

Say goodbye to your office...
and introduce yourself to ours.



Conference Programs Menu



OVER THE EDGE

Refreshing Outdoor
Conference Activities

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Why choose Over the Edge?

Refreshing Outdoor Conference Activities

Over the Edge programs are designed to bring the fun back into your work.

Whether you are looking for a pure team building experience, a reward for your staff or a refreshing break from your conference agenda, Over the Edge has something to get your team moving and motivated.

We make it easy

We work closely with your event organiser, conference centre or resort to take care of every detail, so you can enjoy complete peace of mind in the knowledge the day will be a success.

Natural Environment

Our programs are conducted in beautiful, iconic locations, chosen for their breathtaking scenery and recreational attractions. We make sure your group gets to experience the best of the region by creating programs that interact with the natural environment.

Our people make the difference

We are not merely booking agents like some others. Our highly trained and qualified expert guides are on staff and deliver these programs all year round. They are passionate about customer service excellence and know how to help you get the most out of your experience with us. We will facilitate the entire program from start to finish.

Business outcomes

Before the fun begins, we listen carefully and then make sure you have all the information you need to make the right choice of program. We know every business is different and we take very seriously our commitment to deliver the particular outcomes you seek for your group.

Flexibility

That's why we have created a wide range of programs with maximum flexibility and something to suit every need. If you prefer, we can create a customised experience for you and we can even design a program around the theme of your conference or program.

Recreation or Team Building?

All our programs offer an element of both Recreation and Team Building. However, some are more structured than others, and our programs are ranked as either Structured or Unstructured Team Building, to help you find the best one for your group.

Something for Everyone

We set the starting point for most of our programs at a range that is invigorating and enjoyable for even those who normally dislike exercise. On the other hand, our programs can be easily adjusted to suit groups of more highly energetic people.

To help you determine which programs will suit your group, we have provided a Program Ranking at the end of each program description that looks like the one below. A Program Ranking of 1+ means it is suitable for people who never exercise, but it can also be cranked up to cater for a group of athletes.

Program Ranking:	1+
Duration:	3-4 hours
Group Size:	8-48
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

Program Ranking Guide

Program Ranking	Program is suitable for people who...
1	Never Exercise
2	Rarely Exercise – less than monthly
3	Occasionally Exercise – more than once a month
4	Exercise regularly – 3-6 times a week
5	Is a serious athlete



Recreational Programs

Our recreational programs are designed around the knowledge that shared experience creates a strong and lasting bond between people. So in that respect, you might call these programs unstructured team building through shared experience.

While often intangible, this bond can deliver improved cooperation and communication in the work place, as well as a more open minded perspective toward other members of the group. Past clients have also reported a greater sense of appreciation for and attachment to their business or organisation.

When it is all said and done, these programs allow your team to clear their heads and regroup for the business and organisational challenges ahead.

- > Surf to Sauvignon*
- > Pinot Noir Paddling*
- > Surfing
- > Kayaking
- > Climbing & Abseiling
- > Local Delights
- > Destination Tours
- > The Wish List*
- > Conference Energizers

* These programs are ideal for staff incentives and rewards.

The specific activities to be included in your program may vary dependant on which program you book, the location of the program and your desired outcomes.

Structured Team Building Programs

Our Team Building programs all incorporate a strong element of recreation, but they are also structured to develop team skills and group productivity.

We can help you discover new leaders among the group, help settle new recruits into the team, reinvigorate long time employees and transform your team into a powerful, cohesive unit.

As your groups take on each challenge together, they will naturally discover, develop and apply important team traits that include: Teamwork, Strategic Planning, Communication, Problem Solving, Negotiation, Leadership, Overcoming adversity, and Competitive spirit.

We'll help you choose the right program for your needs or you can simply choose a program that sounds like the most fun. It's up to you. And we'll happily customise something for you.

Our programs with a Team Building focus include:

- > Adventure Challenge
- > Amazing Race
- > Beach Olympics
- > Kicking Goals





Our recreational programs are designed around the knowledge that shared experience creates a strong and lasting bond between people.

1. Surf to Sauvignon

We designed this program to provide a double hit of adventure and self-indulgence in one. First, we invite you to embrace one of life's most invigorating experiences – taking a surf lesson on one of Australia's most beautiful beginner surf beaches. Then follow it up with a well earned, chilled and locally produced Sauvignon Blanc from one of the quality wineries close by. The sense of personal achievement when you stand on your surfboard for the first time will be all the more satisfying when shared with a group of friends or colleagues. Surf to Sauvignon is

available in certain locations, depending on the close proximity of safe surf and sensational Sauvignon Blanc.

