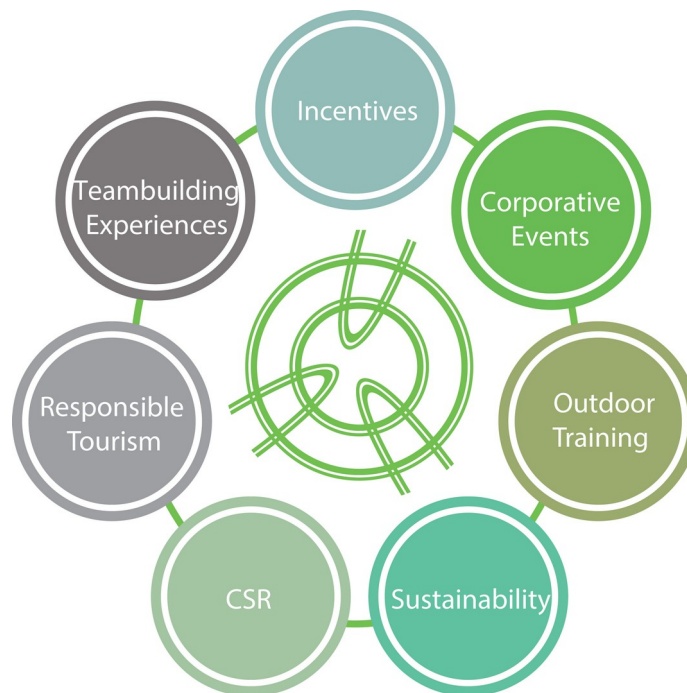


Who we are?

Greenevents is a social economy entrepreneurship that designs and organizes **Sustainable Experiences** in and around **Barcelona**: **Team building** with Social and Ecological Positive Impact, **Corporate Volunteering**, **On Site Corporate Social Responsible (CSR) Activities** and **Sustainable Events**.



We are associated with:



OUTDOOR TEAM BUILDING EXPERIENCES WITH POSITIVE SOCIAL AND ECOLOGICAL IMPACT- CORPORATE VOLUNTEERING

ON SITE CORPORATE SOCIAL RESPONSIBILITY ACTIVITIES

SUSTAINABLE EVENT SERVICES

IN AND AROUND BARCELONA

MIN: 10 PPL, except for these two experiences that can be scheduled for one person or more: **(4 in Index)** guided hike with challenges through Mataró farmlands and woods where we become familiarized with Mediterranean biodiversity, agriculture and how to responsibly consume food. Available first Saturday of each month from 9:30 to 14:00 and **(10 in Index)** Poblenou sustainability tour available on Thursdays from 16:00 to 18:00.

YOU WILL GET A CERTIFICATE OF HAVING DONE A SUSTAINABLE EXPERIENCE

Outdoor Team Building Experiences and Corporate Volunteering Index

1. Team Cooking paella, tapas or dishes from around the world, brought to you by immigrants currently undergoing social work placement, who will tell us about their traditions through cooking. In kitchens in Barcelona, l'Hospitalet or Mataró (Max: 25 ppl) page 5.
2. Obstacle Course to solve ecological problems at Collserola Park (Max: 100 ppl).page 7.
3. Obstacle Course to get to know more about Barcelona's social and environmental challenges and projects that work to solve them at Barcelona downtown (Max: 200 ppl) page 10.
4. Guided hike through Mataró's farmland and woods with sea views where we become familiarized in a fun way with the Mediterranean biodiversity, agriculture and how to responsibly consume food; we also visit an eco-friendly egg production farm where you can volunteer. We will help to clean the trail along the way (Max: 25 ppl, available for 1 person or more every Saturday from 9:30 to 14:00) page 12.
5. Be a farmer for one day: paella or calçotada Team Cooking. By using games, we will learn about agroecology, seasonal products, health food and responsible consumerism; pick your own vegetables for paella or calçotada Team Cooking. Corporate Volunteering included. 25 min from



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- Bcn looking out onto the sea (Max: 100 ppl) Page 15.
6. What can we learn from the cooperative world of bees? Let's get in contact with bees, learn about their importance for biodiversity, the products they make, and let's compare bees' organization to your company's own organization strategy. 40 minutes from Barcelona looking out onto the sea (Max: 50 ppl.) Page 18.
 7. Beach Activities (sports, Beach clean-up and games to learn about maritime ecosystem) and/or Water Sports (kayaking, paddle surf, big paddle surf, sailing); on beaches in the Maresme area (Max: 150 ppl) Page 21.
 8. Learn about traditional fishermen work in Barcelona, visit Barcelona fishermen's wharf and discover non-commercial fish species that are more sustainable to eat (Max: 50 ppl). Page 24.
 9. Wine tour and wine tasting at Barcelona's Collserola Park where you will learn about social work placement for people with mental functional diversity and the importance of Collserola Park for Barcelona. Corporate volunteering available. (Max: 50 ppl). Page 26
 10. Poblenou Sustainable Tour. We will visit Sustainable urban planning and architecture sites, and productive projects with social criteria. Volunteering option at a community garden. (Available every Thursday from 16 to 18h booking one day in advance. Max. 50 ppl). Page 29.
 11. Bio-Building Workshop: Outdoor and On Site. (Max: 50 ppl). Page 31.

