

歷奇活動競技賽 - 3 個自選活動 + 建設基地

Adventure Activities Competition – 3 Optional Activities + Build the City

活動時間： 2 小時

Time: 2 hrs

人數： 10 人或以上

No. of Participants: 10 persons or above

收費： 每位\$300 (大小同價)

Fee: \$ 300 per person (same price for adults and children)

活動內容： 透過一系列的歷奇體驗或競技賽，隊友須要在相互協助及團隊合作的情況下完成每一項挑戰活動。

Content: Participants have to cooperate with teammates to complete a series of adventure activities.

學習目標： 在活動的過程中，建立團隊合作精神、增強溝通和決策能力及發掘出自己的發展潛能與思考模式

Goals: Through the program, Build up team spirit and uplift communication and decision making skills. They can also enhance their potential and thinking method.

<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. 聰明笨伯 Mini Challenge

目標 / Goals:

提升團隊的協調能力、資源運用、默契及工作效能。

Uplift coordination ability and enhance work efficiency.

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。

Teammates need to solve a series of problems



	<p>within limited time.</p> <p>15. 小組多邊型 Poly Group</p> <p>目標 / Goals: 團隊訓練，互相信任及默契，提升領導才能及溝通能力。</p> <p>Develop Team cooperation and trust, enhance leadership skill and foster communication</p> <p>內容 / Content: 所有矇眼組員手持繩圈，透過隊中唯一沒有矇眼組員的聲音，把繩圈形成指定的圖形。如星形、心形、三角形等。</p> <p>All members, except one, hold a rope to form a big circle and will be blind-folded. The one without eye-mask will give instruction and guide the others to use the rope forming specific shapes like triangle, star, etc.</p>
	<p>16. 風中奇緣 Pocahontas</p> <p>目標 / Goals: 團隊合作，講求策略，互相扶持及信任。</p> <p>Build trust, strategic planning and mutual support.</p> <p>內容 / Content: 每位組員用鼻尖觸及空中所設立的熊仔公仔。第一位一次、第二位兩次……第十位十次，如此類推。</p> <p>Members take turn to use their nose to touch the doll in the sky. The first member has to touch the doll once, the second twice ... the tenth ten times and so on.</p>



17. 信任天梯 Trust Ladder

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:

組員兩人手持鋁通形成一條天梯，讓參加者在天梯上行走。

Every two members hold one aluminum bar and line up to form a ladder. Each member takes turn to walk on the ladder.



18. 建設基地 Build the City

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。

Uplift communication skills and develop leadership skills.

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。

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.