

## GROUP TEAMBUILDING ACTIVITIES

### FOOD & COOKING CLASSES (DEMONSTRATION STYLE):

- **Cooking classes for men:** "How to stuff a whole beef fillet for a braai" + 4 easy sauces to accompany and side dishes to make up a meal.  
R750pp (MIN 10PAX & MAX 30pax)  
**OUTCOME:** Educational, teamwork, focus, fun, coordinate, time management, skills application, attention to detail
- **Cooking classes for men:** "Creating mini gourmet burgers for a craft beer tasting (included)".  
R750pp (MIN 10PAX & MAX 30pax)  
**OUTCOME:** Educational, teamwork, focus, fun, coordinate, time management, skills application, attention to detail
- **Cooking classes for ladies:** "Gifts from the kitchen, how to turn food items into gourmet gifts".  
R750pp (MIN 10PAX & MAX 30pax)  
**OUTCOME:** Educational, teamwork, focus, fun, coordinate, time management, skills application, attention to detail
- **Cooking classes for ladies:** "How to host a smart high tea from a supermarket basket".  
R750pp (MIN 10PAX & MAX 30pax)  
**OUTCOME:** Educational, teamwork, focus, fun, coordinate, time management, skills application, attention to detail, planning
- **Cooking classes for ladies:** "How to use herbs in cooking".  
R750pp (MIN 10PAX & MAX 30pax)  
**OUTCOME:** Educational, teamwork, focus, fun, coordinate, time management, skills application
- **Potjiekos competition between teams (HANDS ON COOKING)**  
R2000 per team (of 4 members) + dinner afterwards  
(MAX of 6 teams)  
**OUTCOME:** Educational, teamwork, focus, relax, fun, interact outside workspace, time management, planning, goal orientation
- **Masterchef challenge (HANDS ON COOKING)**  
R1500 per team (of 2 members) (MAX 8pax)  
**OUTCOME:** Educational, teamwork, focus, relax, fun, interact outside workspace, time management, planning, goal orientation
- **Cake decorating session (HANDS ON CLASS)**  
R750pp (MAX 30pax) + a mini cake to take home  
**OUTCOME:** Relax, fun, interact outside workspace



## EDUCATIONAL:

- **Educational chocolate tasting or educational oil tasting**  
R350pp (MAX 40pax)  
**OUTCOME:** Educational, focus, fun, relax, interact outside workspace
- **Educational meat cuts identification session and a talk on how to cook different cuts**  
R1000pp (MIN 20PAX & MAX 30pax)  
**OUTCOME:** Educational, focus, fun, relax, interact outside workspace
- **Educational demo on vegetable & fruit cuts**  
R350pp (MAX 20pax)  
**OUTCOME:** Educational, fun, relax, focus, interact outside workspace, attention to detail

## BEVERAGE:

- **Educational & fun wine blending activity**  
R500pp (MIN 12PAX & MAX 40pax)  
**OUTCOME:** Educational, teamwork, focus, relax, fun, interact outside workspace
- **Fun cocktail making & tasting classes/ competition**  
R500pp (MIN 10pax & MAX 40pax)  
**OUTCOME:** Educational, teamwork, focus, relax, fun, interact outside workspace
- **Gin mixing & tasting classes/competition**  
R500pp (MIN 10pax & MAX 40pax)  
**OUTCOME:** Educational, teamwork, focus, relax, fun, interact outside workspace

## ACTIVE/OUTDOORS:

- **“Boeresport” Games between teams**  
R500pp (MAX 30pax)  
**OUTCOME:** Teamwork, focus, goal orientation, relax, fun, time management
- **The amazing race challenge**  
R500pp (MAX 30pax)  
**OUTCOME:** Teamwork, focus, goal orientation, relax, fun, time management
- **Hose Dynamics session**  
To be quoted for separately (outsourced)  
**OUTCOME:** Relax, fun, interact outside workspace



## RELAX:

- **Pilates mat & ball class on the lawn**  
R300pp (MAX 10pax)  
**OUTCOME:** Relax, fun, interact outside workspace
- **Mindfulness meditation class**  
R300pp (MAX 40pax)  
**OUTCOME:** Relax, fun, interact outside workspace
- **On-site mobile spa treatments**  
To be quoted for separately (outsourced)  
**OUTCOME:** Relax, fun, interact outside workspace
- **Painting & wine sessions**  
To be quoted for separately (outsourced)  
**OUTCOME:** Relax, fun, interact outside workspace

## GAMES:

- **Let your smelling senses lead you (competition/game)**  
R250pp (MAX 30pax)  
**OUTCOME:** Teamwork, focus, goal orientation, relax, fun, time management
- **30 seconds-3 ways (competition/game)**  
R250pp (MAX 20pax)  
**OUTCOME:** Teamwork, focus, goal orientation, relax, fun, time management
- **Table setting competition**  
R500pp (MAX 30pax)  
**OUTCOME:** Teamwork, focus, goal orientation, relax, fun, time management, planning

## PLEASE NOTE:

Many more **cooking class themes** can be presented upon request (such as bread baking, gourmet pizza making, making pasta from scratch, sushi making) etc.

These activities can be combined with added accommodation as well as lunch and dinner in our Bistro to set up a full day experience. Menus & beverage list available upon request.

These activities can be combined with our set conference packages. Accommodation can also be added to complete the full experience. Conference and room rates available upon request.

Any of these activities can also be combined with other function requests for entertainment purposes such as birthday celebrations, baby showers or bridal showers etc.

**Immerse yourself in a "Sebesebe" experience...  
a feeling of peace, rest and tranquility...**

