

Sample Programme Ideas



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ACTIVITY SUGGESTIONS

Option 1: The Fight for Survival!



How about an activity with a difference? We have a complex here in Malta, which is one of a kind – in fact the only facility of this kind in the whole Mediterranean basin. This complex actually has a very serious purpose, namely preparing workers for life on board oil rigs. They have trained workers from companies such as: RWE, Hyundai, British Gas, Halliburton, Oxydental, Shell and Total to name a few.

The group will be split into smaller teams of 10 pax and the full day event will include the following activities:

Module 1

- ? Basic theory and explanation regards fire prevention, raising the alarm, fire suppression safe evacuation
- ? Practical team exercises with fire blankets, fire extinguishers (dry powder, CO2, foam and water) and hose reels
- ? Basic first response first aid including CPR

Module 2

- ? Basic theory of confined space and restricted visibility search and rescue techniques
- ? Practical team exercises involving search and rescue from underground tunnels

Module 3

- ? Basic theory of sea survival and underwater helicopter escape techniques
- ? Practical pool exercises involving use of lifejackets, life raft, helicopter simulator

The participants will be split into small groups such that while one group attends the fire safety and first response first aid modules, another attends the search and rescue module and another attends the pool sessions. In the course of the day, the groups will be switched around so that everyone gets a chance to participate in all modules.

Important Note

- ? Owing to the nature of the training activities no alcoholic beverages are allowed on the premises.
- ? All participants need to be in good physical health and anybody undergoing medical treatment or suffering from medical conditions is to bring this to the attention of the course leader prior to starting the activity.
- ? Participants do not need to bring anything with them as all necessary facilities as well as personal protective clothing will be provided.
- ? We can organise lunch if required at this facility or have our caterers provide top notch picnic hampers

Option 2: Country Pursuits



Welcome to the life of the upper classes of the countryside. The group will be split up into teams of 4 persons and be collected by their Chauffeur driven classical limousines. Armed with their maps, road books and their common sense, they will start a journey of a day in the life of the old Maltese nobility. Firstly, they will have to direct their chauffeurs in the right direction (as they will not be allowed to assist in any way) and visit the various points of interest where points will be collected depending on their success at each stop. The teams will have a maximum of 3 and a half hours with the cars. Each group will visit the following places:

Destination 1: Clay Pigeon Shooting

In former times, it was expected that the nobility were able as well as competent marksmen. Under expert supervision from our professional shooters, participants (after a short introduction and training session), will have to shoot clays to obtain points.

Destination 2: The Antique Dealer

Being a member of the upper classes, it is imperative that you have an eye for quality furnishings, hence this visit to a local antique dealer. There will be various antiques laid out for the clients to view. As a team, they will have to decide the value of each item. Points will be obtained by the teams that get the closest evaluations for each item.

Destination 3: The noble sport of Archery

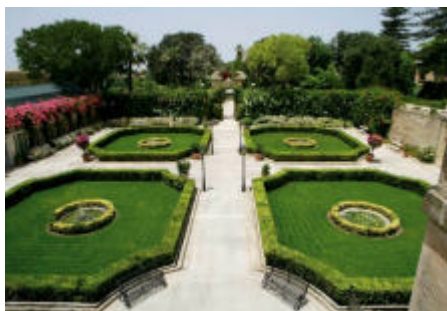
Archery – a sport practiced by upper classes going back hundreds if not thousands of years. Clients, under strict supervision from our professional archers, will obtain points depending on how close they shoot to the bull's eye.

Destination 4: The Malta Falconry Centre

Historically, falconry was a popular sport, and status symbol, among the nobles of medieval Europe and feudal Japan. Participants will have the opportunity to get up close and personal to these amazing raptors. Which members of the teams will hold their nerve to put on the glove and have a fully grown bird of prey land on their arm?

Lunch

Following all these visits, the teams will make their way to the magnificent Palazzo Parisio. The guests will dine at this lavish venue, a magnificent 18th century palace built by Grand Master Manoel de Vilhena. In the 19th Century it was acquired by a noble family who set about embellishing it into a stately home holding various Italian and Maltese treasures. However, lunch won't be in the usual manner.....as expected for people of a certain standing, the participants will be welcomed by waiters with a refreshing glass of Pimms and Lemonade. They will then make their way to the grass areas in the garden and enjoy a first class picnic full of delicacies, which will obviously be washed down with local wine and also water. Following lunch, the group will transfer by coach back to the hotel.



