



# FOCUS<sup>®</sup>

Adventure

[www.FOCUSAdventure.com](http://www.FOCUSAdventure.com)

*Where every moment is a challenge!*

VISION 2030

**30**  
YEARS



## Execute your Corporate Learning Programme the Unconventional Way

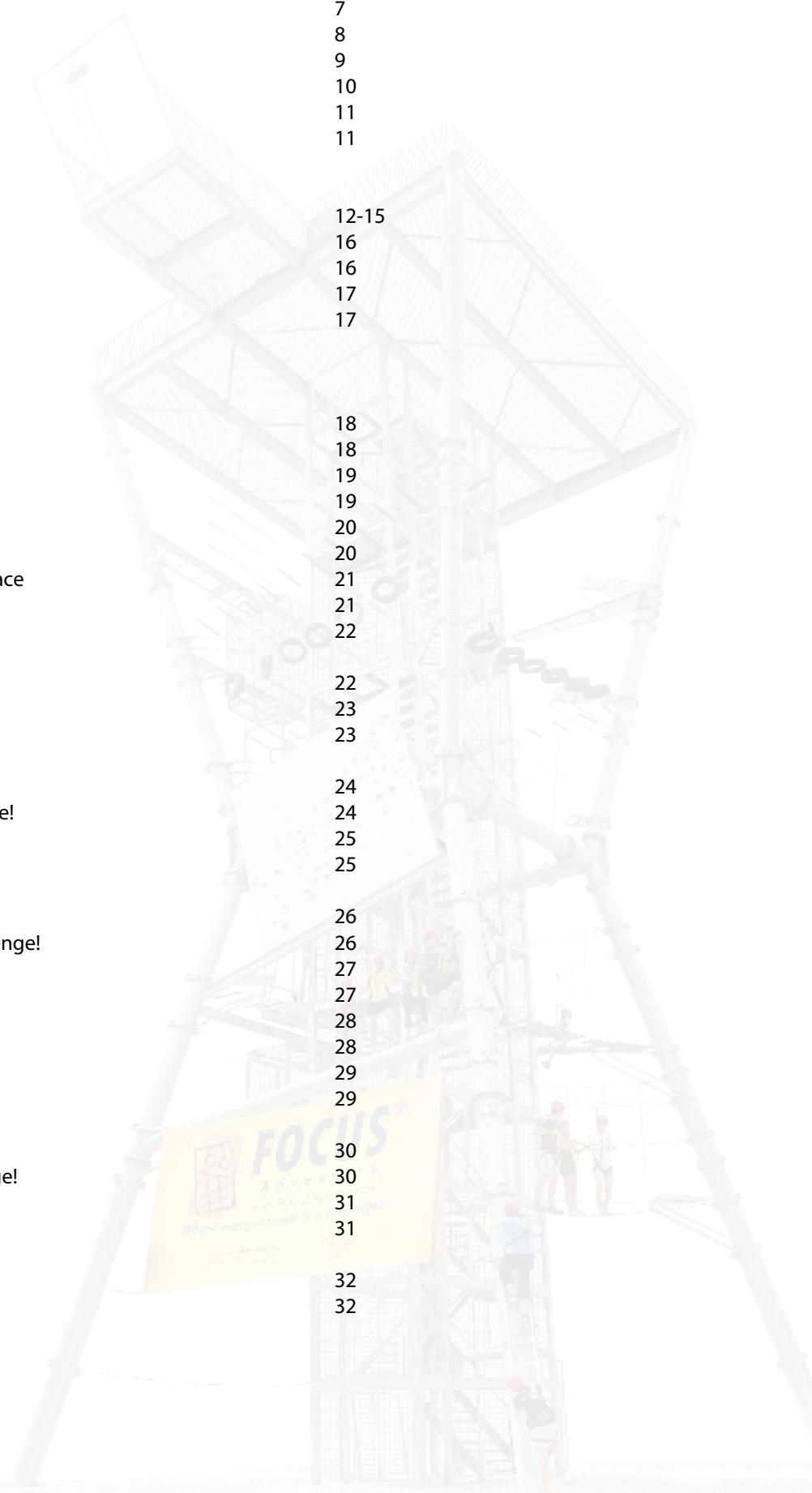


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*Where every moment is a challenge!*

# Table of Contents

Company Profile	
The Experience	1
Our Exciting Locations	2
Our Testimonials	3-5
FACTS (FOCUS Adventure's Challenge Technology and Skills)	6
FOCUS Consulting	7
Profiling Tools and Instruments	8
The Leadership Challenge!	9
The VUCA Challenge!	10
The Values-in-Action Challenge!	11
HIPO Assesment Programme	11
Core Activities	
Mobile Adventure Programmes	12-15
Low Elements	16
High Elements	16
TEAM CHALLENGE HOURGLASS	17
TEAM CHALLENGE PYRAMID	17
<b>Our Activities</b>	
<b>Races</b>	
The Money\$poly Challenge!	18
The Incredible Race	18
The Heritage Challenge!	19
The Faber Peak Race	19
The Botanic Gardens Race!	20
The Pulau Ubin Race	20
The Incredible Singapore Zoo Race	21
The Bird Paradise Adventure!	21
The River Wonders Challenge!	22
<b>Water Challenges</b>	
The Rafting Challenge!	22
The Dragon Boat Challenge!	23
The Sailing Challenge!	23
<b>The CSR Challenge!</b>	
The Build-a-Bike Challenge!	24
The Supermarket Race Challenge!	24
The Gracious Giving Challenge!	25
The LEGO Challenge!	25
<b>Creative Challenges</b>	
The Roller Coaster Challenge!	26
The Angry Bird Trebuchet Challenge!	26
The Domino Challenge!	27
The Build-An-Empire Challenge!	27
The Robotics Challenge!	28
The Pixel Challenge!	28
The Cooking Challenge!	29
The Race Kart Challenge!	29
<b>Thematic Programmes</b>	
The GREAT ESCAPE Challenge!	30
The TEAM Squid Game Challenge!	30
The Gold Mine Challenge!	31
LEGO SERIOUS PLAY	31
<b>The XR Challenge!</b>	
The Jewel Challenge!	32
The Incredible AR Challenge!	32





**VISION** WORLD CLASS ADVENTURE LEARNING




**MISSION** CATALYST FOR GROWTH, DEVELOPMENT AND CHANGE

## CORE VALUES

**F**un **O**pen **C**hallenge **U**nderstand **S**afety

## FOCUS ADVENTURE

3 levels of experiential learning programmes, each tailored to specific needs and requirements

-  **RECREATIONAL** Enjoy outdoor fun-filled activities such as Kayaking, Achery, Sailing, Staff-Family Bonding Day and many Others.
-  **EDUCATIONAL** 3 key building blocks of any organisation development efforts;
  - Team Development (**The Teambuilding Challenge!**)
  - Leadership Development (**The Leadership Challenge!**)
  - Change Management (**The Innovation Challenge!**)
-  **DEVELOPMENTAL** Address real time organisation challenges such as conflict resolution and change management.



## THE EXPERIENCE

### Execute Your Corporate Learning Programme The Unconventional Way!

At FOCUS Adventure, we are perennially on the lookout for engaging, energising and captivating experiences for our clients. The best proof of quality is through the experience and words of our existing clients, who keep coming back for more! Nothing builds a team like “shared experiences”, challenging physical and mental barriers, while having fun at the same time.