Our Outdoor Experiences can be complemented with workshops led by experts on: strategic reflection, assertive communication or CSR in your company. In case you ask for them and if you are a Spanish company, it is possible to compensate part of the total experience price as a training.

On Site CSR Activities Index

1. Family Day with activities to learn about sustainability. Page 33.
2. Corporate Picnic on your company terrace, with eco products and games to reflect about sustainability. We can also do it on the beach. Page 33.
3. Wellness: Yoga, Interactive Movement and Massage. Max 50 ppl. Page 34.
4. Learning about Sustainability at stations; interactive debate facilitated by experts on: energy and climate change, responsible consumption, waste management and biodiversity. We can adapt this activity to the sustainability policy of a specific city or region. Duration: between 1 hour and 2 hours, depending on your time. Page 36.
5. Thinking about SDGs in our companies. Duration: between 30 min and 1 hour depending on your time. Ideal for networking at



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- cocktail time or before business lunches or dinners. Page 36.
6. Fair Trade breakfast with coffee or chocolate tasting. Duration: 1h. Max: 25 ppl. Page 38.
 7. Installfest **valid only for residents in Catalonia**: utility suppliers with social and environmental criteria on hand, so participants can bring their bills and make the change to responsible consumption. Duration: between 20 min and 2 hours depending on your time. Page 39.
 8. Drums workshop. Page 40.
 9. Obstacle Course to learn about the maritime ecosystem. Page 40.

Index Sustainable Event Services page 41

1. Restaurants-Venues.
2. Catering eco and local.
3. Entertainment: Acrobatics, Afro-Caribbean dance, Castellers shows, and reggae-lounge, classical rock, jazz, and Afro-Caribbean music groups.
4. Greenhouse gases Calculation and compensation.
5. Corporate gifts.

General Conditions Page 42



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Team Building Experiences and Corporate Volunteering:

1. Team Cooking paella, tapas or dishes from around the world!



The cooks are immigrant professionals who were in vulnerable situations, but are now undergoing social work placement. This activity contributes to cooperation, group cohesion, builds trust among colleagues, interculturality, fun and motivation.

Description

Prepare paella with your colleagues, some tapas or dishes from one of the following countries: Morocco, Afghanistan, Senegal or the Andes (Colombia, Peru and Bolivia). Join us for an authentic gastronomic and intercultural experience where you can share experiences with immigrants who have come to Spain in vulnerable social and work conditions.

Location:	Kitchens in Barcelona, l'Hospitalet and Mataró. Public transport available to all the kitchens + 15 minute walk approx.
Group:	min.-max: 10-25 ppl.
Available:	All year.
Duration:	4 hour.
Languages:	Catalan and Spanish. Also in French for Senegal or Morocco cooking experiences. English and other foreign languages with translator.
Access for people with functional diversity:	All kitchens have access for people with functional diversity except Mataró kitchen.



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<p>Price:</p>	<p>From 69€/pp VAT not included.</p> <p>It includes:</p> <ul style="list-style-type: none"> ● Cook. ● Ingredients. ● Written prescription. ● Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. ● Certificate of having carried out a sustainable experience. ● French foreign language surcharge for Senegal or Morocco cooking experiences. <p>It does not include:</p> <ul style="list-style-type: none"> ● English or other foreign languages translator. ● Transport. We can arrange private transport upon request.
<p>Other options:</p>	<ul style="list-style-type: none"> - Add to the experience with a 2 hour workshop on organizational strategies, assertive communication or your company's CSR: 590€ +VAT additional surcharge. If your company is Spanish, this training could be subject to discount. - Wine tasting workshop: 39€/pax+VAT. - Photo and video coverage of event - Greenhouse gas calculation and compensation

Sustainability: positive social and ecological impact

- The food products are, when possible, KM0 and ecologically friendly.
- Share with Catalan, Spanish or immigrant cooks who were in vulnerable situations and now are in a social work placement process. Learn about their experiences and their culture through the food they make.
- The kitchens in Barcelona and l'Hospitalet are managed by projects that train immigrants in vulnerable situations so they can be socially integrated through work placement. The Mataró kitchen is managed by a cultural project.



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2. Obstacle course to solve ecological problems at Collserola Park



A fun game where you can brainstorm about ways to solve environmental problems. This experience contributes to cooperation, group cohesion and trust, health and well-being, sustainability, fun and motivation.

