

# ENERGY

This brand new team challenge from Re-energize involves the team in very different tasks and exercises which all revolve around the use, or the need to expend, energy without having an influence on the “carbon footprint”!



The objective for the team is to gain as much energy as they can for their nuclear fuel rods. (Coloured water in tall, clear plastic containers). The teams gain different amounts of their coloured water from the exercises that they can complete within the time allowed.

Fun tasks and games include

- Tandem Wellingtons
- Cogs
- Energy equation
- Body shapes
- Symbols
- Caterpillar
- Paper tower



Energy is a really fun challenge which will get the teams communicating and working together in an energetic manner.

The cost is **£1,400** + Vat for 3 teams and **£295** + Vat for each subsequent team. The maximum teams per challenge are 6. Two challenges available. Time allowed 2 ½ to 3 hrs including energy breaks!



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