

團隊訓練 Team Building Training

活動內容：
Content: 團隊訓練由破冰活動、啓導遊戲及終極大挑戰組成。完成活動後，由專業教練做總結及解說，引導參加者將體驗應用到工作或日常生活上。請選計劃 A 或 B。

Team building training is composed of ice breaking, initiative games and ultimate challenge. After the program, professional coaches will provide the participants a debriefing session, which aims at helping the participants to apply their experience into work and daily life. Please chose plan A or B.

破冰活動 Ice breaking - 熱身活動 - 分組，準備心情投入活動	
Plan A	Plan B
自選 4 個活動 4 optional activities	自選 2 個活動 2 optional activities
<u>終極大挑戰 Ultimate Chellange</u> ((二選一) choose 1 from below) <ul style="list-style-type: none"> ● Build the city 建設基地 ● 奪寶奇 SHOW 	<u>終極大挑戰 Ultimate Chellange</u> 小城市大定向 Rushing in the City (包括有 8 個或以上不同挑戰任務，視乎參加人數而定): <ul style="list-style-type: none"> ● Poly-groups 小組多邊形 ● Bull ring 同心合力 ● Pocahontas 風中奇緣 ● Magic carpet 反斗飛氈 ● Travel with fatty Polly 珠行萬里 ● Million Foot 千人百足 ● Brotherhood 手足情深 ● Be careful of the paper 小心翼翼
分享、總結 - 學習討論統整 Debriefing - Group and team sharing & conclusion	

學習目標：
Goals: 建立團隊合作，提升溝通技巧及增強領導才能及解難能力
Build up team spirits, enhance communication skills and uplift problem solving skills

活動時間：
Time: 3 小時
3 hrs

人數：
No. of Participants: 10 人或以上
10 persons or above

收費：
Fee: 每位\$420 (大小同價)
\$ 420 per person (same price for adults and children)

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<u>自選活動 Optional Activities</u>	
活動 Activities	照片 Photos
	<p>1. <u>極速打字機 Fire Fighting</u></p> <p>目標 / Goals: 團隊溝通，突破自己。 Develop team communication skills and achieve self- breakthrough</p> <p>內容 / Content: 利用最快時間輪流進入禁區觸碰 1-30 的數字卡。如禁區內出現多於一人，會被取消資格，全組合力以最快時間完成。 Number cards are placed randomly on the ground inside a bounded area. Members take turn to touch the cards in sequence (1-30) as fast as possible. Only one person can be inside the bounded area at a time or else restart the task.</p>
	<p>2. <u>比薩斜塔 Leaning Tower of Pisa</u></p> <p>目標 / Goals: 團隊合作，互相配合及小組協調。 Develop team cooperation and coordination skills</p> <p>內容 / Content: 組員需合力在一塊離地的膠板上建立一座積木塔。膠板由組員用繩拉緊並且每位組員最少放一塊積木。 The team members have to build a tower with blocks. Each member at least contributes one block. The taller the tower, the higher marks the group can get.</p>



3. 鱷魚潭 Nile River

目標 / Goals:

團隊合作，互相扶持及溝通。

Develop team cooperation and communication skills

內容 / Content:

組員利用有限物資安全橫過尼羅河。過程中身體任何部份不得觸碰河流範圍。

Teams need to make use of the limited resources in order to cross the Nile River safely. Any parts of body are not allowed to touch the river area.



4. 運送化學廢料 Transportation of Chemical Waste

目標 / Goals:

團隊合作，提升溝通及解難能力。

Build up team cooperation and enhance communication and problem solving skills

內容 / Content:

隊員要利用有限物資把載滿「有毒廢物」的器皿由從廢料隔離區一方運送到另一區域，並把「有毒廢物」倒進另一器皿內方為之完成。

Teammates need to transport the toxic waste from area A to area B, then pour the toxic waste to a designated container with limited resources.



5. 神仙筆 Magical Pen

目標 / Goals:

團隊合作及溝通，互相配合。

Develop team cooperation and communication skills

內容 / Content:

首先團隊需要在指定時間內根據所需器材制作一支團隊毛筆。然後各隊員在不能接觸毛筆的情況下，共同寫出早已商議的字。

Teams have to use limited resources to make a

	<p>Chinese writing brush within designated time. Then groups use the brush to write negotiated words without touching the brush.</p>
	<p>6. <u>瞎子列隊 Searching Partners</u></p> <p>目標 / Goals: 建立團隊氣氛、團隊策略、增強團隊精神。</p> <p>Uphold team spirit</p> <p>內容 / Content : 組員需要蒙眼並於指定範圍分散，目的以最快時間找回全組隊員並根據指定條件排列，但不能以言語溝通。一開始每隊有討論時間，之後組員會利用先前討論好的溝通方法來與隊員相認。</p> <p>After discussion, team members will be blindfolded and separated to different area. They have to keep silence and gather all teammates within limited time</p>
	<p>7. <u>珠行萬里 Travel with fatty Polly</u></p> <p>目標 / Goals: 團隊合作及溝通。</p> <p>Uphold team cooperation and communication</p> <p>內容 / Content: 利用水管運送肥珠到指定的地點。如肥珠中途倒地，組員需從新開始。The team members need to carry the fatty polly in the water pipes to certain locations. If the fatty polly falls down, they need to restart again.</p>
	<p>8. <u>高壓電纜 'High Tension' Cable</u></p> <p>目標 / Goals: 團隊合作、建立自信、學會關顧別人和理解別人的感受。</p> <p>Enhance self-confidence and learn how to take care of the others</p> <p>內容 / Content: 所有組員需合作越過電纜另一邊，過程中</p>

