

Odyssey Program 2009:

Freshmen: July 26 – July 31

Alumni: July 31 - August 3



General Information – Freshmen and Alumni

Odyssey 2009 Program details:

Daily Schedule

Breakfast: 8:00 am (Café Eliot)

Morning Session: 9:00 am - 1:00 pm

Lunch: 1:00 pm - 2:00 pm (Café Eliot)

Afternoon Session: 2:00 pm - 5:00 pm

Dinner: 6:00 pm - 7:00 pm (Café Eliot)

Evenings

Various activities announced each day.

Odyssey is an opportunity to share with cultures from around the world. The Facilitators will be staying on campus and available for questions and answers at all times.

What to bring with you:

- Freshman Course Homework Assignment (see page 4)
- Attire: casual.
- Bring your own toiletries.
- Wireless internet will be available.
- You are responsible for your own valuables during the Odyssey Program.

Venue:

Nottingham Trent University, Clifton Campus, NG11 8NS

Visit www.ntu.ac.uk for more details about the University and a campus map.

Information on Nottingham: www.nottinghamtouristguide.co.uk

Accommodation:

On-campus housing is at Peverall Hall which has single en-suite rooms. Meals will be provided at Café Eliot and the sessions will take place in John Clare lecture theatre and adjacent rooms.

See the interactive site map for details: www.ntu.ac.uk/about_ntu/maps_travel/campus_maps/clifton/index.html

Travel Arrangements:

Attendees are responsible for their own individual travel costs and arrangements. See details on travel options below but if you require special assistance please let us know.

Car:

Please see map and directions if travelling by car to Clifton Campus:

www.ntu.ac.uk/apps/aboutntuforms/ui/pages/GetDirectionsJS.aspx?sysSection=2

London Airports: Heathrow and Gatwick to Nottingham

There is a direct coach service called Flightlink, which leaves Heathrow and Gatwick Airports every two hours to travel direct to Nottingham Broadmarsh Bus Station. The journey takes about 4 hours from Heathrow and 6 hours from Gatwick. Single trip tickets cost approximately £35 from Heathrow and £38 from Gatwick. There are regular bus and train links from Heathrow and Gatwick airports to London Victoria Station. You can also travel by coach from London Victoria Coach station, which is in central London. It is a 10-minute walk from London Victoria Railway Station. Coaches depart at regular intervals throughout the day; the journey takes approximately 3 hours and costs around £16.

Alternatively, you can travel to Nottingham by train. The journey takes approximately 2 hours. There is a frequent service from St Pancras Station in central London to the Midland Station in Nottingham. To reach St Pancras from Heathrow Airport you should take an underground train on the Piccadilly Line to King's Cross/St Pancras Station. To reach St Pancras from Gatwick Airport you should take a train to Victoria Station and then an underground train on the Victoria Line north to St Pancras Station. The single fare for an open standard ticket is approximately £55. We recommend booking a ticket direct from the airport station through to Nottingham as this is cheaper and saves buying separate tickets for each stage of your journey for the Underground.

Manchester Airport to Nottingham:

This is slightly closer to Nottingham than the airports in London. From Manchester Airport there is a rail link to Manchester Piccadilly Railway Station and an hourly service from the Station to Nottingham Midland Station. A single open standard rail ticket for this journey costs about £29. There is also a regular coach service from Terminals 1 and 2 at Manchester Airport to Nottingham Broadmarsh Bus Station. Details of departure times are available at the Terminals. The journey takes between 4 and 5 hours and a single ticket costs approximately £12.

Birmingham Airport to Nottingham:

An increasing number of international flights now arrive at Birmingham Airport, which is about 2 hours away from Nottingham. There is a railway station at the airport, so you can use this, changing trains at Birmingham New Street Station to travel to Nottingham Midland Station. A single ticket will cost around £17.

Alternatively, National Express Coaches travel between Birmingham Airport and Nottingham Broadmarsh Bus Station. The minimum coach journey time by coach is just over 2 hours. A single ticket costs approximately £10.

Nottingham East Midlands Airport to Nottingham:

Nottingham East Midlands Airport is the nearest airport to the University. There are direct flights to Nottingham East Midlands Airport from various European countries, and shuttle flights from the larger UK airports. A taxi from the airport to the University takes around 15 minutes and costs about £15.

Also, Skylink operates a bus service from the airport to Nottingham City Centre every 30 minutes. The journey takes about 45 minutes. This service runs 24 hours a day but operates hourly from 11.00pm to 4.00am. See www.skylink.co.uk for more details.

