



Thank you so much for your enquiry. Please find hereunder our standard rate card for our more popular group team building activities.

The TBAE (Team Building and Events) team are skilled experiential learning facilitators. The activities are adventurous, but safe. The best part of our programmes is that everybody is able to participate, no matter their fitness level or physical abilities.

TBAE (Team Building and Events) is completely mobile and able to facilitate these events at any venue provided that the venue is suitable (space etc.) We do however use different venues all over South Africa and offer cost effective packages in partnership with these venues to simplify the process for you as client.

We prefer to customise a quote for each enquiry, and we will prepare a personalised quote for you as soon as you can send us your specific requirements.

## THE THEMES WITH PICTURES NEXT TO THEM CAN BE SELECTED FOR THE TEAM BUILDING PACKAGES

Choose from any of the below popular group themes (each theme varies in length between 1 – 2.5 hours and consists of a number of activities).

### LAUGHTER GAMES

TBAE's Laughter Games is designed to do just what its name suggests, to cause laughter, a lot of laughter. In this event, teams compete against each other in a combination of team building exercises, specifically chosen because of the fun and laughter they create...



### CORPORATE FUN DAY

The Corporate Fun Day is a great activity for any occasion which can be both very active or even toned down to include the "not so active" participants. The event is highly interactive and offers active spectator participation. Teams compete against each other on a number of fun activities...



### WACKY, WET, WEIRD & WONDERFUL

In this diverse event, you can either choose your own activities or allow us to surprise you! Teams compete against each other on a number of different and diverse activities. These activities are made up of "Fun Activities, Brain Activities, Physical Activities and Water Activities"...



### TRIBAL SURVIVOR CHALLENGE

The Tribal Survivor Challenge team building event usually starts with each tribe needing to choose a Name, and then the tribe needs to come up with a Flag and also a War Cry that depicts this name. This needs to be presented in front of the other tribes. Points are awarded for each activity and the team with the highest points at the end of the event wins!!!



### WALK ON THE WILD SIDE AMAZING RACE (POSSIBLE SURCHARGE FOR NEW VENUE) **THIS EVENT TAKES PLACE AT ONE VENUE & DOES NOT INVOLVE DRIVING**

The Amazing Race on foot is a venue specific activity and varies from venue to venue. Although each venue is different the blueprint of the event remains similar and is as follows: Each team is provided with various clues relating to finding each "check-in" point. The teams need to find the "check-in" points in the correct sequence and complete a challenge to proceed to the next point. The first team to successfully complete all the activities and tasks is the winning team...



### NOOT VIR NOOT (INDOORS)

Based upon the popular television program, short snippets of music are played. The contestants need to guess either the songs name or name of the music artist. A wide variety of different music to suit the audience is offered...



## SPORTS DAY

For the more active, this event is bound to get the competitive juices flowing. Also great as a spectator activity. Some of the activities include, but are not limited to: Frisbee Golf – Netball – Volley Ball – Tug of War – Penalty Shootout – Plank Races...



## BOERESPORT GAMES

Bring back those old memories with a combination of old traditional games. Teams compete against each other in a wide variety of different activities. Traditional folk music adds to the occasion. Games include, but are not limited to: Kruiwastoot - 3 Legged Races - Sack Races - Tug of War Challenge – Stoktrek – Vingertrek - Bokdrol Spoeg - Egg and Spoon Races - Katty Shooting – Plank Walk...



## “BEACH” DAY (NO BEACH REQUIRED)

The “Beach Day” team building event is a great activity for summer with a beach holiday feeling to it. The theme of the event is “a day at the beach” and consists of fun activities that can be both very active or toned down to include the “not so active” participants. The event is highly interactive and offers active spectator participation. You do not need a beach to feel like you’re enjoying a holiday...



## MINUTE TO WIN IT (INDOORS)

Based upon the television program the participants need to complete various activities within a one minute period. In this event your group will be divided into teams which will compete against each other in a variety of activities. The challenges are completed using everyday household objects such as elastic bands, paper cups, empty cans, balloons and toilet paper...



## QUIZ-MASTER (INDOORS)

Teams compete against each other in various quizzes. This team building event will challenge your team and get those brain cells working. Quiz Master is a great way of enhancing social interaction and communication amongst your team...



