

TEAM BUILDING 2022 PROGRAM

THURSDAY 17/11/2022 (DAY 1)		
TIME	ACTIVITY	THINGS TO NOTE
6:00 AM	Meeting Outside International Life House. Transport & Logistics by the HR/Admin team to SGR Terminus (As organized by Expeditions)	Kindly keep time. Remember to Carry your IDs.
8:00 AM	Boarding the train. Confirmation that everyone is on board by the HR/Admin team.	
2:00 PM	Arrival at the Mombasa SGR Terminus.	Co-ordination by HR/Admin
2:30 PM	Boarding the buses to Travellers Beach Hotel.	Co-ordination by HR/Admin
3:30 PM	Arrival at the Hotel	Ensure you keep your room key cards safe to avoid penalties from the Hotel.
4:00 PM-6:00 PM	Freshening up/Relaxation.	
6:30 PM-9:30 PM	Dinner time (as organized by Hotel) Sleep at leisure.	

FRIDAY 18/11/2022 (DAY 2)		
TIME	ACTIVITY	THINGS TO NOTE
7:00 AM-9:00 AM	Buffet Breakfast at the restaurant.	Come dressed in sporty attire.
9:00 AM-12:45 PM	Activities by Team Building Facilitators (As organized by Expeditions)	
1:00 PM-2:00 PM	Lunch Break (as organized by Hotel)	
2:00 PM-6:30 PM	Leisure/Activities at one's pleasure.	
6:30 PM-9:30 PM	Dinner time (as organized by Hotel) Sleep at leisure.	

SATURDAY 19/11/2022(DAY 3)		
TIME	ACTIVITY	THINGS TO NOTE
7:00 AM-9:00 AM	Buffet Breakfast at the restaurant.	
9:00 AM-12:45 PM	Activities by Team Building Facilitators (As organized by Expeditions)	
1:00 PM-2:00 PM	Lunch Break (as organized by Hotel)	
2:00 PM-6:30 PM	Leisure/Activities at one's pleasure.	
6:30 PM-9:00 PM	Last Team Building Dinner time.	Come Dressed in formal wear (The theme is black and white dress code)
9:30 PM-10:30 PM	Speeches by the Directors/Managers.	
10:30 PM-10:45 PM	Vote of Thanks by HR.	
10:45 PM	Staff can leave at their own pleasure.	

SUNDAY 20/11/2022 (DAY 4)		
TIME	ACTIVITY	THINGS TO NOTE
7:00 AM-9:00 AM	Buffet Breakfast at the restaurant.	
9:00 AM-11:00 AM	Leisure/Activities at one's pleasure.	
12:00 PM-1:00 PM	Clearing/Check out from the Hotel & Boarding the buses to the SGR Terminus.	
2:00 PM	Arrival at the SGR Mombasa Terminus.	
3:00 PM	Boarding the Train back to Nairobi.	
8:00 PM	Arrival in Nairobi	
8:00 PM-8:15 PM	Boarding Transfer Buses to Nairobi CBD.	Co-ordination by HR/Admin
9:30 PM	Arrival in CBD.	Co-ordination by HR/Admin