Description:

The Obstacle course poses challenges to survive the main environmental problems. The course is a game which tests the collaboration and survival capabilities of your team. The human species will disappear as a result of the High Postcodes of Constituting Air, Soil and Water. A group of scientists has developed a program that allows a group of humans to remain alive after they wake up 100 years following extinction in a time when the planet has recovered from the damage that was previously done by humans. The future humans must be better than they were before: survive with the minimum, respect other species (animals and plant life), work together and help each other. This is a training in which your mission will be to prove that you can achieve what is required to be part of the next human civilization; all teams must win or all will be lost.

Objective: Get 13 numerical codes that you will have to enter onto a tablet. If 80% of those codes are correct, the team's mission will be approved. You have to cooperate to win.

Materials provided for each team: a backpack with a map, a catalog of Plants, Prisms, a Compass, a locked box with a key, puzzles, and photos of the area.

The group will arrive at the Baixador de Vallvidrera train station (20 mins from Plaça Catalunya) where our Greenevents team will be waiting for you. Then we'll walk for 10 minutes to where the obstacle course begins.



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Once the obstacle course has been finished, there is the option of eating at a social work placement restaurant for people with mental functional diversity, which is 15 minute walk from where the obstacle course finishes.

Location and meeting point:	Baixador de Vallvidrera - FGC train station (20 minutes by train from Plaça Catalunya, Barcelona).
Group:	min-max: 10-100 ppl. If the group is bigger that 50 ppl, it requires 1 month and a half in advance booking to ask permission to the park.
Duration:	3 hour. If the group wants to have lunch: 5 hours.
Available:	All year. It is recommended to do this activity during the week.
Languages:	Catalan, Spanish, English and French. Other foreign languages are possible with a translator.
Accessibility:	Not suitable for people with functional diversity.
Prices:	<p>Group of 10-50 ppl from 49€/pp + vat</p> <p>Group of 51-100 pplFrom 47€/pp + vat</p> <p>It includes:</p> <ul style="list-style-type: none"> ➤ Obstacle course materials. ➤ One organiser for every 10-15 pax. ➤ Photos and communication of your sustainable and CSR action on @greeneventsbcn networks. ➤ Foreign language surcharge. ➤ Certificate of having carried out a sustainable experience. <p>It does not include:</p> <ul style="list-style-type: none"> ➤ Lunch. ➤ Awards.
Other options	- Add to the Obstacle Course in Collserola Park



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	<p>with a 2 hour workshop on organizational strategies, assertive communication or your company's CSR: Price: an extra 590€. If your company is Spanish, training could be subject to discount.</p> <p>- Greenhouse gas calculation and compensation.</p>
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Sustainability, positive social and ecological impact

- This activity deepens your knowledge and encourages you to think about environmental problems.
- You will visit the biggest and most important park in Barcelona, where you will experience the Mediterranean woods.
- If you stay for lunch, you will learn about social work placement for people with mental functional diversity.
- The food products are, when possible, KM0 and ecologically friendly.

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3. Obstacle course to get to know Barcelona's social and environmental challenges and projects that work to solve them



A fun game that contributes to cooperation, group cohesion and trust, sustainability, fun, and motivation, while familiarizing yourself with innovative social and ecological projects.

Description:

The game allows you to enjoy the neighborhoods of Barcelona –*El Born* and *Raval*- through a series of tests and questions that must be done on a team. Participants discover places, stories and social and environmental aspects that affect the city of Barcelona, with specific issues that impact particular neighborhoods such as Born and Raval, such as immigration, the challenges of interculturality and the increase in the price of housing. You will also discover innovative social economy projects that provide solutions to these problems. The teams play and meet with the organizers on the course who encourage and supervise the game.

We finish the activity with the awards ceremony in a bar or restaurant that has social economy criteria where we will have some tapas.

Location and meeting point:	<i>Plaça Catalunya</i> , main square.
Group:	min-max: 10-200 ppl.
Duration:	4 hour.
Available:	All year. It is recommended to do this activity during the week.
Languages:	Catalan, Spanish, English and French.



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	Other foreign languages are possible with a translator.
Accessibility:	Game suitable for people with a Wheelchair.
Prices:	<p>Group of 10-50 ppl from 49€/pp + vat</p> <p>Group of 51-100 pplfrom 47€/pp + vat</p> <p>Group 101-200 pax..... from 35€/pax + vat</p> <p>It includes:</p> <ul style="list-style-type: none"> ➤ Obstacle course materials. ➤ Guides for every 10-15 pax. ➤ Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. ➤ Foreign language surcharge is included. ➤ Certificate of having carried out a sustainable experience. <p>It does not include:</p> <ul style="list-style-type: none"> ➤ Lunch. ➤ Awards.
Other options	<p>- Add to the Obstacle Course in Collserola Park with a 2 hour workshop on organizational strategies, assertive communication or your company's CSR: Price: an extra 590€. If your company is Spanish, training subject to discount.</p> <p>- Greenhouse gas calculation and compensation.</p>

Sustainability, positive social and ecological impact

- This activity deepens your knowledge and encourages you to think about environmental and social problems in Barcelona.
- If you stay for lunch, you will learn about a restaurant that employs people who are in risk of social exclusion and is made with local products.