## MOVIE MAKING (INDOORS OR OUTDOORS)

This extremely funny and highly interactive event incorporates absolutely everyone. The members of the teams have to work together to write a script, produce, direct and act in the “Movie” using limited resources. Participants are encouraged to tap into their creative and practical abilities as they start to produce their movie. This event is not only an excellent team building tool, but also provides great entertainment when the movies are viewed at the end of the day and rewards given...



### SA MINI OLYMPICS

This creative event is designed to cause laughter, lift the spirits, refresh the mind and get the body going! Mini Olympics is a fun and energetic event that makes provision for the not-so-serious sports person. This event is perfect for teams who enjoy a bit of friendly competition.



### CREATIVE CONSTRUCTION (INDOORS OR OUTDOORS)

The “Creative Construction” team building event emphasizes the importance of creativity, planning and teamwork in the workplace through a number of challenges involving building or construction. Some of the activities included are: Hidden Bridge Building, The Longest Bridge, No Loose Ends, Mirror and Match, Marshmallow Tower and Model Replication.



### COMBO INDOOR ACTIVITIES (INDOORS)

For those wet, cold days and cold winter nights, we offer a variety of activities that can be enjoyed indoors. You can select one or as many of these activities that your schedule will allow the time for. Some of the activities include Trust Fall, Skipping Challenge, Sticky 13, Cubes Challenge, Traffic Jam...



### HITTING THE TARGET

The “Hitting the Target” team building event emphasizes the importance of accuracy and correct decision making in the workplace through a number of challenges that test your aim and targeting skills. Some of the activities included are: Catapult (“Ketty” Shoot Out, Blindfolded Darts, Air Rifle Shooting, Handheld Catapult, Pendulum Walk, Wild Gold / Bush Golf, Bouncer, Elephant March, Rapid Fire, This Blows, Bhati...



### TRUST OUTCOME BASED TEAM BUILDING

People tend to only trust people that they know and understand. When you first start a team, it is important that you share your background with the team. Encourage the team to also share information about themselves and create opportunities for the team to socialize together. The better the team members get to know each other, the easier it will be for them to trust each other. The team building exercises under the Trust theme are selected to help achieve the specific objective of trust.



### GOAL SETTING OUTCOME BASED TEAM BUILDING

Setting goals is one of the most essential and basic skills any team should acquire. Goal setting helps your team to overcome procrastination and complete the important tasks. Within a team, goal setting is made easier when every member knows what is expected of them. The team building exercises under the Goal Setting Outcome theme are selected to help achieve the specific objective of goal setting.



### LEADERSHIP OUTCOME BASED TEAM BUILDING

While some people are born leaders, some leaders are born in adversity. When a situation they care about requires it, people who have never had a leadership role will stand up and take the lead. There is techniques of leadership that can be learned that build the confidence it takes to take the lead. The team building exercises under the Leadership Outcome theme are selected to help achieve the specific objective of leadership.



### COMMUNICATION OUTCOME BASED TEAM BUILDING

Whether it be in the workplace, at home, or socially, effective communication is an essential skill for everyone. Communication does not 'just happen', for effective communication to occur in a team there has to be an effective communication strategy in place. The team building exercises under the Communication Outcome theme are selected to help achieve the specific objective of communication.



### PROBLEM SOLVING OUTCOME BASED TEAM BUILDING

Creative problem solving techniques includes methods designed to shift a person's mental state into one that fosters creativity. There are also techniques that look for solutions to problems by reframing the problem. The team building exercises under the Problem Solving Outcome theme are selected to help achieve the specific objective of Problem Solving.



### COOPERATION OUTCOME BASED TEAM BUILDING

Cooperation between team members are essential to any team. Often a team of highly talented individuals will perform worse than a team of lesser talented individuals, simply because there is no cooperation within the team. The team building exercises under the Cooperation Outcome theme are selected to help achieve the specific objective of cooperation.



