

For More Information

Challenge Program options and prices will vary accordingly to the number of people, length of time and type of program.

Please contact us to discuss your:

- Desired outcomes; e.g. what your group needs
- Group size
- Possible dates and times
- Cost Estimate

Contact:

Call the Challenge Program Manager at the Wilderness Recreation Center at 626-7904 or email us at wrc@weber.edu for more information or to schedule your program.

Visit us on-line at www.weber.edu/wrc



**WEBER STATE
UNIVERSITY**

A program of Campus Recreation

Wilderness Recreation Center

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Challenge Programs



*"You can learn more about a person
in an hour of play than in a year of
conversation."*

-Plato-



Providing the Tools for Adventure



We Offer

- A facilitated process combining action and reflection that opens the door to discovery and understanding
- Activity-based teambuilding programs custom designed around your goals
- Interactive challenges requiring cooperation on many levels
- Experiences which serve as a basis for examining group dynamics
- A challenge-by-choice philosophy which lets each group member control his/her own level of involvement
- Increased physical programming when requested
- A whole lot of FUN!

The Challenge Program can be tailored to benefit the mission of any group it serves, such as:

Academic classes, clubs and student organizations, residence life groups, sports teams, faculty/staff development groups, corporate groups, and civic and community groups.

Basically, any group that could benefit from better communication, cooperation, efficiency and effectiveness.

Types of Programs

Ice Breakers

Ice breakers are fun, sometimes silly activities, designed to quickly improve communication and prepare participants to work together as a team.

Recreation Challenge

Looking for an opportunity where your group can have fun together? If so, then this is the program for you. The main focus of the day is to provide an exciting and memorable experience for the group.

Team Wilderness Adventures

Intended for those seeking performance excellence. Intense day or multi-day programs use outdoor activities like whitewater rafting, canoeing, rock climbing, or backpacking as vehicles to explore group process, examine personal motivations and behavior patterns, and develop leadership potential.

Group Initiatives

Imaginary scenarios are created that challenge groups to plan, make decisions, experiment, concentrate and communicate. Group initiatives also develop mutual trust and support.



Custom Design

We custom design your program to address specific goals and needs of your group. Some activities are physically challenging while others challenge the intellect; each one is chosen and sequenced specifically to assist your team in meeting its goals.



Participation in a Challenge Program will...

- Strengthen group cohesiveness, team spirit and cooperation
- Improve problem solving ability
- Enhance communications among group members
- Increase self-confidence and self-awareness
- Learn conflict resolution skills
- Develop an atmosphere of mutual support
- Deepen trust in self and others
- Get outdoors and have some fun!



People retain 15% of what they read and hear...83% of what they do...and 90% when given the chance to experience, reflect, internalize and share.

That's what we are all about!