

#### **TEAMBUILDING & INCENTIVE PROGRAMMES 2022**









www.aktive-life.com T: +34 669 497 127 E: info@aktive-life.com



**CREATIVITY** 

**COMMITMENT** 

**KNOW-HOW** 

**PASSION** 

# The perfect combination to create a unique event according to your needs

What do we need to know?

- The group size
- Nationality, gender and age of the group
- The purpose of the event
- The time available for the activity
- If you give us a budget, we can propose those activities that meet your expectations





#### THE PYRAMID



An activity designed to give the team the opportunity to work together and to achieve great things.

From the opening brief, participants assume they are competing to create a small Pyramid. Once ready we ask them for a second part and as the activity progresses, teams realise that together they can create something truly impressive. Now all teams work together and ensuring accuracy they experience the development of one of the 7 world wonders.

**Duration of activity:** approx. 1 – 3 hours **Recommended group size:** min 60

#### **FALLA WORKSHOP**



A creative activity which represents one of the most important fiestas of this region, the local tradition of building a giant sculpture called 'Falla' or 'Hoguera'. Split in teams, participants get to get to make their own figure in a dynamic way, carving and painting, to end up joining their creations to a larger central figure that has been prefabricated by us according to the theme of the event. The final Falla monument is worth an exposure, for everyone to have a good glance at the thoughts and visions expressed by the teams.

**Duration of activity:** approx. 2 – 2.5 hours **Recommended group size:** min 100

# NAOKI — PASSION TO SUCCEED



A Teambuilding activity of 3 stages, which invites assistants to participate in a journey full of innovation. In order to achieve the common objective, the group is split in teams who need to separate in some occasion and in others search for collaboration in order to be able to fulfil the requirements of the demanding NAOKI. Solving all different kind of tasks with the team colleagues brings fun but it will also need perseverance, radical thinking, quality in the execution and team spirit. Will the group be able to solve this extraordinary mission, which would guarantee the company's success in the future?

**Duration of activity:** approx. 3.5 hours **Recommended group size:** min 70

# CORPORATE LOGOTYPE BUILDING



Everybody in the company plays a unique role within the big picture of a company's structure. This entertaining activity consists in creating your company or event logo by using delegates as living "pixels". Organising with the team colleagues, everybody gets aware of the importance of every single person in its respective position. A perfect ice-breaker that will enhance communication and team spirit.

**Duration of activity:** approx. 1 - 1.5 hours

Recommended group size: min 70





#### **MAXI-CHALLENGE**



Especially designed for large groups for all ages and abilities. The objective of the teams is to gain as many points as possible in the different team challenges provided. If a time limit is given, teams will try to succeed in a maximum number of challenges in the time available. Equipped with task information and maps, participants have fun while going for their best result.

The activity offers the opportunity to decide on a particular strategy and thus teams can gain points according to their structure.

**Duration of activity:** from 1h to 2.5 hours **Recommended group size:** min 120

## SCAVENGER HUNT — CITY TOUR



Split in teams and equipped with a personalised road-book, teams discover the city by using an App in their mobile phones.

This city fun tour leads to the most popular cultural sites and includes a Tapas & drink stop. The activity may be set-up as a competition with an award for the team that reveals the final point first or as an original city tour, where the final point leads the group to the previously determined place for lunch or dinner.

**Duration of activity:** approx. 1.5 - 2 hours **Recommended group size:** min 10 – max 200

#### **GEO-CACHING**



Equipped with a GPS or using their mobile phones, teams try to determine exact locations to find hidden "caches" in cultural sites. These caches are not easy to find which makes it even more interesting.

This fun event enhances communication and makes teams move and discover the site in an attractive way. It can be organised as a tour to discover the place or as a competition.

**Duration of activity:** from 1h to 2.5 hours **Recommended group size:** min 10 – max 120

# INDIANA JONES TEAM COMPETITION



Fun guaranteed during the search for information to reveal a hidden secret. Following the hints and surpassing all different kind of team tasks and obstacles teams will be able to discover the important final clue which allows them to reveal the secret. Who will be the first to discover it?