Option 3: Full day Catamaran and swimming with Magnificent Animals



The Spirit of Malta is a 20 metre fast sailing catamaran built in the Caribbean in 1996. She has two large trampolines as well as a deck and spacious deck saloon and is the ideal party, fun boat and a favourite among incentive groups of up to 60 persons.

The Spirit of Malta has a fully stocked bar and galley facilities in addition to being equipped with a music and PA system. Masks and snorkels are available on board the boat also and toilet and shower facilities likewise.

The catamaran can depart from the bay closest to the Radisson (we will board and disembark using a speedboat) and will then cruise along the northern coast. The boat sails according to the prevailing weather conditions and stops for swimming in different bays. Weather permitting, a stop will be made in the Blue Lagoon.

A buffet lunch would be set up on board the catamaran as well as an open bar for the day serving beer, wine and soft drinks. One can choose from several alternatives ranging from cold cuts and salads to king prawns and mussels.

Surprise activity during day:



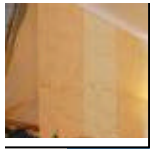
Have you ever thought of swimming in a large enclosure out at sea with huge Tuna as well as other species? We are now able to offer you this once in a lifetime experience.

The Idea behind the Marine Adventure Park is to create an enriched habitat with a variety of Pelagic Fish species that are not protected by law, that are harmless to humans and which can co-exist together in an enclosed environment. The size of the fish held are at least 1 metre in length upwards.

The Marine Adventure Park has set up two enclosures which will take the form of floating Sea Aquariums situated out at sea, in areas where a permit already exists to carry out aquaculture activities. Instead of keeping the fish for human consumption, people can come to see these animals not from behind a glass, but instead swim within the netted enclosures, share the same space with these fantastic creatures and literally come face to face with fish that otherwise would be very difficult to encounter out in the wild. Participants will have access to the diving masks and snorkels provided on board.

At the end of the day, we will sail back to the hotel and disembark using the speedboat.

Session 4: The Malta Water 360



Concept

The idea is for an adventurous day out on the sea full of excitement and challenges whilst managing to circumnavigate the **country** in one day! There will be a group briefing in the hotel – possibly a meeting room where the group will be split into smaller teams of 5 participants. To be able to distinguish between the teams, it may be an idea to have t-shirts produced in different colours. The teams will transfer by coach to the Grand Harbour on the side of the historical Three Cities.

Part 1 – Water, sweat and tears

The group will board traditional wooden harbour boats, namely Dghajsas (with an oarsman to instruct) – similar to the Gondolas in Venice, albeit slightly larger. Once the starting judge fires his pistol, the clients will have to take turns in rowing out to the harbour mouth to the finish. Team work is imperative at this stage, changing rowers when they begin to tire and motivating each other to work hard will be the key to success at this early section.

Part 2 – Sea breeze

Awaiting the group will be a small flotilla of sailing vessels (with a qualified skipper). The sailing vessels will be available on a first come first served basis, which means the team that rows fastest can select the closest/fastest looking sailing boat to them. The oarsman will manoeuvre the Dghajsas close to the sailing boats to avoid any collisions. The participants will board the sailing boats and start taking instructions from their skippers, which will involve hoisting the sails and keeling – even possibly steering from time to time. The flotilla will head up the coast to St. Paul's Island.

Part 3 – Hold on tight

On arrival at St. Paul's Island, each team will have a Jet ski with instructor waiting for them. The participants, one at a time, will have to drive the Jet skis to the checkpoint – the instructor will return with the Jet ski to collect the next team member. The clock will be stopped once each member of the team has arrived at the checkpoint.

Part 4 – Checkpoint Charliehardly

The checkpoint is no ordinary checkpoint – more of an oasis at sea. The group will be offloaded by Jet ski on a traditional wooden Gullet. Once all teams have arrived on board and their times noted, we will set sail on this large vessel, where an open bar serving soft drinks will be available as well as a delicious 3 course hot and cold buffet lunch. The vessel will then cruise to Golden Sands.

Part 5 – I feel the need, the need for speed (with treasure hunt)

At intervals depending on arrival times, each team will be released back into the race. A speedboat with a qualified driver will collect each team from the gullet and with the help of maps, have to find the trail of clues for the treasure hunt. There will be riddles to answer! This will be the point in the challenge where brains will be more useful than brawn – and a chance for the teams that haven't performed up to now to start reeling in their colleagues. The various points where the clients have to stop to find clues will be situated along the southern coast, for example at Ghar Lapsi and Marsaxlokk before heading back to the finish line at Grand Harbour.

The winning team will be decided by 2 factors – the time taken to complete the challenge and also the elements completed in the treasure hunt.