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Welcome to the Center for Student Leadership and Service Retreat Guide! We are so happy that you are considering planning a retreat for your student organization or other group and we are excited to provide as much assistance as possible. This guide contains valuable resources and information to help you plan and enjoy a successful retreat. In the first section, you will find some basic questions to guide you in your planning and a step-by-step outline of the process. You should start by looking over this material to help you decide what type of retreat would most benefit your group and what other pieces you will need to put together. We have included some sample agendas to help you get an idea for how to schedule your time during the retreat. We have also included suggestions for icebreakers, teambuilders, structured activities, and reflection ideas for you to use in building your retreat.

The second half of this guide is a list of retreat locations in or near Columbus. Many of these sites have been used in the past by student groups, but we have also included other sites that may be of interest to you. This is not a comprehensive list, so if you have suggestions for places to add we would love to hear them! We have provided some basic information about the sites, including activities and facilities available, driving distance from campus, and contact information. Because pricing and availability are subject to change, we encourage you to refer to their websites or contact the sites directly with any questions you may have or to make reservations.

We hope that this guide will be a great resource for you in planning your retreat, but there may be questions you have that are not answered here. For more suggestions about icebreakers, teambuilders, and other activities, you can check out the Center for Student Leadership and Service website (<http://ohiounion.osu.edu/csls/>). There are also numerous books and other resources in the SOURCE (<http://ohiounion.osu.edu/studentorgs/orgs.asp>) that you are welcome to check out. Finally, if you need help setting your agenda or facilitating your retreat, Student Leadership Advocates are available to help you—contact Jen Pelletier (pelletier.17@osu.edu) for more information or to request their services.

Wishing you a wonderful retreat,

The Center for Student Leadership and Service Team

RETREAT BASICS

As you begin to plan your retreat, there are several questions you need to consider. The answers to these questions will help you choose activities that will accomplish the goals you have set for your retreat.

When should your organization have a retreat?

- At the beginning of the year or quarter
- At midyear for an evaluation or a refresher
- Before or after new officer installation
- Before a major program

Where should you hold your retreat?

- On campus
- At a high ropes course or other experiential activity site
- Off campus

How long should the retreat be?

- Several hours
- Half day
- Whole day
- Entire weekend

Who should participate?

- Members
- Officers
- Advisors
- Workshop presenters (if any)
- Resource persons (if any)

Who should facilitate the retreat?

- Members and/or officers who feel qualified and comfortable doing so
- Advisors
- Alumni
- Faculty
- Student Activities staff

What are your goals and/or intended outcomes for this retreat?

- To introduce new members
- To set organizational goals
- To provide information and/or workshop sessions
- To increase morale and build team spirit
- To motivate members for the new year or quarter
- To evaluate the progress of long-term goals and objectives
- To resolve group conflicts
- To get to know each other
- To get away and have FUN!

STEP-BY-STEP GUIDE TO PLANNING YOUR RETREAT

Now that you've considered the retreat basics, it's time to start planning your retreat. Good planning is likely to make any event go more smoothly. It is important to give yourself enough time to take care of all the details so you won't run into last minute problems. We recommend beginning this process one to two months before your retreat date.

- 1) Determine the goals of your retreat and your desired outcomes.
- 2) Determine the length of your retreat.
- 3) Determine where and when the retreat will take place. You may want to consult your members to see what the best dates are for them. Be sure to notify all participants as soon as you have chosen a date so they can get it on their calendar. Make a reservation at your chosen site.
- 4) Determine the budget for your retreat. Consider possible costs including site rental, transportation, food, and materials. Think about applying for a Coca-Cola Leadership Retreat Package to help offset some of these costs.
- 5) Determine the format and develop an agenda for the retreat. This will help keep everyone on track by providing a structure for the activities. When creating the agenda, consider the needs and working styles of your group to determine how much or how little flexibility to include. You may want to schedule every activity down to the minute, time some activities while leaving others open-ended, or leave times off the agenda altogether.
- 6) Contact any outside resources and/or presenters and confirm their participation.
- 7) Plan activities.
- 8) Determine what supplies, materials, and handouts you will need. Be sure to check that the facility you will be using can supply or support any audio or visual equipment (TVs, projectors, etc.) that you will need.

- 9) Arrange for food. Check to see if any participants have food allergies or special dietary requirements. If you are providing your own food you will need to plan the menu, buy the food, and assign cooks and cleanup crews.
- 10) Arrange transportation to the retreat (bus, vans, carpool, etc.).
- 11) Inform participants of the retreat details, including date, time, and location; transportation and/or directions; expectations or policies for the retreat; retreat agenda; and what to bring.
- 12) The week before the retreat you should remind all participants and confirm how many will be attending. You should also confirm any arrangements with the retreat site and/or outside resources.
- 13) Enjoy your retreat!

After your retreat, don't forget to:

Pay the bills

Compile any evaluations of the retreat

Send thank you notes

Revisit the topics from the retreat throughout the year

WHAT TO DO AT YOUR RETREAT

Make Introductions

Set the tone for an open-minded and cooperative retreat by beginning the retreat with icebreakers or getting-to-know you activities. This will energize the group as well as help the participants learn one another's names.

Make Opening Remarks

Once participants have had a chance to get better acquainted, the retreat facilitator should make brief opening remarks. He or she may wish to address the following items:

Purpose and goal(s) of the retreat

Benefits of the retreat

The agenda for the retreat

Stick to the Agenda

The facilitator is the person responsible for keeping the group on track with the day's agenda. However, the agenda can be flexible. If participants appear to need more time for a particular discussion or activity, for example, the facilitator can stop the activity and inform the group that their time is up or adjust the agenda to allow more time.

Create a Sense of Teamwork

Groups that have a sense that "we're all in this together" will be able to work together far more effectively than a bunch of strangers. Teambuilding can be accomplished in several ways, from the simple to the elaborate. Here are a few suggestions:

- Plan, cook and eat meals together as a group, with each person expected to make a contribution
- Play games that involve the entire group and require collaboration and communication, such as a treasure hunt (you provide the treasure)
- Sign up your group for a ropes challenge or other outdoor course

Conduct Work Sessions

You may want to start off with a fairly "light" work session or presentation that is mostly informational and does not involve a great deal of participation from the group. Possible topics may be:

- An explanation of the organization's budget for the year
- An overview of the history of the organization
- A motivational presentation on customer service

Once the group has had a chance to get "big picture" view, they may be better prepared to tackle larger issues that involve discussion and consensus. Some of these issues may be:

- Goal setting for the year
- Major projects coming up
- Proposed policy changes

Take Notes

Appoint one person to take minutes of the informational or work sessions as a record of what was discussed and/or decided. Minutes will give members who were not able to attend some sense of what happened in their absence. The minutes, as well as copies of all printed materials used during the retreat, should be maintained in a retreat file along with records of reservations, menus, expenses, participants, evaluations, and any other information that will assist in planning similar events in the future.

Conduct a Closing Activity

Once the work is done, it is time to bring the retreat to a formal close. This may be as simple as reviewing what has been covered, what actions have been taken and what (if any) further information is needed. Or, it may involve the group gathering in a circle and sharing what they have learned from the retreat and how they will use that information in the future.

Evaluate the Retreat

Ask facilitators and participants to evaluate the planning, location, accommodations, and food as well as the content of the retreat and activities before everyone leaves. Keep the evaluation form short and simple to get honest feedback. These responses will help the organization's leadership to successfully plan the next retreat.

Clean Up Before You Leave

Always leave the retreat site as clean as or cleaner than you found it. Everyone should help with this task; you may find it helpful to divide participants into teams and make it a game.

