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Build and bond your team with a unique Øresund experience

If you are looking to break free from your day to day corporate environment, the Øresund Region is a great place to come. There are a huge range of teambuilding activities, world class facilities and attractive environments on offer here.

Treasure hunts are always a popular teambuilding choice. In Copenhagen participants search for clues on bicycles with maps and disposable cameras, solving various tasks along the way. It makes for an excellent way to see the sights of the city, taking in picturesque Nyhavn, the Royal Scandinavia porcelain store and Rundetårnet (the famous Renaissance observatory tower), among other sights.

Cycling is, of course, very popular in this part of the world. There are excellent dedicated cycle lanes throughout the cities and countryside of the Øresund Region which often means that two wheels are better than four for getting around. But why not take your team off-road on a mountain bike adventure? Idea Novum Group AB offer a wide range of bike tours and challenges, both city and rural, for beginners and hard core bikers.

In Skåne, Stora Blå organise a pirate treasure hunt in which participants follow the marine charts and diary of Captain Bloodtooth, completing various challenges along the way. This gets your team out exploring the spectacular Scanian countryside.

The Øresund Region has a diverse range of environments that its many event companies have learned to exploit to the full, offering activities such as fishing, hiking, canoeing, kayaking, cycling and equestrian activities.

Of course, the region is as much defined by the sea as by its on-land resources so if you really want to take your team out of their normal environment, a water-born experience could be the perfect way. Being out on the clean, blue waters of the Øresund (the Sound) adds a unique intensity to your team building activities as the speed and challenges of harnessing the power of the wind heighten both self

awareness and the coordination of energies. Racing against each other adds a further layer of tactical analyses and adrenalin.

Aktivmera can arrange match races between two identical boats of four different classes, skippered and instructed by former Olympic and World Championship winners. Aktivmera is based out of Limhamn close to Malmö, and can combine your yachting with adrenalin pumping trips in rigid inflatable boats (RIBs), the type used by emergency rescue services. A similar nautical thrill ride is on offer north of Helsingborg from Special Sport School AB, whose 250hp boat is one of the fastest in the region and can take your team on a whistle stop tour of this exceptionally beautiful stretch of coast – perhaps spotting a seal or two along the way – at up to 100kmh. While Stora Blå offer both RIB (they have the largest fleet in Sweden) and match racing in eight metre, J/80 class yachts and can even pick you up right at Copenhagen Airport for a blast beneath the Øresund bridge across the sea to Sweden, stopping off at some of the islands on the way.

Alternatively, in the autumn during the eel migration period you could join the fishermen of Åhus in eastern Skåne for a day, feasting on your catch in the evening in a traditional eel fisher's hut to the sound of accordion songs and by the light of candles and a fire.

Copenhagen has been an important port for over a thousand years and today a wide range of historic ships berth here, many of which offer team building programmes. Danish Schooner Charter guide participants through the finer arts of setting sails, trimming and navigating, followed by a below-decks feast at the end of the day.

If you prefer your watersports to take place in doors, DGI Byen water and activity house offers a wide range of facilities and instruction. DGI's team of dedicated teambuilding organisers can arrange events in the state of the art pool, as well as climbing activities, shooting, ball games and relaxation in the on-site spa. DGI also has an excellent restaurant in which to round off your day.

Kayaking is another popular past time in the Øresund Region. Idea Novum Group also offer two-hour kayaking safaris along the region's idyllic coast line. These one or two-man kayaks have plenty of space for picnics, or if you are looking for something a little more exciting, you can also try surf-kayaking on coastal white water which – thanks to

the special flat bottomed kayaks - combines classic white water kayaking with wave carving.

Another company that offers kayaking packages is Special Sport School which can combine your sea kayaking tour with abseiling on coastal cliffs on the Kullaberg Nature Reserve. These spectacular steep cliff faces offer an excellent and safe environment for beginners to learn the basics of rock climbing or for more experienced climbers to challenge their limits.

A different type of climbing experience is on offer at Kjugeskull where Idea Novum Group takes teams on a 'bouldering' adventure, climbing large rocks instead of cliff faces or mountains. Though it takes place at a lower height than usual rock climbing and requires less specialised equipment, bouldering can often be more technically challenging.

And what goes up... must come down. Which is where abseiling comes in. Special Sport School can talk your team through the techniques of this invigorating pursuit which challenges our fears and strengths in equal measure. The abseiling takes place beside the sea in a beautiful bay with expert instructors.

Of course there is one more environment to explore if you want to take your team beyond its routine zone: the air. The climate and landscape make the Øresund Region an excellent place for ballooning and Ballong & Äventyr can take you up, up and away in their 10-14 berth balloons to a height that gives you a view over almost the entire region. Your team will help prepare the balloon for the trip which will last about one hour, with a champagne picnic upon landing.