Program Ranking:	1+
Duration:	3 hours
Group Size:	8-48
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



2. Pinot Noir Paddling

Reward your conference, staff or business group with a truly wonderful adventure that they'll remember for years to come. Take a gentle paddling excursion across the beautiful waters of the local coastline or river, then slide your boat up on to the sand, dry yourself off and slip into a glass of Pinot Noir.

We select a winery with a fine reputation for quality and conveniently located at the end of your short journey, so you can enjoy sensational wines, fabulous company and the reflections of a great adventure. Pinot Noir Paddling is

available in certain locations, subject to the close proximity of appropriate waterways and a great winery.

Program Ranking:	1+
Duration:	3 hours
Group Size:	8-48
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



3. Surfing

Learning to surf presents so many pleasures its almost too much to describe – from the invigorating energy of the surf, the visual gift that is Australia's long sandy beaches and breathtaking coastline, and the huge sense of personal achievement when you stand on your surfboard for the first time. It's a huge thrill and all the more satisfying when shared with a group of friends or colleagues.

It's easy to learn to surf when the right instruction, equipment and beach location are combined. Most people stand up in their first

lesson. Our aim is to give you a fun, safe and memorable experience that also leaves you invigorated and refreshed.

Program Ranking:	1+
Duration:	2-3 hours
Group Size:	8-48
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



4. Kayaking

Get up close and personal with the beautiful waterways around your resort or desired location. Our sit-on-top kayaks are designed for novices and for people who have had no experience at all. Our experienced, expert instructors will advise you in the basics of kayaking, and take care of you at every step of the way.

Locations such as rivers and bays are chosen for their gentle waters and easy access. If your group is more adventurous, we offer the thrill of paddling through the shore breaks of the local

beach and the rush of catching your first wave. We only select locations with safe and suitable conditions.

Program Ranking:	1 +
Duration:	2-3 hours
Group Size:	8-48
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



5. Climbing & Abseiling

Our climbing and abseiling programs are a proven winner for increasing self esteem, trust and communication skills within the group. And as a bonus, our local state and national parks have some of the most beautiful countryside in the world for you to enjoy.

This is a slower paced activity, but it's guaranteed to get the adrenalin flowing. Our program makes use of very basic low level climbing and abseiling locations for an easy introduction for beginners. Alternatively, we can select a more challenging environment for groups with more advanced skills and experience.

Climbing Program Ranking:	2 +
Abseiling Program Ranking:	1 +
Duration:	Half or Full day
Group Size:	8-30
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



6. Local Delights

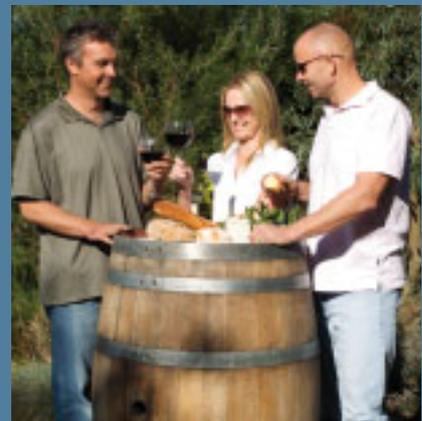
When you visit a beautiful place for your conference or business workshop, why not make sure you taste the best of the region before you return to your regular life back home.

Over the Edge will pick you up from your resort in a coach to suit your group's size and needs and take you on a tour of five of the most iconic locations in the region. At each place we'll introduce you to a sample of the most scrumptious local gourmet produce available. In between stops, you can sit back and relax, and soak in the sublime scenery. You will be assigned a personal host to ensure your journey

is everything you expect and we will leave you with something yummy to take with you. Local Delights is available in locations that offer the highest quality local produce available and offers the ultimate indulgence.

Program Ranking:	1 +
Duration:	2-4 hours
Group Size:	10-100
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



7. Destination Tours

So much more than a sightseeing trip, the Destination Tour is a cross country adventure that will showcase for you the best of the region around your resort, while getting you active and engaged with the environment.

First we select a local iconic location – it could be a magnificent waterfall, a famous beach or the Big Banana, and then a mode of transport that represents the most fun and novelty value. This transport might be something like surfing, kayaking, orienteering, mountain bike riding, water taxi or horse riding. Our experienced guides will lead you

on your cross country adventure, while we show you the best of the local scenery and guide you back to your resort, safe and sound and reinvigorated.

