

Activités Team Building dans
LES ALENTOURS DU CENTRE DE CONVENTIONS





Mission Tarraco

Gymkhana urbaine par équipes

Nous proposons que les participants organisés par équipes, doivent passer différentes épreuves et résoudre les questions et devinettes au cours du parcours par la ville de Tarragone, apprenant ainsi sa culture, sa gastronomie, ses traditions et sa vie quotidienne.

Toutes les épreuves doivent se faire en équipe. C'est pourquoi la stratégie et la planification joueront un rôle crucial, parce que cela facilitera aux équipes une distribution plus efficace et puissante, pour ainsi gagner plus de points.

Chaque équipe devra compléter les questions d'un Manuel de Route pour être l'équipe avec plus de points.



Tarragone, ville Patrimoine mondial est une merveilleuse ville millénaire. À cause de son importance et sa beauté. La ville préside l'aire de la Costa Daurada. La ville fut l'origine de la romanisation de la Péninsule Ibérique et plus tard de la christianisation.

La ville a une collection unique de monuments romains et médiévaux. La cathédrale gothique, les murs romains, les tours, ses ruines et autres monuments historiques, peuvent se visiter en suivant l'exceptionnel parcours du Tour Archéologique, où on peut profiter des vues magnifiques à l'intérieur du district.

Tarragone, ville millénaire, a une collection unique de monuments romains et médiévaux où se détachent les suivants:

Cathédrale / Tour Archéologique
Maison Castellarnau (S XIV – XVIII)

Cirque Romain / Amphithéâtre
Prétoire Romain / Monument aux tours humaines



Nous proposons que les participants organisés par équipes, doivent passer différentes épreuves et résoudre les questions et devinettes au cours du parcours par la ville de Tarragone, apprenant ainsi sa culture, sa gastronomie, ses traditions.

Les assistants partagés par équipes visiteront les zones les plus emblématiques de la ville:

- Monuments plus importants
- Edifices historiques
- Coutumes

Toutes les épreuves doivent se faire en équipe. C'est pourquoi la stratégie et la planification joueront un rôle crucial, parce que cela facilitera aux équipes une distribution plus efficace et puissante, pour ainsi gagner plus de points.

Les assistants après terminer l'activité auront réussi à: Entrainer dans un environnement différent du jour à jour du travail en équipe pour atteindre les objectifs. Augmenter son degré de compromis et intégration dans l'entreprise et l'interaction entre eux mêmes.



Agenda orientative

Matériel par équipe

Deux planos de situation*

Un Livre de Route*

*Ces matériaux peuvent être imprimés ou bien numérisés à travers de Event App personnalisée avec l'image de client

Les matériaux seront personnalisés en fonction des besoins du client.

20 min Instructions de l'activité et organisation des équipes

20 min Déplacement à Tarragone

2 horas Tarragone Romaine, gymkhana urbaine par équipes

Point final de l'activité où l'organisation remasser les matériaux des différentes équipes

20 min Déplacement à PortAventura

Cérémonie de prix dans le moment choisi avec le client



Dynamique avec des ballons de basketball

S'entraîner à PortAventura

Les exercices sont la base des entraînements des équipes de basketball, même à haut niveau. Cela sert pour la préparation du 5 contre 5.

Toñín Llorente, ex joueur de basketball professionnel durant 20 ans, sera celui qui dirigera cette activité.

Il y a trois dynamiques. La première est la plus facile et la troisième la plus compliquée à réaliser.



Pour pouvoir surmonter l'épreuve des ballons, il sera indispensable que les équipes montrent leurs valeurs les plus importantes en tant qu'équipe :

Concentration
Communication
Surpassement
Collaboration
Interaction
État d'âme positif

Tous les joueurs devront coopérer pour pouvoir surmonter les différents objectifs.

On finira l'activité avec un exercice : « retour à la maison ». Cela servira à augmenter la confiance du groupe.

2 heures



Régate d'entreprise

Les participants pourront découvrir un monde passionnant et effectuer une régate ou voyager en mer ouverte, dans laquelle tous les participants participeront activement à la gestion des navires.

Au début de l'activité, les participants apprendront les règles de base pour naviguer, et toutes les informations nécessaires au sujet de la sécurité à bord.

