

INCENTIVE AND TEAMBUILDING ACTIVITIES



> WATER AND SEASIDE ACTIVITIES/CHALLENGES

In Caen-la-Mer, our "break room" is always open. The beach is just at the end of the corridor. In the sea or on the River Orne, our partners go out of their way to bring you a complete and original range of sports. A chance to have fun together in some breathtaking natural landscapes.

ACTIVITIES

- > Sand yachting
- > Kayak, Canoe
- > Standup paddleboarding
- > Yoga on the beach
- > Wellness workshops
- > Thalassotherapy
- > Jet-skiing trip
- > Regatta
- > A cruise to the Channel Islands
- > Sea fishing
- > Water hiking
- > Sand sculpture
- > Picnic with your feet in the sand
- > Catamaran
- > Beach Olympics
- > Horse-riding & activities



> ACTIVITIES AND SPORT CHALLENGES

Want to get moving, put yourself to the test? It's time for some dynamic team building! In teams, boost the cohesion between your co-workers with some fun and physical challenges: champions, adventurers, treasure hunters, warriors...

ACTIVITIES

- > Archery tag
- > Paintball
- > Treetop adventure
- > Rugby
- > Golf
- > Sport activities
- > Olympic games
- > Group games: Olympic Games
- > Survival: Koh-Lanta
- > Mud day boot camp
- > Vikings game
- > Treasure hunt the green Odyssey
- > Go-kart race
- > Indoor electric go-kart challenge



> GAMES & INVESTIGATIONS

Against a historical or cultural background, lead the investigation and test out your physical and deductive abilities. For a very dynamic and all-round team building event bringing into play all the skills and senses of your team, including the laughter muscles!

ACTIVITIES

- > Historical investigation
- > Murder party
- > Flash game
- > Paper chase
- > Hunting for clues
- > Treasure hunt
- > Escape game
- > Escape village
- > Masters of the fort: Fort Boyard
- > Age of the castle builders
- > Meet the Vikings



> VISITS, WALKS AND TOURS

Visit our region differently with a zest of originality and even adventure in wide-ranging means of transport: on 2 or 4 wheels, in a vintage or very modern car – choose the vehicle to suit you best. For an original and unforgettable cultural break.

ACTIVITIES

- > Ride or tour on a Segway
- > Bike tour
- > Quadracycle tour
- > D-Day tour in a vintage car
- > Normandy tour in a 2CV
- > Normandy safari in a 4L
- > Side-car trip
- > A buggy ride
- > Helicopter first flight or sightseeing flights



> CULINARY & GASTRONOMIC ACTIVITIES

What brings people closer together than good food? In Caen-la-Mer, an exceptional region for gastronomy, team-building sessions in the kitchen are always a big hit: team cooking challenges and cookery contests with some of the region's top chefs. Cooking becomes a game and the final tasting is a great shared experience.

ACTIVITIES

- > Cookery lessons
- > Cookery competition
- > Cooking challenge
- > Cooking, wine & castle
- > Team cooking: chefs' combat
- > Mixology workshop
- > Rock n'cook
- > Introduction to wine-tasting



> ACTIVITIES & CHALLENGES IN THE COUNTRYSIDE

In Caen-la-Mer, you can relax in a country setting: choose a team-building session on the farm and explore the talents of Normandy's farmers. This is also a way to recapture the spirit of childhood amid the farm animals in well-preserved nature. Pull on your Wellingtons and get back to the land!

ACTIVITIES

- > Normandy Workshops
- > Like on the farm
- > Exploring the world of farming: a flax farm
- > Gastronomic countryside tour in a 4L car



> CREATIVE, MUSICAL, ARTISTIC WORKSHOPS, THE SENSES, BUILDING, WELLNESS...

A creative session during your event! Creative team building encourages stress management, cohesion and team spirit, making use of non-verbal forms of expression: painting, music, video, building projects of all kinds, as well as wellness sessions... A wide-ranging and original offer to unite your co-workers around a shared goal.

ACTIVITIES

- > Musical sticks activity/ Percussion
- > Recording a song / making a video or advert
- > Magic tricks workshop
- > Circus for beginners
- > Creation of a human logo / giant puzzle / collective fresco / cardboard art work
- > Photo perspectives
- > Virtual reality
- > Zen workshops
- > Agility games
- > Senses workshops
- > Theatre workshop
- > Lego challenge
- > Building party

> THEME NIGHTS AND EVENING EVENTS

Bringing your co-workers and customers together outside the workplace is the ideal way to get off the beaten track and have fun. Our range of evening events will definitely entertain your guests in a host of different styles: off the wall, dynamic, fun, artistic, etc. With a delicate touch or in a real big show, choose the event that suits you best!

ACTIVITIES

- > Investigation evening
- > Quiz night & blind test
- > Anything goes evening
- > Challenge night
- > In 59 seconds flat
- > Medieval evening
- > Casino night
- > Musical activity
- > Magic event
- > Off the wall event
- > Creative activity
- > Artistic activity
- > Games activity
- > Digital event
- > Photo activity

