



OUTWARD BOUND
MALAYSIA™



STUDIO
— SIMPLIFIED STUDIO —

THE BREAKTHROUGH

TEAMBUILDING

The Ultimate Teambuilding Course

• INTRODUCTION •



What is **BREAKTHROUGH** Teambuilding?

In collaboration with Outward Bound Malaysia, these activities are crafted to not only help your team discover their inner potential but breakthrough their insecurities. Unlike other teambuilding activities, these activities require your team to be prepared



MENTALLY



PHYSICALLY



EMOTIONALLY



SPIRITUALLY

LESSONS

The path to **BREAKTHROUGH**

REALIGN

Realign as a team towards a common goal.

NEW DIRECTION

Learn to discover new path to achieve victory together.

PHYSICALLY FIT

Be ready physically to tackle the obstacles ahead.

TEAMWORK

Band together and leverage each other's strength for the expedition.

MINDSET

Come with a disciplined mindset.

BREAKTHROUGH

Achieve the impossible together as a team.



METHODOLOGY



HANDS-ON
PARTICIPATION



CONSTRUCTIVE &
POSITIVE AFFIRMATIONS



FACILITATED
REVIEWS



EMPHASIZED
DUTY OF CARE



EXPERIENTIAL &
EXPEDITIONARY LEARNING

KEY LEARNING OUTCOME



LEADERSHIP
&
FOLLOWERSHIP



TEAMWORK



RESILIENCE
&
TENACITY



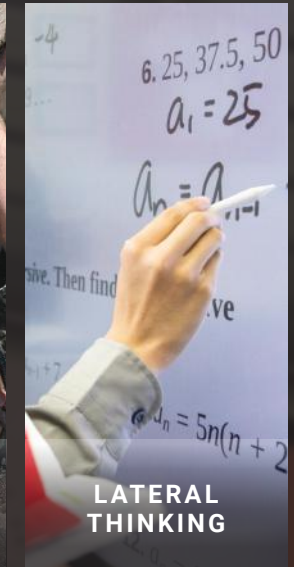
SELF-
RESPONSIBILITY



COMPASSION
&
SERVICE



GOING BEYOND
SELF-IMPOSED
LIMITS



LATERAL
THINKING

KEY LEARNING OUTCOME



MINDSET



PARADE

A strong team begins with a disciplined mindset. Teams will be experiencing a teambuilding which includes morning parade.



PHYSICALLY FIT

ROPE ACTIVITIES

Provide teams an opportunity to overcome their fear of heights & develop a greater self-confidence with support & motivation. Learn the importance of maintaining a fit and healthy body.





REALIGN



SEA RAFTING

Team will plan, design & construct a raft with limited resources to transport the team to a given destination. This allows team to realign themselves to share a common goal.



NEW DIRECTION



JUNGLE TREKKING

Enabling teams to make effective practical use of map & compass. An opportunity to exercise leadership, compassion towards others. Promoting teams to have a greater sense of observation & attention to the land.





TEAMWORK



CONSTRUCTION

Understand the importance of getting involved, leading and contributing to the preparation for the expedition.



BREAKTHROUGH

WHALER EXPEDITION

An extreme environment that allows teams to share ideas & resources with each other problem analysis, problem solving towards achieving a common goal. To breakthrough everything that holds the team back.



PROGRAMME SCHEDULE

DAY	TIME	ACTIVITY	DAY	TIME	ACTIVITY
1	09.30AM	Registration & Administration	2	06.30AM	Morning Exercise
	10.00AM	Module 1: Introduction to the Course (ID)		07.00AM	Breakfast
	10.30AM	Module 2: Ice Breaking & TEAM Dynamic (ID)		08.30AM	Module 12: TEAM Care & Safety for Jungle (ID)
	11.00AM	Module 3: TEAM Care & Safety rope activity (ID)		9.30AM	Module 13: TEAM Activity – Map & Compass (OD)
	11.30PM	Module 4: TEAM Activity – Flying Fox (OD)		10.30AM	Module 14: TEAM Activity – Jungle Orienteering (OD)
	12.30PM	Module 5: Debriefing for Flying Fox Activity (OD)		11:30PM	Module 15: Debriefing for Jungle Orienteering (OD)
	1.30PM	Lunch Break		12.30PM	Lunch Break
	2.30PM	Module 6: TEAM Care & safety Water activity (ID)		2.00PM	Module 16: Debriefing & Final Discussion (ID)
	3.00PM	Module 7: TEAM Activity – Raft Building (OD)		3.00PM	Module 17: Certificate Presentation & Closing
	3.30PM	Module 8: TEAM Activity – Sea Rafting (OD)		3.30PM	Program Ends
	4.30PM	Module 9: Debriefing for Rafting Activity (OD)			
	5.00PM	Rest and Recover			
	6.30PM	Dinner			
	8.00PM	Module 11: Team Dynamic Activities (ID)			
	9.30PM	Supper			
	10.00PM	Light's Off			

