

# Team Building Activities

**Traditional Fijian Basket Weaving:** participants are shown how to weave a coconut leaf basket out of coconut leaves. They will then be given the opportunity to weave their own coconut leaf baskets under guidance. This activity encourages creativity, relationship building and aids in building a corporate family environment. Learning a new skill gives delegates a sense of achievement

\*Participation Cost - FJD\$5 per person.

**Pineapple Cracking:** This activity is conducted on the beach. In this activity, one person is blind folded and given a "pineapple cracking" stick. They are walked forty steps away from the pineapple, which is partially buried in the sand, and are spun around. Their team members must give them verbal directions to guide them back to the pineapple in forty steps. The person will then be given one attempt to hit the pineapple while they are still blindfolded. This activity develops trust, communication and teamwork skills, as well as encouraging relationship building.

\*Participation Cost - FJD\$5 per person.

**Coco Nutz:** Teams must husk and open a coconut, then scrape and squeeze enough coconut meat to make 1 litre of coconut milk. The team who completes the challenge in the least amount of time wins! A demonstration will be given as part of the activity. This activity tests problem solving skills and encourages team work. Participants must apply their newly taught skills to achieve the desired outcome. This activity offers insights into behaviours that lead to successful and productive teamwork, exposes leadership and problem solving skills and demonstrates competition versus collaboration.

\*Participation Cost - FJD\$10 per person

**Crazy Cocktailz:** Teams will be given a variety of ingredients which they can use to make and decorate a cocktail. The team who is judged to have created the most visually appealing and delicious cocktail wins! This activity encourages creativity and team bonding while creating a winning team spirit.

\*Participation Cost - FJD\$20 per person.

**MaloloLailai "ScAdventure" hunt:** Teams will be given a list of clues describing iconic locations on the island. They will not be given directions, and will need to ask the locals how to get to the various places. To prove that they have visited each location, teams will be required to take a group photo at each location. This activity encourages relationship building

\*Participation Cost – FJD\$15 per person.

**Giant Sand Castle Building:** Teams compete to build the most impressive sand castle or sculpture they can. The winner is chosen on the basis of creativity and size. This activity encourages creativity and develops strength as a team.

\*Participation Cost - FJD\$5 per person.

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**Plantation Island Beach Olympics:** Teams will compete in the following events: kayak relay, beach volleyball, beach tug of war, beach wheel barrow race. This activity creates a winning team spirit and pushes individuals to excel as a team.

\*Participation Cost – FJD\$5 per person.

**The Lovo Challenge:** Each team is assigned a different station to help prepare the “Lovo” – a traditional Fijian feast whereby the food is cooked underground using hot coals. Each team will describe to the other teams what their task involved and its significance to the feast and the Fijian culture. The teams will then enjoy the spoils of their effort as the Lovo is uncovered just in time for dinner! This activity encourages team building while providing a memorable, cultural learning experience. Delegates also recognise just how much can be achieved as a result of creating a constructive and supportive working environment.

\*Participation Cost - FJD\$65 per person and includes dinner.

**Marine Conservation Project:** Teams will work together to construct and decorate a “fish house”. At the end of the challenge, the fish houses will be placed in the bay where they will help to protect juvenile fish, encourage sand production and aid in coral reef restoration. The teams will learn about the benefits that their fish houses will have on the marine environment from qualified marine biologists. This activity encourages relationship building, creativity and builds a corporate family environment. Delegates gain knowledge in learning new information regarding how to protect the marine environment and feel a sense of pride and achievement with the knowledge that their efforts will have a lasting, positive effect on the local marine environment.

\*Participation Cost is FJD\$50 per person and includes a donation to the Mamanuca Environmental Society.

**Plantation MasterChef:** In this challenge teams are tasked to make Kokoda (ko-kon-da) which is a traditional Fijian fish dish. Each team will be given a portion of pre-marinated fish and the necessary tools to make their own Kokoda dish. Each team has 30 minutes to make their Kokoda from a table of ingredients. They will need to make their own coconut milk by scraping coconuts, and will need to create a Fijian “meke” dance to enhance their presentation. Each team will have a Fijian warrior to assist them in the challenge, but will lose points if they use their warrior for the coconut scraping.

\*Participation Cost is FJD\$15 per person and is ideal as a pre-dinner activity (i.e. the pre-prepared Kokoda serves as the entrée)