



**TEAM BUILDING  
AND GROUP ACTIVITIES**



## CONTENTS

Click on the heading below to view each section/item:

<b>INTRODUCTION</b> .....	<b>4</b>
<b>OUTDOORS: CONSERVATION &amp; NATURE-BASED ACTIVITIES</b> .....	<b>5</b>
SEASONAL CONSERVATION ACTIVITIES (AND EMPLOYEE ENGAGEMENT)	5
BUSHCRAFT SURVIVAL SKILLS.....	6
GUIDED WALKS (DAY AND NIGHT).....	6
<b>OUTDOORS: TEAM CHALLENGES &amp; ACTIVITIES</b> .....	<b>7</b>
BRAVO THREE ZERO.....	7
SEGWAY TRAIL.....	7
THE HUNTED.....	8
MEDIEVAL MADNESS - MULTI CHALLENGE.....	8
THE BODYGUARD.....	8
SOAPBOX DERBY.....	9
ARCHERY (OR BATTLE ARCHERY).....	9
COVERT MISSION.....	10
INFLATABLE GAMES.....	10
ORIENTEERING.....	10
<b>OUTDOORS: ANIMAL ACTIVITIES</b> .....	<b>11</b>
SHEEP HERDING.....	11
DUCK HERDING.....	12

## **INDOORS OR OUTDOORS: TEAM CHALLENGES & ACTIVITIES.. 13**

THE CRYSTAL CUBE .....	13
LIGHTS, CAMERA, ACTION .....	13
ROCKET CHALLENGE .....	13
TEAM ENERGISERS .....	13
THE HAKA.....	14

## **INDOORS: TEAM CHALLENGES & ACTIVITIES..... 15**

ONE TRIBE .....	15
THE CRATE ESCAPE .....	15
RECORD BREAKERS.....	15

## **INDOORS: FOOD & DRINK ACTIVITIES..... 16**

BAKE-ON.....	16
COCKTAIL CLASSES .....	16
ENGLISH WINE TASTING.....	17
GIN MAKING.....	17
THE CHOCOLATE APPRENTICE.....	17

## **INDOORS: WELLBEING & CREATIVITY ACTIVITIES..... 18**

MINDFULNESS.....	18
YOGA.....	18
TAI-CHI.....	18

## **INDOORS: TEAM DEVELOPMENT ..... 19**

PSYCHOMETRIC PROFILING.....	19
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## **Introduction: Team Building at Folly Farm**

An idyllic rural location for group challenges, outdoor activities and indoor events.

**Surrounded by a 250-acre nature reserve, Folly Farm offers the perfect location for team building events, nature-based group activities and outdoor and indoor challenges.**

As one of Somerset's hidden gems, 'Folly' as it is affectionately known, offers peaceful seclusion and the most breath-taking views across Chew Valley Lake and the Mendip Hills; an Area of Outstanding Natural Beauty.

Immerse yourself in this idyllic rural location and work together with your team to complete fun and rewarding, nature-based activities whilst breathing in the fresh Somerset air and admiring the breath-taking views.

In addition to our wide range of outdoor activities, Folly Farm offers a selection of indoor activity options, including food and drink experiences such as 'Cook On' and chocolate workshops, gin tasting and cocktail making.

If you're looking for something a little slower in pace, we offer a range of holistic activities such as mindfulness, yoga and tai-chi to instil a sense of calm and focus.

**For more information or to book, please get in touch:**

Folly Farm Centre, Stowey, Pensford, Bristol, BS39 4DW

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[www.follyfarm.org.uk](http://www.follyfarm.org.uk)

## Outdoors: Conservation and Nature-Based Activities

Connect with nature and take part in a rewarding activity delivered by Avon Wildlife Trust.

### Seasonal Conservation Activities (and Employee Engagement)

Avon Wildlife Trust creates, connects and cares for places rich in wildlife. Head out into the reserve with one of our conservation experts and take part in a rewarding outdoor challenge in a unique nature-rich environment.