Information taken from

<http://sub.boisestate.edu/organizations/guides/retreat/whattodo.html>

SAMPLE RETREAT AGENDAS

<i>Half-Day Retreat #1</i>	
8:00 am	Arrive
8:00 – 8:30 am	Introductions and Ice Breaker
8:30 – 9:30 am	Leadership Development: True Colors activity
9:30 – 9:45 am	Break & Snack
9:45 – 10:45 am	Brainstorm and set organizational goals for the upcoming year
10:45 – 11:00 am	Break
11:00 – 11:30 am	Closing Activities
11:30 am	Depart

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<i>Half-Day Retreat #2</i>	
1:00 pm	Arrive
1:00 – 1:30 pm	Introductions and Ice Breaker
1:30 – 2:30 pm	Team-building activity
2:30 – 3:45 pm	Break & Snack
3:45 – 4:45 pm	Guest Speaker
4:45 – 5:00 pm	Closing Activities
5:00 – 6:00 pm	Dinner and hang out time
6:00 pm	Depart

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<i>Full-Day Retreat #1</i>	
8:00 am	Arrive
8:00 – 8:30 am	Introductions and Ice Breaker
8:30 – 9:30 am	Work Session: Goal setting
9:30 – 9:45 am	Break & Snack
9:45 – 10:45 am	Work Session: Assign projects to members for the year
10:45 – 11:00 am	Break
11:00 am – 12:00 pm	Work Session: Blivets communication activity
12:00 – 1:00 pm	Lunch
1:00 – 1:30 pm	Travel to off-campus site
1:30 – 4:30 pm	Experiential Activity: High Ropes Course
4:30 – 5:00 pm	Closing Activities
5:00 pm	Depart

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<i>Full-Day Retreat #2</i>	
8:00 am	Arrive
8:00 – 8:30 am	Introductions and Ice Breaker
8:30 – 9:30 am	Introduction to organization's leadership team--What are the responsibilities of each officer? Who holds which position?
9:30 – 9:45 am	Break & Snack
9:45 – 10:45 am	Officer Transitions: Outgoing officers provide new officers with binders or other information and answer any questions
10:45 – 11:00 am	Break
11:00 am – 12:00 pm	Team-building activity
12:00 – 1:00 pm	Lunch
1:00 – 2:00 pm	Brainstorming—What went well? What could go better? What do we want to change this year?
2:00 – 2:15 pm	Break
2:15 – 3:15 pm	Set goals and expectations for the upcoming year
3:15 – 4:00 pm	Closing Activities and Evaluation
4:00 pm	Depart

ICEBREAKERS

Icebreakers are activities and games used to help a group get to know each other better. Use them at the beginning of a retreat to ensure all participants know one another's names, create energy in the group, or generate momentum.

Chain of Connectedness

One person starts out by introducing him or herself to the group by saying, "Hi, my name is James and I like to go hiking." When someone in the group hears something that James is saying that they have in common with him, that person walks to James and links arms with him. He or she will then say, "This is James and my name is... and we both like to hike." And then he or she will continue by talking about him or herself. The pattern continues and the last person has to find something that they have in common with the first person. Eventually, everyone's arms will be locked in one gigantic chain.

Beach Ball

Materials: Beach Ball with numbers on it.

Toss it around and wherever your thumb lands answer that question (see page 18 for suggested questions).

Birthday Partner

Have participants mingle in the group and identify the person whose birth date (not year - just month and date) is closest to their own. Find out two things they have in common.

Eye Tag

Everyone forms a larger circle shoulder to shoulder. There is one facilitator who says "eyes up" and "eyes down". Everyone begins with their heads down. At "eyes up" everyone looks up and stares directly at another individual's eyes. If they are looking back at you and you make eye contact, then both individuals are out and the circle becomes smaller. Then "eyes down" everyone looks down at the ground. You must look at another person and not up in the sky or outside of the group – that is cheating! The last person remaining is the champion Eye Tagger!

Famous Couples

Materials: Index cards and tape or nametags

Write names of famous couples on index cards (one person on each). When people arrive place a card on their backs. They have to ask other people "yes and no" questions to identify the name on their back. When they figure out who it is, they then have to find the person who has the card for the other half of the famous couple.

Grab Bag

Materials: Bag with random assortment of objects

Pull out an object from a bag and explain how you are similar to it.

Hand Outline

Materials: paper and writing utensils.

Draw an outline of your hand and then for each finger write something interesting:

- Thumb - something you do well (thumbs up)
- First finger - something that makes you stand out from a crowd
- Middle finger - pet peeve/something that frustrates you
- Ring finger - something you're passionate about/committed to
- Pinkie finger - a little known fact

Highs and Lows

Describe good and bad parts and stories of the past week/day.

How many?

Materials: Roll of TP or bag of assorted candy

Pass around a roll of TP or M&Ms/other candy and however many pieces or squares are taken by that individual, that's how many facts they have to say about themselves.

Hum that Tune

Materials: pairs of index cards with song titles (two cards per title)

Each person in the group is given a small piece of paper with the name of a nursery rhyme or other song written on the paper. (i.e. "Row, row, row your boat," "Rock-a-bye baby," etc.) All of the people who are given the song must hum that tune and fine everyone else singing the song.

Human BINGO

Materials: BINGO sheets enough for one per person, writing utensils

Create a BINGO sheet with characteristics about people that are somewhat unique. The object can be to have a person with that trait sign the sheet until all the spaces are filled or until a “Bingo” is reached horizontally, vertically, diagonally, or other traditional BINGO combinations. Some examples of statements are “only child” “has never been to another country” “likes broccoli” etc.

I’m a Buckeye, You’re a Buckeye Too

This is similar to musical chairs and is best played sitting, but can be done standing. The group is in a circle facing each other, one person in the middle of the circle. The person in the middle says their name, and then makes a statement about themselves. *Examples:* “I’m a Buckeye, you’re a Buckeye too if you... are a middle child ...like to ski ...are a commuter student.” Everyone in the group who also has the same thing has to move to another position in the circle while the person who made the statement will also try and take a position on the circle. Eventually, since there are more people than positions, one person will be left in the center. That individual then repeats the process.

Item of Personal Expression

What item in your wallet, purse, or on you right now explains something about you?

I’ve Done Something You Haven’t Done

Have people introduce themselves and then state something they have done that they think no one else in the group has done. If someone else has also done it, then the student must state something else until he/she finds something that no one else has done.

Line up

Have students create a line according to birthday, middle name, etc. without talking.

Name Aerobics

The group stands in a circle. The group leader introduces him/herself with an action word that begins with the same letter as his/her first name and acts out the action. (ex. “Jumping Jack” or “Eating Emily”) This keeps going until the entire group has gone and the group repeats everyone’s name and action. Each person has to choose an action word that has not been used yet.

Quick Conversations

Divide the group into two even groups. Have the two groups stand in two circles facing each other – one facing in, the other facing out. Hold one minute timed conversations about anything or with prompted questions with two circles of people. The inner circle stays still while the outer circle shifts one person each time clockwise until they are back at the first person they started talking to. (See page 18 for suggested questions.)

Secrets

Materials: paper, writing utensils, hat or bowl

Have everyone write down something about him or herself that the group would not know and put all of the pieces of paper into a hat. Go around the room and have people pick out random slips of paper and read them aloud. Everyone should then try to guess who the secret belongs to.

Slogans that Fit

Ask the individuals to think of a famous slogan that describes their life. For example, “The early bird catches the worm.” Have them share their slogan with the group.

Sticky Name Tags

Materials: Sticky nametags

Have participants put on removable nametags, sticker nametags are easiest. Have participants introduce themselves to one other person. Suggest 2-4 questions for the pairs to talk about and learn about each other (favorite food, hometown, major, hobbies, etc). After a couple minutes have the pair switch nametags and switch partners and introduce themselves to someone else. Each person should introduce themselves according to their nametag, not who they actually are. Once participants have switched at least 3 times, have each person introduce themselves to the large group, according to their nametag. The real person may correct any inaccuracies at this time too.

Two Truths and a Lie

Each member of the group tells two truths about themselves and a lie in any order they wish. The other members have to come to a group consensus of which is the lie. You can give an award for the best liar.

What's in a Name?

Ask participants to share the origin and meaning of their first names. Chances are there will be some funny stories and some poignant ones. Then ask them to share the meaning of their last name. Is there some cultural significance? Was it changed at all as it was passed down over the generations? Does it mean something specific?

Questions for Quick Conversations or Beach Ball

If you had to describe the silliest thing people do in general, what would you say?

What thought or sentiment would you like to put in one million fortune cookies?

If you had to name the most beautiful spot on Earth that you've seen, what would you choose?

What is your most embarrassing moment?

