

The British Army Double Dose!

Thursday 2nd September (pm)/Friday 3rd September 2010

The British Chamber of Commerce in Germany have teamed up once again with the British Army for an outward bound course but this year it will be slightly longer!

We are very fortunate in that the Army have decided to give us a double dose this year by inviting us to spend the evening with them - not in a hotel but in a forest! The following day will test the various skills we use and require in the business world :- for example thinking ability, courage, physical stamina, memory, leadership, control and risk taking.

Initial details about this event are as follows:

Timings:

The event will commence at 4.00pm on Thursday 2nd September 2010. We will all meet at Rheindahlen HQ at the main entrance.

Location:

British Army HQ
Rheindahlen
41179 Mönchengladbach

(Exit Mönchengladbach Heerdt then follow signs to HQ)

(approx 45 mins from Düsseldorf)

As this is an army barracks it will not show up on your sat navs!

All executives are required to bring PASSPORTS as proof of identity which they need to show at the security gate. You will then be given directions to where the car park is also located.

Itinerary:

A brief overview of the event is as follows:

On the Thursday we will spend the evening in the forest. Further details to follow.

On the Friday after breakfast we will be split into teams, followed by a briefing and then escorted to the various Zones located within the barracks.

Each team (4-6 people) will compete and each Zone will have a number of challenges (physical, skill and mental). Teams will decide which of the tasks they want to complete first. If the team completes the task within the set timescale then they will be issued with the highest points. Each team will have a dedicated soldier with them at all times. They will be responsible for monitoring the team score and providing helpful advice wherever possible.

Time:

Thursday 2nd September

4.00pm to 4.30pm Registration/ Admin.

We are all are required to sign an indemnity form prior to commencing the day's activities.

Issue of kit

Welcome by the Lt Col Bedding Commanding Officer,
Rheindahlen Support Unit

Evening and night in the forest

Friday 3rd September

9.30am to 12.30pm Out in the field (various tasks)

12.30pm to 1.00pm Lunch

1.00pm to 5.00pm Out in the field! (various tasks)

6.30pm Talk on leadership

7.00pm Formal Dinner in the Mess & presentation of awards

10.00pm Expected departure time

Please note that there will be the option to stay overnight on the Friday evening at Rheindahlen HQ - this time in a warm bed!

Dress for the day/evening:

Arrival Dress

You should arrive dressed in tracksuit wearing sturdy walking shoes/boots. You will need this dress for also Friday. Please also bring an overnight bag appropriate for sleeping in a forest. Please note that there will be an opportunity to take a shower in the morning.

Please bring water bottles. If you forget then some will be available on the day.

Extra Items

Warm clothing and toiletries for showers. Please remember towels!

Other:

A sense of humour!

Cost:

The cost for this memorable event which also includes all meals and accommodation is as follows:

Members:	70 euros
Non Members:	80 euros

PAYABLE IN ADVANCE!

Deadline for registration is Friday 27th August 2010.

Please transfer your monies upon registration to the following :

Commerzbank
BCCG Region NRW
Sort Code 100 400 00
Account Number 268644204

Ready For Action?

If you are interested in taking part in the Army Day then please complete the attached excel form and return to Thelma.Matuk@t-online.de

It will be a really exciting event this year and it will be worth taking up the opportunity before our soldiers return to the UK.

Further details will be available upon registration.

Thelma Matuk
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NRW Region
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