

# Outdoor Team Building activities





## **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 8 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.



## **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





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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 mannequin challenge 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
- 1 Pen

## 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 client0



## SSC (Smart and Skills Challenges)

Fun and ingenious challenges

This activity is a series of trials. You can choose from among the following options.

- |                     |                              |
|---------------------|------------------------------|
| 1 Archery           | 7 Games of skill             |
| 2 Ingenuity         | 8 The senses                 |
| 3 Crazy sport       | 9 Drum music                 |
| 4 Orienteering      | 10 Creating logos            |
| 5 Skills            | 11 Artistic creations        |
| 6 Traditional games | 12 Let's make a better world |

SSC Smart & Skills Challenges is a perfect combination of talent, action and adventure. You'll need to use all your skill to overcome our challenges by working together as a team.





## Creativity Art

Graffiti are a popular form of urban art

This activity is a workshop involving creativity, design and experiments with graffiti and drawing in general. You will make some model designs and templates to use in the creation of two group murals portraying a message or advertising statement agreed with your enterprise. The wall for decoration is made out of cardboard boxes (outdoors) or canvas (indoors), which participants will paint at the same time on both faces.





## Healthy Day

Learn to take care of your body and soul

**Healthy Day** is a day of dynamic, practical, healthy lifestyle and sports activities, supervised by our professionals. You can choose to do seven workshops from the list below. Thus participants can tailor their programme to meet their needs and concerns. We provide specialised training for each activity so you will learn about the health concepts associated with each option.

- Running
- Cycling
- Yoga
- Tai Chi
- Football
- Ingenuity
- Percumusic drumming
- Energy foods
- Family Constellations therapy to improve emotional well-being and a sense of self and others
- Flamenco workshop



## CSR Activity

An active contribution to improving the world we live in

**CSR** activities are active, voluntary contributions to social, economic and environmental improvement of the world we live in. At PortAventura Business & Events we aim to organise **CSR** activities that people not only enjoy but also serve as an opportunity for them to learn about themselves, acquiring knowledge that helps them feel fulfilled. PortAventura Business & Events creates sustainable products, with their own identity and social objectives. We also aim to reinforce the social and ethical bonds between participants and subsequent applications and decisions in the day-to-day life of your enterprise. To further these aims, PortAventura Business & Events works with organisations and associations that specialise in social and environmental projects. PortAventura Business & Events offers advice on **CSR** activities and links them to the specific needs of each client, acting as a bridge between the specialist organisation and your enterprise. We try to identify the activity that is a best fit for your needs and create a bespoke event for you.



## CSR Activity

Many hands make light work

We carry out direct **CSR** actions to meet the needs of the most vulnerable sectors of society (children's residential centres, schools, natural spaces, etc.). We identify projects that have not been carried out through lack of resources and we link them to responsible team building projects, acting as a bridge between organisations with such projects and enterprises with the resources they need.

To this end, we work with organisations that are active in the voluntary sector.





## CSR Activity

Let's make a better world

Playing creates hope and imagination, and strengthens values of tolerance, freedom, empathy, communication and social living. We want children to benefit from our activities. We invite you to put a smile on their faces from our hotel or convention centre.

Participants split into teams under specialist advisors to design and create puppets, to decorate the puppet theatre, to build board games, to make bicycles, to make devices that promote biodiversity and respect for the environment in schools, like urban orchards, nest boxes and insect hotels.

We donate the items we make in the Let's make a better world activity to childhood protection organisations: foundations, schools and children's centres.



For more information:



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