The Øresund Region has a rich culinary culture and a thriving contemporary food scene which can also be exploited to the full on teambuilding exercises. Solsidan Kattegat offers an enticing evening of cooking instruction, wine tasting and, of course, dining. Based in the kitchens of the Hotell Kategat, teams are instructed on how to make a three course dinner and to pair the courses with different wines.

Similarly, at the Hotel and Restaurant Mötesplats Österlen their highly accomplished head chef Anders Vendel guides teams through wine tasting and cooking tasks with a dinner to follow. While at the renowned Skeppsbron 2 hotel beside the canal in Malmö

welcome drinks in the bar are followed by an evening of cooking instruction and wine pairing, followed by dinner in the dining room hosted by the chef.

Denmark is fast developing a reputation as a leading gourmet destination and the range of corporate cooking courses on this side of the Øresund reflect that. Claus Meyer is Denmark's leading culinary entrepreneur, the co-owner of the country's most internationally renowned restaurant, Noma, as well as several other food enterprises. At Meyers Madhus ('Madhus' literally translates as 'Food House'), in Copenhagen, he offers a wide range of culinary courses and team building programmes. In the countryside outside of Helsingør to the north, Camilla Plum and Per Køster host similar events in a cosy, relaxed atmosphere at their family farm. Here you can learn everything from cooking to baking and even beer making. Alternatively, you can learn more about beer making at Jacobsens Hysbryggeri, the newly renovated visitor centre and microbrewery owned and run by the mighty Carlsberg.

The Øresund Region is rich in culture and creativity, a resource you can also harness for your teambuilding programme. One unusual artistic activity on offer is ice sculpture in which experts from Ballong & Äventyr instruct your team on the finer techniques of turning large blocks of ice into works of art. It is a unique media and a great way to relax and work together.

The region is, of course, also rich in historical heritage. The most famous forebears of the modern day inhabitant of the region are the Vikings. In the Western part of the Øresund Region Roskilde's world famous Viking Ship Museum hosts various activities for corporate team building programmes, including sailing trips on authentic recreations of Viking ships.

At Lejre Research Centre you can travel even further back in time and take part in teambuilding activities including 'Fight to the End', 'Move a Stone', 'Prehistoric Recipes', 'Viking Trade' and 'To the Manor Born.'

Nearby, historic Ledreborg Palace whisks you forward a few centuries to beautiful rococo setting where guests are welcomed with a chorus of hunting horns. Your team can take a champagne tour of the house where activities include treasure hunts, falconry displays, concerts in the park, wine tasting in the old kitchens, archery and much more.

On the other side of the Sound lies the Fotevikens museum. This open air museum of 22 historic houses is the only Viking-village in the world. Here your team can take part in old Viking-games such as archery or axe-throwing.

Places and organisers mentioned in this chapter:

DGI-City water and activity house

Tietgensgade 65

DK 1704 København V, Denmark

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Treasure hunt organised by

Scandinavian Image

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www.scandinavian-image.com

Tel.: +45 3324 6311 (Charlotte Lund, project manager)

Danish Schooner Charter

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Tel.: +45 4630 0200

Lejre Research Centre
Slangealleen 2
DK 4320 Lejre, Denmark
www.lejre-center.dk
Tel.: +45 4648 0878

Ledreborg Palace
Ledreborg Allé 2
DK 4320 Lejre, Denmark
www.ledreborgslot.dk
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Fotevikens Museum
www.foteviken.se
Höllviken, Sweden
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Skeppsbron 2
www.skeppsborn2.com
Skeppsbron 2, Malmö, Sweden
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Solsidan Kattegat
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Storgatan, Torekov, Sweden
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Special Sport School
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Aktivmera

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Hotel Åhus Strand (eel feasts)

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Facts about Copenhagen / Øresund

The third fase of the Project Copenhagen / Øresund, runs from 2007 – 2009. The budget is over DKK 81m, including DKK 8.3m from the EU's INTERREG IIIA. The markets targeted by the project are Germany/Switzerland, Great Britain/Ireland, USA, China, Italy and Spain. Copenhagen / Øresund partners are SAS, SPANAIR, Copenhagen Airport, the Oresund bridge, Avis, Malmö Tourism, Position Skåne, VisitDenmark and Wonderful Copenhagen. The aim is to place the Øresund region on the world map and make the destination more accessible.

Links to our partners:

www.visitcopenhagen.com

www.visitdenmark.dk

www.malmo.se/turist

www.skane.com

www.flysas.com



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