Cette activité, dans laquelle les participants auront le plaisir de faire une activité différente, nous aidera à promouvoir les qualités telles que la communication, l'engagement, le travail d'équipe, le leadership, l'atteinte des objectifs ...

3 heures



Départ en Catamaran

Les participants pourront profiter d'une sortie en catamaran. Ils profiteront d'une journée de détente et de navigation sur le Côte Dorée.

- Transfert au port de Cambrils
- Sortie du groupe et liberté de navigation.
- Les participants pourront prendre le soleil à bord du catamaran.
- A mi-chemin, le catamaran s'arrêtera pour que les participants puissent aller nager et plonger.

Durant les 3 heures, il y aura de la bière et des boissons gazeuses (gratuites).

Important: Il n'est pas nécessaire que le groupe ai de l'expérience dans les sports nautiques.

3 heures



Compétitions sportives

Les Jeux olympiques d'entreprise seront une compétition de différents sports avec l'aide de la plage de Salou, on utilisera différents équipements sportifs qui nous permettront de développer les sports choisis par le client.

Dans le cas où la compétition s'effectuera sur la plage, voici les sports qui pourraient être choisis:

- Beach Soccer
- Volleyball de plage
- La pétanque
- Activités chorégraphiées comme l'aérobic, latino et l'interprétation musical

Pour développer les activités sportives nous proposons les installations de PortAventura ou la plage de Salou.

La durée s'adaptera au nombre de participants

Directeur de l'activité

Licencié en Droit par l'Université Complutense de Madrid.

Après avoir été Junior international, il a été un joueur de basket-ball professionnel pendant 20 ans et a terminé sa carrière au Real Madrid.

Il a beaucoup d'expérience dans l'organisation, la coordination et la direction d'activité sportives, ainsi qu'une ample trajectoire dans le domaine du travail en équipe.

Il collabore comme analyste et commentateur dans différents médias de communication et durant la campagne 2011-2012 il a fait parti du Staff technique de A.S Roma avec Luis Enrique.





Une activité unique pour votre groupe

Nous vous donnons l'opportunité de personnaliser et adapter les activités en fonction de vos besoins, en passant dans les différentes épreuves les messages que vous considérez clé pour votre entreprise (objectifs de l'entreprise, lancement de nouveaux produits...)

SOCIAL CSR



We take you to a Child Care Center to collaborate with them. This activity consists of improving the spaces dedicated to children. The goal is to improve their quality of life.

We carry out all our activities with entities and foundations of the Third Social Sector.

COMPETENCES

- increase the engagement
- improve team relationships
- support to the Third Sector
- fun and motivation



SDG



indoors and
outdoors

Spanish
English

15 - 500
pax

teams
5-15 pax



Comforable
clothes



Collaborating
entity

Fedaia

SOCIAL CSR



We propose a raid of thematic and solidarity activities where the participants will have fun and will contribute by collaborating with different NGOs, associations and foundations. We will transform the outdoors of the place where the action is carried out into a "solidarity fair". Each stop of the "fair" will correspond to an entity that will carry out a sustainable action, which may be a game, a workshop, an activity, etc.

Fun actions that favor teamwork, cooperation and social involvement.

COMPETENCES

- increase of engagement
- improve team relationships
- support to the Third Sector
- fun and motivation



SDG



SOCIAL CSR



LET'S BUILD A BETTER WORLD

Let's build a better world is a sustainable action that consists of creating, designing and building games and toys for children. The goal is to stimulate the game of the children at risk of social exclusion or schools with few resources.

The items that can be built are theaters, musical instruments, assembled games, puppets and/or bicycles.

COMPETENCES

- stimulation of proactivity
- resource management
- support to the Third Sector
- fun and motivation



SDG



indoors and
outdoors

Spanish
English

15 - 1000
pax

teams
5-15 pax



Comfortable
clothes

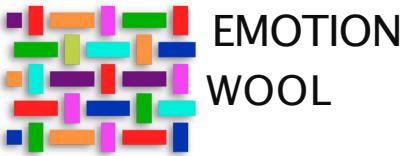


Collaborating
entity

Fedaiá



SOCIAL CSR



EMOTION
WOOL

EMOTION W O O L is a workshop where people work together to achieve a common goal: to join effort and creativity to create a handmade felt tapestry. Each participant brings their imagination and creativity joining and intertwining colored yarns until a large tapestry is obtained. The result can be framed and exhibited in the company to make it an unforgettable memory. In addition to being spectacular!

