

TEAM BUILDING ACTIVITIES

A set of activities to improve motivation, communication skills, creativity, capacity of relation, leadership and cohesion of labour teams.

Group will be hazard distributed in 6 people teams. Activities will be developed sequentially according to a pre-established order. Some of activities will be able to welcome two or three teams simultaneously in order to increase competitiveness sensation.

The activities can be pursued by all type of people, independently of their physical conditon, In some cases the own team will have to choose between his better adapted members in weight, size, ability, capacity...) to success certain skills; this selection comprises the own roll of the cooperative work in teams.

At the end of the activity we'll have a standing team list and the awards delivery.

SELECTION OF TEAM ACTIVITIES (TEAM BUILDING)

THE FIGHT

SPIDER WEB

The SHEPHERD and the sheeps.

SKI RACE

RACING BAGS

QUADJAM

THE FIGHT

Two selected components of each equipment will have to happen successively without touching them, through hoops located to a certain height with the aid of its teammates, simulating the fight to traverse of the circuit of refrigeration.

The coordination of movements will be fundamental and confidence with respect to the others. Time comput and penalizes the "collisions" with the hoops.

RACING BAGS

Teams will have to arrive, in the smaller possible time, until the line of arrival in a giant coat. More than ever the coordination will be essential for movements of the components of each team at the time of carrying out the jumps and the appearance of a spontaneous coordinating leader. Funny is insured.

SPIDER WEB

It is a reproduction with interlaced cords of one web of a giant spider. Each member of the team will have to happen through one of spaces created by the cords, different from the other every time. Participants will be able to help themselves among them, but always from the side of spider web in which they are. They will penalize the contacts with the cords (moment at which "they would be eaten" by the spiders!), and the time used by the set of the team.

In order to surpass this activity correctly it will be crucial the correct election of the sequence of holes and participants (weight, dimensions) chosen by each team.

The SHEPHERD and the sheeps

Each team will have to devise its own code of non-verbal communication by means of a whistle or pats. One member of the team will improve the functions of "shepherd" and the others, with the bandaged eyes, will have to move in an enclosure as a "sheep blind people", previously signalized, following its instructions. The time used by the set of the team will be computed.

SKI RACE

All the teams, at the same time, will be based on six feet skis to pursuit a circuit delimited (with curves, ascents, slopes...). The time will be computed. It will be necessary a good coordination, leadership dowries and the ability of the participants stops to optimize the yield and diminishing the effort.

QUADJAM

Members of the equipment are located on a geometric platform, and they will have to be relocated as of a sequence of orders, avoiding to fall to the ground.

They will score the used time, number of used movements and the number of penalties.

PRICE: 975,00 € GROUP up to 24 people
39 euros per person for major groups.