Nottingham Broadmarsh Bus Station and Midland Train Station to the University:

After arriving at the Bus or Train Station, you can either get a taxi to NTU (Clifton Campus), which should cost under £10, or get a local bus. There are usually taxis waiting, but if you arrive and can't see any available, you could call Cable Cars on 0115 9229229 or A1 Cars on 0115 9708708. For details of bus services see www.trentbarton.co.uk or www.nctx.co.uk

Odyssey 2009 Odyssey Freshmen Course: July 26 - 31

There are three definite groups for attendees:

Group 1: **Just leaving school** - some going into College, others choosing to work.

Group 2: **At College or working** - uncertain in either your major subject or career choice.

Group 3: **Working or Post Graduate** – attendee has a chosen direction in life, or involved with a subject.

Think about which group you would naturally fit into.

Odyssey Freshman Program Outline

Day 1 AM:

- **Your Expectations from the Odyssey Program**
- **Specific Program Objectives and Thinking Process Roadmap**
- **Review of the Fundamental principles and processes of Theory of Constraints**
 - o Traditional (Limiting) vs. Systems Approach (Enabling) Mindsets that help us deal with Constraints, Complexity, Conflicts, Uncertainty and Bad Choices by others (without blame)
 - o The Five Focusing Steps of Theory of Constraints
 - o The New Simplified Thinking Processes Roadmap which follow the five questions related to making any change or decision within our lives.
 - § Why change?
 - § What to Change?
 - § What to Change to?
 - § How to cause the change?
 - § How to measure/validate the impact of the change and achieve ongoing improvement.

Day 1 PM: **Why Change?**

Defining your subject matter (i.e. which aspect or aspects of your life do you want to improve on or which critical decision need to be made) and learning to apply the Ambitious Target, GAP and Undesirable Effect thinking processes to answer “Why Change?” for your situation / chosen subject matter .

Day 2: **What to Change?**

Learning to use the Conflict Cloud thinking process to answer “What to Change” by verbalize the Undesirable Effects as unresolved conflicts and to find your “Core Conflict” that if removed, will eliminate most if not all of your UDEs.

Day 3: **What to Change?**

Learning to use the 4 methods for breaking unresolved conflict clouds to identify necessary changes in your assumptions and mindsets (injections) that can replace limiting assumptions/mindsets that is blocking you from achieving more goal units

Day 4: **How to Cause the Change?**

Learning to use the Negative Branches and IO Map process to turn your injections into a robust solution that have no significant negatives for you or any stakeholders and which incorporates specific steps to overcome implementation obstacles.

Day 5: How to Measure the impact of your proposed Change and achieve Ongoing Improvement?

Learning to use the TOC way of measurements and five focusing steps to monitor your implementation progress, overcome execution problems and identifying how you will achieve ongoing improvement in your life.

Keynote by Dr. Eli Goldratt

Closing & sharing your commitment to implement the changes you've identified to have a more fulfilling life.

For general Theory of Constraints information and further reference visit: www.toc-goldratt.com

Freshmen Homework Assignment:

Describe on one written page: 30 years from today – Why you have enjoyed a meaningful life.

***Important:* Prepare this assignment prior to July 26 and bring it with you to the Odyssey.**

The assignment should be no more than one page. You will be using this document as a basis for your entire analysis.

Freshmen Registration:

Conducted upon arrival (Sunday, July 26) at the registration table in the George Eliot Building.

www.ntu.ac.uk/about_ntu/maps_travel/campus_maps/clifton/index.html

Freshmen Travel Planning:

Arrival: July 26 before 5 pm.

First Meeting: 6 pm on Sunday, July 26.

Departure: Friday, July 31 after 5 pm or on Saturday, August 1.

There will be accommodation available at the University on July 25 and July 31 if required. Please note this on your registration form.

Odyssey Alumni Course: July 31 - August 3

Our facilitator will be **Dr Eli Goldratt**, developer of the Theory of Constraints (TOC), educator, author, physicist, philosopher, philanthropist and business leader. He is, first and foremost, a thinker who provokes others to think! Dr Goldratt has donated his valuable time and has asked for unrestricted time on any topic he chooses *for the Alumni Group*.

This will definitely be an experience – one of the world's most forward thinkers will be stretching our minds and imaginations.

Alumni Homework Assignment:

If there will be a homework assignment, we will inform you in advance.

Alumni Registration:

Friday July 31 from 1pm at the Odyssey registration table in George Eliot Building - you will be allocated a room in Peverall Hall. Let us know if you will be arriving earlier.

Alumni Reunion:

Friday July 31 at 7 pm – TBD, you will be notified the location of the Alumni Reunion at registration.

Alumni Travel Planning:

Arrival: July 31 before 5 pm.

Alumni Reunion: 7 pm – Friday, July 31

First Meeting: 8:30 am on Saturday, August 1

Departure: Monday August 3, after 5 pm

There will be accommodation available at the University on July 30 and August 3 if required. Please note this on your registration form.