If you were to choose the breed you would be if you were a dog, which type would best suit you?

What was your favorite toy as a child?

If you exchanged wardrobes with someone you know, whose clothes would you want?

What magazine would you want to appear on the cover of?

What is your favorite cartoon character?

What cereal are you most like?

If you could appear as a guest star on any television show, which show would you choose?

If you could have prevented any single fashion idea or trend from ever happening, which would you have stopped?

If you found out that one work of fiction were true, what book would you select?

If you could be fluent in any language, which language would you choose?

If you joined the circus, what act would you most want to perform?

What is the greatest movie of all time?

If you had to name a smell that always makes you nostalgic, what would it be?

If you had a superpower, what would you choose?

If you could trade places with a famous person for a day, who would it be?

If you had to lose one of your 5 senses, which one would you choose?

What animal best describes you?

Other than "My Life", what would be the title of your autobiography?

If you could have a theme song played every time you entered a room, what would it be?

Where is your favorite vacation destination?

What would you do if you won \$10 million in the lottery?

If you became a professional wrestler, what would your stage name be?

If you could have any profession and money isn't a factor, what would it be?

What is one of your memories from kindergarten?

If you could meet one famous person over breakfast, who would it be?

Who is the man or woman most relevant to our times?

What is the title of the last book you read?

If an atomic bomb were going to fall in 30 minutes, what would you do in the last thirty minutes?

If you had a time machine that would work only once, what point in the future or in history would you visit?

If your house was burning down, what three objects would you try and save?

TEAMBUILDERS

Teambuilders are more in-depth activities and experiences for a group or organization that already knows each other but wants to build greater bonds or friendship individually or within small teams. They typically involve greater risk and trust among the group.

Assumptions

Have everyone in the group pair up, and without speaking write down the answers to questions about the other person:

1. What kind of car does your partner drive?
2. What is your partner's major?
3. What is your partner's best friend like?
4. If your partner could do something completely out of character, what would it be?

After each person takes a few minutes to write down the answers to these questions, the partners should discuss and reveal the right answers to the questions to see how close they came. As a large group, discuss making assumptions.

Boat

Tell everyone that you are going on a boat, and only certain items are allowed on the boat. Each person should take turns asking if they can bring certain things onto the boat, and you tell them if they can bring those things on the boat or not. Only allow people to bring items on the boat that start with the same letter as their first name (ex. Jessica can bring Jelly Beans and Catherine can bring a Cat, but Jessica cannot bring an oar or a suitcase). Keep going until everyone gets the trick. Variations include: people can only bring on items that have a double letter in their name (they can bring boots, books, balls, etc), or they can only bring items that have the same number of syllables as their names (Jessica has three syllables, so she can bring gasoline and tennis balls, and Bob has one syllable so he can bring books, bats, and gas).

Categories

One person thinks of a category, then the group takes turns naming items that fit in the category. When one of the participants can't name another thing in the current category, s/he is out; the game continues until one of the last two players can't continue. But the other player doesn't "win" unless s/he can name at least one more item in the category.

(Sample Categories: characters on The Simpsons, cities or countries that begin with a certain letter, things that are yellow, kinds of trees, brands of soda, cartoon shows. The only category outlawed is "numbers between one and three; I start!")

Count Off

Without any preplanning, someone in the group will start counting and the group attempts to count off as many numbers as there are people in the group without any two people calling out a number at the same time or more than a brief pause. Any time two people call out a number at the same time or there is a long pause, the group must begin again at number 1.

Crocodile Island

Materials: Tape

Tape two squares onto the ground, one approx. 3' x 3' and another one surrounding it, leaving 2-3 feet of space around the inner square. The team must start outside the larger

square and cross over the crocodile infested river to crocodile island. The team can help each other, but must not step into the river. They must all stay on the island for a count of 5 seconds. As the group is successful, gradually make the size of the inside square smaller and smaller.

Flip the Tarp

Materials: Tarp

The entire group must stand on the tarp and then flip the tarp over to the other side without stepping off of the tarp to the ground.

Forced Choice

Materials: forced choice prompts

Create an imaginary or real line down the center of the room. Read off a seemingly opposite pair of words (sample list provided at the end of this section). As each pair is presented, the participants must pick one side of the other – no fence sitting! You may ask for silence during the selections, or allow individuals to discuss, defend, or explain their choices.

Huff & Puff Competition

Materials: 1 Ping-pong ball

Find a flat surface. A table is great, but the floor will do. Line up facing each other with everyone's chins on the floor or table. Make sure that there are about 2 inches between ears. Place a ping-pong ball in the center of the group, and on the signal, everyone starts to blow the ball past the other team.

Hula-Hoop Pass

Materials: Hula-hoops

Make a circle and have everyone join hands. Break the circle and place a hula-hoop or two between participants. Move the hula-hoop around the circle by having participants step through it.

Human Knot

Usually best with 8-10 people. Have students form a circle and put their hands in the middle, and grab 2 random hands. Make sure you are grabbing the hands of two different people. Without letting go of anyone's hand, try to reform the circle by untying the Human Knot.

Human Tic-Tac-Toe

Materials: 9 chairs

Set up 9 chairs in 3 rows—just like the sections on a tic-tac-toe diagram. Then divide your group into 2 teams. Each team takes its turn by sending one person to sit in a selected chair. The first team to get 3-in-a-row wins. Since you're not using X's and O's, everyone has to remember who is on their team. To make it more exciting, set a time limit that each team member has to select a seat. For example, give each person 5 seconds after the last person sat down to reach the chosen chair.

Keep it in the Air

Materials: Beach Ball

The team must bounce the ball in the air at least 100 times consecutively without touching the ground. Each person on the team must hit the ball at least 5 times, but may not hit the ball 2 times in a row. As the task is completed, challenge the team to go as long as they can or as fast as they can.

Lap Sit

Stand shoulder to shoulder in circle; everyone turns to the right; sit down with each person on the lap of the person behind them. For an added challenge; while still sitting try to have the circle walk around in a circle.

License Plates

Materials: Blank license plate templates, markers, other craft supplies

Pass out blank “license plates” along with the name of someone else in the group. Each person must create a personalized license plate for that other person and then present it to the group.

Marooned

You are marooned on an island. What five (you can use a different number depending upon the size of each team) items would you have brought with you if you knew there was a chance that you might be stranded. Note that they are only allowed five items per team, not per person. You can have them write their items on a flip chart and discuss and defend their choices with the whole group.

Personal Shield/Coat of Arms

Materials: Blank Coat of Arms templates

Have each team member design their personal “Coat of Arms” or shield with items representing themselves. Once Coat of Arms are completed, have each team member share in small or the large group.

Rainstorm

Have everyone sit in chairs in a circle and instruct them to mimic the actions of the person to their left. The facilitator starts the action by snapping their fingers. Watch one person after another begin to snap their fingers. When the person to your left is doing it then you begin (like a wave). Once the first action goes all the way around the circle the action changes. The sequence is as follows:

- Snapping fingers
- Rubbing hands together
- Slapping knees
- Stomping feet while slapping knees
- Slapping knees
- Rubbing hands together
- Resting hands on knees

Rock, Paper Scissors Showdown

Everyone pairs up with a partner initially and plays RPS (1, 2, 3, Shoot!). The person that doesn’t win must become a cheerleader for the winner. The winners then take on a new opponent. Eventually it will come down to 2 people with everyone else cheering on one side or the other.

Sing Off

The group is divided into two teams. A word is given (ex. love, dance, boy, girl, baby) and the teams must alternate back and forth signing a song that has that word in the song title or prominent part of the song. Everyone on the team must sing, or attempt to sing, the song for it to count. Once a song is sung, it cannot be repeated. The team that cannot come up with another song loses.

Spider Web

Materials: A ball of string, ribbon, yarn, etc.

Can be done standing or seated. The first person starts with the ball of yarn and answers a question, such as “what are your summer plans” “what was the highlight of your week” or a getting to know you question. Then they toss the yarn to another person across the room while holding onto their end of the string. Eventually each person will catch the yarn and hold onto the string, creating a “spider web” in the center of everyone. After the game, it can be used to reflect on the interconnections within an organization

Stand Up

Two persons sit on the floor touching back to back; they stand up pushing against each other. Try it with 4, 6, or 8 people together.

