

Team Building activities around **Convention Centre**





Mission Tarraco

Urban Challenge in Tarragona

The attendees divided in teams, and in a different way, will visit the most emblematic zones of the city living a fascinating journey through the time tunnel!

All the tests will have to overcome them always in teams. Therefore the strategy and the planning will play a decisive role, since this will facilitate the teams to be distributed by the city by major efficiency and power, thereby, to add more points and to overcome more proofs.



Tarragona, a city with a history of more than 2000 years, was one of the most important capitals of the Roman Empire. Tarragona is one of the few cities with circus, theatre and amphitheatre. These three architectonic pieces, along with the wall that surrounds the city, are the most important legacies from Roman Tarragona. From the Medieval Age, Tarragona preserves the Cathedral and some churches from the XII century, located in the highest part of the ancient Roman enclosure.

The UNESCO confirmed this historic legacy when it named Tarragona World Heritage Site on the 30th. November 2000.

The attendees divided in teams, and in a different way, will visit the most emblematic zones of the city living a fascinating journey through the time tunnel!

Famous monuments
Historic buildings
Customs



All the tests will have to overcome them always in teams. Therefore the strategy and the planning will play a decisive role, since this will facilitate the teams to be distributed by the city by major efficiency and power, thereby, to add more points and to overcome more proofs.

The teams will be given a specially designed map of Tarragona that will outline all the tasks. These tasks must be completed as a team and within the time allocated.

The activities and tests will have different score ratings according to the level of difficulty. The teams will also have to answer questions found in the event app.

To do this they will have a set amount of time, a special map of Tarragona and an event app in which each team will have identified all the challenges it has to pass; always as a team, not individually



Photographic challenges

Teams will receive, in the material included in the event app downloaded by them before the beginning of the activity, information with which, during the activity's development, they must improvise "selfies" or photos in Tarragona's emblematic places in which the team members are the protagonists.

Locations challenge in places of interest in Tarragona

In this challenges, teams must locate in Tarragona's map, the indicated places and once there, answer the question suggested in the event app. These tests will be situated in places of interest all around Tarragona, and the validity of the answer will be registered immediately by the event app that will instantly add the points won by each team.

Video tests Video Challenge

In these 2 challenges, teams will have to record themselves making a video with the phone of any member of the team. The video needs to be related to the place in Tarragona indicated in the event app where it must be recorded.



Materials

- 1 Map for each team
- 1 Passport for each team
- 1 Route Manual for each team

*These materials will be handed digitalized by a personalized event app along with the image suggested by the client

Tentative schedule

20 min Instructions of the activity and organization of the teams

20 min Transfer to Tarragona

2 hours Urban Challenge Tarragona

20 min Transfer to PortAventura

End of activity The organization will collect materials from teams

Prize giving in the time agreed with the client



Basket balls dynamics

Training in PortAventura

This dynamics is based on exercises usually used in basketball teams training, even in the highest competitive level as a preparation to the most specific 5 vs. 5.

Toñin Llorente manages this activity. He has been professional basketball player for 20 years.

These are three dynamics planned to offer increasing difficulty and therefore increasing magnitude of the challenge, from the first exercise to the last one.



To achieve the objectives it will be fundamental the teams show those values involved in high performance teams:

Concentration.
Communication.
Eagerness to improve.
Cooperation.
Interaction.
Healthy emotional state of mind.

Everyone's involvement is required to achieve activity aims.

Dynamics ends with a "back to cool" exercise and reinforcing group confidence.

Duration 2 hours



Regatta

The participants will discover an exciting world unknown for them making a regatta in which all the attendees will participate actively in the management of the boats.

At the beginning of the activity the participants will learn the basic rules to sail, and all the necessary information for the security on board.

With this activity simultaneously which the participants enjoy making a different activity and, it will help us to harness aspects like the communication, the commitment, the work in team, the leadership, the attainment of objectives...

Duration 3 hours



Catamaran sailing

The participants will depart from port carrying the large catamaran sailing. They will enjoy the golden Costa Daurada coastline.