“Having established ourselves in the Adventure Learning industry, FOCUS Adventure is now a registered Social Enterprise. We aim to work closely with our Corporate Clients to incorporate various Corporate Social Responsibility (CSR) elements into our Adventure Learning programmes to make a difference.”



*Where every moment is a challenge!*



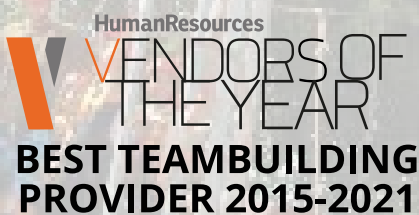
**LEARNING OUTCOMES**

- ✓ Increased self awareness of own strengths & weaknesses.
- ✓ Identify the attributes and characteristics of a high-performing team.
- ✓ Improved communication and co-operation, heightening team spirit and team ownership.

*And many other learning outcomes that we can customise and propose to you!*

**CORE ACTIVITIES**

- Mobile Adventure Programmes
- Low Elements
- High Elements
- TEAM CHALLENGE PYRAMID
- TEAM CHALLENGE HOURGLASS



**OUR UNIQUE SELLING PROPOSITION (CLBMM)**

- 📱 Customisation
- 📱 Learncentive
- 📱 Business Leaders
- 📱 Multi-cultural Environment
- 📱 Multi-sensory Experience

**METHODOLOGY (FAPAE)**

**FOCUS on Objectives**

The entire learning programme is tailored to our clients' specific business objectives and operation needs.

**Application-Centred**

Learning is transferred by translating the experience to actual work practices.

**Paradigm Shift**

We aim to bring about radical changes and a shift in personal and organisational belief systems and culture.

**Adventure-Based Experiential Learning**

Adults learn best when it is problem-centred and action-oriented. This is the basis of adventure-based experiential learning. As such our activities ensure full participation and lessons are drawn from the experience.

**Evaluation**

Evaluation up to Level 3 based on Kirkpatrick's Model can be conducted to measure the effectiveness of the programme.



"Excellent activities. Learning points were very relevant to our work context. Bonding objective was definitely met. Most of all, very fun and very well organised."

Denise Pereira, MTI, Director

"Facilitator is very engaging. Managed the activities superbly. Clear communication."

Jackson Lim Assistant Director

"Really liked the gold mining game and activities! Keep up the good work!"

Ying Li Tan, Deputy Director, Sembcorp

"Good job team!! I enjoy very much and I run programs too so I know how hard and how much effort every team members put to make this happen!! All of you are being appreciated "

Jacinta Lim, Kuok Singapore Limited Executive,  
HR Services



"Thanks SDC's HR team and FOCUS Adventure team for this great team building event.."

Tuem Heng Seng, Sentosa Development Corporation, Deputy Director

"Enjoy the outdoor activities. Good selection of activities. Will be good to have more time (additional 1 hour) for the outdoor activities "

Chow Kok Ming, Deputy Managing Director, Linde Gas Singapore Pte Ltd

It has been a great engagement activities within the BCA family. Thanks to the FOCUS Adventure Facilitator teams for the great work!

Celine Phang, Senior Manager, BCA



Once again, we would like to thank the FOCUS team for your excellent facilitation of the CRIS HQ Team Retreat, especially for the team building activities! The team enjoyed themselves immensely and we got to know each other better. We really appreciate the preparation work and thoughtful planning by Bryan and the FOCUS team during the facilitated discussions on days 2 and 3. The activities were really helpful to engage the attendees. While there was some feedback that there was insufficient time for developing the concrete follow-up actions; nevertheless, our CEO was very satisfied with the Vision/Mission crafting and outcomes of the retreat. The video and photos compilation by Heng Zhi were wonderful memories for us. We will definitely recommend FOCUS adventures to our Business Units and hope to work with FOCUS again soon.

Huijia, Consortium for Clinical Research and Innovation, Singapore Pte Ltd (CRIS)



Sasi is a highly professional and effective Facilitator. He brings clarity, structure, and calm to every session, creating a space where everyone feels heard and engaged. His ability to guide discussions purposefully while remaining adaptable is impressive. Sasi's strong communication and facilitation skills make him a trusted partner in any meeting.

Charles Lim, Director, PwC



"The activities are suited for all ages. Simple yet meaningful and brought out the essence of teamwork and engagement! Kudos to the team!"

Wan Nurin Zahian, SH EL, MOE

"It was very enjoyable and memorable thank you for your hard work to organise this for us."

Kaisah Human Resource Department , National University Health System

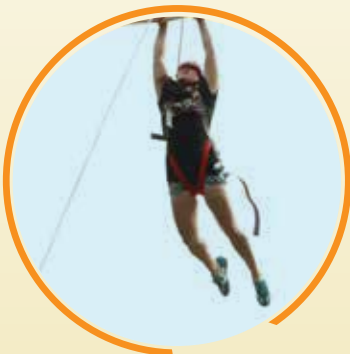
"I was extremely impressed by FOCUS Adventure, the Facilitators' enthusiasm, empathy in allowing everyone a safe space to speak, actively listening, the professionalism in running the course efficiently with the best in class tech tools. Happy that I got to know my EMA colleagues as well through this activity, 11/10 experience for sure"

Preya R, Senior Analyst, EMA



"While many of us are still struggling with tech issues during webinars, it's amazing that this event went on smoothly without any glitches. I can honestly say this was the most fun and engaging programme I've ever attended. The video design was brilliant, and Facilitation by Bryan was A+. I'm interested to work on my amateur facilitation skills as well, if FA can advise me on courses to take etc., I would be most appreciative! Thank you for the fun programme!"

Ng Hui Ling, Manager (SDT/OD), NCSS



"Engaging and a full heart-thumping 45 min session, Would love it to be in a physical form!"

Eileen Long, Asst Director, Licensing, IMDA

On behalf of BSS team, we would like to extend our heartfelt thanks to the FOCUS Adventure facilitation team for making our OneTeam@BSS 2025 Townhall and Team-Building Event such a great success.

We truly appreciate the energy, creativity, and dedication your team brought to the event. The engaging activities and well-designed sessions allowed our participants to learn, connect, and have fun together, reinforcing the OneTeam spirit across our organization.

Elsa CHI, Manager, Learning and Development, BSS



Want to drop a quick note to say Thank You for another wonderful & excellent team building event to GSK WREF Team this morning. All 3 exercise are very insightful and relevant which stimulated a lot of good discussion and reflection of the team. Thank you and please kindly pass on our appreciation to your team – Bryan, Shawn and the very professional photographer Totok...

Arnald NG, Director of Real Estate & Project Delivery, APAC Workplace, Real Estate & Facilities (WREF), GSK



It was the best team building event ever in my life! The event was well organised, all the instruction was given very clearly and the most importantly it made us feel very energetic and such a good opportunity to get close with our colleagues from other team or even other countries. Thanks a lot!

Shion, Lumen

Am impressed with how the team managed to wrap up the session by showing the video of the whole activities and capturing the highlights of the moment! Great that the activities allow us to think and reflect with our current work processes and own work mindset. Well done!

Nurlinah, CPO, MOE



Nic was an outstanding Facilitator with incredible energy! One of the best team buildings I have attended in my long career so far!