Sample Forced Choice Questions

Pepsi or Coke?

Early riser or night owl?

PC or MAC?

Scarlet or Gray?

Listen or wait to talk?

Left or right?

See or do?

Liberal or conservative?

Plan or build?

Formal or informal?

Spender or saver?

Chocolate or vanilla?

Movies or TV?

Scary movies or romantic comedies?

Breakfast or dinner?

Today or tomorrow?

Spring or fall?

Summer or winter?

Fly or drive?

Facebook or MySpace?

Gmail or school account?

Fruit or Vegetables?

Outside or Inside?

Basketball or Football?

Marathon or Sprint?

Lecture or discussion?

Watch the movie or read the book?

Messy or clean?

Introverted or extroverted?

Wendy's or McDonalds?

Talk on the phone or text message?

Beatles or Elvis?

Detail oriented or big picture?

Pepperoni or cheese pizza?

Vitamin water or Gatorade?

City or country?

Dog or cat?

Beach or pool?

Favorite Boy Band (Hanson, Backstreet Boys, N'Sync, New Kids on the Block or Jonas Brothers)?

Favorite Type of Music (Rock, R &B, Country, Pop)?

Favorite Type of Food (Italian, Mexican, American, Chinese)?

STRUCTURED GROUP ACTIVITIES

Structured group activities help a group learn a new concept or skill in an interactive way. Here are a few sample activities that require collaboration, communication, and allow for group processing and learning. For many more suggestions, visit the SOURCE in room 113A Ohio Union at Ohio Stadium.

Farkel/Tarkel

Materials: Two objects (balls, cones, etc) that will be the “Farkel” and “Tarkel”

This activity helps to illustrate the challenges of clear communication within groups.

The group sits in a tight circle with a facilitator also in the circle, starting with both objects. The facilitator says,

“I have two objects in my hand. In the right is a Farkel and my left is a Tarkel. Both objects must travel around the circle through each person and end up back to me. The Farkel must travel counter clockwise and the Tarkel travels clockwise. When I pass the Farkel to my right I will tell (insert name of person next to you) that "This is a Farkel." Now before I can give it to him/her they must ask again for clarification. They say "A what?" I repeat "It's a Farkel" and of course (name) says "THANK YOU!" Now you continue to pass it by following this script except when the person asks for clarification by saying "A what?", that question must travel back to the facilitator for the answer (since you all have amnesia and I am the only one with a good memory of course!). This will continue for both objects until they arrive back to me!”

The facilitator then proceeds to start the Farkel around the group counter clockwise and the Tarkel clockwise.

Questions to ask after:

- What was difficult about this activity?
- How could you have simplified the process?
- What does this say about communication?
- Who was in the easiest location and who was in the most difficult location?
- Who does the facilitator symbolize in your organization?

Traffic Jam

Materials: Carpet Squares or sheets of paper people can stand on

Divide a small group into two equal groups. Line up the two groups single file on the squares/pieces of paper provided. Make sure students face the center X (beginning empty square).

>>>>> X <<<<<

The name of this challenge is Traffic Jam. The task for the two sides is to move past each other so all members on one side of the empty space end up on the other side. The constraints are:

- Everyone must remain facing his current direction.
- It is illegal for anyone to move around someone facing the same way.
- It is illegal to move backward around someone.
- You are permitted to step forward into an empty space.
- You are also permitted to jump around someone who is facing you into an empty space.

Facilitators should provide visual examples of legal and illegal moves.

Facilitators should ask anyone that has done this activity before to remain silent, but still participate. If they still struggle, allow this person to give suggestions. While the group begins the process, any time an illegal move occurs, the facilitators should immediately jump in and say "TRAFFIC JAM" and make the students start over. If the group has not completed the activity in 20 minutes, please stop and move on to processing.

Process the activity by asking some of the following:

1. How did the group approach this activity?
2. What was frustrating about this activity?
3. How did preparation, planning, and/or trial and error come into play?
4. Would you have been more successful if you stepped back from the problem and worked out the best approach visually (using coins, keys, etc.)?
5. What was it like when I would jump right in and yell "TRAFFIC JAM"? How does that relate to how leaders sometimes react?
6. In a group, when is it important to analyze and plan a strategy before beginning execution? When is it important for everyone to follow one simple rule?
7. Did a group leader emerge? Was there a dominant voice?

**Secret to Success: With the exception of each person's final move, never step forward after you have been jumped.*

PBJ Sandwiches

Materials: Index cards, Bread, knife, Peanut Butter, Jelly, plate, napkins

This is an exercise that emphasizes the importance of being specific when communicating.

Pass out the index cards to the group. Ask them to write down instructions on how to make a peanut butter and jelly sandwich. Do not give any further instructions. Collect the cards as people finish.

The job of the facilitator is to try to make a completed sandwich based on the literal interpretation of the directions. Do not add in any assumed directions.

Brownie Recipe

Materials: Copies of the Brownie Recipe for participants to read after they are finished

This activity helps emphasize how information can be changed through the course of communication or lack of communication.

The entire group starts outside the room expect for a facilitator and the first person. Do not let the group know what you will be reading to them. The facilitator reads the Brownie Recipe to the person word for word. The person then must verbally repeat the recipe the next person who comes into the room from the hallway. (It is somewhat like the telephone game). As participants finish passing off the recipe, give them a sheet to record items that added, deleted, or distorted.

GRANDMA'S BROWNIE RECIPE

Preheat oven to 350 degrees (F)

Melt 8 squares of chocolate and 3 sticks of butter in a pan

Beat 6 eggs until frothy and add 3 cups of sugar

Add 3 teaspoons of vanilla and the melted butter and chocolate

Beat in 1 ½ cups of flour and 1 ½ teaspoons of baking powder

Stir in 1 package of chocolate chips and 2 cups of chopped walnuts

Pour into greased pan and bake 40 minutes

Check with toothpick – if it comes out clean it's done

Cool on a rack

Cut into squares

Sprinkle with powdered sugar

ADDITIONS	DELETIONS	DISTORTIONS

REFLECTION

Reflection provides a structured opportunity for individuals and groups to consider what they have learned and to better understand their role in the larger community. Reflection also makes a connection between the content you have provided and the broader issues that are impacting your group or the larger community. It is also a time for personal growth when individuals can look within, by processing the knowledge and skills one acquires.

Some things to keep in mind:

- Make sure you save plenty of time for reflection at the end of each event.
- Reflection and leadership are closely connected-be sure to incorporate questions that reveal this connection. (ex. What have we learned that we can take back to our leadership positions on campus and in the community?)
- Before reflection, remind participants of the importance of trust, respect, and confidentiality.

The Basics

Each person shares something they enjoyed, learned or appreciated about the day

Group Expectations/Commitments

On a large sheet of paper, brainstorm future group expectations that were created at the retreat or commitments that the entire group wants to hold itself accountable to. Have everyone sign this sheet of paper and then post it in a common area or bring it to future meetings.

Group Story

This activity can be done either aloud or written on a piece of paper. Start off with one sentence and ask each member of the group to add on another sentence to the story.

Piece of the Puzzle

A pre-designed shape is cut into smaller pieces ahead of time and individual pieces are distributed to the participants. Each person writes their name on their puzzle piece and either their favorite part of the retreats, something they learned, something they commit to doing following the retreat, etc. Put the puzzle together. Everyone is a part of our puzzle and each part is needed.

Positive Bombardment

One member sits in the middle of a circle while other members say positive things about him or her.

Touch Someone Who

Sit in a large circle, facing outwards with eyes closed. Small groups stand up and walk on the inside of the circle and touch people on the back as a facilitator read prompt statements, such as “Touch someone who has inspired you” or “Touch someone who you got to know better.” A variation of this activity is to have members write positive things about other members on “post-it notes” and put them on each others' backs.

Tree Reflection

Have each participants draw a tree on a sheet of paper. Have them label the roots as the values, people, beliefs that influence them, the bark as issues/causes they are passionate about, and the branches as steps they will take to act on these passions or address the needs they identified. Discuss.

What? So What? Now What?

