



# TEAM BUILDING 2023

## Brochure

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WE HAVE EXPERIENCE AND KNOWLEDGE IN ANIMATION AND COLLABORATE WITH EXPERIENCED PARTNERS IN ORGANIZING TEAMBUILDINGS IN BRUSSELS OR OTHER DESTINATIONS IN BELGIUM.



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# INDOOR

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Martin's Red – Rue de Bruxelles 484 – 1480 Tubize

**MARTIN'S RED**  
★★★★★  
TUBIZE • BELGIUM



INDOOR

## 1. BLOCKBUSTERS

BlockBusters challenges participants to translate your company's business messages into dynamic, attention grabbing movie trailers. That cut through the clutter and capture the essence of the issue at hand. This activity encourages creativity and problem solving while it is incredibly fun and offers review and reflection.



**NUMBER OF PARTICIPANTS**  
From 10-500



**TIME**  
2h30



**PRICE**  
On request



De Schepper Eline  
[www.eventmasters.be](http://www.eventmasters.be)  
[eline@eventmasters.eu](mailto:eline@eventmasters.eu)  
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INDOOR

## 2. BEAT THE BOX

It all begins with a mysterious video message in which a strange voice challenges the participants to a game. Each team is faced with a metal box. Inside is a series of locked cases containing a mystery to be unravelled. Teams must utilise each individual's different skills to uncover a series of mysteries and then finally collaborate with other teams to crack a code before the time runs out!



**NUMBER OF PARTICIPANTS**  
From 10 - 500



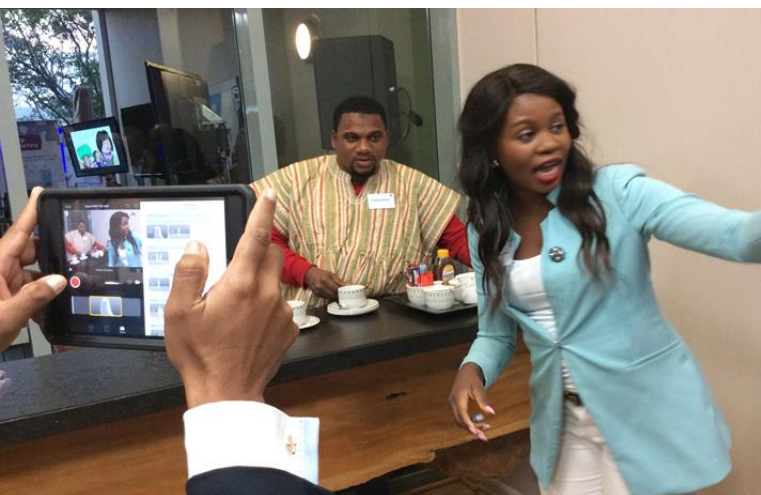
**TIME**  
1h30



**PRICE**  
On request



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INDOOR

### 3. QUICKFIRE

---

A room with only tables and nothing else than a tablet. The goal: to succeed challenges as much as possible. The resources that you have to use for these challenges: the available resources you can find at the shop and the hidden skills of your team members... What kind of challenges are available? Very simple, something for each of your team's member: Creative, active or real brain teasers! Consult your colleagues and choose together the challenges you want to participate.



**NUMBER OF PARTICIPANTS**  
from 10-1000



**TIME**  
2h



**PRICE**  
On request



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INDOOR

## 4. 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.



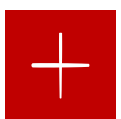
**NUMBER OF PARTICIPANTS**  
From 35-50



**TIME**  
2h



**PRICE**  
On request



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INDOOR

## 5. INFINITE LOOP

Virtual reality is the future. The company "The Odyssey" wants to make this accessible to everyone. But it is not as innocent as it seems. Odyssey kidnaps these users and locks them up in the virtual world. Crack the final code and open the cell. Communication is crucial to free the man within the limited time!



**NUMBER OF PARTICIPANTS**  
From 4-300



**TIME**  
1h 30 – 2h



**PRICE**  
On request



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INDOOR

## 6. SOCCERGAME

---

This is the ideal energizer for football enthusiasts, but also the less sportive. Teamwork is essential if you want your team to be in the top 3! The unique setting of the Red Devils gives the right atmosphere to play football darts, Bumperball, live kickergame or Kicker cup.