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4. Guided hike through Mediterranean farmland and woods where we become familiarized with the agriculture and biodiversity; and visit an eco-friendly production farm



The eco-friendly egg production farm is a social work placement project for people with mental functional diversity. This activity contributes to group cohesion and trust, health and well-being, healthy food, responsible consumption, sustainability, fun and motivation.

Description:

Enjoy this guided hike with amazing sea views, while gaining new knowledge of the flora and fauna of the Mediterranean, and the agriculture. During the hike, we will discuss fun questions about seasonal farming, agriculture, and how to responsibly consume foods. Additionally, we will visit a sustainable farm that produces eco friendly eggs and is a social work placement project for people with mental functional diversity. We will have an appetizer while learning about the ecological production of eggs and how the social work placement project for people with mental functional diversity is intergrated into this farm. During the hike, we will contribute by cleaning the path along the way, and there is also the opportunity for you to volunteer on the farm. After this, we will return to our point of departure.

Location and meeting point:

Cinc Sènies Entrance, Mataró. Mataró is 45 minutes by train *Plaça Catalunya*, Barcelona. From Mataró train Station you take bus number 3 until Escorxador. Then you walk 2 minutes until Cinc Sènies Entrance.



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Group:	min-max: 10-25 ppl. Available every Saturday from 9:30 AM to 14:00 for one or more people, booking must be made at least one day in advance. Other days: min. 10 ppl.
Duration:	From 9:30 AM to 14:00
Hike difficulty:	Medium
Available:	All year round. Available every Saturday from 9:30 AM to 14:00 for one or more people, booking must be made at least one day in advance.
Languages:	Catalan, Spanish and English. Other foreign languages are possible with a translator.
Accessibility:	Not suitable for people with functional diversity.
Price:	<p>From 39€/pp.</p> <p>It includes:</p> <ul style="list-style-type: none"> • Engaging guide leading you to an ecological egg farm • A snack/appetizer on the farm. • Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. • Certificate of having carried out a sustainable experience. <p>It does not include:</p> <ul style="list-style-type: none"> • Private transport can be arranged upon request for an additional charge. • Surcharge of 19% for English and other foreign language translations
Other options	- Complement the experience with an additional 2 hour reflectional workshop on organizational strategies, assertive communication or your company's CSR: Price: surcharge of 590€. If you have a Spanish company, the training could be



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	subject to a discount. - Photo and video coverage. - Greenhouse gas calculation and compensation.
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Sustainability, positive social and ecological impact.

- This activity deepens your knowledge of agriculture in connection to the Mediterranean flora and responsible consumption.
- During the hike, you will discover more about the farming area and mediterranean woodlands.
- You will learn about the production of eco friendly eggs.
- You will become acquainted with the social integration for people with mental functional diversity at the workplace.
- The food products are, when possible, KM0 and ecologically friendly.

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5. Be a farmer for one day: paella or calçotada team cooking



By using games, you will learn about agroecology, seasonal crops, health food and responsible consumerism. You will also do a Corporate Volunteering.

This activity contributes to cohesion, cooperation, builds in-group trust and communication, leadership, creativity, solidarity, good health, sustainability, fun and motivation.

Description

Visit an organic vegetable farm 25 minutes from Barcelona with great sea views and discover a sustainable farm project that employs immigrants in vulnerable situations.

Be a farmer for a day, learn through games about agroecology, seasonal crops, mediterranean plants, and participate in helping to maintain this social project vegetable garden. You can pick your own vegetables and cook an authentic Catalan meal (called calçotada) or paella as part of a team.

Calçots are long, thin onions, and are a typical Catalan crop that is harvested between January and April. The calçots are placed on grills over a wood fire where they are cooked, eaten and then served with an almond-based sauce called *romesco* and accompanied with sausage and bread.

Location:	Ecological farm with sea view 26 minutes from Barcelona.
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Group:	min-max: 10-100 ppl
Duration:	4 hours.
Available:	All year round except Sundays. Calçot season: from January to March 15th. The rest of the year: paella.
Languages:	Catalan, Spanish, and English. Other languages are possible with a translator.
Accessibility:	Suitable for people with physical and mental functional diversity.
Price:	<p>From 69€/pp + VAT.</p> <p>Price includes:</p> <ul style="list-style-type: none"> • Explanation of the social project. • 2h of games, activities in the garden and team cooking. • Calçotada or vegetarian paella. • Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. • Certificate of having carried out a sustainable experience. • Foreign English language surcharge. <p>Price does not include:</p> <ul style="list-style-type: none"> • Other foreign languages are subject to an extra surcharge. • Transport. Private transport can be arranged upon request.
Other options:	<ul style="list-style-type: none"> • This experience can be complemented with a 2 hours workshop on organizational strategies, assertive communication, or your company's CSR. Price 590€. If your company is Spanish, training could be subject to discount. • Close to the farm, there is an architectural heritage building that can be visited. • Wine tasting workshop: 39€/pp.