Organization and development of the activity:

- Transfer to Cambrils
- Free navigation
- The participants will enjoy the large catamaran sailing.
- During all de trip they have free bar (beer and soft drinks)
- Free navigation and return to port.
- Transfer to PortAventura

Important It is not required that the group has experience in nautical activities

Duration 3 hours



Sports Competitions

The attendees divided by teams, will have to face to a sports competition in different modalities that might be: **Football, volley, fitness, french ball.**

We propose the accomplishment of the competition in the following places:

Salou's beach or PortAventura 's facilities or one of the Sports Centre around the resort

For the accomplishment of the competition each person will have a team assigned inside the sports modality that they choose before.

The competition will develop in such a way that in each of the disciplines all the teams could play against all.

Duration - adaptable

Activity Manager:

Antonio Llorente Gento

Licenciado en Derecho (Law Graduate) in Universidad Complutense de Madrid.

After being Junior International, played as professional basketball player for twenty years, ending his career in Real Madrid.

He has long experience on organization, planning, coordination and managing in sport activities. He has also many years' experience on teamwork.

He cooperates as an annalist and as a commentator in several media. He was member of Staff of A.S. Roma alongside Luis Enrique Martínez in season 2011/2012.



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



3h



indoors and
outdoors



Spanish
English



15 - 500
pax



teams
5-15 pax



Comfortable
clothes



Collaborating
entity

Fedaiia



SDG



SOCIAL CSR



3h



indoors and
outdoors



Spanish
English



15 - 500
pax



teams
5-15 pax



Com fortable
clothes



Collaborating
entity



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



2h



indoors and
outdoors



Spanish
English



15 - 1000
pax



teams
5-15 pax



Com fortable
clothes



Collaborating
entity

Fedaia

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.

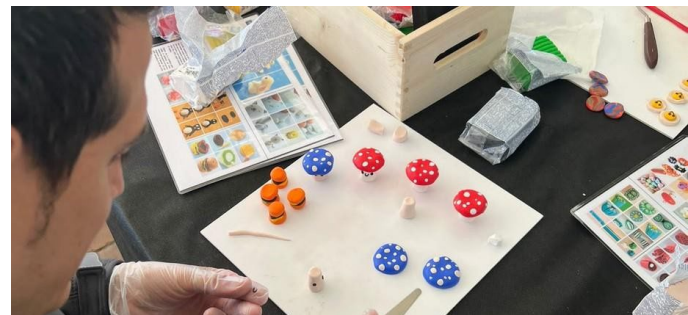
The items that can be built are theaters, musical instruments, assembled games, puppets and/or bicycles.

COMPETENCES

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



SDG



SOCIAL CSR



EMOTION WOOL

EMOTION WOOL 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



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



3h



outdoors



Spanish
English



15 - 1000
pax



teams
5 - 15 pax



Com fortable
clothes



Collaborating
entity



SDG



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



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/O4Eefbx7Ek8>

COMPETENCES

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



SDG



3h



indoors and
outdoors



Spanish
English



15 - 1000
pax



teams
10 - 12 pax



Comfortable clothes



Collaborating
entity



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



3h



outdoors



Spanish
English



15 - 1000
pax



teams
2 - 4 pax



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



3h



indoors and
outdoors



Spanish
English



15 - 500
pax



teams
10 - 12 pax



Need of 500m2 space
Tables
Outdoors space

SDG





2h



indoors and
outdoors



Spanish
English



10 - 1000
pax



team s
6 pax

TEAM WORK

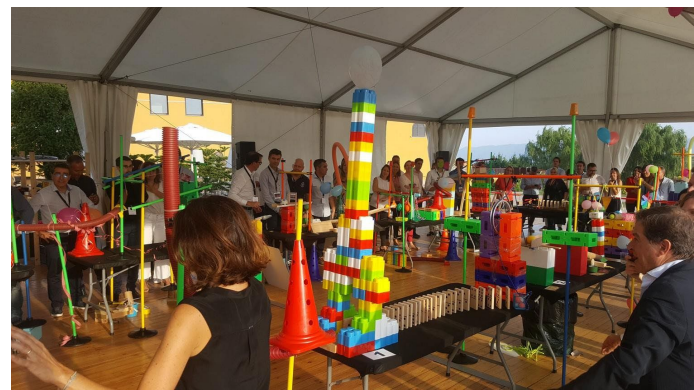


Transversal communication, leadership, creativity, innovation, etc. This are some of the necessary ingredients you need to be able to build a chain reaction machine that fits together and works jointly between all the teams. Do you see any resemblance with your company?