**Duration of activity:** approx. 3 hours

Recommended group size: min 30 - max 140





#### **GOLD FEVER**



The overall objective is to achieve as much gold as possible during this 3-stage event. Personalised dollar bills serve as seed capital for teams to start and buy material they need to earn more money which then can be exchanged for golden shells. The objective is to reach the established minimum of golden shells among all teams which would make it possible to integrate the company into the list of the "most prestigious companies worldwide". Will they make it?

**Duration of activity:** approx 3.5 hours **Recommended group size:** min 70

#### **BRIDGE BUILDING**



A creative activity based on communication. Teams receive the information that their company has been selected to build a needed bridge. Representing different departments, each team is responsible for one part of the bridge, but.., without being able to see other departments. Communication is essential in this activity and every person has an important role in order to finish the project in the time given. In an overall enthusiastic atmosphere, mixed with expectations, we will fit all parts together...

**Duration of activity:** approx. 2.5 hours **Recommended group size:** min 20 – max 60

#### **PHOTO HUNT**



Entertaining activity, which enhances communication among participants, while discovering the most beautiful parts of the city "in detail".

Teams have fun while trying to find the locations indicated in their road-book using their mobile phones. Discovering curious details and trying to solve the riddles involved, the best team will win.

**Duration of activity:** approx. 2 hours **Recommended group size:** min 25 – max 200

#### THE SECRET RECIPE



In order to gather the ingredients of a secret formula, teams need to surpass all different kind of tasks and obstacles during their journey to the most remote places on Earth.

Given that they survive this adventure, all ingredients achieved are put together to elaborate the secret recipe, which then can be enjoyed while chatting about the experiences made.

We personalise this activity for your service or product. Ideal for small and medium size kick-offs and product presentations.

**Duration of activity:** approx. 3 hours

Recommended group size: min 15 – max 140





#### **DRUMMING WORKSHOP**



Drumming releases energies and creates an atmosphere of motivation and joy that is contagious. The workshop consists in a spontaneous in the moment music making with one instrument per person.

Designed either as Brazilian Batukada drumming or as African Drumming with Djembes, participants begin with easy rhythms that increase with the time and engage until ending with a real emotive drum storm.

**Duration of activity:** 35 - 50 minutes **Recommended group size:** min 30

#### LAUGHTER THERAPY



This workshop is ideal to relax between conferences, as icebreaker or as free time activity.

Through easy breathing, communication and body movement exercises, we start to feel good and to smile. Guided by a professional laughter-coach this smile turns into bursting laughter and in the end you feel relaxed and .... happy

**Duration of activity:** 15 min - 3 hours **Recommended group size:** unlimited

#### **LIPDUB**



Every single participant plays an important role and gets involved in the making of a musical video clip. The activity does not require any special abilities and generates a lot of energy during the creation of the choreography to the song chosen for the event. A great motivational activity with long lasting effect due to the final video that can be shown on the same day.

**Duration of activity:** from 2.5 hours

Recommended group size: min 60 - max 400

#### **HAKA**



HAKA is an emotional experience. It strengthens the unity within the group and allows to experience power, commitment and joy while performing KAMA-TE.

Memorizing the lyrics of the Haka song and the body-movements that go with the song may feel strange in the beginning, but due to the motivational guidance soon it converts into an emotional "come together" in order to end up with an unforgettable powerful team choreography in which every single person feels the importance of being there.

**Duration of activity:** approx. 50 minutes **Recommended group size:** min 30





#### **CATAMARAN EXCURSION**



Enjoy the Mediterranean sailing along the coastline and sunbathing on a catamaran for group sizes from 30 to 120 people. According to weather conditions we may stop for swimming or snorkelling. There is bar service on board and we also may provide for lunch or snacks on board or combine with water sport activities.