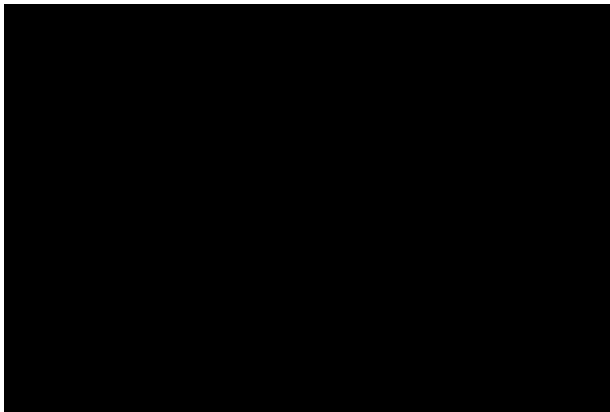
Tasks vary depending on the time of year, but can include coppicing, charcoal making, tree planting, bramble clearing and path maintenance.

These rewarding and meaningful conservation activities are not only fun and challenging group exercises, but they also improve well-being and team cohesion, whilst supporting the ongoing management of the reserve for people and wildlife.

**Duration**  
3-4 Hours  
6-7 Hours

**Price Per Person**  
£40.00+ VAT  
£60.00 + VAT

**Numbers**  
Min. 10 / Max. 70 people.



Take a look at the video above to find out more: <https://vimeo.com/270343700>

## Bushcraft Survival Skills

Let the Avon Wildlife Trust experts teach you how to survive and thrive in the wilderness. Acquire new survival skills and complete hands-on challenges deep within Folly Farm's ancient woodlands.

Activities include building a shelter, sourcing food, starting a fire without matches and identifying tracks and trails.

**Duration**  
3-4 Hours  
6-7 Hours

**Price Per Person**  
£40.00+ VAT  
£60.00 + VAT

**Numbers**  
Min. 10 / Max. 70 people.



## Guided Walks (Day and Night)

Take a digital detox and enjoy a guided walk with an Avon Wildlife Trust reserve expert. Learn current and historical facts about the wildlife, trees, plants and creatures that inhabit the meadows, ancient woodland and parkland surrounding Folly Farm.

Evening walks may also include nocturnal wildlife spotting and badger watching.

**Duration**  
1-2 Hours (Day or Night)

**Price Per Person**  
£25.00 + VAT

**Numbers**  
Min. 10 / Max. 70 people.



## Outdoors: Team Challenges and Activities

Fun and interactive team challenges testing communication, leadership and strategy skills.

### Bravo Three Zero

Receive thorough instructions from the former Royal Marine Commandos who will be leading this challenge, before being thrown in at the sharp end for a series of high-pressure challenges based on real-life situations.

Challenges include anti-ambush drills, close protection group and VIP escort, assault course attack & camo/sniper/spotter.

**Duration**  
Up to 3 Hours

**Price Per Person**  
£45.00 + VAT adults

**Numbers**  
Minimum 12 people.



### Segway Trail

Before you set off into the reserve, you will be kitted out in protective gear and led to the training track where your instructor will teach you how to operate your segway. Once you've got to grips with turns and stops, you'll take in the sights and sounds of the reserve on two wheels. Return to the training track for some competitive fun.

**Duration**  
1 Hour

**Price Per Person**  
£50.00 + VAT adults

**Numbers**  
Minimum 6 people.



## The Hunted

You have been tasked with locating 'Mr X' who has gone missing in the wilderness. Complete a series of challenges to gather clues to his whereabouts, but be warned, some challenges might not be quite as they seem.

**Duration**  
Up to 3 Hours

**Price Per Person**  
£50.00 + VAT adults

**Numbers**  
Minimum 18 people.



## Medieval Madness - Multi Challenge

Try your hand at a range of challenges with this multi-activity option offering fun and creative team activities with the choice of physical and mental tasks and challenges to suit everyone.

Activities can include a selection of the following: archery, axe-throwing, trebuchets, castle siege, cannon challenge, jester skills and battle archery.

**Duration**  
Up to 3 Hours

**Price Per Person**  
£50.00 + VAT adults

**Numbers**  
Minimum 12 people.



## The Bodyguard

You and your team will be responsible for protecting your high-risk "Principle" as they go on a tour of Folly Farm. You'll need to plan the route, access and deal with any threats to their safety and create an operational plan of action.

**Duration**  
Up to 3 Hours

**Price Per Person**  
£50.00 + VAT

**Numbers**  
Minimum 18 people.



## SoapBox Derby

This non-motorised event challenges teams to design and build outrageous soapbox machines. Teams will then use their constructions to compete against the other teams in a challenging timed slalom course, where points will be up for grabs as well as easily lost.

