



DOLCE LA HULPE BRUSSELS

THE DOLCE HOTEL COLLECTION

TEAM BUILDING ACTIVITIES



THE CUBE

You are sure to never forget this two-hour journey. You will be transported into an extraordinary post-atomic atmosphere. You will learn to use your six senses to move inside, survive, and finally escape from it.

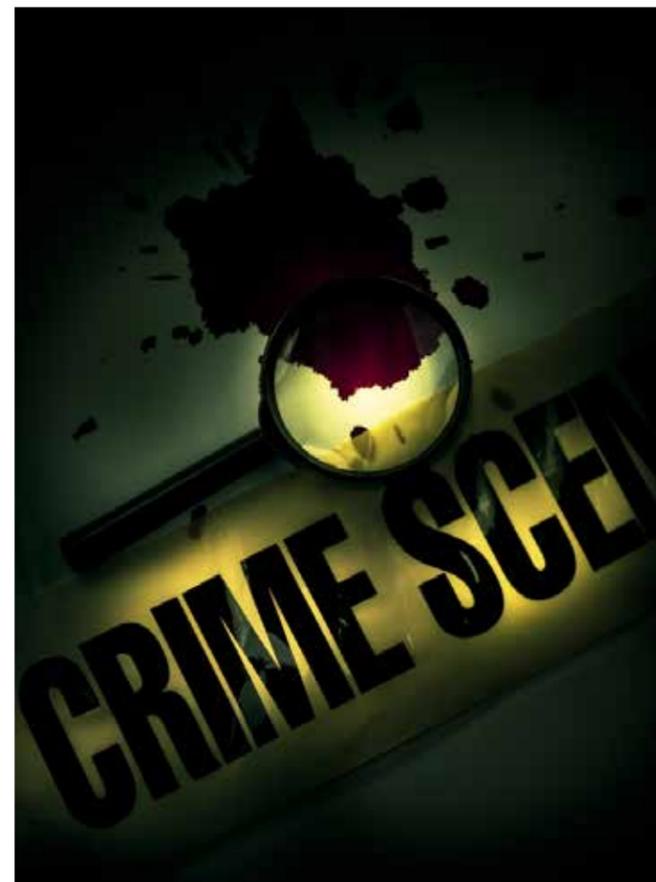
Once inside, you are a prisoner, the exit becomes inaccessible and the alarm system is turned on. You have only two hours to escape, or else....

Everything has been designed to make you shudder, to have fun, and to maximize team interaction throughout the journey to attempt to find what seems to be the emergency exit.

You will roam from one place to another and will try to get past the obstacles in order to free yourself from the Cube.



DURATION	MIN	MAX
2h	8	120



THE ASHMORE CASE

Murder mystery for the fans of Cluedo!

The ambulance arrived on the scene and took the body for an autopsy. The participants are then given a mission: identify the murderer(s). They will also search for the murder weapon and discover where the murder was committed, all this before midnight. The clues lead them progressively towards the truth; it remains first and foremost a matter of reasoning and logic. By bringing together all the elements they will discover the identity and motive of the killer.

Red herrings, gunshots and sensational turns of events, will keep everyone on their toes for an unforgettable evening.

DURATION	MIN	MAX
2h	15	—



LOST

An original and exciting outdoor activity in prologue to the famous program The Cube or as a single activity.

Inspired by the series of the same name, it's a challenge get where it comes to solve puzzles to locate the home of Professor Gordon, a missing scientist, as well as implementing survival skills. Once the evidence is assembled, they discover the secret of the bunker where a mysterious chest is hidden. You will have to discover the secret combination of the chest in order to achieve your mission.

DURATION	MIN	MAX
1h-4h	10	300



THE CONQUEST

The pleasure of becoming rich without remorse!

An incredible adaptation of a combination between Monopoly and Risk: Conquer the global market by constructing as many sales offices/plants of your company as possible.

The participants, divided into teams, will each draw an envelope out of a hat. Each envelope will contain start-up capital of \$15,000 and property from the global market.

DURATION	MIN	MAX
2h	15	100



THE BRAINFOUL

The most popular games in the world merged into one! Participate in the conquest of the universe by accepting and winning challenges divided into 5 categories: Ludis, Musica, Olympias, Cultura and Memoria.

Animated by professional actors and dancers, the teams will toss giant dices and use "battle ships" to move around the circuit. The goal is to succeed in the many proposed challenges on the different planets. For each conquered planet the team receives a piece of the star of the planet. According to the nature of the company involved, trials can be personalized.

DURATION	MIN	MAX
2h	15	60



THE BATTLE

Music, quizzes and professional entertainers will make for an unforgettable moment!

Do you like music? Believe that songs from the 1980s to present day have no more secrets for you? Have you always dreamed of one day being accompanied by a live Orchestra? Then the Battle is for you... Based on activities related to music, the Battle will without a doubt turn your staff party into an unforgettable evening. The Battle is accessible to all.

