

SUGAR BEACH

ACTIVITIES & FACILITIES

- A range of free activities including glass bottom boat trips, snorkelling, windsurfing and six floodlit tennis courts.
- A plethora of water sports (at an additional fee) including scuba diving (PADI open water courses available), water skiing, big-game fishing and full-day catamaran cruises.
- Emporium Boutique offering a selection of locally sourced souvenirs/garments and some renowned international brands for sale.
- A fully equipped Professional Digital Recording Studio based at La Pirogue.
- Boat House opening hours: Summertime: 9 am – 6 pm and Wintertime: 9 am – 5 pm

FREE SEA ACTIVITIES

- Kayaking
- Laser-sailing and fun boats
- Pedal boats
- Glass bottom boat rides
- Zayak
- Windsurfing
- Stand up paddle
- Aqua gym

FREE LAND ACTIVITIES

- Aerobics
- Golf at Ile aux Cerfs (more info under the Golf section)
- Stretching and yoga classes
- Jogging
- Football
- Ping-pong
- Beach volleyball
- Badminton

PREMIUM SEA ACTIVITIES*

- Scuba-diving (PADI courses)
- Big-game fishing
- Giant-catamaran outings
- Submarine dives and dolphin discovery excursions

PREMIUM LAND ACTIVITIES*

- Tennis lessons with professional coaching
- Hunting at Wolmar Chassee - June to September
- Hiking in Black River national park
- Cascavelle shopping village
- Quad Biking at Casela Nature Park
- VTT, Hiking, Zip lines at Casela Nature park
- Archery

**Premium activities are subject to supplement charges*



SUGAR BEACH

TEAM BUILDING

Fun Outdoor Team Building Activities to Nurture Team Spirit and Breed Excellence

A corporate team event, a scavenger hunt or a knowledge and history-filled journey is another way to discover Sugar Beach – one of the most luxurious 5-star resorts on the West Coast – with a promise of excitement!

If you are looking for something dynamic and interactive for your cheerful team, you have come to the right place! Our quests combine fascinating historical facts, bizarre legends and stories in one game and take participants through beautiful gardens and surroundings with access to the resort's facilities – places where they have to solve a series of problems using their good teamwork, creativity, orientations skills, attention to details and time management. Add to that an exquisite catering! We offer fun, intellectual and physical activities from a different angle to keep your group entertained. They will learn how to build trust with each other, which is essential to the success of an organisation. They also teach participants the importance of moving to the rhythm of the rest of the team. Sugar Beach exudes an informal and happy atmosphere, timeless memories and beautiful architecture.

Sports enthusiasts will find themselves in paradise. Some of these suggested activities will take just a few minutes, some might take hours. Some will enhance communication and others will improve collaboration skills.

Passionate about leadership and sports, we are proud to bring sports closer to our guests and promote a healthy and active lifestyle, wellness and fun! We aim to exceed our client's expectations with imaginative custom-made programmes and offer a unique and fascinating experience to all. We've put together a list of some of our favourite team-building activities that are both exciting and insightful.

Our dedicated sports team awaits you!



SUGAR BEACH

TEAM BUILDING

Team Building Activities your team will actually love

Human Centipede Water Bucket Relay

- This team building game makes a challenging relay race.
- 2 buckets are required; the first container is full of water and the second bucket remains empty and is placed 4 metres away from the filled one.
- Players sit on the floor in a single file, straddling the player in front of them.
- All players lock their feet around the waist of the person in front of them so that everyone's feet are off the ground.
- The only player touching the ground with his feet is the first player in line.
- They must move the container of water from one point to another by walking on their hands. This requires everyone to move in unison.
- Coordination is useful!
- Race against the opposite team to see who can fill their bucket the fastest!
A word of warning: prepare to get wet!

Petanque Dots

The participants are grouped into teams using some random selection method. The teams stay together for the entire tournament.

- Competitions are often divided into two stages: qualifying rounds and finals.
- The qualifying rounds are used to rank competitors by skill level (so that they can be seeded appropriately during the final rounds) and to eliminate some competitors (in order to reduce the number of competitors to a manageable number for the final round).
- Qualifying rounds are often carried out using the swiss system or pools format, while final rounds are usually single elimination.