**Duration of activity:** from 2 - 4 hours **Recommended group size:** max 100

#### **BEACH OLYMPICS**



Distributed in teams, participants compete in different challenges on the beach collaborating with their team colleagues and competing against the other teams. The activity involves original, entertaining and sportive tasks.

A special rotation enables all teams to compete against all others and pass by all the activities. Thus there is a good chance for all teams to win.

**Duration of the activity:** approx. 2.5 hours **Recommended group size:** min 40

## SAILING EXCURSION OR REGATTA



We provide sail boats with capacity for 7-9 people for either a relaxing excursion or a regatta with professional rules on the Mediterranean sea.

For the regatta, participants receive a short briefing and the necessary instructions to be able to manoeuvre the boat on their own. After some practice on the sea, teams take over the control and everything depends now on their cooperation to win the race.

**Duration of regatta:** approx. 2.5 hours **Recommended group size:** max 200

#### **SAND SCULPTURES**



A creative activity with room for communication and suitable for all abilities.

After a short introduction on how to work with sand, teams start planning and elaborating their sand sculpture, being supported continuously by our professional facilitators, who give a helping hand. There are all kind of tools available for the design and preparation of their projects, which bit by bit start to turn into great artworks. Optional: Set-up of beach bar with soft-drinks during the activity.

**Duration of the activity:** approx. 2.5 hours **Recommended group size:** min 60 - max 200





#### **WATER SPORTS**



Enjoy water sport activities in the Mediterranean Sea, such as kayaking, stand-up paddle, bodyboard or surf next to the beach. For smaller groups we recommend to try Fly-board or Jet Ski excursions. For larger groups we may combine the water sports with beach activities in beautiful locations.

**Duration of activity:** 2 – 3 hours **Recommended group size:** max 50

# ISLAND OF SECRETS — RAFT BUILDING



It is the aim of the group to complete an old map. Therefore they need to get to a small island hundreds of meters away from the beach and there are sharks in the water. The only way of getting there is to build "SOMETHING" that floats and that they can navigate.

Teams have the chance to gather materials for their construction by solving the challenges distributed at different points on the beach. If they manage to complete the map, they will be rewarded.

**Duration of activity:** approx. 3.5 hours **Recommended group size:** min 20 – max 60

#### **TABARCA ISLAND**



We organise your private boat transfer towards the small island of Tabarca which is a nature reserve with crystal clear waters. Possible activities on the island may consist in a guided tour, a self-guided GPS fun tour, a treasure hunt or water sport activities. Also it is possible to just walk around and have a typical meal in this privileged location.

**Duration of the activity:** 4-8 hours

**Recommended group size:** min 20 – max 200



## **CULINARY & EXCURSIONS**

#### **COCKTAIL WORKSHOP**



We show the tips and tricks of creating different types of cocktails with or without alcohol. Split in teams, every participant is able to put into practice the advices and recommendations given by our bartender. After the workshop participants may enjoy the drinks that they have prepared.

**Duration of the activity:** approx. 2 hours **Recommended group size:** min 15 – max 60

#### **TAPAS WORKSHOP**



For all those who like to learn about the culture of the Tapa. Under the supervision of our Chef teams combine flavours and colours, enjoying the elaboration of a variety of tapas of different style. After the workshop, we open the buffet and participants may eat the tapas they have designed.

**Duration of activity:** approx. 2 hours **Recommended group size:** min 20 – max 50

#### **PAELLA MASTER CHEF**



Paella tastes best when prepared in the Mediterranean.

Learn how to prepare a real Paella during a Master Chef cooking class or team competition. It is also possible to prepare one giant Paella for all.

Enjoy the experience with the presence of an authentic Rice Master.

**Duration of activity:** approx. 1.5 hours **Recommended group size:** min 25

#### **TAPAS TOUR**



Guided visit of the city in groups of 20-25 people per guide. During this tour, we will not only pass by the most attractive cultural sites, but also discover the culinary art of the region and the atmosphere of the typical tapas bars. The tour includes 2 stops in special locations with prized Tapas.

