



Synergy Outdoors Program General Information

Introduction:

Synergy Learning Systems will help to conduct an outdoor team building program with your group. The time will be spent outdoors working together on leadership and team development tasks. Discussions will also occur about the process by which you—as an individual and group member—assessed and met the challenges, brainstormed possible solutions, and implemented your strategies.

The tasks include some physical objectives that a group seeks to achieve. The activities are fun and challenging. They are structured to allow *each individual* to participate in whatever he or she chooses. Participants will be moving about, but the activities do not require physical conditioning, nor are they necessarily physically exhausting.

What to Bring & Wear:

Wear clothing that you can be physically active in for the activities. Loose fitting clothes are best for flexibility of movement (warm-ups or sweats). Unless it's a downpour, we will be outside. Athletic shoes (tennis or running shoes) are appropriate footwear.

Items to bring/wear for the program:

- Tennis or running shoes with socks
- Sweater and/or windbreaker
- Long sleeve shirt, sweatshirt or jersey
- Long loose-fitting pants/sweats and/or shorts
- T-shirt
- Sun hat or cap with bill
- Rain jacket (we have a limited number we can provide if you don't have one)
- If allergic to bees, please bring your bee sting kit!

We look forward to working with you!