Cousteau Hunt

- A hunt is a great way to get you moving and collaborating.
- Participants will be split into even teams.
- We will pick miscellaneous objects and hide them around the resort.
- The groups will have to find them.
- The first group to find the highest or at least a certain number of objects wins.

A great ice breaker at the start of the events to get people warmed up, laughing and working together.

Magic Carpet

A ride on a magic carpet

1. We will create groups of 6 to 10 people.
2. The dedicated groups will be given a carpet (blanket, towel, tarp...) and will be instructed to stand on it.
3. Once everyone is settled, they will be told to flip the carpet over while standing on it.
4. Since the group is in the air, no one can get off the carpet at any time.
5. If the group loses a member due to a mid-air fall or after touching the ground, they must start over.
6. If the group flips the carpet with a lot of remaining time, they will be asked how quickly they think they can flip it and they will be timed.

SUGAR BEACH

TEAM BUILDING

Pedalo Race

A fun and unique race – probably the slowest boat afloat.

1. We will form small teams, a combination of boys and girls, to race four pedalos.
2. They will pedal round the island to the landing dock, retrieve a gold coin before racing back to the pier.
3. Relay through the team against the clock. Perfect outdoor game for a hot day!

Tug of War

A contest in which two teams pull on opposite ends of a rope until one drags the other over a central line.

- Teams pull on opposite ends of a rope, with the goal being to bring the rope a certain distance in one direction against the force of the opposing team's pull.

A situation in which two evenly matched people or factions strive to keep or obtain the same thing.

Where does it takes place and how does it works?

Our team-building activity usually starts at a prearranged place – in front of the Manor House Lawn, on the South Beach, Citronella's Restaurant, etc – but of course, we are always very flexible and happy to accommodate the special requirements of our clients. After an introduction, your group will be divided into teams (either by you or by our professional guide) followed by an explanation of the rules and all necessary information. The teams will be provided with an information pack – depending on the activities chosen – in order to complete tasks. Individual tasks are designed for teams to test their orientation skills, creativity, and competitiveness.

The teams will navigate hidden corridors in the resort, among our resident guests, solve a series of problems and challenges, answer carefully prepared questions, take photos and perform various tasks during the event in the quickest time possible while competing with other teams. After completion they will reassemble at the agreed venue and hand in all files to our professional guide for marking followed by a wrap-up and awarding of the winners.

Schedule of Event on the Big Day

10:00	Welcoming of guest with Mocktails and Cold/Hot Towels Introduction, instruction giving Explanation of the different games Rules, Regulations and Safety measures Team splits, handing of information packs and bandanas, debriefing and team names.
10:45 to 12:45	Activities chosen from the list above Refreshment during the activities (Water, Juices and Mints)
13:00	Lunch in form of a Buffet including Soft drinks, Juices, Mineral Water Coffee, Tea and Infusions free flow.
14:30 to 16:30	Activities as chosen continues.
16:30	End of Activities Award Ceremony, Group photo, Farewell drinks and Speeches

SUGAR BEACH

TEAM BUILDING

Book the Full Day Team Building Package at 2500 MUR per person.

Our preferential rates for large groups make our programmes the top choice for your team bonding event.

Purchase Includes:

- Full Day Team Building Activity and Lunch
 - Duration: Approx. 8 hours.
 - 5 or 6 activities depending on activity time.
 - Lunch in form of a buffet served with non-alcoholic drinks at the main restaurant.
 - Changing room and shower facilities.
 - Award Ceremony Certificate.
 - Farewell drinks.
- Participant Guidelines:
 - Minimum Participants: to make sure the game is fun, entertaining and challenging, we require a minimum of 80 participants.
 - Maximum Participants: whatever the size.
 - Dress Code: Wear comfortable shoes, bathing suit, sunscreen or a cap to protect you from the sun.
 - Activities may be carried out on the beach, in the sea, in a pool under the rain unless safety is compromised.
 - Note: Kindly inform us in advance of any dietary requirements.

BOND AND BRING YOUR EMPLOYEES TOGETHER



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