art and creativity as a means to bring everyone together in a period of expression and dynamic revelation. This is not a physical challenge but rather an activity of passion and reflection as you as a team set about creating a painting or unveiling a mosaic masterpiece, constructing rainmakers or other musical instruments or possibly even stringing together beads to make delicate beadwork. The list of creative possibilities is endless and a benefit of participating in this activity is that for years to come the expressions of your teams creativity can be displayed at your workplace.

Outcome of these activities:

- Teamwork
- Team dynamics and Morale
- Planning
- Conflict Resolution
- Cohesiveness
- Positive attitude
- Creative Thinking

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
3 hrs to 6hrs	6 or More	Low	Daytime	No

Half Day (01-04 Hours) @ R390.00 per person

Full Day (04-06 Hours) @ R590.00 per person

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G) Drumming

This day or evening activity is an incredible interactive way for a group of any size to bond and find a cohesive rhythm that lies within. The more people participate the more fun, laughter and thunderous rhythm there will be. This activity can be thoroughly enjoyed around a fire show in the evening, adding another dimension and ambience to the activity.

Outcome of these activities:

- Teamwork
- Team dynamics and Morale
- Communication
- Cohesiveness
- Positive attitude
- Creative thinking

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
1 hr	06 or More	Low	Day or night	No



01x Hour Drumming Session @ R150.00 per person includes a drum per delegate to use during drumming - ask us for our **DRUM POWER information document**

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Introduction for our new and exciting activities for 2013...

A) Maiden Flight:

This is one for everybody ever dreaming of being a chopper pilot. In this fun event, teams will compete against each other in a race around the course. Some of the tasks are target shooting, skill flying and speed racing. Skill will be needed to make sure your team walks away with first prize.



Half Day (01-04 Hours) @ R450.00 per person

B) Racing Giants:

Take your team to a new experience racing against each other. See who can be the champ. With this activity teams race each other around a mini track.



Half Day (01-04 Hours) @ R450.00 per person

C) Gautrain Race:

Have you been on the Gautrain yet? We'll take you on an exciting Amazing Race (as seen on tv) using the Gautrain as your transport. Teams will be tested in brain exercises, planning skills, marketing, selling and some running.



Half Day (01-04 Hours) @ R350.00 per person

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D) Fashion extravaganza:

Ever felt like working the catwalks? Here you'll be the designer, producer, model and presenter of the perfect outfit ready to sell.



Half Day (01-04 Hours) @ R295.00 per person

E) Chocolates and more:

Come create the new best seller in the retail business. Create one or two chocolate lines that will take over the market.



Half Day (01-04 Hours) @ R350.00 per person

F) Movie making:

Camera, lights and action! You'll write the movie, be an actor, direct the movie or just have fun as an extra. Ever wondered if you could be a movie star? Let's see!



Half Day (01-04 Hours) @ R295.00 per person

***Add professional videographer equipment and editing an additional R5500.00 surcharge per booking.**

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G) Amazing Race:

Get ready to travel around the world and completing tasks to get your next clue. Be careful of the road blocks. This can be done by car or by foot at a lodge where you have your conference booking, also we can host this starting from your work place to a specific venue where you will be hosting your conference, so all delegates have to decipher the clues and get to the venue to complete the task.



Half Day (01-04 Hours) @ R295.00 per person

Full Day (04-06 Hours) @ R395.00 per person

H) Picture perfect:

This activity will test your art skills; see if you can do this together.

Half Day (01-04 Hours) @ R330.00 per person

I) Fear Factor:

Based on the hit tv series, you can also have a chance to eat something you don't usually do. This activity will test your comfort zone a bit.



Half Day (01-04 Hours) @ R330.00 per person

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J) Laser clay pigeon shooting:

Get the feeling of shooting clay pigeons without the kick on your shoulder and you can compete against each other.



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Half Day (01-04 Hours) @ R330.00 per person

Min required delegates 15 pax, should your group have fewer delegates then 15 pax then a flat rate of R5000.00 will be charged for the booking!

K) Terrorist attack:

Are you an adrenalin junky? This invasion will put you in a situation that will test your team's working together skills. Your whole team needs to work together to get out of this one!

Half Day (01-04 Hours) @ R295.00 per person

L) Golf without clubs:

You can play golf without using clubs and without using golf balls, this is great for everybody!

Half Day (01-04 Hours) @ R295.00 per person

M) Paintball:

Join the war, have fun! This is your chance, sort out that office trouble maker.



Half Day @ R350.00 per person

(Includes 200 balls per person & paintball gun - Max 30 pax with guns at a time)

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Should you be interested in Games Shows or Evening Entertainment let us know at the soonest as we can send you the details on what we have to offer ©

Call us now for a quote on the new activities and for more information to tailor make your unforgettable "Team Build" experience.

Ilze Vos

Sales & Marketing Manager- G&H Conference and Teambuilding Professionals

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