

Team Building: Some of Our Proposals

DRAGON BOAT

The dragon boat is inherently a community sport, as it requires many people to collaborate closely, both on land and on water. This activity promotes not only the development of dedication and friendships but also the enhancement of strength, courage, and tenacity. It is a shared experience aboard a large boat that provides enjoyment and unity for all participants. If you are looking for an activity that encourages teamwork, competition among colleagues, or an



exploratory adventure, we are ready to offer a solution that meets your needs. From firsthand experience, students, executives, athletes, travelers, and anyone who has experienced the dragon boat has expressed great enthusiasm for its unifying power.

COOKING CLASS

Team cooking activities are a dynamic approach to team building that leverages cooking as a platform for collaborative and competitive challenges. These events not only reflect company values such as teamwork, deadline optimization, and creative presentation of results but also introduce an element of competition among teams. In these culinary competitions, participants engage in challenges that test their ability to collaborate effectively, fostering innovation and cohesion through a shared experience. The evolution of these activities often draws



inspiration from the latest culinary trends and client needs, making them an ideal vehicle for Social Team Building events aimed at strengthening bonds and competitive spirit within groups.

LEGO!

This represents a markedly different approach to organizational development, based on the use of materials specifically created by LEGO®. This method promotes increased decision-making participation, facilitates communication, and accelerates solution identification. Effectiveness: When hands become primary tools for illustrating problems, the mind is stimulated to generate solutions.



A MURDER MISTERY DINNER

A murder mystery dinner for team building combines entertainment with the development of teamwork skills in a unique and engaging format. It provides an excellent opportunity to improve communication, promote teamwork, stimulate problem-solving, and integrate new members through an ice-breaking activity. Additionally, it introduces healthy competition, encouraging teams to excel in a playful environment.



Beyond professional development, a murder mystery dinner ensures a fun experience that can strengthen bonds among colleagues and boost morale, making it an ideal choice for companies seeking to blend training with enjoyment.

GO – KART RACE

A go-kart team building activity is a fun and adrenaline-fueled experience that engages participants in an exciting competition. Divided into teams, members collaborate to develop strategies, learning the importance of communication and collaboration to achieve the best possible outcome. Go-kart racing also provides an opportunity to identify natural leaders and encourage team cohesion through mutual support. Ultimately, this



experience fosters bonds among participants and promotes a positive and enjoyable work environment.

STRIKE!

Bowling as a team building activity offers fun and inclusivity, engaging teams of various sizes and skill levels. During the friendly competition, participants learn the importance of precision, collaboration, and mutual support. This type of event encourages the emergence of leaders, recognizes the significance of each role within the team, and fosters authentic relationships among colleagues. Ultimately, bowling creates



positive memories that can strengthen team spirit and improve the company's overall atmosphere..

IL CERVELLONE (THE BIG BRAIN)

Teams will have the opportunity to test their knowledge in the renowned quiz game "Il Cervellone," with the option to include a fun round of questions related to the company, all while enjoying delicious appetizers during the aperitif. Following this, the evening will continue with a dinner enhanced by music and entertainment, creating a lively and engaging atmosphere for all participants.



RAFTING / PADDLING / SUP

We can organize rafting on our rivers, with teams divided into rafts battling against the current (and other teams), or even serene group paddles along the cliffs of the Triestine coastline (depending on the seasons). All of this will be with the assistance of qualified instructors who will introduce the group to the activities and naturalistic guides ready to illustrate the territory. During the activities, it's possible to organize tastings at sea with the support of boats or even along some secluded beaches.



TREASURE HUNT

The treasure hunt in the city center of Trieste represents a blend of spy story and investigation. The experience will take place among narrow streets, historic buildings, churches, and charming squares in the "historic" part of the city, and participants will need to prove themselves as excellent observers as well as skilled investigators to decipher the messages that conceal the solution to the game.



IL FOREST BATHING

Forest bathing is a practice that involves immersing oneself consciously in nature, with the goal of reducing stress, increasing mental well-being, and promoting physical health. During a forest bathing session, participants venture into a natural environment, such as a forest, and focus on sensory experience, consciously acknowledging the sounds, colors, scents, and tactile sensations that surround them. This approach aims to reduce stress, improve concentration, and promote a greater



connection with the natural environment. In a team building context, forest bathing can be used to foster bonds among team members, encourage communication and collaboration, and enhance the overall work environment.

REGATTA

A regatta is an activity that involves participants in a sailing race and promotes collaboration, communication, and teamwork. Participants work together to navigate towards a common goal, learning to coordinate and make quick decisions under pressure. This type of experience fosters a sense of belonging to the group and improves work dynamics, while also providing the opportunity to enjoy the sea and the surrounding nature.



At our Team Building events, we alternate and offer a wide range of exciting experiences and activities, organized and carried out in some of the most iconic places in the Friuli Venezia Giulia (FVG) region. Here are some examples:

- **Wine tasting** of prestigious wines **at the renowned Duino Castle**, surrounded by its spectacular panoramas, guided by expert sommeliers for a complete immersion in the region's wine culture.
- An in-depth tasting at a local **vinegar factory, the famous Nonino distillery**, or one of the renowned wineries in the Collio area, followed by a **sightseeing tour** to discover the surrounding beauties.
- Visits to characteristic places in the region, such as the **majestic Grotta Gigante**, followed by a tasting of local zero-kilometer products to explore the authentic flavors of the territory.
- **Sailing along the picturesque Triestine coastline aboard a private boat**, with catering service and disembarkation of participants in Piazza Unità di Trieste for a cultural and tourist experience of the city.