**NUMBER OF PARTICIPANTS**  
from 50-100 (15pax/game)



**TIME**  
Customized



**PRICE**  
On request



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INDOOR

## 7. 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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INDOOR

## 8. CASINO

Ready to test your odds? This concept combines an evening full of gambling at the casino tables with a healthy team spirit. The teams will answer questions and trivia games about several subjects and prove their chances to a better guess at the tables. The croupiers bring your gambling knowledge to the next level under the supervision of the all seeing eye of Lady Fortuna.

### ☐ Black jack

21 is not only a beautiful age, it is also the dream number for this game. Choose your card wisely and count until you have more than 2 hands full. Don't hit the road Jack, but stay and 'hit me' with the right cards.

### ☐ Poker

Put on your pokerface en raise the bet! Who can bluff without blushing or stealing looks?

### ☐ Roulette

Red or black? When the ball spins slower and slower, the tension rises. In which numberbox will the ball stop? Who will be the winner? Are you lucky number 7?



**NUMBER OF PARTICIPANTS**  
From 10 – 200



**TIME**  
+/- 1h 30



**PRICE**  
On request



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# OUTDOOR

---





OUTDOOR

## 1. CITY FOOT GOLF

Playing Golf in the city or at Martin's Red? Unlike the regular golf you play with targets. The target can be a statue, fountain, obstacle,... that you find in the city or at Martin's Red. During City Golf or City Foot you will be spoiled with some trivia and tempting stories about the city or the hotel. There is no need for golf knowledge. City Golf/Foot is accessible for everyone! City Golf, incentive is the concept for your teambuilding or an unforgettable trip with your business, union, friend or family!



**NUMBER OF PARTICIPANTS**  
from 8



**TIME**  
2 -3 h



**PRICE**  
6 holes: €20/pp  
9 holes: €25/pp



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[www.city-golf.be](http://www.city-golf.be)  
[vincent@city-golf.be](mailto:vincent@city-golf.be)  
+32 (0) 498 39.56.94

Would you like to discover every corner of Martin's Red? Choose CityFoot or Citygolf to get to know us!

OUTDOOR

## 2. 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.



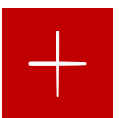
**NUMBER OF PARTICIPANTS**  
Min 15  
Max 500



**TIME**  
2h -4h



**PRICE**  
On request



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OUTDOOR

### 3. 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

### 4. CROSSBOW SHOOTING

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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

## 5. 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.



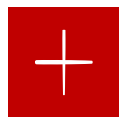
**NUMBER OF PARTICIPANTS**  
from 10-200



**TIME**  
1h30



**PRICE**  
On request



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## 6. THE DEVIL CHALLENGES

The Low Land Games reboot. We present you 'The Devil Challenge' : everything is allowed! Everybody will enjoy these games. They are designed to let you show off your physical and mental strength while you enjoy some foolery. Laughing guaranteed!



**NUMBER OF PARTICIPANTS**  
from 45-300



**TIME**  
2h30-3h



**PRICE**  
On request



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# TEAM PARTIES

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## TEAM PARTIES

### 1. BATTLE OF THE TABLES

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Challenge your colleagues in a thrilling interactive dinner game! This ultimate dinner game that embraces digital technology by integrating iPad tablets in its concept. You determine theme and difficulty. We set up a wide array of trials: from physical challenges and skills tests to brainteasers and virtual boxing games. A highly flexible, fully personalized and well- scripted activity to turn your groups into teams – and all this during dinner!



**NUMBER OF PARTICIPANTS**  
From 20 - 500



**TIME**  
1h30 – 2h



**PRICE**  
On request



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## TEAM PARTIES

### 2. EXITING MUSIC QUIZ

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This is a trilling music quiz where atmosphere and social contact are more important than victory. This formula is ideal for an unforgettable evening, starting from the appetizer untill 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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# CULINARY

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CULINARY

## 1. WHISKY WISDOM

Whisky Wisdom is the perfect end to your conference, combining team building with the ever-popular corporate nightcap! Enjoy stimulating conversation, light-hearted competition and a whisky shot. Whisky's are rich and diverse in flavours – more than any other distilled spirit. Whisky is an adventure. Whisky Wisdom invites you to indulge and explore its diversity.



**NUMBER OF PARTICIPANTS**  
From 15 - 200



**TIME**  
1h30 – 2h



**PRICE**  
On request



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CULINARY

## 2. CITY BEER GOLF

Enjoy the best of two worlds! City Beer Golf (or Food) with 3 regional beers and some trivia about the city or Martin's Red! No golf or foot knowledge required! This concept is ideal for your teambuilding or an unforgettable trip with your business, union, friend or family!