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	<ul style="list-style-type: none"> • Photo and video coverage. • Greenhouse gas calculation and compensation.
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Sustainability: Positive Social and Ecological impact

-The activity deepens our knowledge of how we think about agroecology and responsible consumerism.

-The farm is managed by a cooperative which works according to social and supportive economy criteria: it uses ethical banking and uses its resources efficiently. It has a participatory and transparent way of working, and it maintains a healthy work-life balance and employs immigrants in vulnerable situations.

- The food products are, when possible, KM0 and ecologically friendly.

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6. What can we learn from the cooperative world of bees?



Think about how bees organize themselves, there is a lot to learn from them.

This activity builds team cohesion and trust, as well as being fun and motivating. It invites you to think about cooperation and our commitment to nature, and raises our awareness about the social and work placement of people with mental functional diversity.

Description

Visit a bee conservation and honey production farm that was created to employ people with mental functional diversity. These employees help take care of the bees and are also co-guides for the visitors. During the visit, the participants will reflect on similarities between the organization of the bees' colony and the company's organization; this will contribute to your company's strategic reflections.

After visiting the honeycomb panels, you will eat a delicious paella dish. The bee farm is 40 minutes away from Barcelona where you can enjoy awesome Mediterranean sea views.

- Learn about how bees organize themselves.
- Find out about bee biology, assess their pollinating function which maintains biodiversity, learn how honey, pollen, wax, and propolis are made and what their properties are.
- Find out about the history of beekeeping
- Take honey out of the hives (from May to September)
- Get to know about the diversity of native Mediterranean flora.
- Find out how people with mental functional diversity become integrated



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through social work placement.

Additional options:

- Workshop to reflect on similarities between the organization of the bees' colony and the company's organization.
- Make candles from the wax.
- Contribute to the maintenance of the bee project and do corporate volunteering.

Group:	min-max 10-50 ppl
Duration:	5 hours
Available:	<p>All year round, except August, Christmas and Easter holidays.</p> <p>Available from November to February, however there is no contact with the bees.</p>
Languages:	Catalan, Spanish, and English. Other languages are possible with a translator. English and other foreign languages subject to a surcharge of 19%.
Price:	<p>From 69€/pp + VAT.</p> <p>Price includes:</p> <ul style="list-style-type: none"> • Bee experience. • Vegetarian paella menu. • Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. • Certificate of having carried out a sustainable experience. • English foreign language surcharge. <p>Additional option: 2 hour workshop to think on your organizational strategies based on the analogy of bee organization patterns: 590€ extra. If your company is Spanish, training could be subject to discount.</p> <p>Price does not include transport. Private transport can be arranged upon request.</p>



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Other options:	<ul style="list-style-type: none"> • Wine and food pairing workshop: 39€ per person. • Complementary event organization services: Photo and video coverage, greenhouse gas calculation and compensation. • Lunch: instead of vegetarian paella, you can have chicken or seafood paella. Additional price pp: 9€.
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Sustainability: Positive Social and Ecological Impact

- This activity deepens knowledge and respect for the environment.
- Enables the participant to assess the social work placement of people with mental functional diversity.
- The farm is managed using social and supportive economy criteria: they use ethical banking, efficient use of resources, as well as participatory and transparent organizational structures. Work-life balance is promoted.
- The food products are, when possible, KM0 and ecologically friendly.

Motivate your team with sustainable and supportive team building experiences, contact us!



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7. Beach Activities and/or water sports



Enjoy sailing, kayaking, paddle surfing, and big paddle surfing and clean up the beach.

This activity contributes to cooperation, group cohesion, builds trust within the team, health and well-being, fun, motivation, and sustainability.

Description

Just a few minutes away from Barcelona, spend a day with your team to enjoy the beach and Mediterranean sea, while participating in some of the following activities: cleaning up the beach, games to understand more about the marine ecosystem, beach sports such as volleyball, yoga, martial arts, interactive movement, and massages. Additionally, you can do water sports such as sailing, kayaking, paddle surfing or big paddle board surfing. In case you participate in the beach clean up, we recommend that you also join in on our discussion concerning plastics found in the sea. At the end of the activities, you will have a snack with traditional tapas.

Our nautical schools are non-profit associations that employ people with mental functional diversity or young people in vulnerable socio-economic situations. Also, they have sustainable practices such as repairing and reusing boats and other sea related materials.

The games to understand more about the marine ecosystem can also be done at your venue.

Meeting point:	At Maresme beaches: closest train stations to nautical schools. We will walk 10 min approx. to get to the school.
Group:	min-max: 10-150 ppl
Available:	From April 15th to October 20th there is good weather for doing maritime activities. A wetsuit will be provided for the rest of the year. Beach activities can be done all year round.