Nekshaan, Portfolio and Performance Director, Haleon

I just wanted to take a moment to express my sincere gratitude for your unwavering support over these many months. From the very beginning, we clicked so naturally, and your ability to match the team's pace during the planning stage made all the difference. Today's execution was nothing short of seamless—thanks to you and the strong team you've built. Because of that, I could truly relax and enjoy a stroll along Sentosa with our offsite teammates, savoring this rare and much-needed moment of bonding after weeks of intense planning. Balancing this alongside our "day jobs" was no small feat, and your dedication (even amid your busy schedule) meant the world to us.

It was wonderful to thank you in person earlier, but on behalf of the entire offsite team, I'd love to reiterate our appreciation: Thank you FOCUS Adventure, Bryan and yourself for leading such an engaging, well-run team-building experience. Your hard work and thoughtfulness didn't go unnoticed!

Yeo Yang Rong, OCBC Bank



We truly appreciate the excellent service and leadership provided by the FOCUS Adventure team — it was a well-organized programme that gave us a meaningful and memorable experience. Please extend our thanks to all the Facilitators involved. Looking forward to future opportunities to work together again!

Edwin Kee, Asst Manager – Admin & Project, Dezign Format



# FACTS

FOCUS Adventure's Challenge  
Technology and Skills

## FOCUS Adventure's Challenge Technology and Skills ( FACTS )

The effectiveness of training programmes largely depends on the quality of the trainers and facilitators. Thus, it is important for trainers and facilitators to upgrade their skill sets and knowledge. FACTS is a 3-day Train-the-Trainer Course for participants to learn more about FOCUS Adventure's methods, techniques and processes in facilitating Adventure Learning Programmes. Through this course, participants will learn how to design, customise and conduct Adventure Learning Programmes as well as ways to integrate Adventure Learning techniques into other forms of learning methods, such as classroom based training or coaching. This course is ideal for trainers and facilitators who are looking for new ideas and techniques to increase participants engagement.

### LEARNING OUTCOMES

- Learn about FOCUS Adventure's techniques and approaches
- Learn how to design and conduct effective Adventure Learning Programmes
- Learn how to customise activities to meet different learning objectives
- Learn how to apply Adventure Learning concepts into other forms of learning methods

### COURSE IS FOR

- Trainers, Educators, Coaches, Instructors and Facilitators
- HRM, HRD and L&D personnel interested to learn more about Adventure Learning
- Anyone in the people development sector

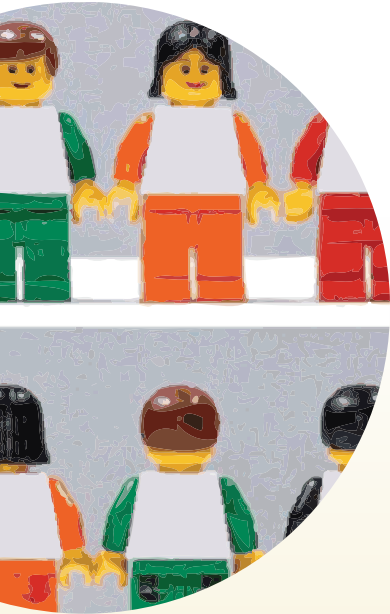
### COURSE DELIVERY FORMAT

- Indoors and outdoors activities
- Group discussion and activities
- Practice and feedback

### COURSE FEE

- \$1500 + GST (may be subject to changes)
- Inclusive of 3 meals per day
- 10% Early Bird Discount (payment received 4 week before course commencement)
- Group Discount of 5% for two or more individuals from the same organisation



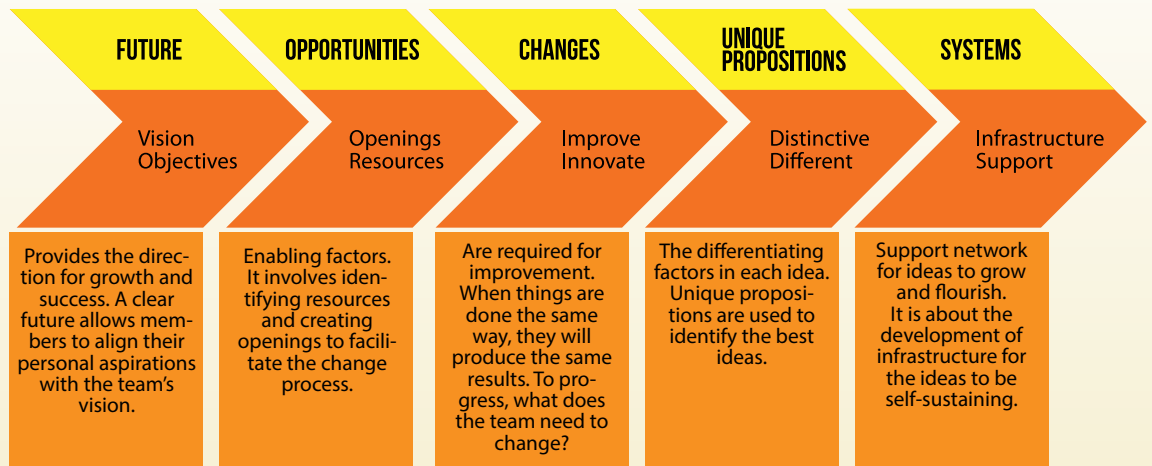


**FOCUS Consulting** specialises in process facilitation. At the heart of FOCUS Consulting we believe that the solutions lie in people. Facilitation enables organisations to harness valuable ideas and insights from within. We adopt a facilitative consulting approach towards organisational development because facilitation:

- ✓ **Breaks Down Tradition Organisation Boundaries**
- ✓ **Promotes Team Learning**
- ✓ **Builds Consensus and Strengthens Commitment**

## THE FOCUS CONSULTING MODEL

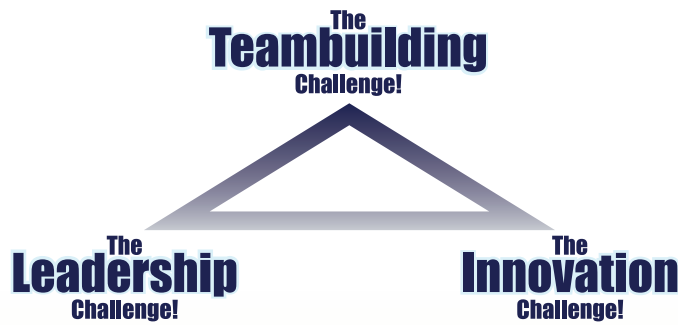
The **FOCUS Consulting** Model is a framework that helps teams and organisations develop sustainable solutions. Represented by the word **FOCUS**, the 5 elements in this framework are applied progressively, building on each other as the group advances through the facilitated session.