**NUMBER OF PARTICIPANTS**  
From 8 pax



**TIME**  
2 h– 2h 30



**PRICE**  
€26,50 p/p



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CULINARY

### 3. TEAM TONIC

Fancy yourself a gin connoisseur? Team Tonic offers an evening of entertainment that will test your deductive abilities in a relaxed and sociable environment. Team Tonic is the perfect end to your conference, combining teambuilding with the ever-popular corporate nightcap! Enjoy stimulating conversation, light-hearted competition and some refreshing G&T's.



**NUMBER OF PARTICIPANTS**  
From 15 – 200



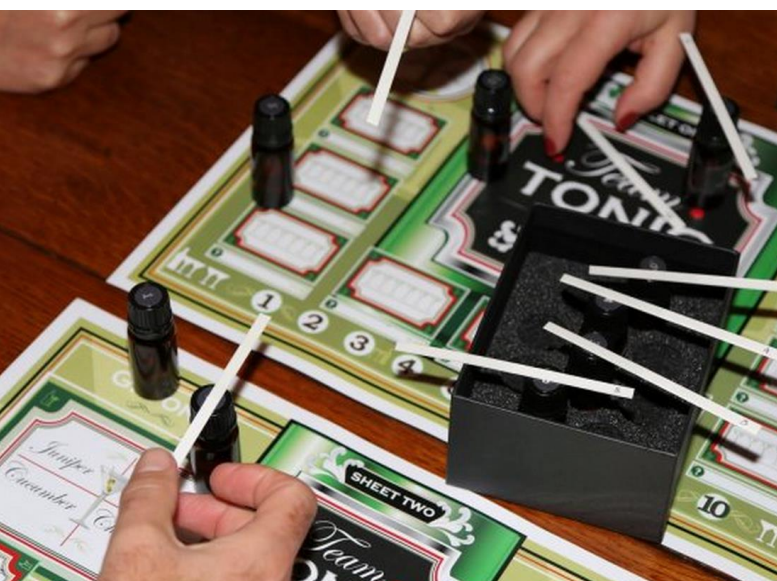
**TIME**  
1h – 2h



**PRICE**  
On request



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## 4. VINI VEGAS, The Wine & Tasting Casino

This is a fun and interactive discovery, suitable for all, around various original games related to wine tasting. All table games are animated by sommeliers and passionate hosts. Vini Vegas recreates the exciting and prestigious Casino world in combination with wine, but also beer, juice, chocolates and cheeses. After blind tasting the wine and hints by the sommelier, you can guess the wine you have tasted by selecting the right response on the cards in front of you, and bet your Vini chips on this particular wine. Will you be right and bet on the right one? Let's find out...



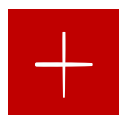
**NUMBER OF PARTICIPANTS**  
From 15 – 3000 NL/FR/ENG



**TIME**  
1h30 – 3h



**PRICE**  
On request



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[https://www.ready-steady.be/  
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+32 483 40 34 26



## 5. VINI VEGAS: 1 TABLE - 3 GAMES

Various original games for all, related to wine tasting, the senses, the memory and animated by a host sommelier. You will find this a fun and interactive way of tasting wines! It is ideal for small audiences, cocktail receptions or to combine with multiple entertainments.



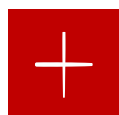
**NUMBER OF PARTICIPANTS**  
From 15 - ... NL/FR/ENG



**TIME**  
1h-1h30



**PRICE**  
On request



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+32 483 40 34 26

### There are similar versions possible:

- Alcohol free cocktails
- Special alcohol free version with smoothies
- Green version with smoothies and bio vegetables





## 6. BEER ACADEMY

Beer Academy is a teambuilding animation where you will enjoy an original beer experience. An abbey is looking for creative and talented people to create a new, unique product. You will form teams and become specialists in beer. With your team you assemble various types of beers and their grains: malted, more or less hoppy, smoked peat or simply grilled. It will all lead to your own beer recipe! The package and etiquette is also of great importance, so be creative and stand out!



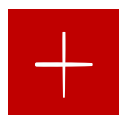
**NUMBER OF PARTICIPANTS**  
From 9 – 250 NL/FR/ENG



**TIME**  
1h30



**PRICE**  
On request



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## 7. COCKTAIL ACADEMY

Your company would like to have their own house cocktail and organises a competition called 'Cocktail Academy'. They require your skills to develop a team of bartenders or very creative barwomen. You will be equipped with all the necessary utensils to create an amazing cocktail. Aesthetics and taste will be judged by all the teams and the Champion of Cocktails elected.

