



HERETAT

# OLLER del MAS

EST. 964

Team building





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Fun & Wine

Fun & Sports

Fun & Health by The Well Co

Fun & Feel by The Meeting Point





# FUN & WINE

## VINEYARDS LOVERS TOUR

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*Duration of 2 hours*  
*No. pax:* Maximum groups of 20 people

The wine is made from the vineyard and everything that happens will mark the identity and quality of our wines. Discover in depth how all this wonderful process begins, we will explain the soil, the flora and fauna... How we take care and treat the vineyard, how we protect the environment, the sustainability in all our processes and how we work for a better future in our estate. The visit ends with a tasting of 3 wines.

## HISTORY LOVERS TOUR

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*Duration of 2 hours*  
*No. pax:* Maximum groups of 20 people

The future is history, and it is history that sets the course for us to follow. Few of us have more than a thousand years of history and 36 generations. It all began in the year 964 with Arnau Oller and until today have passed some events that have marked what we are and what we want to be. Enter the ancient castle and let yourself be seduced by past generations, discover the castle's rooms and understand what our ancestors did to get where we are today. The visit ends with a tasting of the most historic and emblematic wines.

## WINE LOVERS TOUR

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*Duration of 2 hours*  
*No. pax:* Maximum groups of 20 people

For unconditional wine lovers, for those who want to understand more, see and feel the whole process of elaboration of an organic winery that does not buy grapes from outside. You will understand the elaboration of a limited production of bottles where the autochthonous varieties are the protagonists. A process consented and studied with passion in order to produce unique wines, with identity and the highest quality. The visit ends with a wine tasting.

*\*In case of exceeding the maximum number of people, please contact us.*



# FUN & WINE

## WINE CREATION

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*Duration between 2 and 3 hours*  
*No. Pax: Minimum of 10 people*

Wine creation is an activity that develops teamwork and puts into relief all those elements that are essential for the elaboration of a wine. It requires the joint effort and cooperation of a group that shares a common purpose.

An extraordinary activity that goes far beyond a wine tasting, as it consists of preparing the sense of smell and taste to put yourself in the shoes of a winemaker for a few hours and live the experience of creating a wine. The organization will provide all the technical elements, materials and advice to help the teams during the process.

First, it will be necessary to train the nose and palate to know how to recognize the desired nuances. From this point on, they will work with single-varietal wines in order to blend them together and work on a unique combination created exclusively for the team. Finally, each participant will be able to take away a bottle made by his or her team, where even the label design will bear his or her signature.

### *Single varietal tasting*

Using wines from 3 grape varieties, participants will learn to recognize the main aromas and flavors offered by each of them.

### *Creation of the "Blend"*

Each group will have to create the "cupatge" (the blend of different grape varieties) to reach the proposed objective. For each test they will have to take note of the proportions used so that when they find the ideal combination, they can reproduce it in the bottles.

### *Designing the label and filling the bottles*

Each team must organize itself to create a name for its wine, as well as design a label that reflects the concept of its proposal, while another part of the group must reproduce the "cupatge", filling as many bottles as members of the team.

### *Blinding tasting*

Each group will taste the wine proposals that the others have elaborated, but without knowing to whom it belongs. We can create a scoring system to evaluate each combination so that a winning team can emerge.



# FUN & SPORTS

## Master Class P&P

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*Duration of 1h and 30m*  
*No. Pax: Between 5 and 10 people*

Enter the world of golf, a fun, healthy and dynamic way to get started in this world in a different format.

## P&P pro experience

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*Duration of 3 hours*  
*No. Pax: Between 12 and 72 people*

Have you already mastered the set of clubs? Then it's time for the competition to begin! Tournament tested by a unique 18-hole course on the official P&P course of Oller del Mas with prizes for the winners of the tournament and a random hole approach prize. At the end of the tournament, toast with a glass of wine on the terrace of the Wine Bar.

## P&P Team Building

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*Duration of 2 hours*  
*No. Pax: Between 15 and 50 people*

Organize yourself as a team and draw all the different tests within the P&P course! This activity consists of a small initial class to briefly explain the tests and give basic instructions for participation. Then, through a game to break the ice, two teams will be formed and following the dynamics of the game the activity will begin. The winning team will win the prize, and all participants will toast with a glass of wine at the end of the activity on the terrace of the Wine Bar.



# FUN & SPORTS

## Master Class of paddle tennis

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*Duration of 1 hour*

*No. pax: Between 2 and 8 people*

Improve your paddle skills enjoying a master class for all levels by our qualified coach.