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	From 1st of July to 15th of July, beach activities can only be done on weekdays. From 16th of July to 13th of August, beach activities can be done during the week between 8:00 p.m. to 9:00 a.m.
Duration:	4 hours
Languages:	Catalan, Spanish, English and French. Other languages are possible with a translator. English, French and other foreign languages are subject to a surcharge from 19%.
Accessibility:	Sea activities, massage and interactive movement activities are suitable for people with mental and physical functional diversity.
Price	<p>From Monday to Friday: 69€/pp + VAT.</p> <p>Weekends and holidays: 79€/pp + VAT.</p> <p>English foreign language surcharge is included.</p> <p>It is recommended to book 4 months in advance to request the processing of the beach use permit. At the latest it can be requested 1 month and a half in advance.</p> <p>Price includes:</p> <ul style="list-style-type: none"> • Processing of permission to do the activities on the beach. • Monitor per group of 15 pax. to do beach activities (sports, beach cleaning and / or games to know the marine ecosystem) or maritime activities. • Appetizer • English foreign language surcharge. • Certificate of having carried out sustainable experience. • Photos and dissemination of sustainable and CSR action on @greeneventsbcn social net. <p>Prices do not include transport. Private transport can be arranged upon request.</p>
Other options:	<ul style="list-style-type: none"> • This experience can be complemented with a 2 hour workshop on organization strategies, organizational strategies,



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	<p>conflict resolution or your company's CSR. Price: 590€.</p> <ul style="list-style-type: none"> • Greenhouse gas calculation and compensation • Pack of 4 days of sea + mountain activities (trekking, mountain bike, tour through the historical center of a Mediterranean town) max 15 ppl.
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Sustainability: Positive Social and Ecological impact

- With this activity, you'll get to know more about the sea through sustainable wind-powered and physical energy sea sports.
- Our nautical schools are non-profit associations that promote sea, beach and marine culture-related activities. We work according to social and supportive economy criteria, such as social work placement for people with mental functional diversity or young people at risk of social exclusion, and carry out ecological management by minimizing the use of fuel or by recovering unused maritime heritage articles such as containers, boats, and sails.
- The activities are suitable for people with both physical and mental functional diversity.
- The food products are, when possible, KM0 and ecologically friendly.



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8. Learn about traditional fishermen work in Barcelona



Description

You will also learn about the responsible consumption of fish and help classify the waste that is removed from the sea.

An experience that takes you to discover Barcelona's wharf. During the tour, you will get closer to the traditional work of fishermen, where you will discover the answers to questions about the fish we eat. You will learn about different fishing techniques and responsible and sustainable consumption of fish, such as the appropriate measures to take when it comes to buying or identifying edible, but non-commercial species. During the tour, you will see the fishing boats returning from the sea with the fresh catch of the day, an experience that you will remember for many years to come. After this, we will attend the exclusive "reverse auction" fish market for workers in the fish and shellfish sector. There you will learn all the secrets of the distribution of fresh fish in Barcelona and see the great biodiversity of fish and shellfish in the Mediterranean Sea. You will become aware of the problems of plastic consumption and contribute to the diagnosis of the state of the sea on the coast of Barcelona, helping to classify the waste that is removed daily. We will finish with an appetizer of local products.

Group:	min-max: 10-50 ppl
Duration:	2 hours and 30 minutes.
Available:	All year round. From Monday to Friday at the following three hours: from 8 a.m. to 10:30 a.m., from 12 p.m. to 2:30 p.m., from 3:30 p.m. to 6 p.m.



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Languages:	Catalan, Spanish, English, French Italian and Portuguese. Other languages are possible with a translator.
Accessibility:	The visit to the wharf is suitable for people with physical functional diversity.
Price:	<p>From 69€/pp + VAT. Foreign languages surcharge included.</p> <p>It includes:</p> <ul style="list-style-type: none"> ● Visit to Barcelona wharf. ● Explanation on edible and non-commercial Mediterranean fish. ● Volunteer to classify waste and become aware of the use of plastic. ● Appetizer with exotic sea products. ● English foreign language surcharge. ● Certificate of having carried out sustainable experience. ● Photos and dissemination of sustainable and CSR action on @greeneventsbcn social net.
Other options:	<ul style="list-style-type: none"> ● This experience can be complemented with a 2 hour workshop about organizational strategy, conflict resolution, or your company's CSR. Price: 590€. ● Photo and video coverage ● Greenhouse gas calculation and compensation.

Sustainability: Positive Social and Ecological impact

- An activity that helps you become familiar with the sea and Barcelona's traditional fishing culture.
- You will get to know about Mediterranean fish types and about responsible consumption.
- Lunch is made, wherever possible, with organic and local products.

