



6 of the best... team-building activities in Taipei

Whether it's boat racing or colliding into colleagues in a game of bubble football, Taipei has you covered By Craig Bright

Get physical Bubble football offers high-contact competition and plenty of laughs (main); Siemens is among the companies to organise a programme at Camp Taiwan (right)

Professional performance

Dragon dances are a frequent component of festive celebrations in Chinese culture. A team of dancers carry a long dragon using wooden poles, coordinating their movements to make the dragon appear to dance.

In Motion Asia arranges for corporate groups to go from spectators to performers by separating them into smaller groups of between eight to 12 people, with the aim of performing their own choreographed dragon dance. Participants are given traditional dragon dancing trousers and a headband, along with a company t-shirt to wear during the performance.

While able to be organised indoors or outdoors, the latter is advised. A riverside park approximately 20 minutes from the Taipei 101 building is a favoured venue, with covered marquees overlooking the Keelung River and Yangmingshan National Park. The main marquee can

accommodate up to 200 people for the main performance, with breakout sessions able to take place in the smaller marquees.

Sessions take between two-and-a-half to four hours, with professional training from award-winning performers.

Collision course

While dragon dancing requires teamwork and coordination to ensure delegates don't accidentally run into each other, bubble football does precisely the opposite.

Corporate groups are divided into teams of five for a football tournament comprising collision-filled games of between 20 to 30 minutes, all while wearing protective 'bubble' suits.

Depending on the company's goal, game objectives are tweaked and additional props can be introduced to add new challenges. The core goal of the game, however, is to win a football tournament while wearing large bubble suits that allow

players to collide with each other and bounce off without harm. Organised by team-building company **Worldshare**, the high-contact activity naturally has stringent safety rules to follow.

Matches can take place at venues of the client's choosing — outdoors on grassy areas, or indoors in a sports centre or court. Teams begin by coming up with a team name and slogan, and finish with a strategic meeting by the winning team and an awards ceremony.

Kitchen critical

For a more sedate tournament, have your delegates try their hand at preparing local meals using fresh market ingredients. Groups are given cooking pointers from the professional-chef judges before splitting into teams of five to eight and selecting dishes to prepare for submission. Then it's off to one of Taipei's numerous and lively traditional wet markets to spend about 30



Go pro Take your team from dragon dance spectators to performers (above); host a cooking competition judged by professional chefs (below)



Picture Credits: In Motion Asia Ltd, Worldshare Events Pte. Ltd

to 45 minutes sourcing ingredients using the provided budget.

Upon returning to the venue, teams have 90 minutes to prepare a meal and provide a three-minute presentation along with a team menu and table decorations. Delegates then get to enjoy the meals, after which the judges and groups each reveal their top dishes.

The programme is run by **In Motion Asia**. Expect to set aside a large portion of the day for the activity, which can run from half to three-quarters of a day. Organisers

headphones with different music playing, and without speaking, must determine who in the group is listening to what song through body language and physical cues. Activities can range from small teams to entire conferences of about 300 people.

Dragon boat racing

Another team-building activity with a distinctly cultural focus is dragon boat racing. The Bitan Scenic Area is the location of choice for **In Motion Asia**. Located in the Xindian district in the capital's south, Bitan is known for its lake and mountain views, and 200-metre-long drawbridge. Here riverside marquees are set up with towels and changing tents.

The company employs professional instructors and members of Taiwan's International Dragon Boating team to take groups through the basics and the safety requirements. Groups can be divided into teams of about 20, and a minimum overall group size of 40 is required in order to have a race of at least two boats. A maximum of six teams and a total of 120 participants is advised.

The activity begins with a 30-minute introduction to the event, area and history of the sport, followed by a brief ice-breaking activity. Each team then does two practice runs followed by two timed runs at full speed, with teams rotated to offer rest periods, all capped off with an awards ceremony. Approximately three hours are required for the activity, depending on the level of experience and overall event objectives.

Day camp

Situated in the north of Taiwan about 45 minutes from Taipei, **Camp Taiwan** offers one- or two-day itineraries with a variety of team-building activities using the 36-hectare facility's obstacle courses. Activities at the camp, which is located in the foothills of the mountains in Taiwan's Wanli district, range from rock climbing and zip lining to archery and kayaking.

Two-day events include up to six activity rotations, with each activity taking approximately 15 to 25 minutes with a 15-minute debriefing session. Activities can be tailored to suit various objectives, such as leadership, trust, problem solving, ice-breaking, and communication.

Supplemented with on-site dining and accommodation, the camp can also host breakout sessions during the programme in one of its indoor or outdoor meeting areas or conference rooms, while full dining facilities, 15 luxury safari tents, hot showers and wifi are also available. ■