## Paddle tennis Team Building

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*Duration of 3 hours*

*No. Pax: Between 6 and 8 people*

Compete in Quick format with your colleagues to win the Innat cup, a fun way to play with and against everyone! The winner will take the prize and at the end there will be a glass of wine for all participants.

## Sports Matinee

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*Duration of 2 hours*

*No. Pax: Between 10 and 25 people*

Choose between different sports activities and we will organize a sports morning with all your team: yoga, pilates, zumba, hiit... At the end you will recover with a healthy snack.



# FUN & HEALTH

by the well co

## Yoga Class

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*Duration of 1 hour*

*No. Pax:* Minimum groups of 5 people

Dynamic Viñasa Yoga or Hatha Yoga sessions in which breathing is coordinated with movement to reach a state of deep relaxation. Suitable for all levels.

## Healthy Tupperware workshop

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*Duration of 1 hour*

*No. Pax:* Minimum 10 people

Meals in the office and the increasingly widespread interest in healthy living. A graphic support is given to all attendees and also a Q&A space at the end of the session to solve doubts.

Other topics to guide the workshops:

- Healthy eating guidelines
- Sports nutrition
- Healthy lunch
- Probiotics and prebiotics
- Diets and current trends (veganism, keto, macrobiotics...)

## Meditation session and breathing techniques

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*Duration between 30 and 40 minutes*

*No. Pax:* Minimum 10 people

Meditation session to help reduce stress and anxiety and will also teach simple but very effective breathing techniques (breathwork) to improve performance, concentration and stress management that can be applied anywhere and anytime. Throughout the session, tools will be provided to make them feel more empowered and able to control their emotions.

## Healthy lifestyle habits workshop

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*Duration 1 hour*

*No. Pax:* Minimum 5 people

Dynamic workshops that focus on improving our daily living habits and teach us small tips to improve our energy levels, our effectiveness and our health.

There are different themes to choose from:

- Sleep hygiene
- Healthy habits to start the day (morning routine)
- Sustainable living workshop (habits to be more sustainable in our day-to-day life)
- The lymphatic system (body detox)
- The millenary science of Ayurveda





# FUN & FEEL

by elmeetingpoint

## Cabin

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*Duration between 3 and 5 hours*  
*No. Pax: From 10 to 80 people*

Behind the objective of building a cabin together, the whole team will design the strategy to get all the possible resources in the forest in a limited time. They will do it by investing their goods (or not) in different points marked on the map. Once the hut is built, a conversation beyond feedback and traditional coaching will allow them to analyze themselves as a team through the cabin.

## Canva

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*Duration between 1 and 3 hours*  
*No. Pax: From 10 to 300 people*

A route through the senses that allow us to find our essence, that which identifies and represents us. A giant canvas will be our frame to put together the essence of each of the team members. A unique work, where everyone will find themselves representing and being an ideal anchor for the offices. But it is even more impressive when at the end of the day each person finds a small part of the canvas framed to take it home.

## Compass

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*Duration between 2 and 4 hours*  
*No. Pax: from 15 to 150 people*

Participants will go into the forest with the only help of a map. Their objective will be to find all the points marked on the map where they will have to overcome a challenge that will test their ingenuity, teamwork, daring and personal skills. Knowing how to orient themselves, working against the clock and establishing a good strategy will be the key to success.



# FUN & FEEL

by elmeetingpoint

## Formula

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*Duration between 2 and 4 hours*  
*No. Pax: from 10 to 50 people*

We will divide the group into different teams distributed throughout the forest. Each team will have a backpack and the necessary clue to open it. From here, they will have to unlock information and resources to advance in the game. From parts of a map to a transmitter to communicate with the other teams. All teams will have a common goal: to reach the end point before time runs out and at the same time, to achieve specific objectives to get more points. Strategy, ingenuity, coordination and the sum of all their skills will allow them to achieve their goal.

## Habitat

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*Duration between 2 and 4 hours*  
*No. Pax: from 8 to 40 people*

We will work through games and metaphors in a session of individual and collective development based on the synergy between partners to find solutions, explanations and strategies for change with an agile and fun methodology. A room full of natural elements to which we will learn to give meaning to create a HABITAT, an ecosystem where all their contributions and points of view are related and coexist.

## Savages

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*Duration between 4 and 8 hours*  
*No. Pax: from 10 to 80 people*

An experience in which we will divide the whole group into different tribes with their own identities. Each one will have a marked area of the territory, specific resources and objectives to achieve that will force them to interact with each other, orientate, supply, explore and defend their territory. But, above all, they will interact with each other to create alliances and exchanges that will help them achieve their goals.