DAY	Indoor (ID)	Outdoor (OD)
1	3 hours	2.5 hours
2	2.5 hours	3 hours
Total	5.5 hours	5.5 hours

PROGRAMME OUTLINE

DAY	Morning Session 0630hrs – 1200hrs	Afternoon Session 1230hrs – 1800hrs	Evening Session 1830hrs – 2300hrs
DAY 1	1. Arrival (0900hrs) 2. Opening Ceremony 3. Admin Session 4. Ground Orientation 5. Ice breaking Exercise 6. Team Dynamic Games	7. Lunch 8. Whaler Lesson	9. Dinner 10. Expedition's Briefing
DAY 2	1. Morning Parade 2. Breakfast 3. Final Preparation 4. Whaler Expedition Day Trip to Tukun Perak 5. Lunch (packed) 4. Clean and Clear Equipment		6. Dinner 7. Expedition's Briefing 8. Night Cap 9. Light's Off
DAY 3	1. Morning Parade 2. Morning Exercise 3. Map and Compass Lesson 4. Jungle Orienteering 5. Debriefing 6. Final Discussion	7. Lunch 8. Check Out 9. Post Admin 10. Closing Ceremony (1400hrs)	

Schedule will be adjusted according to the time of arrival and departure. Adjustment will be made to suit weather and other safety/ planning factors.

