

Breakout Newsletter

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Welcome

Welcome to the latest issue of Breakout and to 2008!

We're looking forward to an exciting year, building on our successes of 2007. After the indulgence of Christmas and the New Year you may be thinking about your resolutions and a healthier lifestyle, at work and at home, and we may be able to help. In this issue you can read about some outdoor events we have held at Royal Holloway which may inspire you to get active and hold your own event.

New Accommodation Opens

We are pleased to announce that Royal Holloway's new halls of residence, Williamson, Tuke and Butler opened in time for the start of the autumn term. Over 400 bedrooms provide hotel style en-suite accommodation, all with double beds, and many environmentally friendly features, building on the success of Gowar and Wedderburn. The students aren't the only ones who will be enjoying these facilities however, as they will be available to conference guests outside of term time too, providing extra accommodation during our busy Easter and Summer periods.



NEW! Delegate Leisure Pass

This year Conference Guests will be able to use leisure facilities, such as our fitness suite and yoga & pilates classes, as a benefit of their conference package for no extra fee. Speak to our sales team who can fill you in on this exciting development.



Outside is the new Inside

Despite our disappointing British weather, summer 2007 saw a number of exciting outdoor events at Royal Holloway.

The end of June saw staff members from Autodesk and their families staying at Royal Holloway for their annual summer football tournament. Using Gowar and Wedderburn halls for accommodation, the event went very smooth thanks to their proximity to the sports and social facilities on campus. We were also happy to be able to accommodate families in these rooms too. As well as ice cream and snacks during the day, all guests also enjoyed a private evening BBQ at Medicine, our trendy on-campus bar which is available to guests during the summer.



In August Gala Coral had a great team away day, the highlight of which was learning the fearsome New Zealand Maori Haka dance! Royal Holloway was chosen by PSF events, a bespoke events specialist, to host 150 Gala staff at the on-campus 'east fields' sports pitches for a variety of fun outdoor events.

Guests also enjoyed lunch and dinner in the spectacular setting of the Founders building.



Not wanting to miss out on the fun, the whole Facilities Management department at Royal Holloway held a team building exercise on Nobles field at the college sports centre. Over 100 Facilities Management staff took part in the 'It's a Knockout' style event where highlights included inflatable sumo racing and a bucking bull challenge. Congratulations to the Pink Pussycats Team who emerged victorious and to everyone involved, as the whole event raised £200 for the Shooting Star Children's Hospice.


The Shooting Star
Children's Hospice

Inspired by these to organise your own outdoor team building event for next year?

Here are our 5 top tips:

1. Don't underestimate the time it takes to get all your participants registered and ready to begin. A practice run before the event may help with this.
2. A change of clothes is a good idea if you're likely to be doing wet or messy activities- or even being sprayed by champagne!
3. Keep things simple and effective, remembering that some people may not be able to do everything.
4. Keep your participants well fed and watered. Make sure there is a good selection of snacks and refreshment.
5. Ensure people don't get bored by having extra activities for them to do during periods when they are not involved.



Mini London Marathon

Continuing the outdoor theme of this issue of Breakout, we were once again delighted to welcome back 468 young athletes along with their team managers and race coordinators who stayed at Royal Holloway on the night before they took part in the Mini London Marathon. The event, for 11 to 17 year-olds, is run over the last 2.65 miles of the Marathon course and, like the adult race, finishes in the famous stretch along The Mall.

The Mini Marathon is organised by Bryan Smith, a Marathon coach, whose wife Joyce Smith was the first winner of the full London Marathon in 1981 and went on to win it again the following year. 2007 was their tenth year at Royal Holloway and we look forward to seeing them again in 2008!

Christmas Party Nights

In December we held our Christmas Party nights and Founder's Building was lavishly decorated on the outside as well as on the inside to provide a stunning entrance for party goers, along with their exclusive bucks fizz reception. There was no less festive cheer at Kingswood Hall however, with guests at both venues enjoying a three course silver service meal followed by a disco. If you wish to beat the rush at the end of the year, why not contact the sales office now for information about plans for Christmas 2008!



Win £50 M&S vouchers

You may have noticed that we have a shiny new conferences website. This has been redesigned to give more pictures, features and tools as well as clearer and easier navigation. If you haven't seen it yet, check it out at www.conferences.rhul.ac.uk

As part of our commitment to making the site even better we'd love to know what you think of it. For your chance to win £50 in M&S vouchers please email your comments about the website to neil.perrott@rhul.ac.uk by 29th February and you'll be entered into a prize draw.