<https://youtu.be/BjzEBxhAsoU>

COMPETENCES

- develop creativity
- team leadership
- support to the Third Sector
- fun and motivation



SDG



2h	indoors and outdoors	Spanish English	15 - 200 pax	teams 5-15 pax
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Com fortable clothes



Collaborating entity



SOCIAL CSR



The aim of this activity is the donation of bicycles to children's day-care centres. The activity has 3 phases:

Phase 1. To get the parts we will do a gymkhana with fun tests.

Phase 2. The assembly of the bicycle.

Phase 3. Race. Each team will compete with its bike in a relay race. Are you ready to take on this challenge of solidarity?

COMPETENCES

- develop creativity
- sustainable learning
- support to the Third Sector
- fun and motivation



SDG



2 - 2'5h



indoors and
outdoors



Spanish
English



10 - 200
pax



teams
5 - 12 pax



Comfortable clothes



Collaborating
entity

Fedaia



ENVIRONMENTAL CSR



Transformative activities that help the planet. With these actions we help environmental projects with transversal actions that support the three basis of environmental restoration: habitat improvement, enhancement of biodiversity and public use management. All the actions are carried out in the territory in collaboration with naturalist entities and the Xarxa per la Conservació de la Natura.

COMPETENCES

- increase of engagement
- improve team relationship
- environmental care
- fun and motivation



SDG



3h	outdoors	Spanish English	15 - 1000 pax	teams 5 - 15 pax
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Comforable clothes

Collaborating entity



ENVIRONMENTAL CSR BEACH CLEANING DAY

An environmental recovery activity based on waste clean-up and awareness of the use of plastics in the marine environment. Our proposal is to carry out a beach cleaning action from two different points of view: one focused on the big residues (macro cleaning) and the other on the small, focusing especially on microplastics (micro cleaning).

COMPETENCES

- improvement of relationships and team dynamics
- increase of engagement
- environmental care
- fun and motivation



SDG



2h

outdoors

Spanish
English

15 - 200
pax

teams
6 - 12 pax



Comfortable clothes



Collaborating
entity



ENVIRONMENTAL CSR



FOR THE PLANET

This activity contributes to social and ecological improvement of our environment. The participants enhance their creativity and the values of teamwork, solidarity and generosity. For the planet is a sustainable action that consists of creating, designing and building a different elements. These will be donated to entities that focus on the conservation of the environment.

<https://youtu.be/04Eefbx7Ek8>

COMPETENCES

- stimulation of proactivity
- improve team relationship
- environmental care
- fun and motivation



SDG



3h



indoors and
outdoors



Spanish
English



15 - 1000
pax



10 - 12 pax
teams



Comfortable clothes



Collaborating
entity



XCN

KARXA PER A LA
CONSERVACIÓ DE
LA NATURA



ENVIRONMENTAL CSR



Ecorienteering

An orientation race in which we will solve questions about the environment and carry out sustainability tests while enjoying the surroundings. At each point the teams will find a question related to the environment and the SDGs and will carry out sustainable tests. The objective of the activity is to mark the maximum number of points on the map, answer the questions correctly and solve the tests.

COMPETENCES

- spatial orientation
- knowledge of the environment
- improvement of relationships and team dynamics
- fun and motivation



SDG



Comfortable clothes



Collaborating entity



TEAM WORK

GRAND PRIX

An activity in which the ingenuity, creativity and skills of the group are put into practice. The participants are divided into different teams as in Formula 1. Each team must assemble an almost life-size Formula 1 prototype following instructions and with a dose of ingenuity.

COMPETENCES

- planning and time management
- transversal communication
- team leadership
- fun and motivation



SDG



indoors and
outdoors

Spanish
English

15 - 500
pax

teams
10 - 12 pax



Need of 500m² space
Tables
Outdoors space



TEAM WORK



Transversal communication, leadership, creativity, innovation, etc. This are some of the necessary ingredients you need to be able to build a chain reaction machine that fits together and works jointly between all the teams. Do you see any resemblance with your company?

To achieve the challenge, the teams will have to conceive, plan, design and build with the materials and tools that they will find in the storage area.

