



TEAMBUILDING & TEAMTRAINING



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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 – COLLABORATION



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 – max 120

FALLA WORKSHOP – TEAM COMMUNICATION



A creative activity related to one of the most important fiestas of the Alicante/ Valencia region, the local tradition of building a giant sculpture called 'Falla' or 'Hoguera'. Split in teams, participants get to make their part of the final sculpture, 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

THE SECRET RECIPE - COOPERATION



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

CITY BUILD – COLLABORATION & INTEGRATION



For this activity we split the groups in teams and on pre-designed platforms each team creates a part of the city with the material available. The teams have to work together in order to when they put all the sections together the City makes sense.

A creative activity that promotes teamwork and communication.

Duración de la actividad: aprox. 3,5 horas

Grupo recomendado: mín. 70

BRIDGE BUILDING – EFFECTIVE COMMUNICATION



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

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

INDIANA JONES



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 120

SCAVENGER HUNT

– GPS CITY EXPERIENCE



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 100

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

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

SAILING 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

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

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

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 Turrón tasting or a Premium Tapa with drink.

Duration of activity: from 2.5 hours

Recommended group size: min 20 - max 200

PAELLA COOKING



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

TASTINGS AT THE HOTEL

Tasting of wines, olive oil, Turrón or beer tasting
We bring all the material to your venue.

Duration of activity: approx. 1.5 hours

Recommended group size: min 15 – max 40

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 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

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

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

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

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

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

BEE HOTELS & MICRO GARDENS



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 WITH BLIND PEOPLE



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

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

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

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 and using natural talents, we create a number of original chessboards which will be donated to some particular Senior Residences or Association of your choice.

Duration of activity: approx 1,5 - 2,5 hours
Recommended group size: min 80

Corporate event Services in Spain



We are happy to assist you!

Write us: info@active-life.com

Or

Call us: T: 0034 865 828 799 / M: 669 497 127

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