

/Teambuilding

# DISTRESS

In various sequences and various group formations, the group will resolve an issue in which they find themselves in a fake distress situation. They must select and prioritize various items they need for their survival. The exercise is a very good introduction to a broader discussion of policy making, roles, communication, cooperation and goal. The exercise is always followed up with a feed-back where we discuss how the group chose to carry out its task and what experiences the participants can draw from their actions.

The exercise works both indoor and outdoor.

## FACTS

Price: 350 SEK/ person

Minimiprice: 8500 SEK

Participants: 12 - 80 persons

Recomended time: 1,5 hours

Prices are valued excluding Swedish VAT



COOPERATION



INGENIOUS