**Duration**  
2-3 Hours

**Price Per Person**  
£40.00 + VAT  
£35.00 + VAT  
£30.00 + VAT

**Numbers**  
Up to 50 people  
51 - 100 people  
101+ people.



## Archery (or Battle Archery)

This face-paced team battle is all about defending your targets and attacking your opponents. Armed with foam tipped arrows, the aim is to knock all the discs out of your target before the opposing team; but get hit by an arrow and you'll have to wait in time out.

Warm up with practice shots at a stationary target before progressing to moving objects to get you shooting sharp and fast.

**Duration**  
1 Hour

**Price Per Person**  
£40.00 + VAT adults

**Numbers**  
Minimum 10 people.



*Game play above is intended for 8-16 participants, this can be adapted for larger groups. Standard target archery is also available at the same price.*

## Covert Mission

Navigate your way around the extensive Folly Farm parkland and woodlands, locating and completing a series of challenges set over this multi-terrain course. Teams will travel the same distance and complete identical missions, but only the team with the most speed and ingenuity will make it back first and complete the covert mission!

Once the activities and challenges are complete, teams will reunite for a group prize giving.

**Duration**  
Up to 2.5 Hours

**Price Per Person**  
£40.00 + VAT adults

**Numbers**  
Minimum 5 people.

## Inflatable Games

From complete Sports Days to It's A Knockout, inflatable games can be incorporated into team building activities or can be booked as a fun stand-alone activity.

Inflatable options include human table football, bungee run, bubble football, obstacle course, penalty shoot-out, hamster wheels, the mangle and castle wall. All activities will be supervised by an instructor.

**Duration**  
Up to 3 Hours

**Price Per Person**  
From £40.00 + VAT

**Numbers**  
Minimum 10 people



## Orienteering

Put your map and navigational skills to the test and navigate your way around the 250-acre reserve before taking part in a series of mini games and competitions.

**Duration**  
Up to 2.5 Hours

**Price Per Person**  
£40.00 + VAT adults

**Numbers**  
Minimum 5 people.

## Outdoors: Animal Activities

Fun and interactive team challenges testing communication, leadership and strategy skills.

### Sheep Herding

This ewe-nique activity tests communication and collaboration skills, as well as your ability to be agile and make sound decisions. And have heaps of fun!

The unpredictability of the sheep during this activity requires participants to think and act fast. There's no room for passengers as the sheep will detect any weak link. The team must work collaboratively, using their different skills and mind-sets to succeed in the task. Being agile is imperative to reap results.

Ideal for building trust, collaboration and enhancing communication skills, this activity delves deep into people's psyches bringing out all their motives and characteristics. The totally different environment can unearth unexpected leaders, highlight gaps in the communication skills and boost confidence levels of quieter team members.

The exercise is filmed, providing an invaluable record of the team's performance and a catalyst for subsequent review.

### Package Options:

	Inclusions	Price Per Person
Lamb 2.5 Hours	Review and reflection (20 mins) Printed photo souvenir	£74.00 + VAT
Prime 3.5 Hours	Review and reflection (40 mins) Printed photo souvenir Stocktake and video summary	£99.00 + VAT
Ewe 6 Hours	Series of mini workshops and activities Full personality evaluation Review and reflection (throughout day) Printed photo souvenir Stocktake and video summary	£159.00 + VAT

2-3 day residential courses for 10-16 people also available on request.

Min. 10 people / Max. 48 people.



## Duck Herding

Work as a team to manoeuvre a gaggle of geese or ducks through the obstacles

The session starts with learning the art of the voice and whistle commands and an introduction to the working dogs with an insight into their personality traits followed by a practical demonstration.

Then it's your turn; you will have a number of opportunities to herd geese and ducks around a fun and interesting obstacle course.

For the finale, the whole group are required to work as a team to guide 20 very fast-moving, Indian Ducks around an obstacle course using shepherds crooks, body movements and noises, before heading back to base.

**Duration**  
1 Hour

**Price Per Person**  
£40.00 + VAT

**Numbers**  
Minimum 20 people.



## Indoors/Outdoors: Team Challenges & Activities

Fun and interactive team challenges testing communication, leadership and strategy skills.

### The Crystal Cube

Based on the popular TV show, teams will take the plunge in a number of tasks and challenges involving physical and mental challenges all focused around team work and communication. The teams work their way through various 'zones' in the hope that they've done enough to succeed in the Crystal Cube finale.