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.



Need of 500m2 space
Tables for the construction



COMPETENCES

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



SDG



TEAM WORK



2h



indoors and
outdoors



Spanish
English



5 - 500
pax



team s
6 pax



Tables

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





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



2'5h



indoors and
outdoors



Spanish
English



15 - 500
pax



teams
8 -10 pax



Need of 500m2 space
Tables
Outdoors space

SDG



TEAM WORK

the kheops pyramid



15 - 2h



interior y
exterior



Esp-
Ing-



20 - 200
pax



equipos
6 - 10 pax



sala diáfana y con altura
mesas

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

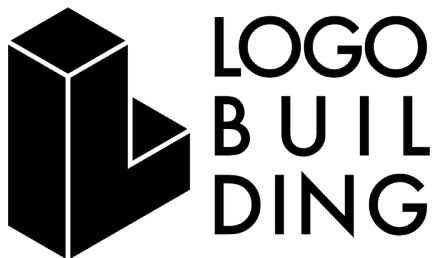
- planificación y gestión del tiempo
- comunicación transversal
- liderazgo de equipos
- diversión y motivación



ODS



TEAM WORK



15 - 2h



outdoors



Spanish
English



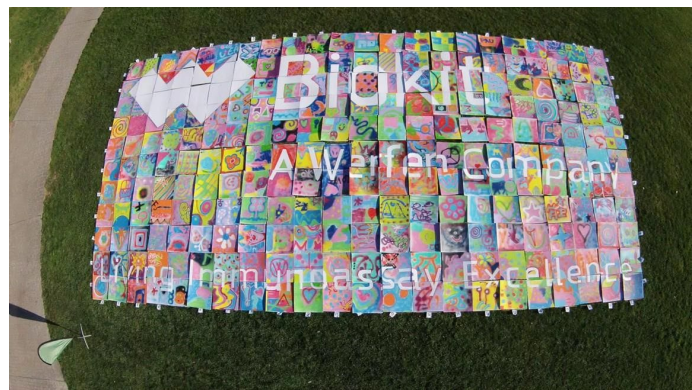
50 - 1000
pax



Dron

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 s o m e 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

URBAN TOUR

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



2h



outdoors



Spanish
English



15 - 200
pax



teams of 4 -
5 pax



Projector and screen for big groups



SDG



⌚
60 - 90 min

📍
indoors and
outdoors

🗨️
Spanish
English

👥
5 - 250
pax

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



Chairs

SDG



ENIGMA

GASTRONOMIC

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



SDG



ADVENTURE & HEALTH



2 - 2'5h



outdoors



Spanish
English



10 - 500
pax



teams
5 - 12 pax



Need of 500m2 space
Comfortable clothes

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

TO THE LIMIT

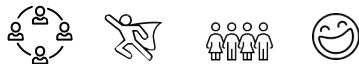
It consists of a set of challenges to overcome your limits as a team by applying the collective potential of each of you. Mastering fear, strengthening your bravery... The activities will be carried out in a determined time. Once this time has passed, the team will move on to the next challenge.

Challenges:

- Courage
- Com panionship
- Fear
- Concentration
- Time
- Confidence

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
separate darkened room
(fear test)



SDG



ADVENTURE & HEALTH

SQUID GAME

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

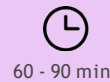


This activity breaks with your routine by adding adventure and action. It makes you evaluate each step, leave your comfort zone and work as a team. Activities where fun, challenges, sustainability, communication and team coordination will be essential. Workshops to choose:

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

COMPETENCES

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



60 - 90 min



outdoors



Spanish
English



10 - 200
pax



Comfortable clothes



SDG



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 Guilleries
- Natural park La Mola
- 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
- Laughter therapy

COMPETENCES

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



60 - 90 min



outdoors



Spanish
English



10 - 200
pax



Com fortable
clothes



Collaborating
entity

COS



SDG



ADVENTURE & HEALTH



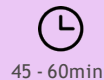
Alegria Laughter Therapy Workshop is carried out using clown techniques with body language and games. This workshop is always carried out in group to achieve the contagious effect of laughter. A natural way to release physical and emotional tension. The goal is to release tension and promote emotional 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



Chairs