## FACILITATION SERVICES

**FOCUS Consulting** is able to help your organisation and team with:

- ✓ **Strategic Planning**  
To develop new and innovative plans and the infrastructure to support its implementation.
- ✓ **Vision/Mission Creation or Recreation**  
Setting new directions or repositioning the organisation's purpose and objectives.
- ✓ **Gap Analysis and Action Planning**  
For the group to compare the future state and current state, and identify actions that need to be taken to bridge the gaps.
- ✓ **Brainstorming**  
Generate new ideas and initiatives for growth purposes or solutions to address issues.
- ✓ **Consensus Building**  
Enable individuals or departments with opposing views to negotiate objectively, by focusing on common and long-term benefits and come to an agreement on specific issues.
- ✓ **Conflict Resolution**  
Allow members to express their genuine feelings and concerns in a safe environment. Only when the real issues are addressed would everyone arrive at sustainable solutions.
- ✓ **Process Improvement**  
Find ways to improve operations efficiency at functional and organisation-wide levels.
- ✓ **Management Feedback Session**  
An avenue for management to receive open and honest feedback from their team. This is a team-member only session to encourage spontaneity.
- ✓ **Leaders/Team Engagement Session**  
A platform for leaders and team members to engage in an open and meaningful dialogues. An opportunity for members to share their views and to be heard by management.
- ✓ **Focus Group Discussion**  
To gain information by gathering a group of individuals for discussion on a specific issues or topics. Invitees are usually subject matter experts or feel passionate about the issues.



 **DISC (DOMINANCE, INFLUENCE, STEADINESS, CONSCIENTIOUSNESS)**

DISC Profiling is a classic personality profiling tool based on the work of William Moulton Marston. DISC provides a non-judgmental language for exploring behavioural issues across four primary dimensions: Dominance, Influence, Steadiness, Conscientiousness. By better understanding oneself, participants can build a more cohesive team.

 **SDI (STRENGTH DEPLOYMENT INVENTORY)**

The SDI specifically considers what motivates us when things are going well, and when things are not ideal. It gears towards the motivations and values that underpin our behaviours. Understanding the motivations behind behaviours can lead to greater personal awareness for the client. The SDI is proven to dramatically increase the effectiveness of employee development and manager training programme.

 **MBTI (MYERS-BRIGGS TYPE INDICATOR)**

One of the most widely used personality instruments in the world, the Myers-Briggs Type Indicator was originally created for the purpose of helping people make better career matches and appreciate differences. Today, we apply the MBTI to the workplace so participants can gain self-awareness of their working behaviour, drawing out their potential and improving relationships.

 **TDI (TEAM DEVELOPMENT INVENTORY)**

Of all the challenges faced by large corporations today, teambuilding ranks as one of the biggest and the most critical. Using a range of tools and techniques, the Team Development Inventory assesses a team's needs and generates true commitment to teambuilding from participants in a short period of time. This results in measurable improvements in a team's subsequent performance.

 **LPI (LEADERSHIP PRACTICES INVENTORY)**

Developed by Jim Kouzes and Barry Posner, this celebrated instrument package approaches leadership as a measurable, learnable, and teachable set of behaviours. This 360-degree leadership assessment tool helps individuals and organisations measure their leadership competencies, while guiding them through the process of applying Kouzes and Posner's acclaimed Five Practices of Exemplary Leadership<sup>®</sup> Model to real - life organisational challenges. At FOCUS Adventure, we apply the LPI to experiential Adventure Learning activities to maximise learning outcomes for participants.

 **Emergenetics**

Emergenetics is a brain-based psychometric instrument that highlights thinking and behaviour, describing people using four thinking attributes and three behavioural attributes: Analytical, Structural, Social and Conceptual; Expressiveness, Assertiveness and Flexible. An Emergenetics profile illustrates the way you mix and match the seven attributes to interact with others, and gives you insights into how you think and behave, how you learn, how others see you and how you react to others. And within a team, it will allow your understanding of how you prefer to contribute, how you would communicate your ideas and which conditions you would work best in.

## The Leadership Challenge!

**FOCUS Adventure's** The Leadership Challenge! is a three-day developmental programme for leaders, managers and supervisors of all levels, as well as for employees that are preparing for leadership responsibilities. This programme engages participants in an intensive learning experience that is designed for adult learning styles, using a mix of these following approaches:

- ☑ 360 feedback on leadership practices (pre-work)
- ☑ Presentation on key leadership concepts
- ☑ Sharing of best leadership practices from peers
- ☑ Experiential activities
- ☑ Self reflection and team discussion
- ☑ Center on actual application

**FOCUS Adventure's** The Leadership Challenge! programme consists of two segments - a two-day programme, followed by a one-day follow up session three months later.



### FOCUS Adventure's The Leadership Challenge! Journey

Option to customise the duration of this programme is also available.



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## THE **VUCA** CHALLENGE!

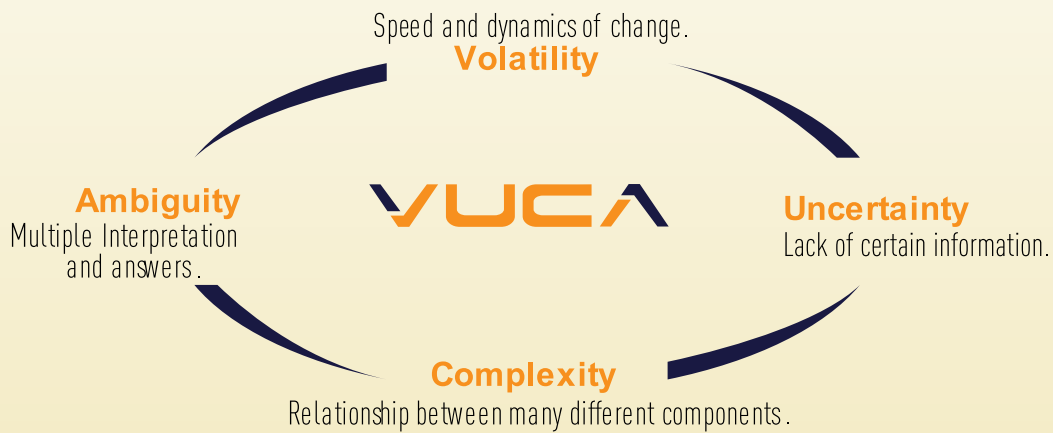
It's a **VUCA** world! **VUCA** (Volatile, Uncertain, Complex, and Ambiguous) describes the fast-changing and often chaotic environment organisations face today. To navigate the **VUCA** environment effectively, organisations need to equip themselves with new insights and adaptive leadership abilities.

**The VUCA Challenge!** is designed to simulate the four elements of **VUCA** in a controlled environment. Working in teams, participants will work on complex activities that have no clear solutions visible. To succeed, they have to rely on the collective wisdom of all members and come up with rapid responses to cope with the changing environment.

By forcing participants out of their comfort zones, personal attributes that are usually difficult to observe back in the office are surfaced. Responses and reactions in the volatile, uncertain, complex and ambiguous (**VUCA**) situations can then be assessed.

### Learning Objectives includes:

- ☑ Understand the impact of **VUCA** in today's dynamic environment
- ☑ Identify key principles to lead people, teams and the organisation through **VUCA**
- ☑ Learn the strategies to ride the **VUCA** waves



## The Values-in-Action Challenge!

Organisations are defined by their core values, and values guide action and behaviours. One of the best ways to experience, learn and/or reflect on organisation core values is through Adventure Learning.

The experiential nature of Adventure Learning activities brings the values to life, allowing participants to apply and demonstrate the values in a safe environment. Post activity debriefs highlighting on the benefits of the values will further reinforce the importance of corporate values. Participants will be engaged in group discussion to gain a deeper understanding of the values, including learning from others' personal experiences.