**Duration**  
Up to 3 Hours

**Price Per Person**  
£50.00 + VAT adults\*

**Numbers**  
Minimum 18 people.

*\*excludes room hire cost*



### Lights, Camera, Action

Teams are set the task of producing a short film trailer, a television commercial or a music video, including establishing each other's roles, writing a storyboard, planning the production, writing a script and later performing live for the camera. The day ends with an award ceremony and a screening of the day's productions.

**Duration**  
Up to 3 Hours

**Price Per Person**  
On application

**Numbers**  
Minimum 10 people.



### Rocket Challenge

Budding scientists, engineers and inventors compete head-to-head in constructing a rocket ship launch pad. Then it's off to Mission Control to start the launch countdown. A successful launch and the rocket's safe return to earth will determine the mission's level of success.

**Duration**  
2-3 Hours

**Price Per Person**  
£50.00 + VAT adults\*

**Numbers**  
Minimum 12 people.

*\*excludes room hire cost*

## Team Energisers

Fun, powerful and interactive group activities to motivate, enthuse and energise the team ready for the day or afternoon ahead. The ideal time for these activities is either first thing in the morning or straight after lunch.

Choose from samba drumming, boomwhackers or a laughter workshop.

**Duration**  
1 Hour

**Group Price**  
£750.00 + VAT\*

**Numbers**  
Up to 25 people.

*\*excludes room hire cost*



## The HAKA

For a unique and memorable energiser, this traditional and ancient Maori tribal routine is sure to leave a lasting impression. Everyone enters the meeting room and takes their seats as world music is being played, increasing in volume and then...silence.

The roar of 'the call', the loud and exciting tribal call of the lead tribesman, provides the cue for the tribe to storm the room.

They then perform the 'HAKA' to the delight (and surprise) of your guests and within moments of the performance finishing, everyone will be on their feet learning to perform the HAKA as one unified team.

**Duration**  
1 Hour

**Group Price**  
£1,800.00 + VAT\*

**Numbers**  
Up to 50 people.

*\*excludes room hire cost*



# Indoors: Team Challenges and Activities

Fun and interactive team challenges testing communication, leadership and strategy skills.

## One Tribe

A team event with the whole group working in small teams (or tribes) towards one common goal. Each tribe will need to complete a series of challenges to obtain gems, which can be exchanged for materials, and for information needed to build a giant pyramid.

**Duration**  
Up to 3 Hours

**Price Per Person**  
On application

**Numbers**  
Minimum 18 people.



## The Crate Escape

Teams are tasked to solve the mysteries hidden within the crate. In order to be successful, communication is key as multiple clues and unrelated items need to be connected if the team is to find the hidden gems within. This can also be held outdoors, weather permitting.

**Duration**  
2.5 Hours

**Price Per Person**  
£40.00 + VAT adults\*

**Numbers**  
Minimum 5 people.

*\*excludes room hire cost*



## Record Breakers

Teams go against the clock to complete a series of competitive, fast-paced challenges. This activity is customisable and activities can include a selection of the following: Tallest Tower, Mad Hatter Challenge, Cryptic Puzzles, Longest Flight, Maze Challenge, Card Throwing, Break Out, Drop Zone.

**Duration**  
Up to 3 Hours

**Price Per Person**  
£50.00 + VAT adults

**Numbers**  
Minimum 18 people.

*\*excludes room hire cost*

# Indoors: Food and Drink Activities

Creative and fun activities teaching new skills and encouraging friendly competition.

## Bake-On

Roll up your sleeves, reach for the oven gloves and use ‘your loaf’ in a team building bake-on. After a short introduction and demonstration, the chef will challenge teams to make a variety of bakery and pastry items. Teams then go head to head and against the clock to make, bake and ice. Penalties are given for under-cooked cake or split custard.

**Duration**  
2-3 Hours

**Price Per Person**  
£100.00 + VAT\*

**Numbers**  
Minimum 24 people.

*\*excludes room hire cost*



## Cocktail Classes

Let the expert mixologist talk you through the tools of a bartender, show you the skill of free-pouring and provide you with information about the most popular spirits. You'll then make, taste and drink your very own cocktail creation. Or if you are already a cocktail-making genius, take part in some speed bartending.

**Duration**  
1 Hour

**Price Per Person**  
£45.00 + VAT\*

**Numbers**  
Minimum 10 people.

*\*excludes room hire cost*





## English Wine Tasting

A fun and educational tasting tour exploring a selection of locally-produced wines, plus an insight into the complexities of English wine making.

