



PANG SOONG LODGE, OUTDOOR EDUCATION AND RESEARCH CENTRE:

TEAM BUILDING & OUTDOOR ACTIVITIES FROM PANG SOONG LODGE & CHIANG MAI CITY



Pang Soong Team Building Challenge 1 – The Baht Builder Challenge

The Baht Builder is a unique team building challenge that has proved to be highly popular and successful with school groups at the Pang Soong Lodge. It tests the mental and physical abilities of each team and encourages students to plan, communicate and utilise each other's strengths. Above all, The Baht Builder is a fun and competitive challenge!

It takes place in an open field area, surrounded by trees, at the Pang Soong Lodge, where 18 fun, physical and mental challenges are made available.

The goal of the Baht Builder is to earn the most money (Baht). Each team starts with a purse of Baht 1,500. They then have 3 hours to earn as much additional Baht as possible by undertaking any of the 18 challenges available to them on the challenge board.



Challenges vary in price, from Baht 500-1,500 and also in the amount of Baht that can be earned for successful completion. Challenges vary in difficulty and skills required – the harder the challenge, the longer it will take but the more Baht can be earned. It is up to the team to select which challenges they undertake and in what order to successfully earn the most Baht.

Baht Builder Challenge – Three Examples

Leaky Pipe

Teams must fill a 2.3m pipe with water to collect the ping pong ball at the bottom. The pipe, though, is full of holes, and the water source is several metres away. Teams must collect water in a bucket and fill the pipe, blocking the holes to stop the water escaping, until the ping pong ball rises to the top.

Electric Fence

Teams must scale an “electric fence” 1.5m off the ground. All they have is a single piece of bamboo. The fence cannot be touched, the poles cannot be touched and the team must start from the same side. No team member may jump.

Ravine cross

Teams must traverse a ravine 3m across, starting on a 1m high platform and ending on another platform. They have two 1.5m planks of wood. No team member or equipment may touch the ground and the planks of wood must also cross with them.



Pang Soong Lodge Team Building Challenge 2 – Jungle Survival Challenge

The students will begin walking the length of the Pang Soong Nature Trail, approximately 2.5km. The main trail runs through pristine jungle and around a series of 17 waterfalls of varying sizes, as it follows the stunning Mae Lai stream uphill. As they start walking, the main challenge then begins:

“Each team has survived a plane crash and is lost in the jungle. The team must follow the trail to safety, completing the jungle survival scenarios along the way, communicating and working together as a team if they are to stay alive”.

As they complete various challenges, they will continue down the trail, finding envelopes along the way that provide new instructions and challenges, including:

- Passing the “Old Man of the Forest”
- Building a stretcher for an ‘injured’ team member
- Scavenging for food
- Using a slingshot for protection from predators
- Building a fire and a shelter
- Escaping killer bees



The students will be provided with challenges that are outside their normal sphere of comfort, and will learn to work together to achieve an objective. Delegation is a key factor here, especially for the shelter and campfire challenge.

Points are earned by each team based on their success at each challenge – the winning team will be the one with the most ‘life points’ at the end of the challenge.

NOTE* **Waterfall abseiling** can be incorporated in to this challenge – students will have to abseil/rappel down a 7m waterfall in to a small pool of water at the base. This is a once in a lifetime opportunity that will be the highlight of any trip for students. Full safety precautions are taken and a highly qualified team is always on hand to run the programme.



Pang Soong Team Building Challenge 3 – The PSL Team Challenge

The challenge takes place in the areas surrounding the Pang Soong Lodge, including the river, jungle, field and buildings, where 8-10 different challenges await the teams!

The goal of PSL Team Challenge is to complete all the challenges in the allotted time (2.5 hours). It is up to the team to select the order in which they undertake the challenges, which are located in the river, in waterfalls, in the forest and more.

Challenges will include crossing a ravine, filling a leaking pipe, traversing their way through a spider’s web, crossing a minefield, and much more! It is ensured that students will get wet and dirty during the challenge.



Pang Soong Team Building Challenge 4 – The Ridge Trek Team Challenge

The team trek adventure is a unique challenge created by Track of the Tiger to ensure that students are provided with additional activities to undertake whilst on a jungle trek.



Prior to beginning the 6 hour trek, each team member will be provided with a special ‘role’ which they must undertake on the trek. During the course of the trek, the roles will be exchanged amongst the students. These roles will include, but are not limited to:

The ‘Navigator’ – responsible for following the trail markings on the trees

The ‘Motivator’ - responsible for motivating the team and ensuring good morale

The ‘Leader’ – responsible for making decisions

The ‘Health and Safety Officer’ – responsible for ensuring the team is hydrated and healthy

The ‘Environmentalist’ – responsible to ensure no trace is left behind

Additionally, during the trek, special rest stops will be provided where more team challenges and trust games are played.