The strength of this activity? "The music related activities create an incredible atmosphere and energy. Lasting 1h30 it is the ideal activity to get your groove on and dance the night away and thanks to the incredible DJ you will not want to sit one out.

DURATION	MIN	MAX
1h30	15	300



BLOW UP THE BANK

Casino tables, dealers, money, cheating, all make for some quick thinking and innovativeness that will turn your team into the wealthiest Joes in town.

The participants are divided into teams. To become the wealthiest team they will need to be innovative. "Faites vos jeux".

DURATION	MIN	MAX
3h40	20	300



STRIKE FORCE

A hilarious commando raid! The military theme becomes a fun and dynamic battlefield for team missions, imparting key messages and ensuring a memorable event. Have fun, fire up the troops and be the best on the battlefield by applying your survival skills gained during the training exercises to save your VIPs and the wounded.

DURATION	MIN	MAX
3h40	20	300



TEAM COOKING

Experience a cooking class at Dolce La Hulpe Brussels!

A real teambuilding by flearing, preparing and tasting!

After a welcome drink, a briefing and preparing the menu you can have a taste of your own labour !

Sushis, tapas, salads...



CHOCOLATE WORKSHOPS

Create your own pralines with our master chocolate makers!

Participants, under the eye of a Master Chocolatier, will create their own chocolate pralines, from the molding until the final stage of turning out the chocolates. Everyone will receive a small gift: a bag with some of the pralines produced during the workshop!

Does a master chocolatier dwell inside you?

Come and create your chocolate pleasures during this Chocolate Workshop. You will discover the enriching experience of the chocolate-making profession. During the workshop, you will be dressed like a chocolatier, along with apron and hat, and you will attend a real chocolate-making course.

DURATION	MIN	MAX
3h40	20	300



TASTING CHOCOLATE

A sensory visit through the dynamic and turbulent history of chocolate. You will become a true expert and learn how to enjoy and appreciate high quality chocolates!

Use all your senses in unveiling the magic and marvelous array of flavors through taste, smell and touch. This tasting will be an entertaining and fun experience. A chocolatier will provide a collection of products created from high-quality chocolate, which will pique your senses and make this interactive event into a memorable and entertaining occasion. Like wine tasting... but only better!

DURATION	MIN	MAX
1h30	15	300



BEER TASTING

A brewery owner will explain the following through demonstrations: How to serve the perfect draught and bottled beer. How to recognise a 'good' and a 'bad' beer. How to avoid serving a bland and foamy beer. All participants will have the opportunity to try serving the perfect beer. A barman will present a selection of Belgian beers and will explain how beer can be tested. The participants will taste the beers and try to identify them with a testing table.

DURATION	MIN	MAX
2h	20	80



VINI SPEED TASTING

Let's have fun and discover the delicious world of wine, beer, fruit cocktails, chocolate, and olives oils! This team building activity will challenge every participant with different tasting tests. During one hour of special aperitif they will have the possibility to learn and enjoy a didactic and interactive activity.

DURATION	MIN	MAX
1h	10	60



VINI VEGAS

PLACE YOUR BETS, RIEN NE VA PLUS!

Discover the world of Wine and Gourmet Cuisine in the prestigious universe of a casino thanks to Vini Vegas! Simple and varied games testing the participants' senses and memory in the most original of casinos, presented by skilled sommeliers-croupiers. Discover the world of wine tasting in a fun, festive and interactive way.

DURATION	MIN	MAX
1h-3h	10	200



WINE MAKING ACADEMY

You manage a fictitious vineyard in the South of France with many different grape varieties. You are given some tips by the oenologist- animator and together with your team you: - create your 'House Cuvée' by combining different types of wines, just like real wine makers-oenologists - choose the style of your wine - think of a name and design a new label for your wine estate - determine your sales and marketing strategy.

DURATION	MIN	MAX
2h30	10	60



COCKTAIL ACADEMY

Become a team of innovative bartenders and win the "Cocktail Academy" challenge. With assistance from the hosting bartender, the teams will create their cocktail recipe using a wide variety of fruit juices, syrups, liquors and alcohols. Each team will choose the appropriate cocktail glass, devise an original presentation and name their cocktail. Finally, the cocktails will be evaluated on esthetics and, above all, taste by a blind-test tasting jury.

DURATION	MIN	MAX
2h	10	200



THE NORDIC QUEST

Discover this quest for wellbeing through teamwork, orienteering and environmental awareness! Together with your team, you will need to rely on your observation and map reading skills, as well as on your sense of orientation to make your way through the Sonian Forest, the green lung of Brussels, or elsewhere. The yogi of the forest will give you wellness tips and share his exercises with you to ultimately lead you to your destination.

