



TEAM BUILDING AT OLD DOWN ESTATE

TEAM BUILDING

In addition to the first class conference facilities that Old Down Estate boasts indoors, there are also 66 acres of varied outdoor areas ranging from formal gardens to fields and woodlands. The grounds are perfect for marquees.

With a range of team building activities available from our associated suppliers we can provide a memorable event that will make a lasting impression on your customers, staff and friends.

SOME OF THE TEAM BUILDING ACTIVITIES INCLUDE;

- Chocolate Making Workshop
- Pasta Making Workshop
- Bread Making Workshop
- Archery
- Zorb Football
- Assault Course
- Team Challenges
- Mind Challenges
- Climbing Wall
- Laser Clay Shooting
- Segway Olympics
- Segway Safari
- Real Clay Shooting
- Laser Tag Day Session
- Paintball
- Smoke & Flash Bangs
- 45ft Inflatable Obstacle Course
+Gladiator Dual +Sumo Suite
- Body Football
- Fun Team Building to include +Land Raft
Team Build +Mine Field +Cannon Run
- Interactive Treasure Hunt
- Crime Scene Detection
- Colour Consultation
- Back, Neck, Shoulder and Head Massage
- Dedicated Manager on the Day

TEAM BUILDING AT OLD DOWN ESTATE

ACTIVITY DESCRIPTIONS & RATES

COLOUR CONSULTATION (1:1 SESSION)

£66 + VAT PER DELEGATE

Find out and understand your best range of colours for make-up and clothes. You will discover the exact shades of colours to enhance your skin, hair and eyes. Learn how wearing the right colours can make you look younger.

- Full colour analysis
- You will have your make up done using colours designed especially for you and advice on the most flattering application.
- Tips and advice to help with your current wardrobe and when shopping.

GROUP SESSION MAKE-UP

£22 + VAT PER DELEGATE

Learn about Colour Analysis and how it affects what make up you should wear.

Points covered:

- Do you have warm or cool skin tone?
- Do you suit silver or gold jewellery?
- Are you wearing the correct foundation colour?
- Which lipsticks suit you?
- Bring your own make up bag!
- How long should we keep make up?

All activities minimum of 10 delegates

COLOUR AND CAPSULE WARDROBE

£33 + VAT PER DELEGATE

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Points covered:

- Do you have warm or cool skin tone?
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- Are you wearing the correct foundation colour?
- Which lipsticks suit you?
- Bring your own make up bag!
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ACTIVITY DESCRIPTIONS & RATES

THE DETECTIVE PROJECT (4 HOURS)

£44 + VAT PER DELEGATE

The Detective Project host professionally staged crime scene events for groups of 10-150 delegates. They guarantee fun-filled, inclusive team development exercises designed to engage everyone involved, encouraging team-work and problem solving with a healthy dose of inter-team competition thrown in.

IN GOOD HANDS (3 HOURS)

£44 + VAT PER DELEGATE

A back, neck, shoulder and head massage can help to relieve headaches, eye strain, muscular aches and pains. As well as helping with concentration levels, fatigue, boost morale and generally promotes good health.

WELLBEING NUTRITION WORKSHOP (1 HOUR)

FROM £250 WITH UP TO 25 DELEGATES

Food and nutrition is a surefire topic to get everyone talking and interacting as well as bringing wellbeing to the forefront of everyone's minds. Our Happy Eating talks and workshops are designed and run by expert nutrition consultant, Dr Rebecca Hiscutt. Popular topics include 'how to eat cake and feel great' and 'how to have more energy all day long.'

All activities minimum of 10 delegates (excluding Nutrition Workshop)

OTHER ACTIVITIES (+VAT)

- Archery - £33
- Laser Clay Shooting - £33
- Segway Olympics (1 hour) - £30
- Segway Safari - £38
- Real Clay Shooting (15 Bird) - £38
- Real Clay Shooting (25 Bird, 1 Hour) - £46
- Real Clay Shooting (35 Bird) - £51
- Laser Tag Day Session - £27.50
- Paintball (200 balls per person) - £35
- 45ft Inflatable Obstacle Course +Gladiator Dual +Sumo Suite - £41
- Body Football - £41
- Fun Team Building to include +Land Raft Team Build +Mine field +Cannon Run - £38
- Interactive Treasure Hunt - £27



SURVIVAL WISDOM AT OLD DOWN ESTATE

TEAM BUILDING WITH A DIFFERENCE

Learn how to survive with an
ex-military instructor

SURVIVAL SCHOOL

The event follows survival psychology models and the Survival Plan used by the British Military; Protection, Location, Acquisition & Navigation

You will compete head to head as teams to build the best survival camp and navigate your way to safety.

DIGITAL DETOX

Fancy 24 hours with no contact to the outside world, come to Old Down Estate learn survival skills, sit around the campfire and listen to ex-military servicemen tell you real life stories at our new survival camp in the estate woodlands.

SURVIVE & DINE WITH ME

Learn the lifesaving staples of fire, shelter, food and water – all blended together in a great team event. Forage, prepare and cook your own food and eat it around the campfire... or head back for a spot of 5 Star luxury and team celebration.

GREAT ESCAPE

Do your employees need to work on their team building, confidence and resilient skills? Then why not take part in our Great Escape where your teams will have to work as a team to solve the clues and escape from the pits of our dark gloomy cellar.

TAKEN

Find and negotiate the safe release of your Director, learn how to collect and process intelligence, formulate, implement and execute a plan to get your director to safety.