



# KELTRAM GROUP

Team Building, Leadership Training and Development

Contact Numbers: 082 440 5575 or 084 583 1625

Email: [info@keltramgroup.com](mailto:info@keltramgroup.com)

[www.keltramgroup.com](http://www.keltramgroup.com)

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## Introduction

The Keltram Group has been in existence since 2003 and over the years has become recognized as an innovative, ground-breaking company that provides an excellent platform and catalyst for change, growth and dynamic development to each and every organization that entrust its most valuable and unique assets into Keltram's care.

Through Keltram's unique and tailor made programs, filled with fun, adventure, physical and intellectual challenges, we will help to structure your organizations activities with us to help you reach a desired outcome, be it identifying leaders and or leadership qualities, building cultural bridges, cultivating confidence and motivating prolific attitude changes, encouraging trust and faithfulness, improving communication, developing insight and visionary skills, establishing cohesiveness within the workplace as well as teaching particular skill sets, whatever your requirements Keltram is best suited to fulfill these quality services.

Keltram's secret to ongoing success lies in the way that each and every teambuilding and or training event originates through our creativity and versatility, thereby creating an environment for dynamic team spirit and influential change. Our daily mission is to provide ethical and efficient service at cost effective prices but at all times striving to make a remarkable difference.



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## Activities and Events

- Sunshine events and Adventure Olympics
- Survival Challenge
- Boardroom Mini Olympics
- Creative Workshops
- Quad Bike Challenges
- Chefs Challenge
- Drumming
- Indigenous Games
- Giant Foosball
- Movie Making
- Scenario Paint Ball
- Puzzle Challenge
- Battle of the Bands
- Cocktail Challenge
- Rodeo Bull
- Raft Building
- Mini Formula One

## Key to Activities

We at Keltram strive to ensure that we are able to cater directly to your specific needs, therefore with the description of each activity that will follow; 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 groups of various levels of fitness, even including physically challenged delegates. Time allocation for each activity or event is also included in the key list.

## 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.

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:
<b>1hr to 3 hrs</b>	<b>12 or More</b>	<b>Medium to High</b>	<b>Daytime</b>	<b>No</b>



## 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. The successful completion of each activity will ensure a “reward” for the team, the reward maybe a food ingredient or an item needed to build a shelter etc.

Activities in this challenge range from non-physical mind challenges to more structured teamwork activities. The survival activities all vary in their make-up and will require teams to tap into the knowledge of every individual.

Once teams have completed the challenges and obtained all of their rewards, they will be required to build a shelter and also prepare a meal backwoods style (without using any utensils).

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:
<b>3 hrs to 6 hrs</b>	<b>12 or More</b>	<b>Low to Medium</b>	<b>Daytime</b>	<b>Yes</b>



## Boardroom Mini Olympics

Got those rainy day blues, or as a division of an organization you are unable to travel from your work place to an offsite venue, then this is an ideal event in which your company can participate. The group will be divided into teams that will then compete against each other in a round robin style competition, partaking in various activities and games such as Table Foosball, Mini Pool, Traffic Jam and many others. Another form of this challenge is our Office Amazing Race, where we will set up a series of activities spread throughout your work place and then set you off on a race against time and each other to complete all of the challenges and activities.

### 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:
<b>1 hr to 3 hrs</b>	<b>12 or More</b>	<b>Low</b>	<b>Daytime</b>	<b>Yes</b>



## 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:
<b>3 hrs to 6hrs</b>	<b>6 or More</b>	<b>Low</b>	<b>Daytime</b>	<b>No</b>

## Quad Bike Challenges

At Keltram we have developed a few very unique challenges for teams to compete in using quad bikes. It is not necessary for any team members to have previous experience in riding a quad bike as clear instruction will be given at the beginning of each challenge. Three of the particular challenges that we have are; Blindfold obstacle course – (in this challenge a “racing circuit” is mapped out on the ground and teams will have to assign drivers to navigate their way through the circuit on a quad bike), Quad Mine Field – (each team member has an opportunity to navigate their way through a “mine field”, with a little help from their friends) and Crossing Over – ( teams are provided with specific pieces of equipment needed to build a bridge across a demarcated “ravine”). These activities can be done as individual activities or they may be incorporated into some of the other events such as Survival Challenge or Sunshine events.

### Outcome of these activities:

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

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>1 hr</b>	<b>6 or More</b>	<b>Low</b>	<b>Daytime</b>	<b>Yes</b>



## Chefs Challenge

Now this is a creative challenge with a very unique flavor. Groups will be divided into teams and then given specific ingredients to create a three course meal using all that they have been provided. During the meal preparation teams will have to complete other specific challenges in order to obtain equipment and materials that will assist them in the final presentation of their meal to the judges. Teams will be instructed at the beginning of the challenge as to how their meal needs to be prepared (the method of cooking). Specific menus may be requested from a facilitator to assist teams who seem undecided on what to do with the ingredients they have been given.

### Outcome of these activities:

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

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>3 hrs</b>	<b>6 or More</b>	<b>Low</b>	<b>Day or night</b>	<b>Yes</b>



## 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 that participate the more fun, laughter and thunderous rhythm there will be. This activity can be thoroughly enjoyed around a fire show in the evenings, 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:
<b>1 hr</b>	<b>6 or More</b>	<b>Low</b>	<b>Day or night</b>	<b>No</b>



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## 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:
<b>1 hr to 3 hrs</b>	<b>6 or More</b>	<b>Low</b>	<b>Day or night</b>	<b>No</b>



## Giant Foosball

This is the human version of table foosball; all participants are bound to a rope using a harness and are only able to then move left and right. Two teams go head to head in this limiting yet fun filled version of football. Working together as a cohesive unit is a must but when that final whistle blows the objective would have been achieved if you've had loads of fun. This activity is a great way to help keep some of the 2010 spirit alive.

