

Conference and Training Centre
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Conference and Training Centre Impulse Programme



Our Impulse Programme comprises a variety of proposed activities to complement your conference, to create a balance between work and relaxation or to place particular emphasis on specific focal areas. We will be more than happy to assist you in devising a programme suitable to your specific needs.

IMPULSE PROGRAMME – RECREATIONAL ACTIVITIES

Enlivening breaks

Entertaining team exercises help to regain energy and concentration. The 5 or 10 minutes each of these activities will take are well worth the interruption. Some examples:

- Keep the rope moving
- Fun with a huge inflatable ball
- Muscle toning with a fixed elastic band
- Fitness chair
- Blindfold line-up
- Outdoor chessboard navigation
- Juggling exercises
- Keep the ball in motion

Sporting activities

Exercise – ideally outdoors – is an effective form of recreation and will enable you to concentrate better at a conference.

- Swimming in our 20m pool or in Lake Constance
- Accompanied river swims in the Rhine
- Open canoeing on Lake Constance or down the Rhine
- Team rowing in the world's longest rowing boat (42 m in length, for crews of 18 to 24)
- Endurance and strength training in the fitness room
- Skittle competitions on our two bowling alleys
- Billiards, table tennis, darts and table football in our games attic
- Jogging on our panoramic running trail
- Tennis on our two sand courts
- Golf in our golfing area (driving range, putting green, 4-hole course)

- The Marbach Triathlon: hiking – cycling – rowing
- Mountain bike tours in the woods nearby
- And: relaxation in the sauna, in the whirlpool or on the lakeshore

Fun for the whole team

Having fun together, learning something new together, experiencing or even pushing back boundaries, achieving a common objective...

- Fun Olympics in the Attic
- Team cooking in the Castle kitchen
- Sensory experience walks
- Making your own chocolate
- Building a raft as a team, and crossing the lake on it
- Canoe trip in a 10-man open Canadian-style canoe
- A rustic evening in the boathouse
- Drumming for groups
- Painting with artist Tom Leonhardt
- Working as a team to scale a 15m climbing wall
- Introduction to golf
- Golfing fun on the putting green
- Archery – going for a bull's eye

Culture and nature

Interesting excursions are another good way to complement your conference. The Lake Constance region provides a wealth of sight-seeing opportunities right on the doorstep.

- The »Hallen für neue Kunst« modern art gallery in Schaffhausen, with its works by Merz, Beuys, LeWitt, Long, Neumann, Ryman etc..
- Exploring in Hermann Hesse's footsteps in Gaienhofen
- Visiting the Otto Dix studio and museum in Hemmenhofen
- A guided tour of historic Stein am Rhein, with a visit to the Lindwurm Museum and the St. Georg monastery
- The ever-impressive Rhine Falls in Schaffhausen.
- See the Alps from the air on a restored Junkers Ju 52
- The monastic island of Reichenau with its famous Mittelzell Benedictine abbey – a world cultural heritage site
- A leisurely boat trip on Lake Constance or the Rhine
- An ultra-quiet cruise on a modern solar-powered ferry



IMPULSE PROGRAMME – LEARNING BY DOING

Team and leadership exercises

Practice makes perfect, or so they say. But what is the point of perfection, if you can't put it to use?

Our learning by doing programmes are specially designed to promote team learning. Leisure-based activities and challenges which enable you to experience something new and worthwhile. You will learn how to react flexibly, find solutions you had never dreamed of, communicate clearly and work for the team as a whole.

Our 42 acres of grounds are equipped with a whole host of facilities for team and leadership exercises. All of these are available at no extra charge to parties staying with us at Schloss Marbach.

If required, we can put you in touch with the best trainers and lecturers.

Helium stick	<i>permanent communication</i>
Blindfold orienteering	<i>leading and being led*</i>
Blind walk	<i>finding your way as a team*</i>
Trust fall	<i>you can rely on your team</i>
Giant ski	<i>getting the team rhythm*</i>
Spider's web	<i>deploying resources smartly</i>
Amazon	<i>creative solutions lead to success*</i>
Mohawk walk	<i>all for one and one for all</i>
Wall	<i>getting them all across*</i>
Elastic ring	<i>clear instructions are indispensable</i>
Carpet maze	<i>master the unexpected</i>
Symbols game	<i>honoring your communication skills</i>
Giant ladder	<i>just go for it*</i>
Hi-Y	<i>start on your own – succeed together*</i>
Pole climbing	<i>test and overcome your inhibitions*</i>
Climbing wall	<i>experience safety*</i>

* outdoor exercises in the grounds