**NUMBER OF PARTICIPANTS**

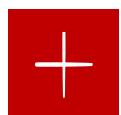
From 9 – 250 NL/FR/ENG

**TIME**

1h30 – 2h

**PRICE**

On request



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**There are similar versions possible:**

- Alcohol free cocktails
- Special alcohol free version with smoothies
- Green version with smoothies and bio vegetables



## 8. WINE MAKING ACADEMY

Your company invested in a beautiful winery. They require your creative skills to work as a team so you can achieve making your own wine by assembling the six red grapes of your vineyard. After your wine is done, you design your own etiquette! Of course, your assembly type will define your marketing, business and financial strategies. In short, it will turn out as a real simulation as done in the wine business. In the end, after the presentation of each wine, all wines will be tasted blindly by all participants in order to conclude this unique wine experience. Surprises guarantees!

**NUMBER OF PARTICIPANTS**

From 9 – 250 NL/FR/ENG

**TIME**

1h30-2h

**PRICE**

On request



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# CREATIVE

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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**  
On request



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# WELLNESS: INTERACTIVE INFO SESSIONS

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## 1. DEALING WITH STRESS

This interactive info session covers stress and burn –out. It can be completed with different kinds of workshops to deal better with stress.



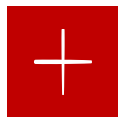
**NUMBER OF PARTICIPANTS**  
Max 15 NL/FR/ENG



**TIME**  
45 min



**PRICE**  
On request



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## 2. WORK/LIFE BALANCE

A balanced life? It is possible! Through nice quotes and metaphors we will put you on your own course and you will be your own compass. Work-life balance is all about focus and fun. Write the manual to live your live.



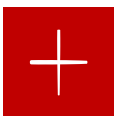
**NUMBER OF PARTICIPANTS**  
Max 15 NL/FR/ENG



**TIME**  
45 min



**PRICE**  
On request



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### 3. ERGONOMICS

---

There are different info sessions and workshops possible : lift- and carry techniques, comfortable and healthy screenwork and the possibility to adjust your workplace ergonomically.



**NUMBER OF PARTICIPANTS**

Max 15 NL/FR/ENG



**TIME**

45 min



**PRICE**

On request



Koen Luyckx

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Did not find what you are looking for in this theme?  
Koen will provide you with a suitable proposition!



# WELLNESS: TEAMBUILDING WORKSHOPS

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## 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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+32 472 97 98 44

## WELLNESS

# 2. FEEL GOOD FEET EXPERIENCE

---

This workshop has two parts. In the first part you will walk blindfolded on a path of natural elements. After this, you learn how you can reduce the stress on neck- or head pain and rusty shoulders by massaging the pressure points on your own feet.



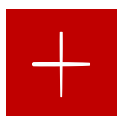
**NUMBER OF PARTICIPANTS**  
Max 10 NL/FR/ENG



**TIME**  
1h30



**PRICE**  
On request



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+32 472 97 98 44



### 3. THANK GOD IT'S MONDAY

This info session gives you an inside in how you can make your workplace a safe heaven where gossip and bullying are not at home.



**NUMBER OF PARTICIPANTS**  
Max 15 NL/FR/ENG



**TIME**  
1h 30



**PRICE**  
On request



Koen Luyckx  
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[koen@wellnessforbusiness.be](mailto:koen@wellnessforbusiness.be)  
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Did not find what you are looking for in this theme?

Koen will provide you with a suitable proposition!

### 4. YOUR IMAGE AT WORK

Can I full fill the expectations of my colleagues and still be myself? What is the right clothing for me? How is colour or style a communication tool? Can authenticity and image fit together?



**NUMBER OF PARTICIPANTS**  
Max 15 NL/FR/ENG



**TIME**  
1h30 min



**PRICE**  
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# WELLNESS: NUTRITION

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WELLNESS

## 1. NUTRITION, A DIFFERENT VIEW

Our environment is in a constant change, so are our eating habits, eating needs and trends. This workshop offers a new and inspiring view on nutrition and health.



**NUMBER OF PARTICIPANTS**  
Max 30 NL/FR/ENG



**TIME**  
1h30



**PRICE**  
On request



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WELLNESS

## 2. 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.



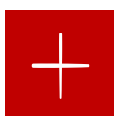
**NUMBER OF PARTICIPANTS**  
Max 30 NL/FR/ENG



**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

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## 1. MESSAGES AT WORK

### ☐ CHAIR MASSAGE

You get a 20- minute pressure point massage on the head, neck, shoulders and back while sitting in an ergonomic chair. The massages are without oil and on clothing.