GALLERY



Raft Building



Abseiling



Water Confidence



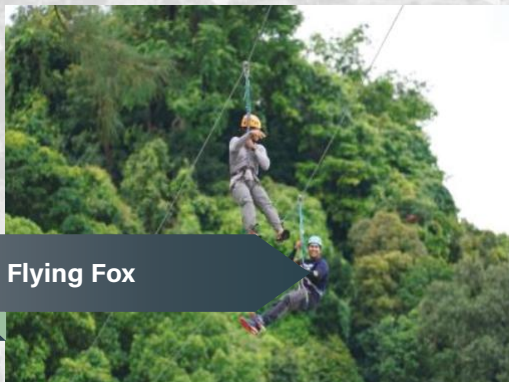
Morning Parade



Jungle Orienteering



Whaler



Flying Fox



Jungle Orienteering



Wall Climbing

GALLERY



Sea Rafting



Tent Setup



Whaler



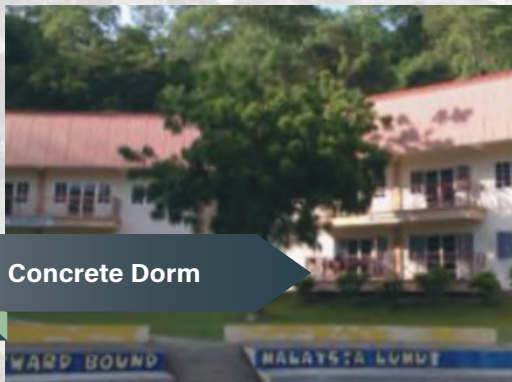
Giant Ladder



Tan Sri Hutson Hall



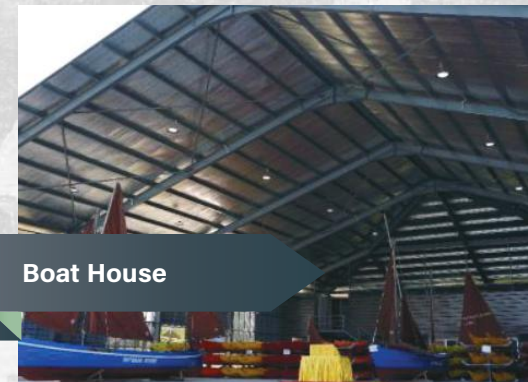
Woodern Dorm



Concrete Dorm



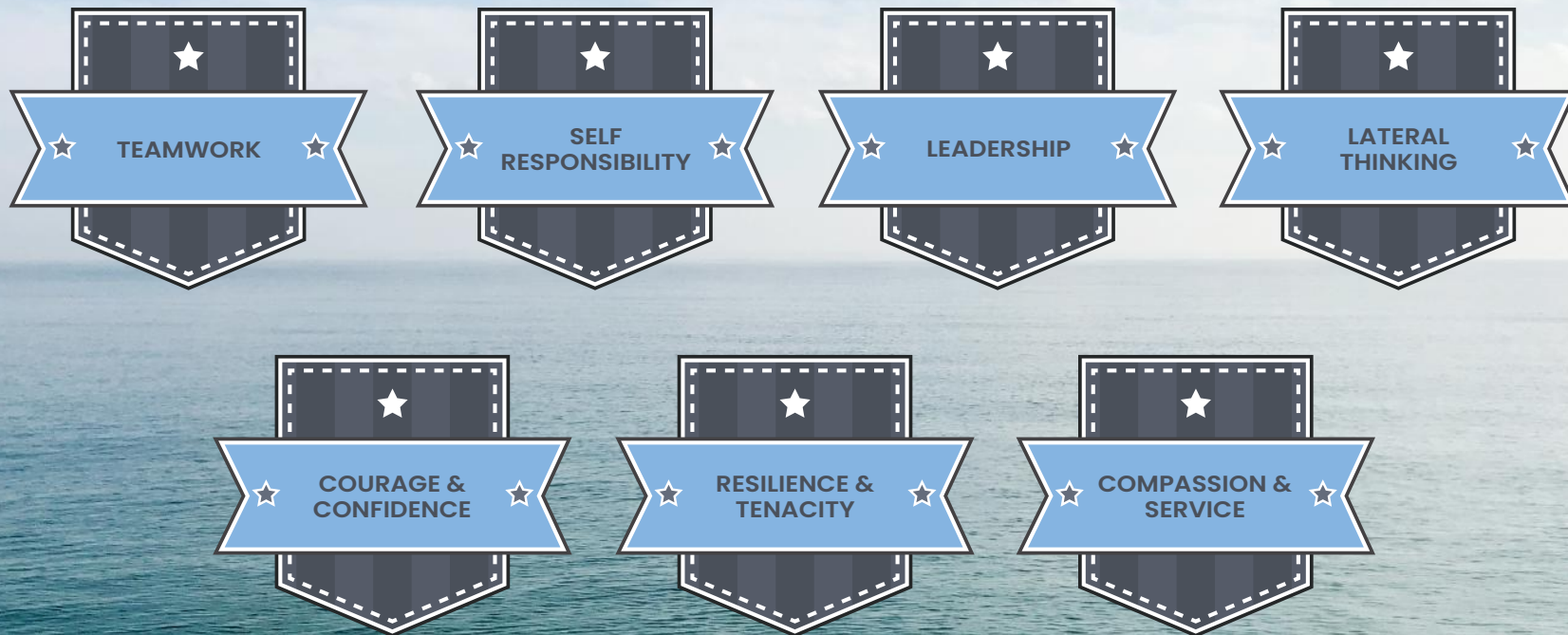
Indoor Class



Boat House

VALUES

This teambuilding will take people to pristine wild spaces, out of their comfort zones and challenge them to discover their potential as leaders and compassionate contributors to their own lives, their teams and the world. These classrooms will always be oceans, trails, rocks and rivers. We can apply the same values and teachings in a conference room, but to truly understand the meaning of Breakthrough, we invite you to explore the option of a professional expedition. Facing the wild, you will discover there is more to you than you know.





A collaboration with



**OUTWARD BOUND
MALAYSIA™**

Simplified Studio Sdn Bhd



For more inquiries, please contact

Bryan N.

Director of Simplified Studio Sdn Bhd
(+60) 12 661 1043
bryan@simplified-holdings.com

Simplified Studio Sdn Bhd

1.2, Jalan USJ 9/5q, Subang Business Centre, 47620 Subang Jaya, Selangor