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9. Wine tour and tasting in Barcelona's Collserola Park



The vineyard is a social work placement project for people with mental functional diversity. We'll also give you info about other sustainable projects in Collserola park; the largest and most important in Barcelona. This activity contributes to group cohesion, fun, motivation, culture, solidarity and sustainability.

Description

Visit one of the vineyards closest to Barcelona set up by a cooperative that employs and houses people with mental functional diversity at risk of social exclusion. The vineyard is located in the beautiful park of Collserola, the lungs of Barcelona, just 30 minutes from the city centre. Get to know the winery and its authentic farmhouse. Experience a tasting with their fantastic wines that are bought by the Barcelona City Council for their events. We will also give you info about other sustainable projects happening in Collserola Park. People with mental functional diversity work and live in the vineyard itself and help with the organization of visits. A local snack will be provided with the wine tasting, and there is also a lunch option.

To get to the vineyard you can rent private transport from Barcelona, or arrive by train to Molins de Rei and take private transport or reach the Baixador de Vallvidrera train station (30 min from Pl. Catalunya, Bcn), and we will accompany you with a guided walk of 1h 30min to the vineyard.

Group:	min-max: 10-50 ppl
Duration:	4 hours
Available:	All year round, except the last week of July and August. We recommend visiting between July and the



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	beginning of September when you can see the grapes.
Languages:	Catalan, Spanish, and English. Other languages are possible with a translator.
Accessibility:	The visit is suitable for people with physical functional diversity.
Price:	<p>From 69€/pp+vat. The price includes:</p> <ul style="list-style-type: none"> - Vineyard visit - We will tell you about the social project - Wine tasting of 3 varieties + snack. It is possible to change snack for lunch with a surcharge. - English foreign language surcharge. - Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. - Certificate of having carried out a sustainable experience. <p>Prices do not include transport. Private transport can be arranged upon request.</p>
Other options:	<ul style="list-style-type: none"> • This experience can be complemented with a 2 hour workshop on organizational strategy, assertive communication, or your company's CSR. Price: 590€. • Multi-purpose hall for group work, max 20 ppl. • 1 ½ hour guided hike from Baixador de Vallvidrera – FGC train Station (20 minutes by train from Plaça Catalunya, Barcelona) to the vineyard. Additional price: 10€/pp + vat • photo and video coverage • Greenhouse gas calculation and compensation.

Sustainability: Positive Social and Ecological Impact



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- The vineyard is a social and work integration project for people with mental functional diversity in disadvantaged social situations. They live and work on-site and assist in the cultivation of the grapes, while also helping in the store and with the organization of visits.
- The vineyard is run by a cooperative that works according to social and supportive economy criteria.
- If you do the guided hike, you will get to know the Mediterranean woods, as well as Barcelona's biggest natural park.
- The snack and lunch ingredients are, wherever as possible, local and organic.

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10. Barcelona-Poblenou Sustainable Tour. Corporate volunteering option at a community garden.



Description:

On the tour, you will learn about sustainable urban planning, the recovery of architectural heritage, and productive projects managed according to social and supportive economy criteria. It includes a visit to a craft beer manufacturing site with two beer tastings, a visit to a hub that promotes the use of the bicycle, and a visit to a community garden where you will discover more about grassroots activism and efforts to create community spaces in Barcelona. There is an option to finish the tour with a snack and volunteering in the community vegetable garden.

Group:	min-max: 10-50 ppl. Available every Thursday from 16 to 18 hours, even for 1 person, booking one day in advance.
Duration:	2 hours. 3 hours with volunteering at the community vegetable garden.
Available:	All year. Available every Thursday from 16 to 18 hours, even for 1 person, booking one day in advance.
Languages:	Catalan, Spanish and English. Other languages are possible with a translator. English and other foreign languages are subject to a surcharge from 19%.
Accessibility:	The tour is suitable for people with physical



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	functional diversity.
Price:	<p>From 39€/pp + VAT. This price includes:</p> <ul style="list-style-type: none"> • Expert guide during the tour. • Entrance to a craft beer manufacturing site and 2 beer tastings. • In case of larger groups with 15 or more people, we will give you headphones. • Visit a community vegetable garden (in case it is open, we can come in, if not, we will see it from outside). For groups of 10 people or more, we're able to open it. • Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. • Certificate of having carried out a sustainable experience. • English language surcharge. <p>Other foreign languages could have an extra surcharge.</p>
Other options:	<ul style="list-style-type: none"> • This experience can be complemented with corporate volunteering in a community vegetable garden or with a 2 hour workshop on organizational strategy, assertive communication, or your company's CSR. Price: 590€. • photo and video coverage • Greenhouse gas calculation and compensation.

Sustainability: positive social and ecological impact

- We will break out from the most tourist-filled and most visited routes in Barcelona to show you real neighborhoods where you can get to know people living in Barcelona engaged in sustainable initiatives.
- You will get to know about sustainable innovation in Barcelona arising from the public, community or private sector.
- The snack provided is part of a project that employs people who are in risk of social exclusion and is made with local products.