	<p>不能觸碰電纜。 All teammates need to cross the high tension cable without touching the cable.</p>
	<p>9. 合力建塔 <u>Building Tower</u> 目標 / Goals: 團隊溝通、發揮領導才能。 Develop leadership skills and enhance team spirit 內容 / Content: 團隊合力操控繩子，利用鈎將盒子一個接一個吊起並豎直疊起，將所有盒子都豎直的疊在一起方為完成。 Teams have to use the ropes to stack up all the boxes.</p>
	<p>10. 反斗飛氈 <u>Magic Carpet</u> 目標 / Goals: 建立團隊的信任和增加組員間的合作性。 Enhance mutual trust between team members 內容 / Content: 所有組員站在飛氈上把飛氈反轉，過程中不能離開飛氈。 Team members will stand on a carpet and make the carpet upside down without leaving it.</p>
	<p>11. 摸磚過河 <u>Cross the river</u> 目標 / Goals: 團隊合作，互相扶持及溝通。 Develop team cooperation and communication skills. 內容 / Content: 組員利用提供的磚塊渡河或去拿指定物品，過程中身體任何部份不得觸碰河流範圍。 Teams need to make use of the limited resources in order to cross the Nile River safely. Any parts of body are not allowed to touch the river area</p>



12. 摩斯密碼 Morse code

目標 / Goals:

提升團隊之間良好溝通、有效的發放與接收信息。

Enhance communication effectively and efficiently.

內容 / Content:

在不能發聲的情況下，最後的組員需傳達指定密碼於前方的組員，一個接一個把密碼傳達最前的組員。

The team members form a line first. Without any verbal communication, the last member has to send a specific password one by one until the first member reproduces the message.



13. 隔岸取物 Take 'it' Easy

目標 / Goals:

團隊合作，互相扶持及信任。

Build trust and mutual support.

內容 / Content:

組員需用盡辦法在範圍外取得範圍內的物件、過程中身體任何部份不得觸碰範圍內的地方。

There is an object inside the boundary.

Members are required to work together and get the object but nobody is allowed to cross the boundary



14. 蜘蛛網 Spider Web

目標 / Goals:

團隊合作、建立自信、學會關顧別人和理解別人的感受。


Enhance self-confidence and learn how to take care of the others

內容 / Content:

參加者需合力全隊穿過蜘蛛網，過程中不可以接觸到蜘蛛網。

Teammates need to cooperate and go through the spider web together without touching the

	<p>web.</p> <p>15. 聰明笨伯 Mini Challenge</p> <p>目標 / Goals: 提升團隊的協調能力、資源運用、默契及工作效能。</p> <p>Uplift coordination ability and enhance work efficiency.</p> <p>內容 / Content: 組員需合力在限時內解決多個難題。如: 小心翼翼、一柱擎天、解難任務、數讀、扭計骰、鐵達尼號等。</p> <p>Teammates need to solve a series of problems within limited time.</p>
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終極大挑戰 Ultimate Challenge	
照片 Photos	活動 Activities
	<p>1. 建設基地 Build the city</p> <p>目標 / Goals: 提升溝通及表達能力、分工合作、團隊角色扮演、領導與創新能力。</p> <p>Enhance leadership and communication skills and develop allocation of manpower ability.</p> <p>內容 / Content: 部份組員觀察預設的建築物，再告知另外部份不能發聲的組員，從而去建設一式一樣的建築物。</p> <p>Some teammates will be appointed as observers and they will then go to teach other group mates who cannot speak to build the exactly same building.</p>



2. 奪寶奇 SHOW

目標 / Goals:

團隊合作、資源運用、領導與創新能力、共同達成目標。

Allot limited resources, enhance leadership and creativity.

內容 / Content:

組員需透過討論，於自選活動中所獲得的分數，換取有用的工具。設計一個能安全奪取禁區內寶物的用具。

Teammates will discuss and try to make the best use of marks gained in the almighty competition to exchange for some useful tools. Then they need to use those tools to help them getting the treasure in the restricted area.



3. 小城市大定向 Rushing in the City

目標 / Goals:

建立自信、提升溝通能力、學會關顧別人和理解同伴需要。

Build up self-confident and uplift communication skills, as well as understand the need of teammates and take care of others

內容 / Content:

每組獲分發一張地圖，組員需透過地圖上的指示到達指定地點，限時內完成最多的挑戰任務並獲取分數，獲取最高的分數為勝出隊伍。

包括有 8 個或以上不同挑戰任務(視乎參加人數而定):

Each team will be provided a map. The team members have to find the check points and complete the tasks by following the instructions within a limited time. The difficulties and marks are different of each check point. The team which gets highest marks will be the winner's team. The program includes at least 8 activities. (depending on the number of participants)

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| | <ul style="list-style-type: none">- Poly-groups 小組多邊形- Bull ring 同心合力- Pocahontas 風中奇緣- Magic carpet 反斗飛氈- Travel with fatty Polly 珠行萬里- Million Foot 千人百足- Brotherhood 手足情深- Be careful of the paper 小心翼翼 |
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