**Duration of the activity:** approx. 2.5 hours **Recommended group size:** max 25 people per

guide





#### **ALICANTE EXPERIENCE**



A culinary experience which combines a walk through the city with 4-5 tastings of Alicante specialities. The guided tour in small groups includes a castle experience, a wine or olive oil tasting, Iberian ham, a Turron tasting or a Premium Tapa with drink.

**Duration of activity:** from 2.5 hours

Recommended group size: min 20 - max 200

## VISIT OF OLIVE OIL FARM & OIL TASTING



Visit of a beautiful, family run Olive plantation with hundred-year old olive trees that produce one of the best olive oils in the world. After an explanation of the different kind of olives and a visit of the production plant, we invite to taste up to 4 varieties of olive oil accompanied by selected products that bring to bear the authentic taste of these Premium oils.

**Duration of activity:** approx. 1.5 hours **Recommended group size:** min 20 – max 50

#### WINE & OLIVE OIL TASTING



A professional oenologist will come to the hotel and explain about flavours, colours and compositions, before we invite you to try 3 different wines of the region plus one Premium local olive oil of international reputation.

The workshop may end with a little team competition if desired.

**Duration of activity:** approx. 1.5 hours **Recommended group size:** min 15 – max 40

#### **BEERS OF THE WORLD**



Guided by one of the most prestigious master of beers of Spain, participants will taste an exquisite assortment of beers, ranging from new trends of brews to beers served in exclusive restaurants and very singular beers difficult to find.

This tasting is a pleasure for the senses and a tour around the world based upon one of the most popular liquids on earth.

**Duration of activity:** approx. 2 hours **Recommended group size:** min 20 – max 50





# WINERY VISIT & WINE TASTING



Visit one of the excellent wineries of the Costa Blanca region. The visit includes the explanation of the ecological farming of the grapes, the procedure of wine making, the vaults and the process of bottling, before you are invited to taste some of the best wines produced in this vineyard, accompanied by a small Spanish Tapa.

**Duration of visit & tasting:** approx. 2 hours **Recommended group size:** min 20 – max 50

#### **VISIT OF EMBLEMATIC SITES**



We organise guided visits to the most attractive places of the Costa Blanca region. Choose among emblematic villages in the mountains, palm groves, typical markets, city tours or an olive oil farm where you can see how olive oil is produced before taking part in a tasting with aperitif.

All visits are designed to discover the most beautiful sites of the Costa Blanca region and can be combined with lunch.

**Duration of excursion:** according to requirements

#### **SEGWAY EXCURSION**



Guided city tour or mountain landscape excursion in small groups up to 10 people including 1 drink stop.

**Duration of excursion:** approx. 1.5 - 2 hours **Recommended group size:** min  $5 - \max 12$ 

#### **E-BIKE TOUR**



Enjoy a bike ride through the city and its surroundings to discover interesting local spots and beautiful sites of the region.

Split in groups of 20 people per guide, the tour includes the old town as well as the beach area and one drink stop.

**Duration of activity:** approx 2 hours

**Recommended group size:** min 20 – max 40





#### **AMAZING RACE**



With the help of a map and the indications of each envelope, teams have to master a great adventure in order to be the first to cross the finish line.

In this daring race, team tasks are either related to adventure or to local culture. The important thing is to be fast and to manage to get the information for the next stage. This exciting challenge requires team spirit, decision making and to stick to the rules in order to carry on in the competition and not to be eliminated.

**Duration of activity:** approx. 3 hours **Recommended group size:** min 30 – max 70

### WALKING / HIKING TOUR



We organise guided excursions not far away from the hotel and on inquiry with lunch. The activity is always accompanied by a professional guide, who gives interesting information and cares for your safety.

**Duration of activity:** from 2 hours to day tours **Recommended group size:** no limits

#### **COASTERING**



For the sea and adventure seekers: climb over the rocks, jump into the sea from different heights and enjoy the waves!