Program Ranking:	1+
Duration:	2-4 hours
Group Size:	8-48
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



8. The Wish List

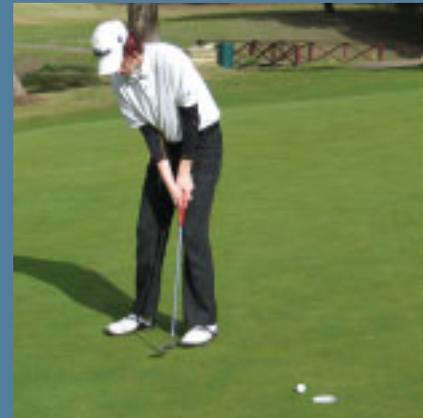
When you are entertaining a very large group and you need something special to keep everyone on their toes, The Wish List could be the perfect program. We organise a long list of sensational activities like Surfing, Kayaking, Mountain Biking, Horse Riding, Fishing, Golf, Tennis, Lawn Bowls, Harley Rides, Massage & Pamper and Abseiling and then ask each member of your group to choose.

The list is compiled to suit the location, the size and the interests of the group. Our online activity registration system allows your guests to log in and register for an activity, while we

manage the whole administration process, keeping you updated with guest lists and details. All you have to do is choose an activity!

Program Ranking:	1+
Duration:	2-3 hours
Group Size:	16-300
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



9. Energizers

Make your conference a memorable experience for all the right reasons, and bring some of the spark and energy back for your group with the Over the Edge Energizer Package. Our Energizers are short 15-30 minute sessions, held before, after or during a conference break.

Choose two or more energizers to be held at your conference centre at a time that best suits your needs. Energizers may include Laughing, Boxercise, Meditation, Pilates, Aerobics, Karate and Cheerleading, depending on location and availability. Alternatively we can customise other activities to suit.

Program Ranking:	1+
Duration:	15-30min each
Group Size:	8-200
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



10. Adventure Challenge

The Adventure Challenge is like a mini eco-challenge, with shorter distances, easier terrains, and a lot more fun. Teams will travel together along a set course, requiring you to change your mode of transport at regular intervals. It's a sensational way to see the local scenery and really breathe in the fresh air. Every person has their strengths and weaknesses and team mates will need to help each other out at various times to ensure the team reaches the end of the course together. This is a dynamic challenge that will inspire that spirit of competition and help true leaders and team players to show themselves.

Some of the forms of transport used in the program include Orienteering, Mountain Biking, Kayaking, Swimming, Board Paddling and Rafting.

Program Ranking:	2+
Duration:	2-4 hours
Group Size:	8-200
Team Building:	Unstructured
Recreational Focus:	YES
Fun:	YES

For clarification of this table please refer to page 3.



11. Amazing Race

The Amazing Race is a fast paced and competitive team event, with all the drama and excitement of its television namesake – and it is accessible to people of all fitness levels.

This race will introduce you to the local environment around your resort or chosen destination, presenting a range of team challenges along the way. You will use your physical and mental skills to coordinate the course as a team, and be in with a chance to win the race.

Program Ranking:	1+
Duration:	2-4 hours
Group Size:	20-250
Team Building:	Structured
Fun:	YES

For clarification of this table please refer to page 3.



12. Beach Olympics

Fun, loads of laughter and team spirit are the hallmarks of this extremely popular program. Designed in the format of a surf lifesaving carnival, and modified to suit all fitness levels (including unfit), Beach Olympics has a mix of three types of activity - water, beach and novelty. All challenges are designed to encourage maximum participation and involvement.

The emphasis is on having fun and it's a perfect activity for energizing, motivating and strengthening group dynamics.

Program Ranking:	2+
Duration:	2-3 hours
Group Size:	20-200
Team Building:	Structured
Fun:	YES

For clarification of this table please refer to page 3.



13. Kicking Goals

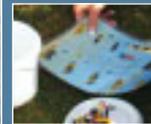
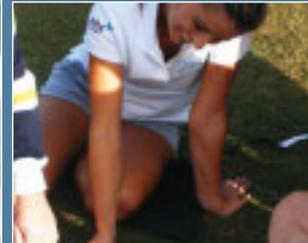
Kicking Goals is the ultimate team experience. Imagine running out into the middle of an awe inspiring football stadium that has hosted some of Australia's most auspicious sporting moments, and enjoying the big stage atmosphere. Its here your group will take on a series of team challenges, while enjoying the drama and atmosphere that only a large stadium can deliver.

Where possible, we make use of the Stadium facilities to enhance your experience, including corporate signage around the ground,

electronic scoreboard, sound system and local cheer squad. The selection of a stadium for your program will depend on your location and Stadium management approval.

Program Ranking:	1+
Duration:	2-4 hours
Group Size:	30-250
Team Building:	Structured
Fun:	YES

For clarification of this table please refer to page 3.



Refreshing Outdoor
Conference Activities



Enjoy the invigorating energy of the surf and the visual gift that is Australia's breathtaking coastline.

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