Use these three questions to guide your discussion. First discuss *what* you did that day. Then discuss the *so what* – why did you do it, what does it mean, what was the impact? Then discuss the *now what* – what comes next, what will be different as a result of today's experience?

What will you remember?

In a circle discussion, ask participants to answer the question, “What will you remember from this experience in 3 months? In 5 years? In 25 years?”

Who Makes a Group Successful?

Often, though my computer is a fairly new model, as you very well know, one key is broken. I have wished many times that it worked perfectly, but alas it does not. Yes, it's true that there are ninety-six keys that work well enough, but often one working makes all the difference.

Sometimes it seems to me that our group is somewhat like my fairly new computer, not all of the members are working properly. Some people say, "I am only one person, it won't make that much of a difference. I won't make or break this organization." But how wrong those people are. For any group to work effectively, it relies on the active participation of every single person.

The next time you think that you are "only one person", and that your efforts are not needed, remember the story of my fairly new yet broken computer and say, "I am a key person in this group, and I have an extremely important role, no matter how small it might seem."

ADDITIONAL RESOURCES

For additional activities, resources, or the assistance of a facilitator, we encourage organizations to visit the Center for Leadership & Service website located at: <http://ohiounion.osu.edu/csls>

From this website you will find:

- Workshop and Retreat Network – A network of facilitators and workshop topics that you can request to have brought to your organization meeting or retreat. Choose from the list of topics provided, or suggest a new one that will benefit your group.
- e-Leader Resources – This online collection of skill-building resources, websites, and educational newsletters is designed to provide you with the tips and information you need to be successful in your group or student organization.
- Leadership and Service Clearinghouse – An online listing of course-based and out-of-class experiences available across campus. Look for new ways to get involved, and help connect your organization's members.
- Events Calendar – Search for upcoming events, programs, and application deadlines. Add your organization's events to this calendar.

The SOURCE (student organization resource center), located at the Ohio Union also houses a variety of publications, resources, games, and equipment available for use by registered student organizations.

CAMP AKITA

29746 Logan-Hornsmill Rd
Logan, OH 43138

<http://www.campakita.org/templates/cuscampakita/default.asp?id=32930>

Leave the hustle and bustle behind, and commune with nature at Camp Akita, a breath of fresh air nestled in the scenic Hocking Hills in southeastern Ohio. This peaceful, year-round retreat, conveniently located 45 miles south of Columbus, offers modern, spacious accommodations and numerous recreational amenities in a breathtaking setting - the perfect combination for a weekend or week getaway with family and friends. Larger groups, including schools to corporations, are welcome too.

Activities:

50-foot Alpine Tower
Rescue Exercise
Challenge Course
Climbing Wall
Giant Swing

Facilities:

Lodge—year-round for up to 100 people
5 Rental Cabins—sleep 2 to 12 people, include kitchen and bath
Dining Hall

Driving distance:

47.1 miles, about 59 minutes

Contact:

Danita Wolfe
Phone: 740 385.3827, ext. 221
Fax: 740 385.1712
danital@campakita.org

CAMP LAZARUS

4422 Columbus Pike
Delaware, OH 43015

http://www.skcbosa.org/council_camping/lazarus_general/lazarus.htm

Camp Lazarus is the home of the council's Cub Scout summer resident and day camp and is located in Delaware County off State Route 23, approximately 9 miles north of Columbus, Ohio. The camp features easy access to Columbus and Delaware, cabins, a large amphitheater and accessibility for the physically challenged. Other features of the camp are a pool, small boating lake and a small fishing pond.

Facilities:

Dining Hall

Training Center

6 Cabins

Shower House

4 Program Buildings

Shelters

Driving distance:

19.9 miles, about 27 minutes

Contact:

Chuck Howard, Sr., ranger

Phone: 740-548-5502

Fax: 740-548-7220

CAMP MARY ORTON

7925 North High Street
Columbus, OH 43235

<http://www.campmaryorton.org/camp.htm>

Camp Mary Orton has helped thousands of teams experience change and growth through our adventure based activities. Groups ranging from school classrooms to corporate executives have utilized this type of programming to improve their overall level of functioning. Every experience is custom designed to meet the needs of your group.

Activities:

Ground Initiatives
High Ropes Course
Adventure Elements
Wilderness Bond

Driving Distance:

14.5 miles, about 18 minutes

Contact:

Phone: 614-885-1023
camp@godmanguild.org

CAMP OHIO

11461 Camp Ohio Rd.,
St. Louisville, Ohio 43071

<http://www.4hcampohio.com/index.html>

The 4-H Camp Ohio Youth Education Center is nestled along the Rocky Fork Stream approximately ten miles east of Utica. It is situated on more than 500 acres in the beautiful rolling hills of northern Licking County. Approximately 10,000 young people camp annually. These youth are primarily from 4-H and school groups. In addition, 4-H Camp Ohio provides a wonderful retreat and workshop setting for civic organizations, businesses, scout groups, family reunions, and others.

Activities:

High Ropes Course

Rappelling Tower

Climbing Wall

Zipline

Team Challenge Course

Baseball, Basketball, Volleyball

Archery

Canoeing

Swimming

Hiking & Nature Trails

Fishing

Facilities:

Meeting rooms and outdoor meeting areas to accommodate groups up to 250

Olympic-size Outdoor Pool

Vesper Hill and other beautiful natural sites

Amphitheater with large campfire ring

Large Covered Recreation Hall

Outdoor Recreation Pad

Driving Distance:

49.7 miles, about 1 hour 9 minutes

Contact:

Phone: 740-745-2194

Fax: 740-745-3327

Program Director: Cyndi Atkinson, cyndi.campohio@gmail.com

Facility Coordinator/Asst. director: Douglas Clark, douglas.campohio@gmail.com

Executive Director: Anthony Imbody, anthony.campohio@gmail.com

CAMP OTY OKWA

24799 Purcell Road

S Bloomingville, OH 43152

<http://www.campotyokwalodging.com/index.html>

Camp Oty Okwa is a multi-building facility open year-round with over 600 scenic acres surrounded by the forests of the Hocking Hills State Park and Nature Preserves.

Activities:

Hiking

Camping

Swimming

Arts & Crafts

Fishing

Canoeing

Low Ropes Initiatives

Environmental Exploration

Facilities:

Swimming Pool

Sebring Lodge

Rustic Cabins

Platform Tents

Dining Hall

Rahal Activity Center

Albert Shelter House

Basketball Court

Sand Volleyball Court

Driving Distance:

56.7 miles, about 1 hour 8 minutes

Contact:

Phone: 740-385-9732 (Visitor Center)

Toll Free: 866-525-CAMP (2267)

CAMP WYANDOT

Camp Fire USA Central Ohio Council
1890 Northwest Blvd. Suite 240
Columbus, Ohio 43212
<http://www.campwyandot.org/>

Camp Wyandot is the pride and joy of the Central Ohio council, and the center of many of our outdoor programs. Situated along Clear Creek in the beautiful Hocking Hills, Camp Wyandot is home to historic cabins and lodges, a lake, swimming pool, and even endangered plant species. Our caring staff and volunteers serve youth in many ways!

Activities:

Nature Hikes
Outdoor Skills Education

Facilities:

Lodge
Cabins
Meals

Driving Distance:

46.6 miles, about 56 minutes

Contact:

Phone: 614-481-8227
Fax: 614-481-8229
info@centralohiocampfire.org

LUTHERAN MEMORIAL CAMP

2790 SR 61
Fulton OH 43321

<http://www.lomocamps.org/lmc.html>

Lutheran Memorial Camp is located near Fulton, just 30 miles north of Columbus. Encompassing more than 400 acres of woods and streams, this camp provides rich opportunities for Christ-centered learning and outdoor living. LMC offers a variety of camping programs for youth throughout the summer. Year round, LMC features retreat facilities and programs, plus environmental education.