Research has shown that strong alignment between personal and organisation values contributes toward high performance. Beside team based activities, participants will also reflect on their personal values and how they can be better orientated towards the organisation values.

### Learning Objectives includes:

- Reinforce understanding of organisation core values
- Experience core values in a fun and experiential manner
- Learn the different ways of applying core values through team sharing and learning
- Aligning personal values to the organisation's values

## HIPO Assessment Programme

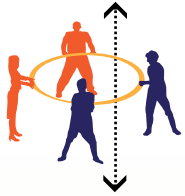
High Potential (HIPO) development programmes are implemented by many organisations to identify and develop talented employees, to prepare them for key leadership positions within the company. One of the most effective approaches to assessing potential is through Adventure Learning. By forcing participants out of their comfort zone, this surfaces personal attributes that are usually difficult to observe back in office, such as their response to volatile, uncertain, complex and ambiguous (VUCA) situations.

### Programme Objectives include:

- Provide different opportunities for HIPO candidates to demonstrate their leadership potential
- Gain a deeper understanding of HIPO candidates through assessment in different environments
- Create learning opportunities for HIPO candidates through self-reflection and feedback



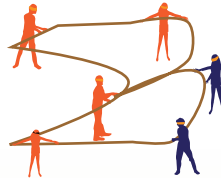
## MOBILE ADVENTURE PROGRAMMES



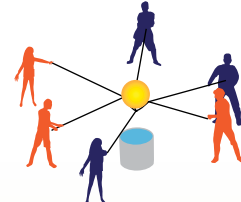
HELIUM HULA



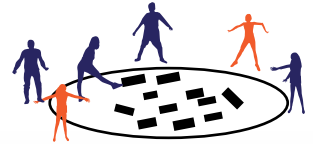
WARP SPEED



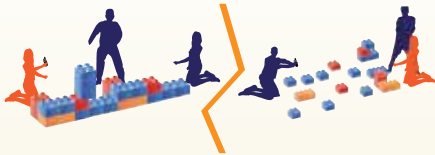
BLINDFOLD SHAPE



INTER-LINK



KEY PUNCH



BUILDING BLOCKS



MOUSE TRAP



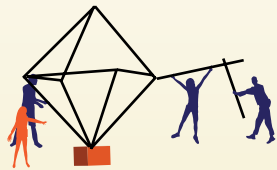
TURNING POINT



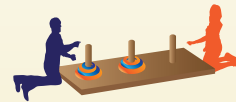
MINEFIELD



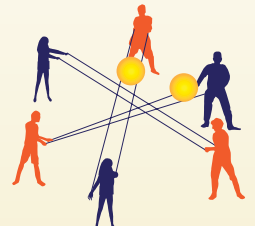
ALPHA LINK



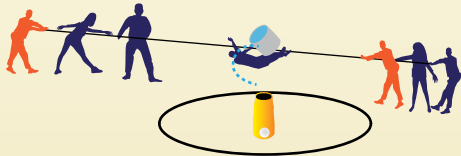
CONSTRUCTION MAZE



TOWER OF HANOI



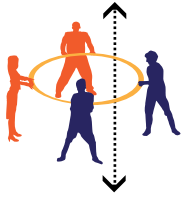
HANDOVER



MISSION IMPOSSIBLE



## MOBILE ADVENTURE PROGRAMMES



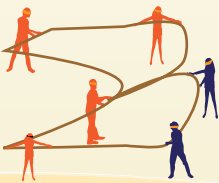
### HELIUM HULA

Our mindset determines how we perform and the flexibility of our mindset determines how much we can achieve. Shifts in paradigm are essential to a team's performance in this activity.



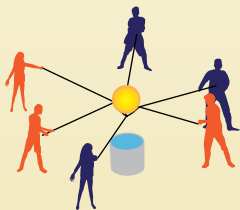
### WARP SPEED

In the modern day of systems, processes lay the foundation for consistency. Warp Speed challenges the team's paradigm to reinvent the status quo.



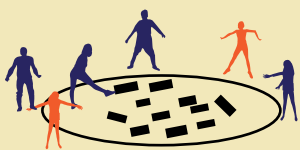
### BLINDFOLD SHAPES

'No one plans to fail but many fail to plan.' Success in this activity depends on the team's ability to develop a plan - one with a clear goal and well defined roles.



### INTER-LINK

No man is an island. Discover what it means to be 'inter-linked'. A powerful team activity that forces teams to stay mentally and physically engaged.

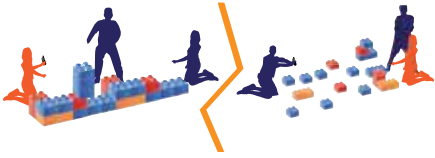


### KEY PUNCH

'The only constant is change.' Key Punch put teams in an environment of change, where each member's reaction and response will ultimately determine the team's performance.

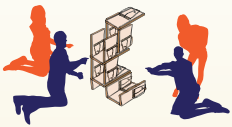


## MOBILE ADVENTURE PROGRAMMES



### BUILDING BLOCKS

Communication is vital in any high performing team. This impactful team activity challenges the way teams pass information within and between levels.



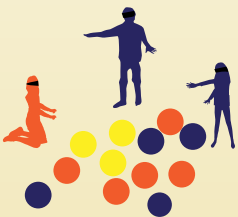
### MOUSE TRAPS

Mouse Traps challenge perceived fears and enforces trust in the people and the system.



### TURNING POINT

A simple yet impactful team activity that keeps teams thinking. Discover the 'Turning Point' of teamwork and breakthrough results.



### MINEFIELD

Very often individuals do not have a clear view of the environment they are navigating in, but with support and feedback from their team members around, they can form a clearer picture and succeed in meeting their objectives.

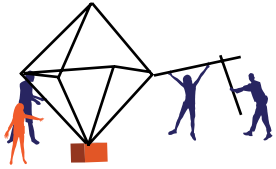


### ALPHA-LINK

Leave no one behind. Alpha Link challenges a team's ability to focus on their task at hand without neglecting individual team members.

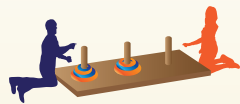


## MOBILE ADVENTURE PROGRAMMES



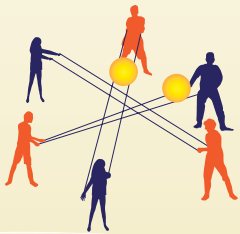
### CONSTRUCTION MAZE

Envisioning a common future is a hallmark of a high performing team. Construction Maze challenges the team's ability to envision a common goal.



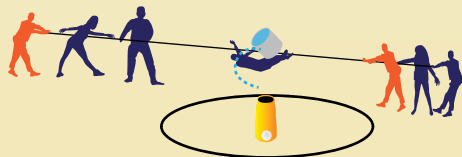
### TOWER OF HANOI

Discover the importance of systems thinking, seeing the importance of entire work processes instead of individual parts. Success depends on how well the team can plan and execute an effective process.



### HANDOVER

The success of a team hinges on accountability, responsibility, and consideration, not just towards their objectives, but more importantly towards each other.

