

# 企業及商業 機構活動

要提升工作團隊的溝通和合作，可以跳出辦公室，拋下日常繁瑣的工作，和一班同事去經歷一天的活動從而更加了解同事和自己，**加強相互有效溝通及有助團隊合作解難**，突破框框，發揮創意，回到工作崗位時提升工作效果，建立歸屬感和培養良好企業機構文化。

## 🎯 流程範本

- 9:00-9:30 到達訓練營及簡介
- 9:30-10:30 熱身遊戲及訂立目標
- 10:30-12:30 團隊挑戰活動
- 12:50-13:30 午餐
- 14:00-15:30 陸上/水上充氣活動挑戰
- 15:30-16:00 經驗分享和總結

## ✓ 活動選項

我們可按活動目標**度身訂造活動內容及流程**或可從以下訓練營精選活動中選擇，

- 水上充氣活動挑戰
- 獨木舟小島遊
- 心度放鬆遊
- 團隊項目活動
- 行為風格主題活動  
(DiSC® / Personality Dimensions®)
- 求生 / 戶外挑戰

### • 活動地點

賽馬會赤柱訓練營或  
可根據活動內容選擇合適地點

### • 活動時間

9:00 – 16:00

### • 人數

至少 8 人

### • 基本套餐活動費用

\$650 起 / 人

### • 備註

活動費用包括：教練、場地、器材及一份餐食等。

餐食可升級至自助形式及客製化餐單或燒烤。

活動費用為參考價格，實際會以活動內容及時數以報價形式確認。





# CORPORATE TRAINING PROGRAM

Building up a team at the workplace can be fun! Step out of the office and routine workflow, you can better understand yourself and your colleagues to **enhance communication** and **improve problem solving as a team**. Based on your theme and objective, we design program & activity that is unique for your team.



## Sample Schedule

- 9:00-9:30 Camp Welcome
- 9:30-10:30 Ice Breaking & Goal Setting
- 10:30-12:30 **Team Challenges Activity**
- 12:50-13:30 Lunch
- 14:00-15:30 **Land-Based /Water Activity Challenges**
- 15:30-16:00 De-briefing, Pack Up & End of the Day



## Choice of activity

We can **tailor-made activities** or you may choose from our signature activities below ,

- Water Inflatable Fun Challenge
- Relaxing Body & Mind
- Personality & Behavior model-themed Activity (DiSC® / Personality Dimensions®)
- Kayaking Trip
- Project-based Activity
- Survival / Outdoor Challenge

### • Venue

Jockey Club Stanley Outdoor Training Camp or any other location based on the program content

### • Time

9:00 – 16:00

### • No. of people

Minimum 8 people

### • Fees for Basic Package

from \$650 / head

### • Remarks

Fees include instructor, venue, basic equipment and a meal, etc.

Meal can be upgraded into buffet style with tailor made menu or barbecue.

Fees are for reference only and may differ depending on the content and duration of the program. Details will be shown on the quotation.