

Challenge and Adventure

Offered by
Oregon State University ~ Columbia County Extension

You Can Have it Too!

OSU - Columbia County Extension offers a **team building program that's fun and has proven results.**

These experiences can be adapted to your group's special needs, interests and outcomes.

Your program will be fun, focused, educational and be lead by a trained and experienced facilitator.

*You'll need to plan for Fun ~
Serious Fun!*



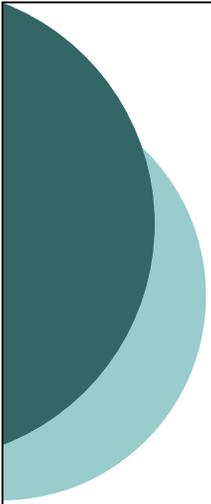
How We Do What We Do!

Our approach to Challenge and Adventure ~ team building is based on *experiential learning concepts*. This allows for both serious **learning and serious fun**; and is designed into each program. Your facilitator has been trained and is focused on ensuring client safety in the learning environment and has years of experience with groups of all ages.



The entire experience is governed by the *Full Value Contract*. The concept of *Play Hard ~ Play Fair ~ Play Safe and Have Fun* is discussed and agreed upon by the entire group before any activity begins. As the group progresses through their challenges, this 'agreed upon' group norm is the basis for all behavior.

Facilitators will design your program to build on each element or activity and are matched to fit the physical abilities of every member of the group. They also encourage participants to choose their individual level of challenge for each element/activity. This is called "*challenge by choice*," no matter what choice a member may choose, they remain a part of the group and stay engaged in the experience.



Our programs involve small groups (6-15) of team members that go through *Portable Ropes Courses*, a series of activities (challenges) that require team work, problem solving, focus and implementation of the group process. All of the challenges require the group process; finding the "process" that works is often the most rewarding outcome of the challenge.

The facilitator will also lead a debriefing exercise to allow the group to reflect on their experience, focus on what

worked and why, as well as, investigating those frustrating, stressful and pesky little moments (every group has them!). This process allows members to keep track of their personal progress throughout the experience and evaluate how it applies to group improvement and change.



Our Portable Ropes Courses

The portable ropes course can be transported to you!

Yes ~ anywhere! The challenges are essentially the same as those found on a low ropes course with the addition of some lower impact activities. This addresses the problems of tight schedules, travel time and other restrictions.

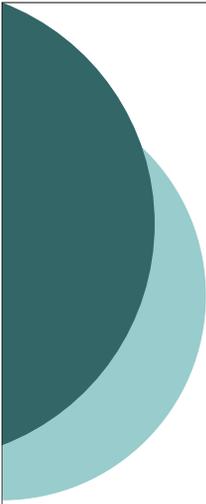
We can facilitate indoors or outdoors and at almost any location. With dozens of activities in our “bag of tricks,”



we can build a program that engages your team mentally and physically while meeting your goals, objectives and outcomes.

[see sample agenda]

“We’ve even gone to youth correctional facilities.”



WOW ~ Our 1st Program, Then What?

Follow-up programs can be designed to allow your team to build on their last experience. This allows the team to continue to grow, expand and move forward. This also introduces "new" staff members to your team and give everyone "common" ground.

Sample Agenda

- Welcome introduction of facilitator
- Review the Contract [group norms]
- Quick Line-up
 - Goals for the day
 - Questions for the day
- Group Juggle [with throwing items]
- Have You Ever? [get to know you activity]
- Progressions [advancement/setbacks/helping others]

Debrief progress to this point

- Turn Style [processing and helping others]
- Pipe Line [moving objects as a team]
- Toxic Removal [more object moving, but harder]

Debrief "Toxic Removal"

- Moon Rocks [team movement as a group]
- Floor Puzzle [yep, big puzzle with a twist]
- Closing activity

Debrief the entire day

- What really happened and how does it relate to us? On a personal, professional and individual level? How can I put this "into play in my life?"



So, you have questions?

Q: I'm not in great shape, is this something I can do?

A: Yes, anyone can be involved in Challenge and Adventure programs. We may stretch your "comfort zone" a little, even so, we have a place for you to participate.

Q: Do we have to invest all day in the program to make it worthwhile?

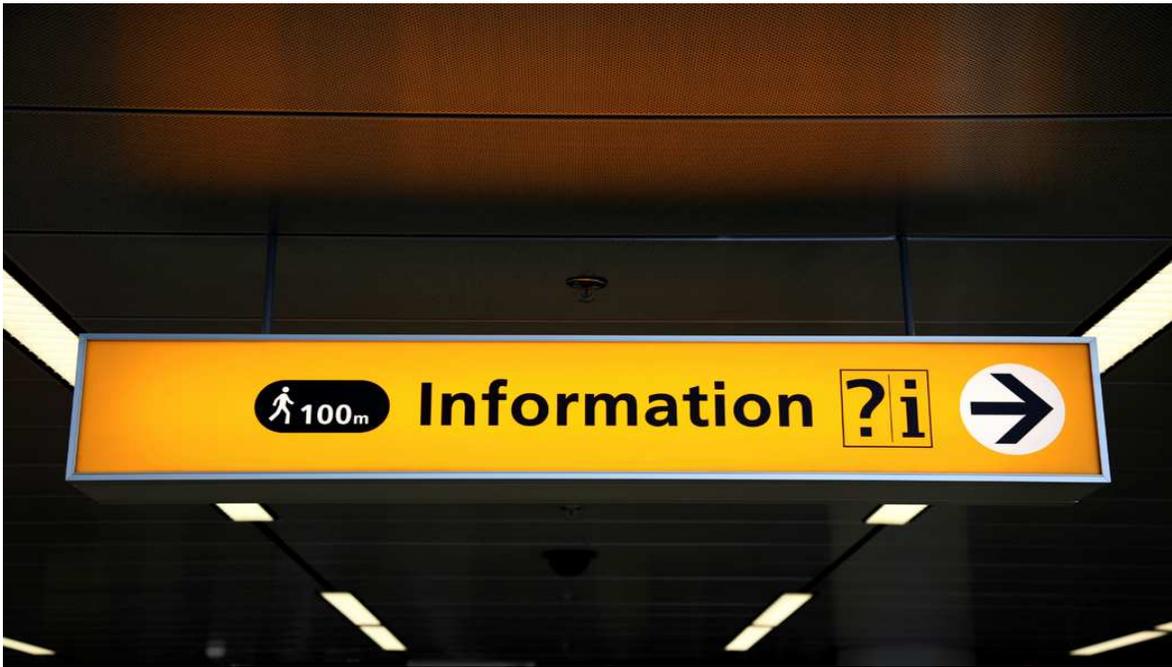
A: NO! We can customize your program to fit your needs and time frame. We suggest that a program be at least two hours, but we can make shorter times work. The more time the group spends together, the better their experience.

Q: We have a limited budget, how can we afford a program that will give us what we need?

A: We have a sliding scale and there are some organizations that qualify for very-very low cost programs.

Q: How many is the ideal number for your program?

A: For our programs 6 to 15 individuals is ideal. That gives us opportunity for meaningful group processing.



Questions ~ Scheduling ~ Prices

Contact:

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