COMPETENCES

- planning and time management
- transversal communication
- team leadership
- fun and motivation



SDG



indoors and
outdoors

Spanish
English

10 - 1000
pax

teams
6 pax



Need of 500m2 space
Tables for the construction



TEAM WORK



Drawing, painting or graffiti are some of the most popular and characteristic expressions of art of all time. This workshop is based on creativity, design and experimentation with the world of painting and drawing. The objective is to design and capture the values of the company in a creative and participatory way. You can create an individual mural per team, or a collage that, when joined, becomes a big painting.

COMPETENCES

- planning and time management
- transversal communication
- creativity
- fun and motivation



SDG



2h

indoors and
outdoors

Spanish
English

5 - 500
pax

teams
6 pax



Tables



TEAM WORK



If you like travelling, competition and adventure, this is the activity for you. You will have to build and decorate your plane, choose a pilot and fly at ground level: you will have to become experts in the handling of your aeroplane and fly it around the world. A new exciting and fun activity in which your skill and ingenuity will be decisive to be the first to make the trip we have prepared for you. Fasten your seat belts, we're taking off!

COMPETENCES

- planning and time management
- transversal communication
- team leadership
- fun and motivation



SDG



2'5h	indoors and outdoors	Spanish English	15 - 500 pax	teams 8 - 10 pax
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Need of 500m2 space
Tables
Outdoors space



TEAM WORK

the kheops pyramid

En esta actividad tendréis que construir una pirámide afrontando dos retos: uno por equipo y otro colectivo. Una actividad cooperativa en la que se demuestra que a partir de pequeñas acciones se consiguen grandes objetivos.

La actividad se divide en tres partes. Dibujo y montaje de los poliedros por equipos. Ensamblaje de los poliedros de cada equipo en una pirámide. Decoración y transporte de la pirámide del faraón.

COMPETENCIAS

- planificación y gestión del tiempo
- comunicación transversal
- liderazgo de equipos
- diversión y motivación



ODS



15 - 2 h



interior y exterior



Esp-
Ing-



20 - 200 pax



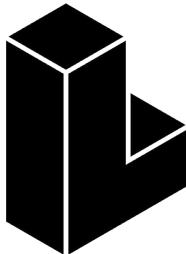
6 - 10 pax



sala diáfana y con altura
mesas



TEAM WORK



LOGO BUILDING

All together you create your company. Let's live it up! Through a choreography or a colorful graffiti, you will recreate the brand logo of your company following a design. You will hold some cardboard to delimitate the shape.

There are two options to create your logo: with white cardboard and with a choreography, or in full colour with graffiti. You choose what suits your team best.

COMPETENCES

- capacity of adaptability
- body expression
- creativity
- fun and motivation



SDG



ENTERTAINMENT



With Urban Tour activity we propose you to learn in a fun and dynamic way the architecture and history of the city by having a map, random photos of the most emblematic elements and... a lot of cunning!

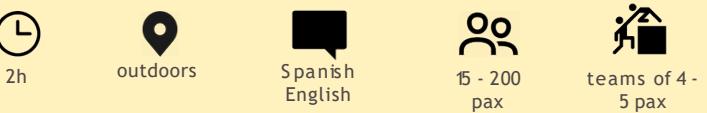
With this activity we bring the city closer to you in a fun way, touring the streets and squares, visiting the most representative points and giving you information of interest.

COMPETENCES

- planning and time management
- cultural learning
- information management
- spatial orientation



SDG



Projector and screen for big groups



ENTERTAINMENT

PERCUMUSIC

A percussion workshop that will make you vibrate, express yourself, get excited and have fun, by making music! You will develop rhythmic awareness and musical-body coordination.

The activity begins with a brief explanation of how to play the djembe to gradually increase the complexity of the rhythms learned to be able to end with a great final rhythmic explosion.

COMPETENCES

- rhythm and musical awareness
- adaptability
- improve team interaction
- fun and motivation



60 - 90 min



indoors and
outdoors



Spanish
English



5 - 250
pax



Chairs



SDG



GASTRONOMIC

ENIGMA

RomCremat

BURNT RUM

This activity consists on an orientation game and combines physical and mental activity. You will have to understand the information on a map and solve all the puzzles and enigmas in order to obtain the necessary materials and ingredients to make a "Rom cremat". After making the "Cremat", we will do a tasting to find out which is the best one.

