



“IT MAY HURT A LITTLE”

 **ULTIMATE  
TEAMBUILDING**



East Sussex  
**NATIONAL**

**Bear Grylls Survival Academy**

Ultimate Team Building-Information Pack

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



# BEAR GRYLLS SURVIVAL ACADEMY



THE BEAR GRYLLS SURVIVAL ACADEMY AND EAST SUSSEX NATIONAL RESORT ARE NOW OFFERING YOU AND YOUR TEAM THE CHANCE TO TAKE ON THE GREAT OUTDOORS AND SEE IF YOU WOULD HAVE WHAT IT TAKES TO SURVIVE TOGETHER. LEARN FROM OUR TEAM OF HIGHLY TRAINED INSTRUCTORS HOW TO MAKE THE MOST OF YOUR TEAMWORK AND LEADERSHIP SKILLS WHILST FACING REAL LIFE CHALLENGES- NO IMAGINARY CHASMS, NO OIL DRUMS IN THE CAR PARK JUST REAL ADVENTURE. BEAR HAS EARNED HIS LIVELIHOOD FROM THE WORLD OF EXTREME SURVIVAL, PUSHING HIMSELF TO THE LIMIT IN SOME OF THE MOST HARSH CHALLENGING ENVIRONMENTS ON THE PLANET AND NOW YOU CAN RECREATE WHAT YOU HAVE SEEN ON PROGRAMMES SUCH AS MAN VS WILD AND REAP THE REWARDS. EACH PROGRAMME CAN BE PERSONALISED TO FIT YOUR SPECIFIC REQUIREMENTS.

**Courage/Determination/ Instinct/ Resourcefulness/  
Fire within/Spirit/Fitness/Self-reliance/Hope**

*Bear*



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[www.eastsussexnational.co.uk](http://www.eastsussexnational.co.uk)

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



# BEAR GRYLLS SURVIVAL ACADEMY



## ULTIMATE TEAMBUILDING

THE BEAR GRYLLS SURVIVAL ACADEMY ULTIMATE TEAM BUILDING IS DESIGNED TO PUSH YOU AND YOUR TEAM TO THE LIMIT IN A CONTROLLED, SAFE AND ENCOURAGING ENVIRONMENT. THESE EVENTS ARE LEAD BY OUR TEAM OF EXPERT INSTRUCTORS WHO HAVE WORKED WITH BEAR IN EXTREME ENVIRONMENTS AROUND THE WORLD. EACH UNIQUE CHALLENGE IS DESIGNED TO BRING OUT THE BEST IN YOUR TEAM- WHETHER THAT IS COMMUNICATION SKILLS, LEADERSHIP, MANAGEMENT OR SIMPLY ROLLING YOUR SLEEVES UP AND MUCKING IN TOGETHER AS A TEAM.

## ACTIVITIES INCLUDE

- FIRE LIGHTING
- SHELTER BUILDING
- KNOT TYING SKILLS
- WATER PURIFICATION
- STRETCHER RESCUE
- LAND ROVER PULL
- RESCUE SIGNALS
- WILD FOOD FORAGING

## COST EXAMPLE

GROUP OF 10 = £3750

GROUP OF 20 = £4000

GROUP OF 50 = £4800



# ULTIMATE TEAMBUILDING



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