Facilities:

Recreational Areas
Low Ropes Course
Meeting Space
Audio Visual Equipment
Fleming Falls Retreat Center
Lodges and Cabins

Driving Distance:

39.5 miles, about 46 minutes

Contact:

Phone: 419-864-8030
Fax: 419-864-1582
lmc@lomocamps.org

THE SALVATION ARMY GREENWOOD LAKE CAMP

340 Lake St
Delaware, OH 43015

<http://www.greenwoodlakecamp.org/>

Located on 68 acres in Delaware, Ohio, Greenwood Lake Camp & Retreat Center is ideally suited to host groups of 50 to 250 from Central Ohio and surrounding areas. We provide comfortable meeting spaces, flexible lodging, recreation opportunities, and full meal service to make your stay memorable. Greenwood Lake, north of Columbus, is a great location for school and church retreats, youth conferences, summer camp programs, band camps, corporate trainings, and other special events. While at Greenwood Lake, you will enjoy a private setting, modern facilities, and a beautiful natural environment. We are conveniently located approximately 30 minutes north of Columbus, Ohio, a few miles west of Interstate 71.

Activities:

Swimming

Fishing

Boating

Hiking

Sports Fields

Team Building

Low Ropes Course

Facilities:

Hill Lodge (large group meetings)

Willis Lodge (smaller meetings and workshops)

Cabins

Picnic Shelter

Amphitheater

Driving Distance:

28.1 miles, about 38 minutes

Contact:

Phone: 740-369-4821

jklemanski@usa.salvationarmy.org

YMCA CAMP KERN

5291 State Route 350
Oregonia, Ohio 45054
<http://www.campkern.org/>

Located on 485 beautiful acres in the Little Miami River Valley of Southwestern Ohio, YMCA Camp Kern is owned and operated by the YMCA of Greater Dayton. Guests will enjoy our air conditioned cabins, dining halls, and well maintained program facilities including an Olympic-sized pool, Circle K Ranch, high ropes courses, a climbing and rappelling tower, a giant swing, Elk Lake, Optimist Pond, a nature center, Rotary Chapel, Tango Tower and Pete's Tower.

Activities:

Teambuilding
Low Ropes
High Ropes
Tango Tower
Zip Lines
Rappelling
Horseback Riding
Canoeing
Hiking
Group Games
Outdoor and Indoor Climbing Wall
Mine Shaft
Giant Swing
Archery

Driving Distance:

78.0 miles, about 1 hour 19 minutes

Contact:

Phone: 513-932-3756 ext. 1526

Toll Free: 1-800-255-KERN

Fax: 513-932-8607

leadershipadventures@daytonymca.org

YMCA CAMP WILLSON

2732 County Road 11
Bellefontaine, OH 43311

<http://www.ymcacampwillson.org/>

Camp Willson staff will provide a friendly, service oriented staff, family style meal service, 455 acres of scenic beauty, a 40-acre glacial lake, and excellent winterized facilities. Our skilled staff can also provide programming and activities to make your event a success.

Activities:

High Ropes Course
Low Initiative Course
Horseback Riding
Sports Field
Climbing Wall
Petting Zoo

Facilities:

18 Winterized Cabins
Lake Mac-o-Chee
ClarArt Center
Pettigrew Dining Center
The Birdhouse
2 Fire Rings

Driving Distance:

59.5 miles, about 1 hour 7 minutes

Contact:

Conference Director
Toll Free: 800-423-0427
Fax: 937-593-6194
conference@ymcawillson.org

ADVENTURE EDUCATION CENTER

4422 Columbus Pike
Delaware, OH 43015

Main Office
Adventure Education Center & SuperGames
535B Lakeview Plaza Blvd.
Worthington, OH 43085
<http://www.adventurecenter.org/>

The Adventure Education Center is a non-profit organization that works with over 35,000 participants a year. School groups of all grade levels, youth/adult church programs, corporate, and small company businesses from all over the state of Ohio are able to gain extraordinary experiences from our programs and staff. We have the most extensive challenge program in the Midwest, with five high ropes courses, 40 station ground level initiatives course, giant ladder, pamper pole, vertical playpen, and numerous large group activities.

Activities:

High Ropes
High Elements
Ground Initiatives
GPS Scavenger Hunt
The Big Picture
Kayaking
Icebreakers
Extreme Go-Cart

Driving distance:

19.9 miles, about 27 minutes

Contact:

Phone: 614-846-8946

Fax: 614-846-1794

EAGLE CREEK LEADERSHIP & CHALLENGE CO.

6665 Eagle Creek Lane
Ostrander, OH 43061
<http://www.eaglecreekohio.com/>

Eagle Creek is a leader in Team Development, and has been providing top companies, nationwide, with Design and Development of Customized Training Programs, Facilitation and Meeting and Event Services for over ten years. Our expert staff can facilitate your program on-site or you can take advantage of our secluded 50 acre campus.

Driving distance:

24.1 miles, about 36 minutes

Contact:

Phone: 614-352-2505

Fax: 614-352-2595

info@eaglecreekohio.com

HOOVER Y-PARK

1570 Rohr Road
Lockbourne, OH 43137

<http://ymcacolumbus.org/hover/>

Hoover Y-Park is a beautiful 70-acre facility located in Lockbourne, Ohio. Hoover offers a myriad of Outdoor and Adventure Education opportunities ranging from climbing towers, zip lines, high ropes, interactive nature programs, live animal programs, team building, and hiking trails. Additionally, we have several shelters, a conference hall, and overnight cabins for family get-togethers, weddings, and meetings.

Activities:

Ground Level Challenges
High Ropes
Climbing Tower

Driving distance:

18.4 miles, about 25 minutes

Contact:

Phone: 614-491-0980

INDOOR ADVENTURE CENTER

1747 East Broad Street
Columbus, OH 43203

http://recparks.columbus.gov/RecCenters/RecCenters_7.asp

This facility is located in the central area of Columbus.

Activities:

Indoor High Ropes Course
Climbing Wall
Teambuilding Activities
Archery
Canoeing and Kayaking
Orienteering

Facilities:

Air Conditioned
Classroom
Gymnasium
Indoor High Ropes Area
Kitchen
Lobby Area
Meeting Room(s)
Microwave
Multi-Purpose Facility
Parking Lot
Portable Climbing Wall
Refrigerator

Contact:

Lori Schaeffer
Phone: 614-645-5972

JOY OUTDOOR EDUCATION CENTER

10117 Old 3C Hwy, PO Box 157
Clarksville, OH 45113
<http://www.ioec.org/home.asp>

Joy Outdoor Education Center was originally founded in 1938 as a summer camp for children from disadvantaged backgrounds and has grown into a year-round operation serving children, schools, families, businesses, and organizations. JOEC's beautiful 315-acre campus is located in Clarksville, Ohio (Warren County) and within 35 miles of Cincinnati and Dayton. Modern meeting, overnight, and dining facilities are nestled amongst JOEC's rolling hills, meadows, and woods.

Activities:

Alpine Tower
Gemini Ropes Challenge
Polaris Ropes Challenge
Indoor Ropes Course
The Pamper Pole
Quantum Leap
Climbing Wall
Group Wall
Survival Simulation
Group Initiatives

Facilities:

Meeting Rooms
Cabins
Dining Facilities
Pond
Pool
Recreation Center

Driving Time:

74.9 miles, about 1 hour and 20 minutes

Contact:

Phone: 800-300-7094
Fax: 937-289-3178

THE NUHOP CENTER

404 Hillcrest Drive
Ashland, OH 44805

<http://www.thenuhopcenter.com/>

The Nuhop Center for Experiential Learning is in the business of helping people and organizations achieve their goals. We strive to exceed the expectations of our clients by creating highly motivating training sessions based on current research in the experiential education field as well as from organizational and management principles being integrated into the cultures of many companies, schools and non-profit institutions. The Nuhop Center consistently provides clients with the opportunity to engage in hands on training sessions that are fun, challenging and results oriented.

Activities:

GPS Adventure
Daytona Challenge
Cycle Works
Master Chef
America's Cup Challenge
Building Bridges

Survivor Challenge
High Ropes Courses
Adventure Race
Urban Journey
Adventure Trek
Personality IQ

Facilities:

Retreat Center
10 Cabins
Dining Facility
Private Beach

Driving Distance:

81 miles, about 1 hour 24 minutes

Contact:

Sandy Parsons
Phone: 419-289-2227
sandy@campnuhop.org

OSU OUTDOOR ADVENTURE CENTER

855 Woody Hayes Drive
Columbus, OH 43210

<http://recsports.osu.edu/outdoor.asp>

The Outdoor Adventure Center (OAC) is committed to providing fun, challenging, and affordable wilderness-based experiences for the Ohio State University community. Through a variety of workshops and backcountry trips, participants will learn the requisite skills to safely enjoy the outdoors. Whether you want an exciting recreational activity, a chance to learn new skills, the opportunity to meet new people, or simply to take a break from academics, the OAC is for you!