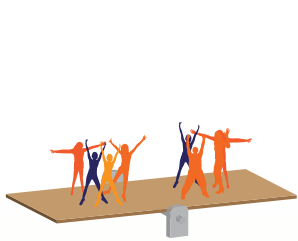


### MISSION IMPOSSIBLE

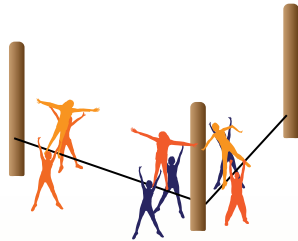
In today's world, very rarely do teams have an abundance of resources to work with. Teams need to problem solve with what little they have to achieve their objectives.



## Low Elements



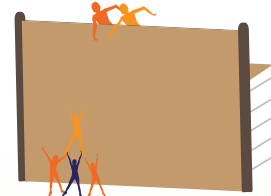
WHALE WATCH



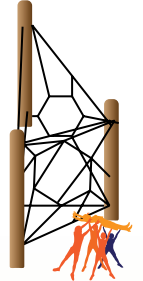
MOHAWK WALK



TROLLEY



LOW WALL



SPIDER'S WEB



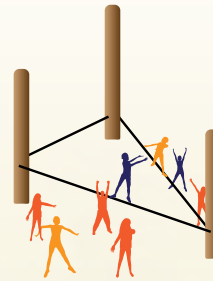
TRUST FALL



NITRO CROSSING



GIANT'S FINGER



WILD WOZZY



MEUSE

## High Elements



BALANCING BEAM



BURMA BRIDGE



POSTMAN WALK



PARALLEL WIRE



JACOB'S LADDER



MULTI-VINE



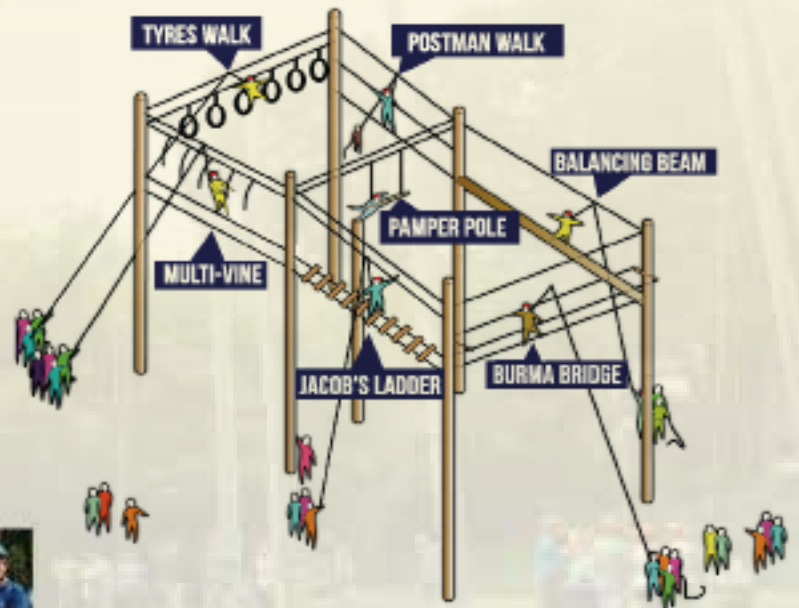
PAMPER POLE



TYRES WALK



BELAYERS



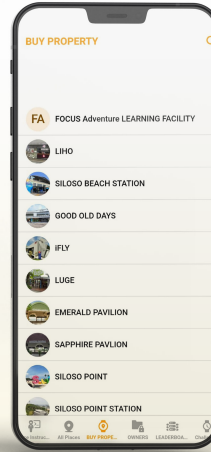
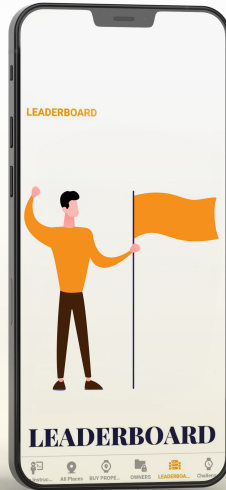
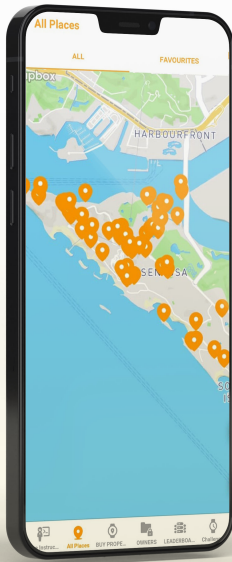


Challenge your fears and limits! Standing at 24m tall, this majestic tower brings out the best in the team. Witness individuals step up as leaders to guide and motivate others. Hand in hand, teams will have to work together to overcome their perceived limitations to reach the summit.



Teams will work together to overcome various challenges as they ascend towards the Pyramid's peak. Celebrate the conquest and ring the bell in triumph before descending the tower with a heart thumping Flying Fox.

Ever dreamed of owning one of the attractions/ properties in Singapore? Here is the chance to use your wits and race your way through The Money\$poly Challenge to fulfil your dreams!



The Incredible Race! brings the Thrill and Excitement of Adventure Learning  
**Around the World!**



This challenge can be conducted anywhere in the world, incorporating team challenges and photo quizzes that depict the unique local culture to maximise the impact of **Learncentives** trips.

Beijing, Shanghai, Hanoi, Bali, Bintan, Phuket, Chiang Mai, Bangkok, Melaka and more. No matter the location or country, we will customise the challenges to fulfil your learning objectives.

Exploration and teambuilding combined into one effective yet fun activity. Come experience **The Incredible Race!**





Experience **The Heritage Challenge!** with FOCUS Adventure and re-live the good old days together with your team mates whilst immersed in a **fun-filled Experiential Learning Journey** through the history-rich streets and landmarks of Singapore.

**Highlights include:**

- ◆ Heartland Heritage
- ◆ Historical Site, Buildings and Monuments
- ◆ Food Heritage
- ◆ Cultural Heritage



Join us on this spectacular race starting from Singapore's only hilltop destination connecting to the State Of Fun, Sentosa. Located 100m above sea level, Faber Peak offers dining, entertainment and meeting rooms. The Cable Car Sky Network links Faber Peak to the Merlion and the sandy beaches of Sentosa. This connectivity allows you to travel around the race areas not just on foot, but also on Sentosa's free tram services and of course, the Singapore Cable Car.

Let's enjoy the sun, sand and the priceless views from the cable car while building your team's communication, co-operation and cohesiveness.



Where every moment is a challenge!

## The Botanic Gardens Race

Want a get away from the concrete jungle and be surrounded by the beautiful greenery in sunny Singapore?  
**The Botanic Gardens Race!** is the challenge for you!

Seek answers, attempt challenge stations and take photos with your teammates in this beautiful location with over 150 years of history and over 10,000 species of flora and fauna. This place is a star attraction for both overseas visitors and local residents.

Come join us on this race held in the only tropical garden to be honoured as a UNESCO World Heritage Site, our very own Singapore Botanic Gardens.



## The Pulau Ubin Race

Away from the hustle and bustle of Singapore city, Pulau Ubin is often considered as the last Kampung in Singapore. Travel back in time to the 1960s, before the first HDB was built, when days were slower and life was simpler. Take this opportunity to explore with your teams, seeking answers while enjoying a taste of nature and the rustic village life. Complete different challenges to score bonus points and snap photos throughout your journey in this wondrous island of nature.



