

Team Building Activities: In order to bring all participants to work together and to build team work, we will involve them in Team Building Activities by dividing them into small groups and try to fulfill the team building exercises :

A. Team Building Exercise 1: One Circle Boom: In this exercise, we need to divide 130 participants into two big groups and each group led by two to three of our Executive Committees. In each big group we will divide them into 5 groups and each group member has to know how to bring all their 10 members to be in one small circle line without one foot getting out.

B. Team Building Exercise 2: Destination and Win: This exercise will involve the same group but with different members and this activity will teach them how to reach to the destination together while all their 5-10 members' legs are bided. Each team will compete with one another.

C. Team Building Exercise 3: All for One: This activity is to deal with water bins/containers with water filled and are bided with rob and all grouped participants will lie down on the beach and use their legs and feet to support the bin and the instructors will fill in the water as much as it is full at the same time rob is bided from one bin to another. This exercise is bring all members to try their best to support one thing (one thing can represent their goal, their community or their society or unity) to stay upward and let them know the importance of team work that they help head their goal successfully.

D: Who is the longest: Participants are divided into two groups (equally). Each group will use their body to line up and connect each others. The group that can connect t longest will win.