

# Incentives, Activities & Teambuilding

Whether you are looking to reward your staff, add a team building activity to break up a meeting or entertain your guests, there is plenty to choose from.

We work with a number of great team building suppliers and have put together our top ideas below.

## See Southampton Guided Walking Tours

With a huge amount of hidden history in Southampton, what better way to uncover this than through a variety of walking tours. With themes such as the Titanic Trail, Vaults & Vino or Ghastly, Grim & Gory they are sure to entertain and enlighten. Why not finish with afternoon tea or a glass of wine in one of Southampton's historic buildings.

## CSI Event

Become a Crime Scene Investigation team for the day and learn to collect and process evidence using professional techniques and equipment. Throughout the day teams will use their new found skills in fingerprinting, ballistics testing, forensic dentistry and blood spatter in order to solve a mysterious crime. The CSI Event is fun, thought provoking and a brilliant bonding experience.

## Bake Off

After a short introduction and demonstration by the professional pastry chef, teams will be set a challenge to make a variety of bakery and pastry items. Competing head to head teams will race to make, bake, and ice, a variety of bakery items while the clock is ticking, followed by a judging session - penalties will be given for under cooked cake or split custards.

## Bear Grylls Survival

Undertake a range of survival challenges, inspired by some of the greatest explorers of all time. Available in 5 different levels, ranging from level 1- which is indoors and can be held in any conference room, to stage 5 - which would be hosted at one of our venues with outdoor space.

## Canon Firing

Each group works as a team, aiming, loading and firing the cannon at the fortress target. Instructors are dressed in appropriate historical military costume. Cannon firing can last from 1 hour to 1 1/2 and is perfect as a pre-lunch or pre-dinner activity or break out session.

## New Forest Country Sports

Experience the great outdoors in the New Forest National Park with a variety of exhilarating activities to suit everyone. Your day could include a Tree Top Adventure (flying down zip wires, Tarzan swinging from tree to tree), Forest Segway, mountain biking, archery or Laser clay shooting.



## Sailing On The Solent

Sailing is becoming increasingly popular not only as a sport but as a fun social activity. Sailing boats are an ideal platform for networking and getting to know colleagues, as well as being an excellent environment for spending quality time with guests. Racing helps to build a long lasting sense of camaraderie and team spirit among participants. Experiences can be incorporated with some of the regions renowned regatta's such as Cowes Week.

## Operation IOW

Guests are flown by helicopter to the north end of the Isle of Wight for a 24 hour stretch in a state of the art Military base. Staying overnight in army barracks, guests will share bunks and enjoy a canteen breakfast in this back to basics themed challenge. This exclusive challenge involves resources such as a 13 metre high rope course, SA80 Laser Rifle Training System, the largest mobile Climbing Wall in the UK and a number of explosives and pyrotechnics.

## Gin Making And Tasting

An introduction in to the world of gin with a brief history, the various methods for producing gins and a review of the botanicals to set the scene for the practical work to follow. Teams will then produce a target gin profile tasting each distillate and infusion to decide which components work with their profile and how much of each to add until the desired product is produced.



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