## THE INCREDIBLE Singapore Zoo RACE

**The Incredible Singapore Zoo Race** is a popular Adventure Learning programme catered specially for the Singapore Zoo.

With more than 2,800 animals representing over 300 species of mammals, birds and reptiles, the Singapore Zoo provides an eye-opener experience for all participants.

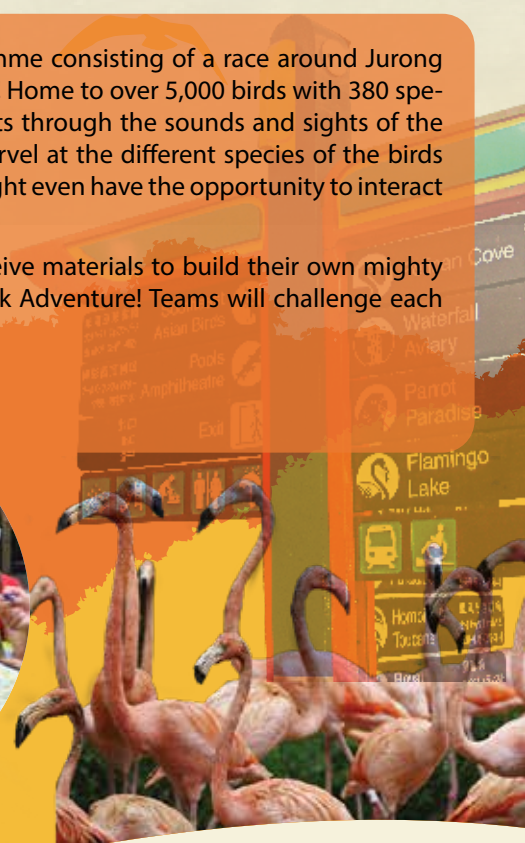


**The Bird Paradise Adventure!** is a full day programme consisting of a race around Jurong Bird Park and **The Angry Bird Trebuchet Challenge!** Home to over 5,000 birds with 380 species, this programme is designed to take participants through the sounds and sights of the Jurong Bird Park. Participants get the chance to marvel at the different species of the birds and their special abilities. For the lucky ones, they might even have the opportunity to interact with them up-close and personal!

As the fun does not end there! Participants will receive materials to build their own mighty trebuchet and a clay figurine based on The Bird Park Adventure! Teams will challenge each other to battle, only the best will triumph!



## Bird Paradise Adventure!



## The River Wonders Challenge

Immerse yourself in a day of Adventure Learning with your team where we bring you through the world's most iconic rivers! **The River Wonders Challenge!** brings you through the latest attraction by Wildlife Reserves Singapore, featuring a large array of freshwater fauna and over 6,000 animals, including the famous giant pandas, Kai Kai and Jia Jia!

**The River Wonders Challenge!** is an outdoor programme which requires the teams to acquire as many points as possible while the clock is ticking. Teams will have to search for the designated locations around River Wonders and complete various tasks or challenges along the way. Will your team have the winning qualities to emerge as the champion?

## The Rafting Challenge!



The path across the rough sea is a fine metaphor for a team's journey towards peak performance. Always unpredictable and ever-changing, the team will never know when the current will be on their side, Teams have to strategise and work together to decide how to make the best use of their limited resources.

Challenge the team's will and commitment as they paddle across uncharted waters on their SELF-MADE raft to the finish line. **The Rafting Challenge!** begins as teams craft out their design and extends all the way to the glorious and victorious end.

**Bring your team together and 'raft' it out at sea!**



**The Dragon Boat Challenge!** is a programme designed for people from all walks of life! Using a 10-men boat, teams get to paddle as one to achieve or unlock certain challenges in the water in order to emerge as the champion! The true definition of teambuilding comes to life as people plunge their paddles into the water to pull their boats forward. Teams may create a mascot of their desired Dragon Head that will be attached to the Bow of the boat. Bring out the dragon in your team!



Make Sailing more extraordinary with a teambuilding element in it! With two beautiful 42 foot ketch sail yachts, teams not only enjoy the thrill of sailing, but also race together!

Teambuilding comes in as EVERYONE in the team will have to either pull the ropes in, move the sails or trim the lines – all having a different role but same objective which is to turn the boat the soonest without reducing too much speed.

So don your sailor's cap and come down for an experience your team will never forget.





## The CSR Challenge!

FOCUS Adventure firmly believes in giving back to the society and we have been actively supporting youths and elderly from various Voluntary Welfare Organisations. By conducting pro-bono programmes for our beneficiaries, we hope to engage and connect with them through our Adventure Learning methodology. At the same time, we identify participants who display Leadership and a positive attitude, and offer them employment opportunities through our internship programme and scholarships to develop and hone their skills.



Experience building a functional bicycle from scratch!

**The Build-a-Bike Challenge!** is a fun and challenging team-building activity infused with a CSR element, as the bicycles will be donated to group of children from a beneficiary. Hence, making it a meaningful and memorable experience gained as a team.



## The Supermarket Race Challenge!

If you are looking for an exciting challenge with a meaningful element, **The Supermarket Race Challenge!** is the programme for you! Teams will earn their budget by attempting a series of challenges. Given a limited time and facing multiple challenges, teams will have to plan and make strategic decisions to optimise their resources, and purchase as many of the list of desired items as possible for a good cause.



## BUSINESS FOR GOOD

Social Enterprise Member of **raiSE**  
SINGAPORE



**The Gracious Giving Challenge!** In this programme, participants will have to bid for individual objects consisting of common household and food items. With the items they have bid for, teams have to wrap it up into a beautiful hamper which will then be given away to the less fortunate members of our community. Teams can also prepare a short message for the beneficiaries to add a personal touch to the hamper.



Transport yourself into the world of dreams. **The LEGO Challenge!** brings one back to the childhood of playing with LEGO bricks, designing and building something from scratch. It is easy for an individual to start stacking LEGO bricks, but the challenge comes when a team of individuals come together to brainstorm and merge different ideas into a collective LEGO masterpiece. In the planning stage, teams are required to channel their inner creativity, and think out of the box to make sure all the LEGO bricks come together to achieve a desired outcome. This can only be achieved when teams communicate with each other and make decisions to move the team forward.

After the teams have completed their LEGO masterpiece, all the LEGO bricks will be given a second life and donated to children from a beneficiary. The LEGO bricks will help to unleash the children's creativity, the same way it helped the teams during **The LEGO Challenge!**



## The RollerCoaster Challenge!

Teams will have to design and build a fully operational roller coaster. There are no fixed manuals or custom-built kits to stifle one's creativity. The provided materials are plain, everyday raw items so the team would be impelled to create! Only with precision engineering will the carriage successfully and safely travel through the entire system.

In **The RollerCoaster Challenge!**, participants will be encouraged to think differently and unleash their creative juices.

## AN EXHILARATING CORPORATE LEARNING EXPERIENCE

## The rebuchet Challenge!

## THE ANGRY BIRD TREBUCHET CHALLENGE!

FOCUS Adventure revives this long forgotten medieval weapon to bring forth an exciting team based activity that is refreshing, fun, intellectually stimulating and most importantly a huge learning opportunity!

