



# SUSTAINABLE OUTDOOR TEAM BUILDING

In and around Barcelona
We are associeated with:

















### WHO ARE WE?

Greenevents is a social economy entrepreneurship that designs and organizes Sustainable Activities, Team building and Corporate Volunteering, in and around Barcelona.



#### **GENERAL CONDITIONS**

- Group: min 10 ppl.
- -VAT is not included in prices. If you are registered in Intracommunity ROI, you don't have to pay VAT.
- If the employees that will come belong to "regimen general" from a Spanish company, you can refund the team building expenses as training.
- Languages: Catalan, Spanish, and English. We might be able to accommodate other languages.
- English prices are with a surcharge.
- 50% of payment must be done at least 15 days in advance of booking, other 50% must be done one day before the event.
- You will get a certificate for having done a sustainable experience or activity.
- You will get photos and a short video as a souvenir.
- If it rains, the event will be done with an umbrella or will be scheduled for another day.
- You can cancel with 5% of the invoice fee, up to 7 days before the event.
- -The client can change the number of participants by 15%, up to 5 days before the event.
- Liability insurance is included.

### Get in touch

+34 696881164

hola@greeneventsbarcelona.com

@greeneventsbcn









### OBSTACLE COURSE AT BEN CENTRE

# You will learn about Bcn social and ecological problems

The game allows you to enjoy Barcelona centre through a series of tests and questions that must be done on a team. Participants discover places, stories, and social and environmental aspects that affect the city of Barcelona, with specific issues that impact particular neighborhoods such as Born and Raval, such as immigration, the challenges of interculturality and the increase in the price of housing. You will also discover innovative social economy projects that provide solutions to these problems.

You have the option to finish in a restaurant that has social economy criteria where you will have lunch and the winning team will be given the award.







max. 300 pax



# TEAM COOKING

At Barcelona kirchens

Prepare paella with your colleagues, some tapas or dishes from one of the following countries: Morocco, Afghanistan, Senegal or the Andes. Join us for an authentic gastronomic and intercultural exchange where you can share experiences with immigrants who have come to Spain in vulnerable social and work conditions.







From 79€/pax

4 hours

max. 25 pax

### OBSTACKE COURSE TO SOGVE ECOROCICAR CHARRENGES

At Collserola Park

The Obstacle course poses challenges to survive the main environmental problems. The course is a game that tests the collaboration and survival capabilities of your team. A fun game where you can brainstorm about ways to solve environmental problems. A group of scientists has developed a program that allows a group of humans to remain alive after they wake up 100 years following extinction at a time when the planet has recovered from the damage that was previously done by humans. The future humans must be better than they were before: survive with the minimum, respect other species (animals and plant life), work together and help each other. This is a training in which your mission will be to prove that you can achieve what is required to be part of the next human civilization; all teams must win or all will be lost.





From 59€/pax 3 hours



max. 50 pax



# BE A FARMER FOR ONE DAY

#### At an ecological allotment

Visit an organic vegetable allotment and learn through games about sustainable food, agroecology, seasonal crops, Mediterranean plants, and do volunteer work to maintain this allotment. You will cook an authentic Catalonian meal, long onions called calçotada or you will have a paella show cooking.







4.30 hours

max. 80 pax



### In the Maresme

Enjoy this guided hike with amazing sea views, while gaining new knowledge of the agriculture and flora of the Mediterranean. During the hike, we will discuss fun questions about seasonal farming, agriculture, and how to responsibly consume foods. Additionally, we will visit a sustainable farm that produces ecofriendly eggs and is a social work placement project for people with mental functional diversity. We will have an appetizer while learning about the ecological production of eggs and how the social work placement project for people with mental functional diversity is integrated into this farm. During the hike, we will contribute by cleaning the path along the way, and there is also the opportunity for you to volunteer on the farm.







