

TEAM BUILDING 2020

PRICE LIST

Our activities have been adapted to meet current health standards, following in-depth consultation with our various service providers. Activities which, by their nature or concept, cannot meet these standards have been temporarily withdrawn. As this exceptional situation is evolving, we hope to be able to provide you with all of our offer as soon as possible while keeping the safety and well-being of everyone as our priorities.



TEAM BUILDING 2020

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INDOOR



INDOOR

1. FENCING

Our fencing masters are ready to share their passion with you! Protective clothes and masks are at your disposal. A quick introduction and warm up and the dual can begin. Add to this a nice atmosphere and fencing will be a succes. Touché! A duo program will be created with large groups.



NUMBER OF PARTICIPANTS

From 35-50



TIME

2h



PRICE

On request



Dieter Sergeant

www.beaubelge.be

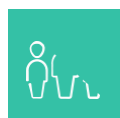
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INDOOR

2. CURLING FONDUE

This is a perfect and warming activity during winter time. Curling can be done indoors or outdoors. Even in a meeting room or the lobby of the hotel. Getting in the atmosphere and defeating your colleagues can be done anywhere. Afterwards you top it all off with a delicious cheese fondue.



NUMBER OF PARTICIPANTS

Min. 10



TIME

Customized



PRICE

On request



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OUTDOOR



OUTDOOR

1. TESTAMENT

There is a lot more to The Testament than a fictitious story: a real will. Can you get your slice of the cake? This challenge combines soft physical and mental tests, for young and old, to be played indoor or outdoor. Communication, cooperation and collective results are of the essence in this challenge.



NUMBER OF PARTICIPANTS

Min 15
Max 500



TIME

2h -4h



PRICE

On request



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OUTDOOR

2. SOLEX TROPHY

The past comes back alive with a ride on the nostalgic solex. This French scooter ruled in the 50's and 60's on the streets. It is just hopping on and off and nothing has changed! The adventurous activities makes it a picture perfect. Are you ready for a guided tour that guarantees a big smile on your face?


NUMBER OF PARTICIPANTS

from 8 - 50


TIME

3 h


PRICE

On request

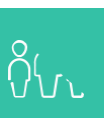

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OUTDOOR

3. CROSSBOW SHOOTING

During this masterclass, you enter the world of the crossbow shooters. Do you have a steady hand and are you cold-blooded? Take the challenge to shoot in the rose and be the hero of the day.


NUMBER OF PARTICIPANTS

From 30


TIME

1h30


PRICE

On request


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OUTDOOR

4. FIREWALKING

Together Everyone Achieves More! A good group atmosphere and delivering qualitative work goes hand in hand. Personal growth, strength and openness are the basic rules to be a positive individual and create a good team. Firewalking is as old as the human being itself and it is still actively experienced around the world. Your fire-walk-instructor has successfully lead hundreds of people over the fire carpet. This unique experience ensures you get to know your team better, but more important, it will build confidence.



NUMBER OF PARTICIPANTS

from 10-200



TIME

1h30



PRICE

On request



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5. LIPDUB

A Lipdub is a video that combines lip synchronization and audio dubbing. The video features individuals or a group of people singing or lip-synching a song. Afterwards, during post-production, the recorded audio is mixed with the audio of the original song. During the recordings, we use a portable stereo or a boom box (Ghetto blaster). Most Lipdubs look like simple music videos, but our version is professionally prepared and produced, with the help of a production company and with professional camera's or steady cams.



NUMBER OF PARTICIPANTS

From 15- 500



TIME

2h-3h



PRICE

On request



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TEAM PARTIES



Prix par personne TVA et service indus, valables jusqu'au 31 décembre 2019
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TEAM PARTIES

1. EXITING MUSIC QUIZ

This is a thrilling music quiz where atmosphere and social contact are more important than victory. This formula is ideal for an unforgettable evening, starting from the appetizer until dessert. Every table forms a team and competes against each other in 5 thrilling rounds. The losing team of every round will be punished with an artistic counterprestation. A limbo competition will get you warm to start this game. At the end of the evening, chairs are pulled away and the dancefloor is ready for you!