### ☐ PRESSURE POINT MASSAGE ON TABLE

You get a 20 – 30 minute pressure point massage on the head, neck, shoulders and back while lying down on the massage table. The massages are without oil and on clothing.

### ☐ HEAD MASSAGE

This is a sophisticated form of a massage. The fingers and handpalms are triggered the most. This 20 minute massage is without oil and leads to a relaxed head and neck.

### ☐ HAND – OR FEET MASSAGE

During this 20 minute massage, there will be focused on the reflex points of the hands and feet than correspond with the organs, muscles and joints of your body.



**NUMBER OF PARTICIPANTS**  
Requested



**TIME**  
6 persons in 2 hours



**PRICE**  
On request



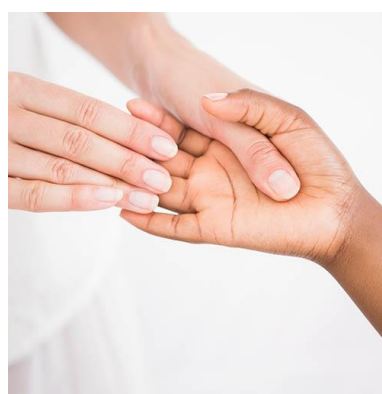
- Atmosphere music
- Aroma

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## 2. TIME TO RELAX

Time to relax is an introduction in the different forms of relaxation techniques, mindfulness, breathing exercises,... so that you can live a comfortable life at home and on the work floor.


**NUMBER OF PARTICIPANTS**

Max 20 NL/FR/ENG


**TIME**

1h– 1h30


**PRICE**

On request



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## 3. 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 teambuilding or other activities!


**NUMBER OF PARTICIPANTS**

Max 20 NL/FR/ENG


**TIME**

1h


**PRICE**

On request

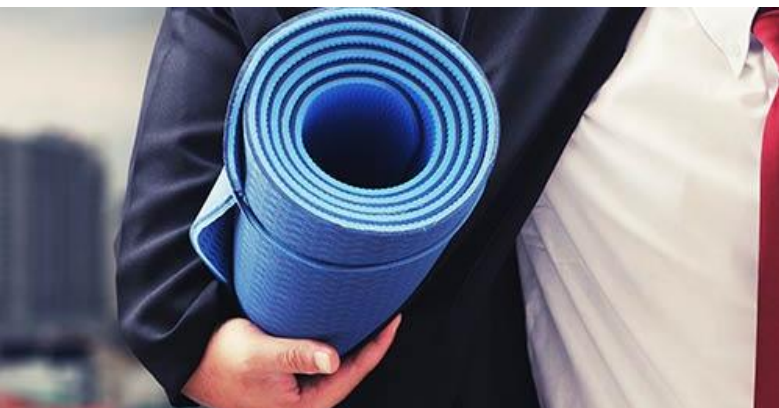


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## 4. CHAIR YOGA

The development of a strong posture is the core business for this activity. By means of simple creative yoga exercises on a chair you learn how to adapt your posture correctly. This is ideal for people who sit all day due to their job.



**NUMBER OF PARTICIPANTS**  
Max 20 NL/FR/ENG



**TIME**  
1h



**PRICE**  
On request



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## 5. 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**  
Max 20 NL/FR/ENG



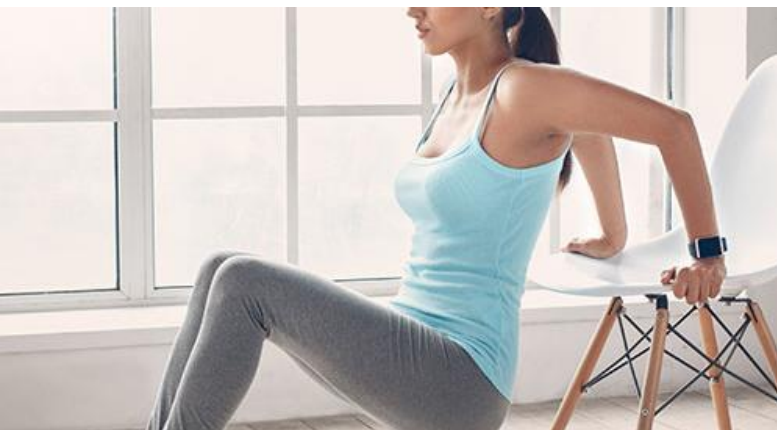
**TIME**  
1h



**PRICE**  
On request



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