4,30hours max. 25 pax

# WORLD OF REES

#### In El Maresme

Visit a bee conservation and honey production farm that was created to employ people with mental functional diversity. These employees help take care of the bees and are also co-tour guides for the visitors. During the visit, the your company's strategic reflections.

After visiting the honeycomb panels, you will

















max. 100 pax

4 hours

participants will reflect on similarities between the organization of the bees' colony and the company's organization; this will contribute to

eat a delicious paella dish. The bee farm is 40 minutes away from Barcelona where you can enjoy awesome views of the Mediterranean sea

# SEA, SOURCE OF KIFE

#### On Bcn beaches

Let's learn about the marine ecosystems with water sports such as kayaking, paddle surfing, big paddle surfing, sailing, and/or beach cleanup; on beaches in Bcn or el Maresme. At the end of the activities, you will have a snack or lunch. Our nautical schools employ people with mental functional diversity or young people in vulnerable socio-economic situations. Also, they have sustainable practices such as repairing and reusing boats and other sea related materials.



Form 89€/pax

5 hours





# BARCELONA a sacamen

### At Barceloneta neighborhood

An experience that takes you to discover Barcelona's wharf. During the tour, you will get closer to the traditional work of fishermen, where you will discover answers about the fish we eat. You will learn about different fishing techniques, and responsible, and sustainable consumption of fish. During the tour, you will see the fishing boats returning from the sea with the fresh catch of the day. After this, we will visit the wholesale fish market. There you will see the great biodiversity of fish and shellfish in the Mediterranean Sea. You also will become aware of the problems of plastic consumption in the sea with a practical workshop. We will finish with an appetizer made from a local sea product.





From 69€/pax 2,30 hours max. 50 pax

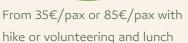
# TOUR

#### At Collserola Park or 1h from Bcn

Visit one of the vineyards closest to Barcelona, set up by a cooperative that employs and houses people with mental functional diversity at risk of social exclusion. The vineyard is located in the beautiful park of Collserola, the lungs of Barcelona, just 30 minutes from the city centre. Arrive at the winery and its authentic farmhouse doing a guided hike through Collserola park or by car. Experience a tasting of their fantastic wines that are bought by the Barcelona City Council for their events. People with mental functional diversity work and live in the vineyard itself and help with the organization of visits. A local snack will be provided with the wine tasting and there is also a lunch option.















max. 30 pax







From 69€/pax

2,30 hours max. 50

## PORGENOU SOSTAINABLE TOUR

lenou S**usta**ina

#### In Barcelona

On the tour, you will learn about sustainable urban planning, the recovery of architectural heritage, and three productive projects managed according to social and supportive economy criteria. It includes a visit to a craft beer manufacturing site with two beer tastings. It also includes a visit to a community allotment where you will discover more about grassroots activism and efforts to create community spaces in Barcelona. In the allotment, through team games, you will recognize fruit trees and the huge biodiversity that can be held in a small city plot. The tour finishes with a snack at the community allotment.

There is an option to do a bioconstruction volunteer at the community garden with a surcharge.



# BIOCONSTRUCTION WORKSHOP

#### At Barcelona

In this workshop, you will have an introduction about what is bioconstruction. Then you will construct adobe bricks, throwing clay into wooden molds and drying them in the open air. You also will lime and revoke plaster walls. At the end you will have a snack.





max. 50 pax







### SUSTAINABLE IN COMPANY ACTIVITIES

For your events in Barcelona

### We are associeated with:









Cercle de

Turisme







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### MOVEMENT/DRUMS AND VOICE

Workshop

In this Greenevents workshop we will use the voice, the body and the percussion to relax and have fun, finding our deepest rhythm, and joining ourselves with the other participants. We will work on self connection, first at an internal level and then at a group level.