**NUMBER OF PARTICIPANTS**

From 20 - 300

**TIME**

2h

**PRICE**

On request

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CREATIVE



CREATIVE

1. PAINTING SPORT

Unleash the artist within and create a masterpiece. Turn the event venue into an artist's studio and have your employees make their own work of art. Groups of five people create original paintings on empty canvases, while an artist assists them along the way. All 'works of art' are varnished and framed to adorn your office walls. A great way to approach business theme light-heartedly.



NUMBER OF PARTICIPANTS
From 15 - 300



TIME
2h – 2h30



PRICE
On request



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CREATIVE

2. HAKA

Haka is the most powerful teambuilding tool. This traditional Maori dance is easy to learn, but very intense. Everyone learns how to think, handle and succeed as a successful team. After some warming up exercises and the teaching of the Haka dance, teams have to appoint a leader and create their own dance. War paint will be ready so you can prepare for the battle! Who can intimidate their competitors best? Let the battles begin!



NUMBER OF PARTICIPANTS
From 10 – 200



TIME
1h-2h



PRICE
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WELLNESS: TEAMBUILDING WORKSHOPS



WELLNESS

1. TAKE YOUR HEALTH IN YOUR OWN HANDS

During this teambuilding workshop you will be thought how you can reduce the stress on neck- or head pain, rusty shoulders, stress,... by massaging the pressure points on your own hands.


NUMBER OF PARTICIPANTS

Max 20 NL/FR/ENG


TIME

1h30


PRICE

On request


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WELLNESS: NUTRITION



WELLNESS

1. NUTRITION AND STRESS

Stress is inevitable, but how you respond on stress depends completely on our mental and physical resilience. You learn how you let nutrition contribute in this subject.



NUMBER OF PARTICIPANTS
Max 30 NL/FR/ENG



TIME
1h30



PRICE
On request



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**Did not find what you are looking for
in this theme?**

**You can work around less sugar &
more energy, oil & fats, going
veggie,...**

**Koen will provide you with a suitable
proposition!**



WELLNESS: RELAXATION AND MOVEMENT



WELLNESS

1. QIGONG

QiGong are flowing movements when standing up and are relaxing for mind and body. Qi means 'live force' and the point is to strengthen your spiritual and physical health.

**NUMBER OF PARTICIPANTS**

20 NL/FR/ENG

**TIME**

1h

**PRICE**

On request

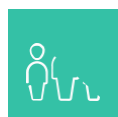
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WELLNESS

2. TEAM YOGA

While yoga focuses mostly on individual realisation and relaxation, team yoga is more a social activity where people are connecting with each other and strengthen their bonds. Connection and fun are the central point of team yoga. This is ideal for team building or other activities!

**NUMBER OF PARTICIPANTS**

Max 20 NL/FR/ENG

**TIME**

1h

**PRICE**

On request

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DIVERS

DISCOVER WHAT WE HAVE TO OFFER!

14 HOTELS, 10 LOCATIONS, 70 MEETING ROOMS : BROWSE OUR DETAILED DESCRIPTION OF MEETING & EVENTS ONLINE WWW.MARTINSHOTELS.COM



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An easy, convenient, friendly, intelligent tool and snapshot to view your query and ask us for a price offer. www.meetings-and-more.com



ASSURANCE ANNULATION

Martin's Hotels suggests an annulation insurance in case of unforeseeable reasons that lead to cancellation of your event www.meetings-and-more.com



MOTIVATIONAL TEAM BUILDINGS & SEMINARS

Outdoor or indoors, teambuilding experiences only have real value if the climate and framework promote cohesion and motivation. www.meetings-and-more.com



CHOOSE ECO-EFFICIENCY

Carbon Zero, Eco-Bon and environmental management : 3 added values for your event and the image of your company. www.tomorrow-needs-today.com



PARTNERS



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