Teams are challenged to design and build this medieval weapon to protect their "castles" from enemy invasion. As a part of the process, members must also decide on the projectile mass, the launch angle and the counter-weight mass to launch the perfect attack! A successful launch of the "Angry Bird" demands that roles are well assigned based on individual capabilities, trust among fellow troopers, adjusting to changing scenarios and communicate effectively strategies to reach a common team vision and mission.

Achieve victory as a team and triumph in **The Angry Bird Trebuchet Challenge!**



*Where every moment is a challenge!*

**NO BOUNDARIES,  
NO LIMITS,  
JUST IMAGINE & CREATE!**

**The  
DOMINO  
Challenge!**

Fortify team spirit and topple individual barriers with **The Domino Challenge!** Experience a wonderful wave of emotions through self-and-team-discovery; from the initial brainstorming of strategies, perseverance during the process and understanding required when working as a team, right to the final execution to start a chain reaction!

Like each tile, each individual member plays a vital role in taking precise action and seeing the bigger picture. Each member is required to work collectively to piece each tile to create masterpieces that will literally make everyone hold their breath! Just bear in mind, every single action taken can trickle downwards and start a chain reaction - a Domino Effect!

**The Domino Challenge!** sparks interesting conversations about the domino effect that each member and each department can have on the organisation.

***No boundaries, no limits! What can be imagined, can be created!***

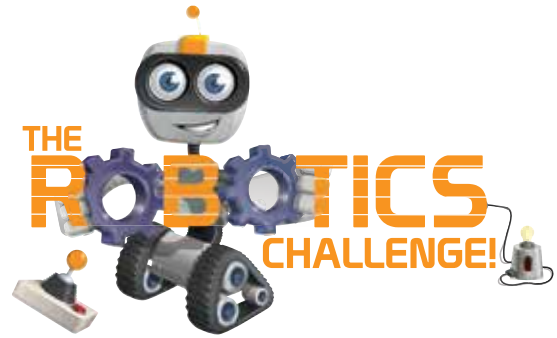


**The  
Build-An-Empire  
Challenge!**



**The Build-An-Empire Challenge!** is based on the learning theory of Constructionism, which means that one learns through personal discovery of knowledge and its meaningfulness to themselves.

Through the challenge, participants will go through the process of self-discovery through expressing their thoughts, feelings and attitudes in creating products that they can identify with and are proud of. What you learn in the process of making things that you care about sinks much deeper into the subsoil of the brain.



### The Robotics Challenge!

Teams will be tasked to navigate through all the parts together with minimal guidance and assemble them into a functioning robot. With the robot completed they will go through a quick session to learn the different controls on the apps their final objective will be to pit their robots against each other through a series of challenges, such as moving through a maze or picking items and moving them to a different location.

**The possibilities are endless!**



**The Pixel Challenge!** aims to drive across a message for teams to realise that an organisation is not merely a sum of its parts, but one unit and one team, all in order to achieve success that exceeds expectations. A paradigm shift is necessary to pull individuals or groups away from the silo mentality or competitive mindset, and set their sights on the bigger picture and the common goal.

The setting of the challenge will mirror that of the real working environment, where resources may seem scarce until teams decide to share these resources. In doing so, they will soon realise that the picture that they have been assigned to paint is merely part of a bigger picture that the entire team has been tasked to complete.



What's a FOCUS Chef?

- Values training and constant learning.
- Is fast, efficient and able to multi-task.
- Requires creative cooking skills in selecting, preparing and presenting.
- Develops people, management, entrepreneurial, conflict resolution and financial skills.
- Styles and specialty of each chef is different. They need to find their strength and interest in order to design and determine their gourmet niche.

## The Cooking Challenge!



### Build Your Team The Gourmet Way!

In **The Cooking Challenge!**, we tap on the interesting characteristics of a chef to bring across the importance of adopting the mindsets and skill sets of a high performance individual/team.

**The Cooking Challenge!** tests teams' abilities to concoct the best recipe for success and it goes beyond the ability of just being a good chef. Teams will have to whip up a gastronomical feast using the Theory of Constructionism.



**The Race Kart Challenge!** programme brings about our deepest desire for speed in a F1-like race. The Race Kart Challenge! encourages participants to work within their teams to build a race kart according to the specifications provided. Teams will unleash their creativity to design and construct customised race kart from scratch with the given materials.



## The GREAT ESCAPE Challenge!

The space ship has been struck by a meteoroid and has malfunctioned! Participants are challenged to free themselves on the escape pod to get to safety before oxygen runs out. Puzzles, clues and riddles are hidden in the space ship, all waiting to be uncovered and solved. Do you have a good memory to remember the lock sequence? Do you have the flexibility to squeeze past the laser beams? Do you have the composure to solve the puzzles before time runs out?

Challenge yourself in **The GREAT ESCAPE Challenge!** where your brain is being pushed to the limits right till the very end. Utilize your team members' strengths to tackle and overcome the various challenges!

**Lead your team in beating the clock and survive!**



## THE TEAM SQUID GAME CHALLENGE!

Highly inspired by one of the biggest hits on Netflix Korean drama show. The show is about a group of people who got themselves tangled in a series of childhood games and only the winner was able to return home safely with the cash prize. The Squid Game Challenge pits the wits of each team going through a series of activities.

### THE OBJECTIVE IS TO EMERGE VICTORIOUS WITH THE HIGHEST SCORING POINT

Teams of 5-6 will compete with others through 6 series of activities, some physical, some mental or even both! Only consistency, team-work, communication will be the key to being the winner of the squid game challenge!





In this highly interactive gamified activity, the participants are to role-play as gold miners. They will have to strategise and make decisions along their track toward the gold mine location.

Teams will face many adversities and must prepare and be on their feet throughout the expedition.

There will be a browser-based app that the team will be using to move from one point to another. The objective of the app is to be a guide towards the team's strategy and decision-making.



## REAL-TIME STRATEGY FOR THE TEAM



Research shows that hands-on, minds-on learning produces a deeper, more meaningful and understanding of the world and its possibilities - more so than listening or reading. When working with **LEGO SERIOUS PLAY**, you will use 3-dimensional thinking by creating and constructing metaphors to describe real situations your organisation faces. When our hands are used in learning, a complicated process takes place that generates a powerful emotional changing. As a result, thoughts and ideas that are built with our hands tend to be expressed in greater detail and are more easily understood and remembered.



Located at the heart of Changi Airport, **The Jewel Challenge!** will draw the participants into locating different Jewels around the Jewel Changi. These Jewels will be uncovered using an AR App or tablets where teams will have to use their phones to find them! Teams will then be bejewelled with all the jewels, and the team with the most number of matched jewels will be the ultimate jeweller!



## Unlocking the Future of Team Building with Augmented Reality

### Innovative Ideas and Global Success Stories

In a world where corporate team building constantly evolves, staying ahead of the curve is essential. Today, we invite you to explore a groundbreaking approach to team building that is capturing the attention of organisations worldwide: Augmented Reality (AR) team building.





**Low Elements**

**High Elements**



Please feel free to contact our friendly Project Managers for more information. We will help you to develop a unique learning programme for lasting results.

✉ [info@FOCUSAdventure.com](mailto:info@FOCUSAdventure.com)



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 FOCUS Adventure (Malaysia) Sdn Bhd  
 PT Outdoor Adventures