### Outcome of this activity:

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

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>30mins to 2 hrs</b>	<b>14 or More</b>	<b>Low to Medium</b>	<b>Daytime</b>	<b>Yes</b>



## Movie Making

Finally, you can use those acting, script writing and producing skills that you've collected and shelved over the countless years of watching award winning movies. The Movie making activity is tremendous amounts of fun and is guaranteed to get all of your creative juices flowing. It also gets all participants laughing and working together to have fun and create something as a whole. The group is divided into teams that then have to write a script, create a storyboard and then direct and produce a short film or an advertisement. Popular topics are supplied and may be adapted to suit the company's specific needs and the desired outcome. Full instructions, props and relevant equipment are provided and with the help of a professional videographer we will record and edit your productions. An "Oscar Awards" evening is the perfect celebratory way to end off this event, bring the glitz and glamour of Hollywood into your team environment and see how well you can all clean up.

### Outcome of these activities:

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

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>3 hrs to 6hrs</b>	<b>6 or More</b>	<b>Low</b>	<b>Day and Night</b>	<b>No</b>



## Scenario Paint Ball

This is no ordinary exercise and certainly something not to familiar to most. The Keltram Group makes use of SPBSA's (Scenario Paint Ball South Africa) guidelines and structures to ensure that we offer you and your team a very unique and totally rewarding Scenario Paint Ball experience. Scenarios are specifically written to help your team reach specific outcomes whilst playing an intense game of soldiers but at the same time ensuring that we get the adrenaline flowing and the fun following. Teams will be provided with all the necessary safety and playing equipment to ensure that you experience this unique adventure with a little added comfort. The structure to each game is always similar; however the objectives for each scenario will be completely different. In some scenario's teams may be required to locate a "bomb" and arm or disarm it with tools that will be provided, in other scenario's teams may be required to collect a series of coded messages that they will then have to decipher and relay to other team mates in order to complete specific challenges. Keltram is also in a position to offer you and your team an even more unique scenario paint ball experience as we have facilities where paint ball can be played at night and also a completely urban experience in an abandoned building.

### Outcome of this activity:

- Teamwork
- Team dynamics and Morale
- Planning
- Conflict Resolution
- Communication
- Cohesiveness
- Responses Under Pressure
- Creative Thinking
- Decision Making

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>1 hr to 3hrs</b>	<b>12 or More</b>	<b>Medium</b>	<b>Day and Night</b>	<b>Yes</b>



## 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. These are some of the objectives that can be obtained through participation in this activity: knowing the product you work with, listen to your clients and even your peers, set and have common goals.

### 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:
<b>1 hr to 3hrs</b>	<b>5 or More</b>	<b>Low</b>	<b>Day and Night</b>	<b>No</b>



## Battle of the Bands

Ever dreamt of starting a band or being that lead singer that hogs the limelight...well this activity allows you the freedom to lose all inhibition and with reckless abandon chase that dream, even if it is only for your 5 minutes of fame with no fortune. The group will be divided into teams and then be required to select a song from an extensive song list; once the decision is made teams will be lead into wardrobe where you will have to transform themselves into character before being lead out onto stage where they will have to perform their selected song using all the props and gear provided. A suggestion for this activity, depending on the size of the group, is to have each team select and perform two song items.

### Outcome of this activity:

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

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>1 hr to 2hrs</b>	<b>12 or More</b>	<b>Low</b>	<b>Day and Night</b>	<b>No</b>



## Cocktail Challenge

After a long day of conferencing, a cocktail challenge will ensure that groups relax into the evening and spend some time together on a social level. It is also a fantastic activity to combine with the Chef's Challenge so while your team is preparing their culinary masterpiece you will be able to mix, shake, crush and stir an original and delectable cocktail. Taste and originality are key factors to determining the winners here but the presentation of your creation is also of vital importance. Teams are welcome to make both, alcoholic and non-alcoholic cocktails as points are certainly not allocated by the quantity of alcohol used. In preparing the cocktail teams must ensure that all participants know the contents of the cocktail and also remember that in creating something with great taste often requires you to take heed of the old adage "less is more". This tasteful activity is incredibly fun and often shows some of the diversity that adds flavour to the make-up of each team.

### Outcome of this activity:

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

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>1hr</b>	<b>6 or More</b>	<b>Low</b>	<b>Day or night</b>	<b>Yes</b>



## Raft Building

Can anything float...? In this activity teams will have to utilize the equipment provided to construct a working raft that will be able to carry at least two people at a time. Points will be provided for the planning and construction of the raft and once a judge is satisfied that the raft is safe, teams will then be provided with a logistical challenge that they will need to complete using the raft that they have now built. This activity requires every team member's participation and input as well as a touch of creative flair. It's also an ideal activity to be coupled with the Survival Challenge as the skill sets interlink.

### Outcome of this activity:

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

Time Allocation:	Group Size:	Physical Strain:	Time of day:	Venue Specific:
<b>1hr to 3 hrs</b>	<b>6 or More</b>	<b>Low</b>	<b>Day or night</b>	<b>Yes</b>



## Additional Activities:

Apart from all of the activities above, Keltram is also in a position to offer you some other fun and adventurous activities, either as part of some of the existing activities or as stand-alone activities, just for fun.

- Rodeo Bull
- Mini Formula One Challenge
- Ultimate Survival Challenge
- Abseiling
- Quad Bike Outride
- 4 x 4 Adventures
- Action Sports

We hope that you have enjoyed this brief overview of almost everything that we have to offer and remember that we will always undertake to ensure that your specific events package is tailor made to fit all of your requirements and we look forward to serving you in every capacity in the future.