Activities:

Low Ropes
Geocaching
Indoor Climbing Wall
Canoeing
Kayaking
Hiking
Biking

Facilities:

Meeting Space
Can accommodate overnight retreats

Driving distance:

on campus

Contact:

Brendan Greisberger
Phone: 614-292-7221
greisberger.5@osu.edu

PLEASANT HILL OUTDOOR CENTER

4654 Pleasant Hill Rd
Perrysville, OH 44864
<http://www.phoc.org/>

Great service, good food, comfortable accommodations and unparalleled Mohican surroundings mean that your next retreat can be near perfect at Pleasant Hill Outdoor Center! You can take advantage of our standard service complete with our quality meal service or rent the main camp and bring your own food. We now offer FREE high speed wireless internet to our guests!

Activities:

High Ropes Course
Teams Course
Archery
Canoeing
Climbing Tower
Mountain Biking

Driving distance:

73 miles, about 1 hour 24 minutes

Contact:

Phone: 419-938-3715
info@phoc.org

SUMMIT VISION

811 Schott Road
Westerville, OH 43081
<http://www.summit-vision.com/>

Summit Vision provides a wide variety of programs designed to meet the diverse needs of schools, colleges, universities and youth groups. We will utilize adventure and experiential learning tools to assist your group in meeting its educational goals. All programming takes into consideration the goals of your group, the developmental level of individual members, and the physical, social and emotional safety of all participants. Summit Vision will meet with group leaders to customize a program that focus on academic concepts, group cohesion, problem-solving skills, healthy decision-making, improving relationships among team-members, conflict resolution, character development and/or other specialized needs.

Activities:

Ground Level Teambuilding
High Ropes Course
Everest Climbing Tower & High Elements
Amazing Race Challenge
Orienteering

Driving distance:

22 miles, about 29 minutes

Contact:

Phone: 614-403-3891
Mailing Address:
5640 Lynx Drive
Westerville, OH 43081

WOODHAVEN FARM

11401 Woodhaven Road
P.O. Box 595
Johnstown, Ohio 43031

<http://www.woodhavenfarm.com/corp.html>

Corporate team building through cooking is an alternative to rope climbing, golf outings, brainstorming sessions, obstacle courses, treasure hunts, etc.

Through the process of food preparation, your group will create both a gourmet meal and a cohesive, results driven team. Good food and dining serve to breakdown cultural and social barriers.

The true focus of the team building experience is to create an atmosphere that promotes comfortable interaction among the team members and an emphasis on having fun.

Driving distance:

32.1 miles, about 44 minutes

Contact:

Phone: 614-470-COOK (2665)

Fax: 740-967-0076

info@woodhavenfarm.com

BERGAMO CENTER FOR LIFELONG LEARNING

4400 Shakertown Rd
Dayton OH 45430
<http://www.bergamocenter.org>

Bergamo Center for Lifelong Learning, a retreat and conference center, was founded in the ecumenical spirit of Pope John XXIII and rooted in the Marianist and Catholic traditions, welcomes all persons and groups of goodwill who seek a tranquil, natural environment in which to refresh the body, expand the mind, and renew the spirit. Bergamo Center offers spiritual formation programs for youth and adult throughout life that deepen self-awareness, develop interior life and elicit a personal faith response to changing times.

Facilities:

Meeting Rooms
Dining Services
Overnight Accommodations

Driving distance:

75.1 miles, about 1 hour 20 minutes

Contact:

Phone: 937-426-2363
Fax: 937-426-1090

CITY OF COLUMBUS RECREATION FACILITIES

<http://recparks.columbus.gov/RecCenters/index.asp>

Recreation Centers Section is a multi-faceted organization that provides recreation facilities and services directly to residents in Columbus neighborhoods. It consists of 30 Neighborhood Recreation Centers, each providing programs and services designed to meet the needs of their community. It also includes the CRPD Therapeutic Recreation Section, which develops accessible programs for the disabled community as well as improving access to all CRPD programs through a variety of accommodations.

Facilities and contact staff vary by site.

EPWORTH CENTER

301 North Main Street
PO Box 538
Bethesda, OH 43719

<http://www.epworthcenter.org/index.html>

The Epworth Center is home to the SOWER Work Mission. It's located in the scenic hills of Southeastern Ohio, near St. Clairsville, OH and Wheeling, WV. SOWERS come as servants to make building repairs for those in need. Epworth Center is affiliated with The United Methodist Church; however, SOWER has an ecumenical focus, welcoming groups from different denominations.

Facilities:

Lodge with Meeting Facilities

Cabins

Fire Ring

Catering or use of kitchen facilities is available

Driving Distance:

116 miles, about 1 hour 56 minutes

Contact:

Phone: 740-484-4705

Fax: 740-484-0252

epworthcenter@sbcglobal.net

GENEVA HILLS

1380 Blue Valley Rd. SE

Lancaster, OH 43130

<http://www.genevahills.com/>

Guided by our faith in Jesus Christ, Geneva Hills strives to create an environment for both Christian and secular education, through summer camps and outdoor experiential education programs.

Geneva Hills also provides a place of peace for relaxation and recovery from the daily grind for the betterment of our churches, schools, businesses, and communities.

Activities:

Camping

Fishing

Hiking

Hayrides

Outdoor Adventure Activities

Swimming

Driving distance:

43.1 miles, about 58 minutes

Contact:

Phone: 740-746-8439

Fax: 740-746-7955

genevahills@midohio.twcbc.com

HEARTLAND CONFERENCE RETREAT CENTER

3201 County Road 225
Marengo, OH 43334
<http://www.heartlandretreat.com/>

Nestled in the midst of over 350 scenic acres, Heartland's well-equipped facilities are suited to host groups from 2-1000, with meal service, accommodations and recreation opportunities available to round out your stay. Heartland is the ideal choice for your next retreat, conference, training event, outdoor school or personal get-away. Enjoy seclusion and comfort in our air-conditioned, carpeted housing. Our campus is approximately 35 minutes north of Columbus, Ohio, within a three-hour drive of most major Ohio metropolitan areas, and easily accessed by interstate highway. Heartland is the perfect place for groups to get away from the daily routine and take time for team building, conferencing, or to just slow down for a few days.

Activities:

Low and High Ropes Courses

Driving Distance:

34.6 miles, about 49 minutes

Contact:

Phone: 740-747-0220

Fax: 740-747-0200

information@heartlandretreat.com

OSU RETREAT HOUSE

2485 W. Case Road
Columbus, OH 43235

The retreat house is located across from the OSU airport. The house comes fully furnished and includes a full-size kitchen, a living room, meeting room space. The Retreat House sleeps 12 in its spacious bedrooms. Linens, including towels and pillows, are included. Open to OSU-affiliated groups for \$75/per day.

Driving distance:
9.3 miles, about 16 minutes

Contact:
Kristyn Biebuyck
Phone: 614-292-8266
biebuyck.1@osu.edu

SHELTERHOUSE RENTALS

11680 Refugee Road
Columbus, OH 43232

<http://recparks.columbus.gov/rentals/Shelterhouses/index.asp>

The Columbus Department of Recreation and Parks has a number of shelterhouses available around Columbus for meetings, retreats, and other gatherings. Capacity of each shelterhouse ranges from 75-175.

Facilities:

Refrigerator
Microwave oven or small stove
Banquet table and chair set-up
Accessible restrooms
Fireplace, Heat & AC

Contact:

Phone: 614-645-3337

sparkspace

300 Marconi Boulevard
Suite 206
Columbus, OH 43215
<http://www.sparkspace.com/>

Give your brain some fresh space! Get comfortable in our overstuffed furniture. Admire the original artwork. Play with our funky fiddle toys. sparkspace is a one-of-a-kind conference facility in Columbus, Ohio, where it's nearly impossible to have an ordinary, boring business meeting.