For this coastal hike, you do not need any special abilities, despite to know to swim. Fitted with helmets, harnesses and life jackets you may enjoy the crystal-clear waters of the Mediterranean and the extraordinary environment accompanied by professional instructors who watch for your safety.

**Duration of activity**: approx. 3,5 hours **Recommended group size**: min 10 – max 30

#### **VERTICAL LIMIT**



Following the idea of the movie with the same title, this activity invites to live a unique adventure.

After receiving a message that 2 mountaineers have got lost, this group has been chosen to take on the difficult rescue task. The challenge consists in finding the exact location of the lost people and try to get access to them. Using professional gear and mountaineering techniques, participants may experience climbing, abseiling, orienteering or stretcher building.

**Duration of activity:** min 4 hours **Recommended group size:** max 30



## **CORPORATE SOCIAL RESPONSABILITY**

#### TREE PLANTING



In the region of Alicante and Murcia we have options to organise a tree planting action, helping the lung of the earth to regain power.

**Duration of activity:** approx. 4 hours **Recommended group size:** min 30 – max 120

#### **ANIMAL SHELTERS**



Have you ever built a home for bees?

Due to the changing environment bees have difficulties to survive. Building bee refuges you may help to improve and guarantee natural pollination.

But not only bees need a home. We also build huts for dogs for the animal shelter. According to group size we may focus on one objective or several tasks and thus help local organizations to improve the life of our animal friends.

**Duration of activity:** approx. 3 hours **Recommended group size:** min 30

#### **WALKING TOUR**



Participate in an excursion through nature for visually disabled people. Accompanied by professional instructors, participants help to guide an excursion for blind people or a mix of disabilities, enjoying nature, sharing happiness and learning from each other. For bigger groups we may include recollection of rubbish during the tour and end up with a Picnic or lunch in the mountains.

**Duration of activity**: approx. 4 hours

Recommended group size: min 10 - max 50

#### **CLEAN THE BEACH**



Help to recover a part of the Mediterranean. Due to human influences and natural disasters, a lot of sand has gone lost into the sea and rubbish has replaced the sand. With the support of the group a pre- determined beach or part of a beach may be cleaned and brought back into shape.

**Duration of activity:** min 2 hours **Recommended group size:** min 10



## SOCIAL CORPORATE RESPONSABILITY

## RECOVER CULTURAL HERITAGE



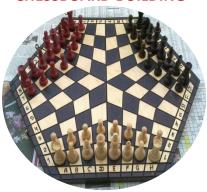
The small mountain villages with only 400 or less inhabitants do not have enough budget to maintain their park areas, the ancient pathways or the stone walls.

With the help of the group we are able to recover some of the cultural heritage, where popular writers, composers or painters formerly enjoyed the beauty of the natural surroundings and bring them back to life for inhabitants to enjoy and visitors to come.

Duration of activity: approx. 4 hours

Recommended group size: min 80 - max 200

#### CHESSBOARD BUILDING



Split in teams and with many different materials at hand unleash your imagination. There are many ways of how a Chessboard can be and many ways to design the figures.

Assisted by professional facilitators, participants enjoy while communicating and using natural talents. The resulting art creations will be given to a Senior Residence or Organisation of your choice.

**Duration of activity:** approx 2,5 hours **Recommended group size:** min 80

#### **HELP THE CHILDREN**



We invite children who live in socially poor conditions to spend an "adventure day" in a theme park, while assembling bikes and toys for them or painting their social headquarters. According to group size, we design the project to your needs, focusing on one task or combine different activities.

**Duration of activity:** approx. 2,5 hours **Recommended group size:** min 150

## **CONTACT**



## **Corporate Event Services in Spain**

## **Alicante Office**

Tel: 0034 96 669 7686

Calle Trueno, 53
Pol. Pla de la Vallonga
03006 Alicante
Spain

Email: info@aktive-life.com



We are happy to assist you!