The trek itself is a stunning walk up and along a mountainous ridge where, at some points, students will be above the cloud line at 1,350 metres above sea level. The diverse array of flora and fauna at this height always provides interesting talking points for students.



Pang Soong Team Building Challenge 5 – The Scavenger Hunt & Rafting Challenge

This challenge takes place approximately 35 minutes from the Pang Soong Lodge, requiring additional transport. In a village in the Mae On area, the students will complete a scavenger hunt around the village, forest and trail, following clues and finding hidden items.

As they progress, they will experience traditional rural Thai farm life, with all the accompanying sounds and smells!



Following the scavenger hunt, the students come to a reservoir approximately 500m wide, which they must cross to finish the challenge. To achieve this, the teams must construct a raft from bamboo, rubber tyres and ropes – special instruction will be provided for this.

This challenge provides plenty of mental and physical challenges and will encourage students to make decisions, consult with each other and to utilise the specific skills of each team member.

Outdoor activities & adventures



The outdoor activities and adventures at Pang Soong Lodge, Outdoor Education and Research Centre are managed by Track of the Tiger T.R.D. one of northern Thailand's leading and longest established adventure tour operators.

The options listed show the activities that can be undertaken from Pang Soong Lodge, AND from our accommodation bases in Chiang Mai city.

From the Lodge

- The Pang Soong Nature trail programmes.

- Overnight expeditions.
- Survival courses.
- Rock climbing
- Community service (see separate document)
- Mountain biking programmes
- Kayaking programmes.
- Zip wire and canopy walk programmes.
- Note* Best done on the way to or from the lodge (day in or day out.)

Accommodation & Activities in and around Chiang Mai city



Accommodation

As a well established tour operator we enjoy preferential rates at these properties and have selected several of them as being suitable for accommodating our visiting school and summer camp groups.

Most school groups visiting Chiang Mai on educational programmes welcome the chance to spend a few nights in the city to follow educational programmes and/or to visit some of the city's main tourist attractions, to shop in the night bazaar (or other markets) and enjoy Thai and other cuisines.

Activities

- Mountain biking
- Hill tribe trekking
- Bamboo rafting.
- White water rafting
- Elephant camp visits
- Night safari park visits
- Chiang Mai Zoo & Aquarium (Note* New panda bear baby born on 26th May '09)
- Sightseeing.
- Botanical garden visits.
- Arts and craft courses.
- Golf.
- Horse riding.

TRACK OF THE TIGER KEY STAFF

Shane K Beary

The founder, Shane K. Beary, was born in Ireland but raised in Africa. Whilst in Africa he served with 'C' Squadron SAS where he functioned as a combat tracker, later spending a year at the 'Tracking Wing' as a bushcraft & survival instructor. Towards the end of a 7 year military career, he was inducted into a newly formed unit, the 'Selous Scouts', where he worked as a clandestine operative. Leaving the military in 1975 he spent 8 years as an oilfield diver in the heyday of the North Sea development. Most of that time spent as a 'saturation diver' on cutting edge diving projects.

He came to Thailand in 1984, built a teakwood Lodge on the Kok river (right on the Burmese border) and established his tour operation. In addition to providing 'soft adventure tours', he started running adventure incentive programmes, and outdoor education programmes in 1992. The company's Special Events Management and Team Building programmes grew out of that early initiative. **Updated qualifications include:** 'Advanced First Aid Practitioner certificate' **certified by the N.O.L.S. Wilderness Medicine Institute, as well a qualified CPR & AED by the American Heart Association.**

Khun Annop Chaithanee

Is the Director of Operations for Track of the Tiger and has some 15 years experience in the planning, implementation and logistical support operations for Track of the Tiger. He also manages Just Khao Soy, a restaurant owned and operated by Track of the Tiger; which will begin franchising operations in mid 2008.

Stuart Blott

Track of the Tiger's Business Development Manager, returned to the company after a five year stint as a GM in Bangkok, firstly in the IT industry and then in the leisure and marketing industry. He had earlier completed a year as a facilitator and outdoor educator with the company in his first year out of university, where he studied business management. Stuart's strong management experience and team building experience ensures clients enjoy a professional and corporate-minded approach to all elements of team building; from the initial proposals through to the execution of the event itself.

Courtney Goode

As Track of the Tigers Outdoor Activities Manager, Courtney holds a bachelors degree in Outdoor Education and another in Adventure Recreation, in addition to being a trained Wilderness First Aid Responder and certified lifeguard. She has experience hosting student groups in team building and wilderness survival in many regions of the USA.

Supporting Team

The above management team is ably and enthusiastically supported by a compliment of well-trained English-speaking facilitators and supervisors, all with considerable team building experience accrued working with Track of the Tiger.