Energize your ideas, insight, and inspiration! At sparkspace, you can do much more than change your environment. You can change the way your team thinks. Our team programs are refreshingly innovative, engaging, and effective...just like our radically different conference center itself.

Activities:

Cycle Works
QBQ!
RC Grand Prix
Wii Bowling
Urban Adventure
The Box
Thin Air
2 Hours to Better Brainstorming
Number Box

Facilities:

Meeting Rooms (supplies, snacks, and drinks provided)
Catering Available

Driving distance:

3.3 miles, about 9 minutes

Contact:

Phone: 614-224-7727
Fax: 614-224-6838
info@sparkspace.com

SPRUCE HILL INN & COTTAGES

3230 O'Possum Run Rd
Mansfield, OH 44903
<http://www.sprucehillinn.com/>

Relax and enjoy the atmosphere in one of our two stylish cottage floor plans. Both of these upscale yet cozy cottages feature a queen bed, Jacuzzi tub and separate shower. You can request a cottage that includes either a beautiful bay dining area or futon or our second floor plan that includes a scenic deck. Enjoy a more sophisticated atmosphere by staying at the Inn. The Inn hosts over 3500 square feet of beautiful decor, a full kitchen, four bedrooms 3 1/2 baths including a master suite with a step up Jacuzzi tub, formal sitting and dining area and elegant chat room and study. The Lodge has a more rustic flavor with four bedrooms, two baths, full kitchen, dining area and large recreation room.

Driving Distance:

61.8 miles, about 1 hour 15 minutes

Contact:

Phone: 419-756-2200

Fax: 419-756-9825

info@sprucehillinn.com

ST. THERESE'S RETREAT CENTER

5277 East Broad Street
Columbus, Ohio 43213

http://www.st-therese-retreat.org/about_us.html

Begun over seventy-five years ago by Bishop James J. Hartley, the Center has been a "Quiet place where people may come and rest for a while," a place to slow down and be refreshed, a place of peace. There is easy access and ample parking.

Facilities:

3 Meeting Rooms
Dining Room

Driving Distance:

14.7 miles, about 18 minutes

Contact:

Phone: 614-866-1611 (Monday through Friday 9:00am to 3:00pm)

Fax: 614-863-9091

StThereses@aol.com

STS. PETER & PAUL RETREAT CENTER

2734 Seminary Rd. SE
Newark, OH 43056-9339

<http://www.stspeterandpaulretreatcenter.org/>

Saints Peter and Paul Retreat Center is a Christian facility on 500 acres of beautifully wooded grounds in the rolling countryside of Licking County Ohio. Complete with a viewing pond, hiking trails, picnic area and grottos, this facility is owned and operated by the Catholic Diocese of Columbus. The retreat center is designed for use by Diocesan parishes, Christian churches and other groups and organizations.

Facilities:

Chapel

Private and Small Group Conference Rooms

2 Grottos

Cafeteria Service

Two 50-bed Dorm Rooms

Sixteen Private Rooms

Pond

Wooded Walking Paths

Indoor Gymnasium

Outdoor Facilities for Baseball, Soccer and Volleyball

Driving distance:

37 miles or about 44 minutes

Contact:

Phone: 740-928-4246

Fax: 740-928-1512

STONE LAB

<http://ohioseagrant.osu.edu/stonelab>

F.T. Stone Laboratory is the nation's oldest freshwater biological field station and the Island Campus of The Ohio State University. Stone Laboratory, now located on Gibraltar Island in Put-in-Bay harbor, is also the Lake Erie teaching and research laboratory of the Ohio Sea Grant College Program. Don't miss the opportunity to experience Stone Lab and to discover yourself!

We are the shared research facility of the Great Lakes Aquatic Ecosystem Research Consortium, which includes 12 of Ohio's best colleges and universities. Our workshop program draws over 5,000 participants every year. The Laboratory offers around 30 exciting, hands-on science and education courses to college undergraduate and graduate students, educators, and select high school students each summer. Don't miss the opportunity to experience Stone Lab and discover yourself another year!

Facilities:

Housing
Food Service

Contact:

Kelly Dress, Office Associate
Phone: 419-285-2341
Fax: 614-247-6578
dress.3@osu.edu

GLEN HELEN NATURE PRESERVE

Glen Helen Ecology Institute
405 Corry Street
Yellow Springs, OH 45387

<http://www.antioch-college.edu/glenhelen/GlenHelenPreserve/index.html>

Comprised of 1,000 acres of forests, thickets, meadows and scenic rivers, the Glen Helen Nature Preserve is a sacred trust of Antioch College. Each year, about 100,000 people enjoy seasonal changes and participate in what is truly a living laboratory for understanding what nature has to teach us.

Activities:

25 Miles of Trails
Trailside Museum
Raptor Center

Facilities:

Atrium/Auditorium/Outdoor Patio
Round Room
Birch House
Main Lodge with Full Kitchen
Cedar Center Dorm
Hickory & Sycamore Dorms

Driving distance:

56.6 miles, about 1 hour

Contact:

Phone: 937-769-1902
glenhelen@antioch-college.edu

OHIO STATE PARKS

<http://www.dnr.state.oh.us/Default.aspx?alias=www.dnr.state.oh.us/parks>

The following parks are an hour or less from Columbus and have overnight accommodations:

Alum Creek
AW Marion
Buck Creek
Buckeye Lake
Deer Creek
Delaware
Great Seal
Hocking Hills
John Bryan
Kiser Lake
Lake Logan
Madison Lake
Mt. Gilead
Tar Hollow

For a complete list and description of features, see the Ohio State Park website.

BURR OAK RESORT AND CONFERENCE CENTER

10660 Burr Oak Lodge Rd.
Glouster, OH 45732
<http://www.burroakresort.com/>

Perched atop a hill overlooking Burr Oak Lake, Burr Oak Resort and Conference Center blends beautifully into the surrounding forest setting. Accommodations include a 60-room lodge with a variety of guestrooms and 30 cottages scattered throughout the adjacent hillsides. All cottages are located within one mile of the lodge, offering air-conditioning, screened-in porches, fully furnished kitchens, televisions and four to six beds.

Facilities:

Meeting Rooms
Hiking Trails
Swimming Pool
Tennis Courts
Dining Room

Driving distance:

79 miles, about 1 ½ hours

Contact:

Phone: 740-767-2112
Fax: 740-767-4878

MOHICAN RESORT AND CONFERENCE CENTER

PO Box 429
1098 Ashland County Road 3006
Perrysville, Ohio 44864
<http://www.mohicanresort.com/>

Nestled in a scenic river valley of southern Ashland County you will find our unique resort that offers a medley of vacation attractions and a complete range of amenities. Mohican Resort & Conference Center is surrounded by 6,000 acres of Mohican State Forest and borders Pleasant Hill Lake. Hiking, swimming and boating are all available nearby.

Activities:

Hiking
Swimming
Boating

Facilities:

Meeting Rooms
Dining Room
Swimming Pool
Hiking Trails
Lake

Driving distance:

80 miles, about 1 ½ hours

Contact:

Phone: 419-938-5411
Fax: 419-938-7504

SALT FORK RESORT AND CONFERENCE CENTER

US Route 22 East
Cambridge, OH 43725
<http://www.saltforkresort.com/>

Although constructed in the early seventies, this massive pine beam and stone lodge captures the atmosphere and flavor of the grand park lodges built at the turn of the century. Salt Fork Resort and Conference Center is tucked away in the rolling hills of southeastern Ohio, in Ohio's largest state park. The lush wooded surroundings contain miles of hiking and horseback riding trails, large and healthy populations of deer, turkey, flowers, song and water birds all with a view of Ohio's largest state park lake.

Activities:

Game Room	Hiking
Golf	Swimming
Tennis	Boating
Volleyball	Sledding
Basketball	Bonfires
Shuffleboard	

Facilities:

Snack Bar
Fitness Center
Indoor and Outdoor Pools
Meeting Rooms
Dining Room

Driving distance:

93 miles, about 1 ½ hours

Contact:

Phone: 740-435-9000 or 740-439-2751
Fax: 740-435-9096