### RESILIENCE OUTCOME BASED TEAM BUILDING

Resiliency is the ability to endure high levels of change while maintaining a high level of performance. A Resilient team tends to grow stronger from the experience when they are confronted with the ambiguity, anxiety and loss of control that accompanies change. The team building exercises under the Resilience Outcome theme are selected to help achieve the specific objective of resilience.



### CREATIVE THINKING OUTCOME BASED TEAM BUILDING

Creative thinking allows teams to solve problems in a new way. Creative thinking takes place when the problem is solved through the creative use of components that are readily available. The team building exercises under the Creative Thinking Outcome theme are selected to help achieve the specific objective of creative thinking.



### TIME MANAGEMENT OUTCOME BASED TEAM BUILDING

Keys to effective time management include planning and taking conscious control over the amount of time spent on activities. Time management is especially useful for increasing your team's effectiveness, efficiency or productivity. The team building exercises under the Time Management theme are selected to help achieve the specific objective of time management.



### DECISION MAKING OUTCOME BASED TEAM BUILDING

Decision making can be defined as the act of choosing between two or more courses of action or solutions to a problem. Decisions can be made through either an intuitive or reasoned process, or a combination of the two processes. The team building exercises under the Decision Making theme are selected to help achieve the specific objective of decision making.



### **STAND ALONE ACTIVITIES – CANNOT BE TAKEN AS PART OF FULL DAY PACKAGE AT STANDARD RATE:**

#### DRUMMING (SURCHARGE IF TAKEN AS PART OF A FULL DAY PACKAGE)

An interactive drumming team building event is an excellent tool for stress release, group bonding, team building and synchronizing of thought processes in the Business environment. Drumming is great as an ice-breaker, as part of another event, or even as an independent event on its own... (DURATION 1 HOUR)



#### POTJIEKOS CHALLENGE (VENUE SPECIFIC / POSSIBLE SURCHARGE)

The activity starts with icebreakers and team division. The challenge begins whereby the teams are able to barter against each other for the ingredients. Now time for the main activity, who can cook the best potjie!!! While the potjie is cooking the team will compete in a couple of activities. This event is great for building camaraderie and team spirit...



#### ART WORKSHOP (SURCHARGE FOR NON-REUSABLE EQUIPMENT)

Participants are divided into teams and each team is given an individual canvas to work on. All the canvasses are combined at the end of the exercise to create one work of art. Large groups can participate in this activity as the size of a group is only limited to the number of canvasses.



#### MURDER MYSTERY (SURCHARGE IF TAKEN AS PART OF A FULL DAY PACKAGE)

The Murder Mystery event exposes intellectually based team building at its best. This team building event is designed to test the ability of teams to overcome overwhelming situations and solve complex problems. In Murder Mystery team members role-play characters suspected of committing the crime in question...



### **KARAOKE (POSSIBLE SURCHARGE IF TAKEN AS PART OF A FULL DAY PACKAGE)**

In this interactive and entertaining team building activity, team members can unleash their inner superstar... regardless of their singing abilities! TBAE provides all the equipment and facilitation, feel free to dress up for the occasion...



### **RAFT BUILDING AND RACING (SURCHARGE FOR NON-REUSABLE EQUIPMENT)**

#### **VENUE SPECIFIC – ONLY AT VENUES WITH ACCESS LARGE WATER AREAS**

We provide each of the teams with plenty of barrels, ropes and planks. The teams then need to tap into their creative side to construct a sturdy raft. When built, the rafts compete downstream cheered on by those in the team with no sea-going aspirations! An event like this requires real teamwork...



### **THE VOICE CHALLENGE**

#### **(POSSIBLE SURCHARGE IF TAKEN AS PART OF A FULL DAY PACKAGE)**

The Voice Challenge starts off with coaches being selected. The coaches will each be responsible for choosing and leading their team. In the first round of The Voice Challenge each person gets an opportunity to sing a song while the appointed coaches will be seated facing away from the singer. If a coach is interested in having the singer on their team they press a buzzer and swing around to face the singer...



We prefer to customise a quote for each enquiry, and we will prepare a personalised quote for you as soon as you can send us your specific requirements.

Should you have ANY questions please feel free to contact me.

Kind Regards,

*Mari Carstens*

**TBAE (Team Building and Events)** a Division of Funnamics (Pty) Ltd