

Build Teamwork

CORPORATE TEAM BUILDING EVENTS

Boost Morale and Productivity



Teams don't just happen. **They must be developed!**

Are you looking for an economical solution to boost employee morale?

We specialize in custom designing events to match your group, its needs and your budget.

DayTripping's innovative menu of morale boosting events represents a cost effective alternative to more expensive staff reward options which may not be prudent in today's economy. Located right at Rockwood Park in Saint John, there's no need to travel. And if required, our team will meet you at your place of business with an exciting team building solution.

Having employees who enjoy working together and who do so effectively is invaluable to any company. By engaging in active outings together, they are reminded of the benefits of healthy lifestyles, and when your employees are leading healthy, active lives, sick time and work loss injuries are minimized. Furthermore, employees who have fun together stick together even when things get tough. Team building events strengthen bonds between employees and the company they work for, increasing retention rates.

Our team building activity options include:

- An Amazing Race - at Rockwood Park or in Uptown Saint John.
- Eco-Challenge - winter or summer adventure race at Rockwood Park.
- Ultimate Water Race - a frantic puzzle race in boats on Lily Lake.
- Hug-A-Tree Nature Hike - a fun team-building hike at Rockwood Park.
- Summer Geo-Caching - a treasure hunt at Rockwood Park or in Uptown Saint John.
- Winter Geo-Caching - treasure hunting on snowshoes at Rockwood Park.
- Intro to Rock Climbing - learning and working as a team at Rockwood Park.
- Party in the Park - a corporate picnic party at Rockwood Park.
- Corporate Castaways - a survivor challenge at Rockwood Park.
- The Philanthropic Apprentice - at Rockwood Park or at your work place.

TEAM - a group of people with a set of complementary skills required to complete a task, job or project. Team members operate with a high degree of interdependence, share authority and responsibility for self-management, are accountable for the collective performance, and work toward a common goal and shared rewards. **A team becomes more than just a collection of people when a strong sense of mutual commitment creates synergy, thus generating performance greater than the sum of the performance of its individual member**



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DayTripping's fun Corporate Team Building Activities help groups take teamwork to the next level. Activities can be woven together to create a team development workshop.

There are five elements critical to team effectiveness:

- shared leadership
- group work skills
- climate
- cohesiveness
- team member contributions

Our activities can be customized to provide whatever support you need to create and facilitate team development sessions that will allow you to reach your goals.

FREQUENTLY ASKED QUESTIONS

How much do DayTripping Corporate Events cost?

Most team building events require an investment of \$20 per person. For events that require more time, planning and resources, such as corporate picnic parties, survivor challenges and our Philanthropic Apprentice activity, the cost increases to \$30 or \$40 per participant. Additional customization of events may result in a slightly higher cost per participant. Our rates are based on a minimum of 10 participants and do not include HST.

Once an event is complete, should you wish to reward extraordinary service with a gratuity you may do so at your own discretion. Gratuity is not included in your participant fee.

What type of corporate event should I choose?

After discussing the unique circumstances and needs of your group, we'll help you select an event that will be just right. We have a broad range of activities and we may suggest something more appropriate for your group if we feel a particular activity best suits your group profile.

Do we need to be physically fit to take part in your corporate events?

Our clients have a broad range of abilities and fitness levels. Our event activities are suited for various fitness levels. Some of our events do require more physical exertion than others; however, each activity has been designed to allow less physically able people to take part as well. We have a number of great events that require minimal physical effort. It is important that you discuss with us any specific limitations members of your group may have so that we may suggest appropriate options.

Will my corporate event take place regardless of the weather?

Our outdoor activities are designed to operate in all weather. With proper dress, the weather often becomes irrelevant. Occasionally, inclement weather conditions could actually improve the event by bonding participants as they overcome the elements together. However, should you decide to cancel an event due to extreme weather, we will be glad to reschedule it for another day.



To learn more about our corporate team building opportunities, visit: www.daytrippingnb.com/corporate

Get Active

NORDIC WALKING POWER HOUR Sponsorship Activity



Healthy, active employees are more productive and take less sick days.

Get your employees active by sponsoring a Nordic Walking Power Hour at Harbour Passage or Rockwood Park.

By sponsoring a Power Hour walk during a weekday noon hour, we'll equip your employees and anyone else who wants to join in with a pair of Nordic walking poles, and a certified instructor will take them on a 40-minute walk along Harbour Passage or through the park.

Sponsors will have their company or organization's name and logo included on display signage at the walk start/finish point on the days they sponsor and will be thanked for their support during the walk introduction.

We normally charge up to \$15 per person to rent a pair of Nordic Walking poles, plus an hourly rate for instructors; however, as a **Power Hour sponsor you can equip dozens of walkers with poles for as little as \$20 per week.**

Walks will leave from Alex Coffin's Fitness Shop at Market Square or DayTripping @ Rockwood Park at 12:10 and will return at 12:50.

How does it work?

- Contact us to find out what days of the week are still available to be sponsored.
- Choose one or more available days that you would like to sponsor.
- Decide the length of your sponsorship term--one month, three months, six months or a whole year. (Discounts for longer terms.)
- We'll invoice you and will have sponsorship signage made to display your company or organization's name and logo.

Power Hour Corporate Sponsorship Rates				
Number of Weeks	4 (1 month)	13 (3 months)	26 (6 months)	52 (12 months)
Monthly Fee	\$150	\$400	\$650	\$1000
Cost per Week	\$37.50	\$30.77	\$25.00	\$19.23

To learn more about Nordic Walking and the benefits of having healthy, active employees, visit: www.daytrippingnb.com/corporate

Have Fun

OUTDOOR ADVENTURE OUTINGS



Winter Activities:

- Nordic Walking
- Snow Shoeing
- Cross-Country Skiing
- Geo-Caching

Summer Activities:

- Nordic Walking
- Mountain Biking
- Canoeing / Kayaking / Pedal Boating
- Introductory Rock Climbing



Our flexible activity program allows participants to **choose activities best suited to their personal interests, physical abilities and fitness levels.** We are able to accommodate up to 20 participants on snowshoes, 20 skiers and 100 Nordic Walking participants. We can instruct up to 20 rock climbers at a time and we have sufficient boats to put 20 people on the lake. As well we have 8 mountain bikes and a fun tandem bicycle. We have rock climbing equipment for 20 participants and we can accommodate as many hikers as you can fit on 27 kilometres of trails!

Participants may rent equipment and head out on their own adventures, or we offer guided outings for Nordic Walking, Snow Shoeing, Cross Country Skiing and Rock Climbing.

Customized interpretive programs are also available, such as fall nature hikes to take in the beautiful fall foliage, geological learning outings and flora and fauna explorations.

Yennah Hurley, the proprietor of DayTripping is a certified Nordic Waling instructor with the International Nordic Walking Association and Nordic Walk North America. We also have certified instructors for boating and qualified snowshoeing and cross-country skiing guides.

Geo-Caching is a fun way to explore Rockwood Park as an individual or in small groups by searching for hidden caches using a Global Positioning System (GPS) device. We have 25 GPS devices.