COMPETENCES

- planning and time management
- learning and application of what has been learned
- improve team interaction
- fun and motivation



15 - 2h



outdoors



Spanish
English



15 - 150
pax



teams 6
- 8 pax



Comfortable clothes



S DG



**ADVENTURE
& HEALTH**



SSC consists of carrying out a set of tests so that the participants have fun and work as a team. Ingenuity, action and adventure are perfectly combined in such a way that the participants must apply all their skills and expertise to be able to solve the challenges by working in a coordinated way. A rotation of different tests with the aim of combining various types of challenges so that all the skills of the participants are represented, and can contribute to the victory of their team,

COMPETENCES

- communication and strategy
- team leadership
- improve team interaction
- fun and motivation



SDG



ADVENTURE & HEALTH



It consists of a set of challenges to overcome your limits as a team by applying the collective potential of each of you. Mastering fear, strengthening your bravery... The activities will be carried out in a determined time. Once this time has passed, the team will move on to the next challenge.

Challenges:

- Courage
- Companionship
- Fear
- Concentration
- Time
- Confidence

COMPETENCES

- communication and strategy
- team leadership
- improve team interaction
- fun and motivation



SDG



2 - 2'5h



indoors and outdoors



Spanish English



25 - 200 pax



From 500m²
separate darkened room
(fear test)



ADVENTURE & HEALTH



You don't play with your life... or do you? We will challenge you to give your all for your team. Victory in each test will lead you to success and allow you to keep your "life". A rotation of quick and easy tests based on the series and adapted to be done as a team.

Ready to give it your all? Let the game begin.

Challenges:

- Red light - green light
- Tug of war- Tirasoga
- Glass bridge (minesweeper)
- Marbles
- Sugar Honeycombs
- Twister
- Aiming

COMPETENCES

- communication and strategy
- team leadership
- improve team interaction
- fun and motivation



2 - 2'5h



indoors and outdoors



Spanish English



25 - 200 pax



From 500m2



SDG



ADVENTURE & HEALTH



This activity brakes with your routine by adding adventure and action. It makes you evaluate each step, leave your comfort zone and work as a team. Activities where fun, challenges, sustainability, communication and team coordination will be essential. Workshops to choose:

- Archery
- Orientation
- Segway
- Camper tent
- Bridges
- Solar kitchen

COMPETENCES

- communication and strategy
- team leadership
- improve team interaction
- fun and motivation



SDG



60 - 90 min



outdoors



Spanish
English



10 - 200
pax



Comfortable clothes



ADVENTURE & HEALTH

TREKKING

Reconnect with nature by walking through the mountains and enjoying the environment. You will discover the landscape, the nature and the history of unique places with the company of a guide.

We will prepare a route near the hotel where you are staying or we can take a transfer and go to the nearest natural park.

Some routes:

- Natural park Montseny
- Natural park La Mola
- Natural park Guilleries
- Serralada Litoral

COMPETENCES

- culture and learning
- physical exercise
- improve team interaction
- contact with nature



Según la ruta

outdoors

Spanish English

10 - 100 pax



Sports clothes
Trekking shoes
Transfer (if needed)



SDG



ADVENTURE & HEALTH



"Mens sana in corpore Sano" could be the motto of this day dedicated to body and mind care. Healthy Day is a day of healthy lifestyle and sports activities, and dynamics supervised by professionals. Participants will be able to choose the ones that best suit their needs and concerns. Workshops to choose:

- Running
- BTT
- Hiking
- Yoga
- Orientation
- Laugther therapy

COMPETENCES

- body awareness
- stress relief
- mind and body care
- improve team interaction



SDG



60 - 90 min



outdoors



Spanish
English



10 - 200 pax



Comforable clothes



Collaborating entity

COS



ADVENTURE
& HEALTH



Alegría Laughter Therapy Workshop is carried out using clown techniques with body language and games. This workshop is always carried out in group to achieve the contagious effect of laughter. A natural way to release physical and emotional tension. The goal is to release tension and promote emotional and psychological balance by having a good time leaving behind the daily routine.

COMPETENCES

- self-esteem and confidence
- stress relief
- self-knowledge
- fun and motivation



SDG



45 - 60min	indoors and outdoors	Spanish English	15 - 60 pax
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Chairs