### SHORT ACTIVITIES

#### For your events or Family day

Activities that can be done simultaneously:

- Food heritage: where do vegetables come from?. Let's learn about seeds as keepers of knowledge.
- We will guess the properties of Mediterranean plants and let's make seed bombs to contribute to Bcn biodiversity.
- Identify seasonal vegetables, fruits, or seasonal fish.
- What ecological footprint do we leave through our consumption?
- How long does our waste take to degrade?
- We will throw our waste out in the correct trash bin.
- Jewelry workshop with recycled material.
- We will recognize animal footprints.
- We will learn how to ride a bike.
- Recicle paper whorkshop and the paper cycle dominoes.

15 min/Activity



#### To foster biodiversity

We will build nest boxes or insect hotels in a collaborative way and donate it to a NGO that conserves natural environment. We will also do a participatory reflection about birds biodiversity and/or insects, drivers of biodiverity













### Health & Wellness

Through this activity, we acquire more knowledge of how we communicate through our bodies. Yoga or/and massage helps you to maintain better posture, and promote health and well-being. You will also learn how to do a basic massage.







From 35€/pax

1-3 hours max. 50



# **LEARNING ABOUT** SUSTAINABIGITY

### at 4 stations

### **Participatory reflection**

This activity engages interactive reflection facilitated by experts on energy and climate change, responsible consumption, waste management, and global inequality. You will be divided into 4 sub-groups which will visit each of the stations. After listening to the dedicated expert at each station, you will exchange ideas in order to contribute your ideas towards coming up with solutions for environmental problems. After going around to each of the 4 base points, we will begin a debate so that participants can present their proposals on how to resolve these problems in the company or in a personal way. The proposals of the participants will be exposed in post-its.







# ABOUT SDES

### Workshop

You will reflect on the SDGs that are aligned with the company's strategy. In case there is already a previous work, the status of their compliance is evaluated. Indicators, responsible parties and deadlines for their fulfillment are identified.



We'll take you into the world of coffee or chocolate and you will get to know more about fair trade and

responsible consumption.

### SUSTAINABLE GOALS DEVELOPMENT GOALS



































From 720€/1h

max. 40 pax

From 49€/pax

max. 200 pax 2 hours



# UTIGITY PROVIDERS IN **CATAGONIA**

### with social and ecological criteria for responsible consumption

**Learn about providers of** energy and gas, mobile services, banking, insurance, transport, and free software, with social and ecological criteria that make changes for responsible consumption in Catalonia. Participants who bring their own bills can make the change to responsible consumption. This activity is only available for residents of Catalonia.





### max. 100 pax

### CITIES AND CEMATE CHANCE PARTICIPATORY STACING

### **Participatory Exhibition**

The staging is based in the metodology of El teatro de los sentidos. During he staging tour you will reflect on the choices we make and how we can help improve the quality of our cities. A sensory tour that invites us to think about the different cities that exist or that we dream of; both individually and collectively. During this exhibition, we will reflect on the issues of climate change facing our cities right now.



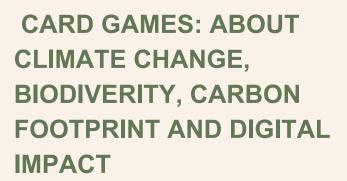


3500€/6h day Extra day 800€





max. 72 pax/day



#### Workshop

Card games based on the reports of the IPCC (Intergovernmental Panel on Climate Change), the IPBES (Biodiversity), role play to know our carbon footprint and how to reduce it, and the effects that our technology has on climate change. The workshops aim to SENSITIZE about CLIMATE CHANGE, the IMPORTANCE of BIODIVERSITY, and the impact of our CONSUMPTION, in a playful and collaborative way, and to understand the challenges to act for the sustainability of life.







2,30 hour

max. 16 pax



# A GARDEN AT HOME WORKSHOP

### At your Company or venue

You will learn to design and cultivate your own ecological garden at home to obtain fresh seasonal vegetables that will help you revitalize the energy and health of the whole the family, in addition to contributing to the care and preservation of the environment in your city.







From 34€/pax 1,30 hour

max. 50 pax