DURATION	MIN	MAX
1h30	6	80



TAI CHI FOR BEGINNERS – OUTDOOR OR INDOOR

Tai Chi Chuan is an internal Chinese martial art which uses vital energy rather than muscular strength. Tai Chi Chuan is a wonderful way to achieve physical and mental balance, and is very well suited to our increasingly stressful lifestyle – both at work and at home.

DURATION	MIN	MAX
1h – 2h	6	200



YOGA AND SEATED YOGA

Regularly practicing yoga promotes the efficient functioning of the internal organs, balances the nervous system and ensures optimal health. Our body is an instrument that helps us develop our willpower. Yoga helps you achieve stability, flexibility, endurance, strength and patience. Yoga is meditation in action. Your mind is focused on your posture and breathing movements. You explore your inner self by detecting your physical tension and psychological barriers, and through relaxation. Through regular practice, you will learn to concentrate and relax, and you will gain a better understanding of your inner self.

DURATION	MIN	MAX
1h – 2h	6	40



PILATES AND PILATES ASSIS

Pilates is an exercise method designed to improve muscle tone. Through a varied series of exercises, you will learn to activate weak muscles and relax tense muscles. The aim is to achieve a balanced muscular system. The result: more strength and flexibility, better coordination and support.

DURATION	MIN	MAX
1h – 2h	6	40



TRACKING GAMES

Discover the magnificent domain of the park Solvay in a playful and original way. Situated just a step from the DOLCE, its natural environment is an ideal place to have a break.

You will have to solve together numerous riddles which allow you to move forward all along the route, and all this from your GSM!

Cohesion of group, trust and spirit of initiative. All the elements are combined to spend an unforgettable day between colleagues!

DURATION	MIN	MAX
2h-3h	5	200



OLYMPIC OFFICE

With the Olympics Office your office becomes a big playground. Several hilarious 'sports' are billed up and new challenges are created with all the basic material you have in your office... Yes, all the things you daily use! The golden medal goes to the one who manages to throw his stapler the furthest or to someone who achieves the best time in a sprint between the desks.

DURATION	MIN	MAX
2h-3h	5	200



LEGO EVENT

Do you think of LEGO as a game for children? Just wait until you find yourself on your knees in the middle of a mountain of colourful plastic blocks. How much do you bet that you won't be able to resist? LEGO is not just a game for children. Nor is it simple child's play: unless you can assure us that your metres-high towers will not fall down or collapse.

DURATION	MIN	MAX
1h-3h	10	200



THE RACE

Racing is so much more than just getting behind the wheel of a sports car. After all, what's a good pilot without a powerful car? At the end of the day, when it comes to racing, speed and talent are far less important than team spirit. Every team builds, tests and uses its kart during this thrilling, hair-raising afternoon activity!

DURATION	MIN	MAX
3h-5h	10	200



CHALLENGER'S RAID

A natural raid inspired by triathlons, the Challengers' Raid is a true sporting event combining mountain biking, running and Nordic walking, on forest trails and obstacle courses, on foot and on bikes. A challenge where team spirit prevails over individual prowess.

The uninterrupted succession of the three challenges, rather than focusing only on performance, requires strong motivation, coaching, communication and teamwork in order to get the best out of each participant, according to his/her capacities.



BIKE TRIP

In the heart of the magnificent Sonian Forest, you will have the opportunity of coming out of your shell during a wander in the forest.

Are you sporty? Do you enjoy a casual cycle? You will love discovering your surroundings on bike, whether as a family, with friends or a partner.



RUN BIKE BIKE

This race, between teams of two, alternates running and biking, with participants switching roles regularly. In Run Bike Bike there are 2 bikers for 1 runner. That means more time to rejuvenate on the bike and so... more fun.

The complexity of this challenge varies according to the area's topography and distance travelled. It requires teamwork and good communication to manage resources and share difficulties, taking into account each team member's strengths and weaknesses.



ORIENTEERING RACE

Orienteering in a team is a sporting activity navigating with a map and compass in a forest. The traditional form is cross-country running but other forms such as Nordic walking or mountain biking are possible.

Participants follow a circuit consisting of several checkpoints. To find these quickly, participants follow a 3-step decision making process: identifying and locating on the map, choosing the most efficient itinerary route and then following it.



FALCONS

Get closer to these beautiful creatures... birds of prey. Rarely can they be observed and when seen, they are soaring high overhead. During a workshop with birds of prey, you will experience various species of raptors and owls launching into flight from your own wrist.



BOOTCAMP

Practised outdoors using natural elements, Bootcamp is based on techniques inspired by simple army training methods, made up of natural obstacles and challenges where teamwork is definitely an asset! Bootcamp sessions are adapted to the participants' physical abilities and hence suitable to all but do require motivation and effort.



BEEES

Discover beekeeping.

This activity will unveil the marvelous world of bees to you. Come talk about respect for nature and biodiversity in a welcoming atmosphere.

This extraordinary team building exercise allows you to discover honey collection, and the life of bees.

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