**Duration**  
1 Hour

**Price Per Person**  
£25.00 + VAT

**Numbers**  
Minimum 10 people.

*\*excludes room hire cost*



## Gin Making

Watch the mixologist create a selection of gin cocktails, taste a range of gins and then create your own Gin Martini. You'll then infuse your own gin with your choice of botanical ingredients and take your bottle away with you.

**Duration**  
1 Hour

**Price Per Person**  
£45.00 + VAT

**Numbers**  
Minimum 10 people.

*\*excludes room hire cost*

## The Chocolate Apprentice

This challenge isn't just about creating the product; the chocolate creations will also need to be taken to market.

With guidance from the chocolate chef, teams will be tasked with creating their chocolate product and brand, followed by a pitch to buyers at a high-end retailer. Your chocolates will need a brand name, logo and radio or TV campaign concept.

**Duration**  
2 Hours

**Price Per Person**  
£57.00 + VAT\*

**Numbers**  
Minimum 10 people.

*\*excludes room hire cost*



# Indoors: Wellbeing and Creativity Activities

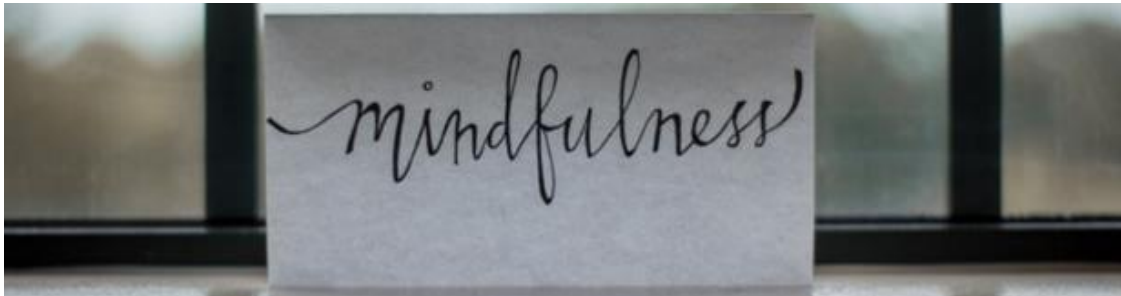
Slower paced activities with the intention of creating a sense of calm and wellbeing.

## Mindfulness

An introduction to mindfulness practices followed by a guided traditional mindfulness meditation session to create a sense of calm and to create a clear and positive outlook to encourage creativity and productivity. After the session, the leader will discuss ways to apply mindfulness to everyday life - at work and at home.

<b>Duration</b> 1 Hour	<b>Price Per Person</b> £30.00 + VAT*	<b>Numbers</b> Minimum 10 people.
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*\*excludes room hire cost*



## Yoga

Instructor-led yoga with gentle moves for all abilities focusing on strength, flexibility and breathing to boost physical and mental well-being. Yoga sessions work well as morning energisers or afternoon break-outs to instil a sense of calm and help to refocus - or just as a fun treat.

<b>Duration</b> 1 Hour	<b>Price Per Person</b> £30.00 + VAT*	<b>Numbers</b> Minimum 10 people.
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*\*excludes room hire cost*



## Tai-Chi

Combining deep breathing and relaxation with slow-flowing and graceful movement, Tai-Chi is a 13th Century Chinese martial art which is now regarded as a health-promoting exercise.

A low impact session for all abilities, Tai-Chi sessions work well as morning energisers, an afternoon break-out activity or an end of day wind down.

<b>Duration</b> 1 Hour	<b>Price Per Person</b> £25.00 + VAT*	<b>Numbers</b> Minimum 10 people.
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*\*excludes room hire cost*

## Indoors: Team Development

Gain invaluable insights into how your team works and what makes them tick.

### Psychometric Profiling

Using a number of carefully selected challenges and the psychometric profiling tool 'MiRo', this activity allows teams to better understand themselves, each other and the team dynamics within the working environment.

This team development activity provides an opportunity for those working together to sit and discuss what make them tick. The carefully-trained team building facilitators will then help to address challenging or sensitive subjects and help to develop procedures and processes that address these. Programme duration varies depending on requirements and size of teams.

**Duration**

Half day

**Price Per Person**

From £90.00 + VAT\*

**Numbers**

Minimum 12 people.

*\*excludes room hire cost*



**To find out more or book your team building activity,**  
please contact us on 01275 331590 or email [info@follyfarm.org](mailto:info@follyfarm.org)