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11. BioBuilding Workshop



This activity contributes to cohesion, cooperation, builds group communication and trust, leadership, creativity, solidarity, sustainability, fun, and motivation.

Description:

Design and construct a temporary structure with eco-materials. We offer this activity in a community vegetable garden in Barcelona and finish the event with a snack using local products. We can also do the event at your own base.

Group:	min-max: 10-50 ppl.
Duration:	Between 2-4 hours, depending on your availability.
Available:	All year.
Languages:	Catalan, Spanish and English. Other languages are possible with a translator. English and other foreign languages are subject to a surcharge from 19%.
Accessibility:	The tours are suitable for people with physical functional diversity.
Price:	From 1190€+ VAT Price includes: <ul style="list-style-type: none"> - Photos and communication of your sustainable and CSR action on @greeneventsbcn social networks. - Certificate of having carried out a



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	<p>sustainable experience.</p> <ul style="list-style-type: none"> - English language surcharge.
Other options:	<ul style="list-style-type: none"> • The bio-building workshop can be complemented with a 2 hour workshop on organizational strategy, assertive communication, or your company's CSR. Price: 590€. • photo and video coverage • Greenhouse gas calculation and compensation.

Motivate your team with sustainable and supportive team building experiences, contact us!



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On Site CSR Activities:

1. Family day



We organize “Family Days” in your company with activities that promote reflection on environmental problems and the changes we can make in connection to responsible consumption and sustainable practices.

2. Corporate Picnic



Picnic on your company’s terrace or on the beach with activities that foster ecological practices.

Engage your staff with CSR Activities!



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3. Wellness: Yoga, Interactive Movement and Massage



This activity contributes to trust, responsibility, care and connection with others, creativity and team working.

Description

Through this activity, we acquire more knowledge of how we communicate through our bodies. Yoga, interactive movement, and massage help you to maintain better posture, and promote health and well-being. You will also learn how to do a basic Thai massage. This experience is facilitated by two professionals who practice and promote a social and supportive economy.

As part of our team, we have professionals like Catalina González, who is a multidisciplinary artist and yoga teacher that has been professionally trained in New York, Thailand, and Barcelona, and has more than 10 years of experience in the world of yoga and massage. Luz Monsalve has been active in the dance world for 20 years, performing contemporary, modern, jazz, classical, flamenco, and afro-latin dances. As well as being a Greenevents coordinator and founding member, she is a dance teacher at different cultural centers in the Maresme area.

Group:	min-max: 10-50 ppl
Duration:	3 hours.
Available:	All year.
Languages:	Catalan, Spanish, and English.
Accessibility:	The activity can be adapted for people with physical or mental functional diversity.
Price per person vat not included:	From 39€/pax + vat.
Other options:	<ul style="list-style-type: none"> This experience can be complemented with a 3 hour



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	<p>workshop on organizational strategy, conflict resolution, or your company's CSR: 590€.</p> <ul style="list-style-type: none"> • Photo and video coverage. • Greenhouse gas calculation and compensation. • locally made oil and lotion gifts.
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Positive Social and Ecological Impact:

These activities contribute to the well-being of staff.

The professionals involved in this activity promote social and supportive economy values.

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Motivate your team with healthy and well-being team building experiences, contact us!



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4. Learning about Sustainability at 4 stations



This activity engages interactive reflection facilitated by experts on energy and climate change, responsible consumption, waste management, and global inequality. You will be divided into 4 sub-groups which will visit each of the stations. After listening to the dedicated expert at each station, you will exchange ideas in order to contribute your ideas towards coming up with solutions for environmental problems. After going around to each of the 4 base points, we will begin a debate so that participants can present their proposals on how to resolve these problems. A report will be subsequently sent to the company regarding participant contributions.

Group: max 100 ppl.

Duration: between 1 and 2 hours, depending on whether a post-station debate is required.

Price: from 1190€+ VAT.

Sustainability: positive social and ecological impact

Activity that invites personal and group reflection on the problems towards a more sustainable world.

5. Thinking about SDGs.



Thinking about SDGs that your company is putting in practice or has to improve! This activity is boosted by our CSR expert team. An activity to facilitate a



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dynamic cocktail hour to network and reflect on SDGs; this activity could be scheduled before the company's lunches or dinners.

Duration:	Between 30 min and 2 hours according to time availability
Group:	min-max: 10 -100 ppl.
Languages:	Catalan, Spanish, and English. Other languages are possible.
Accessibility:	The experience can be adapted for people with physical functional diversity.
Price:	From 399€ + VAT. Price Includes: English language surcharge.

Engage your staff with SDG Activities!



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6. Fair Trade coffee or chocolate tasting and breakfast.



We'll take you into the world of coffee or chocolate and you will get to know more about fair trade and responsible consumption.

Duration:	2h
Group:	min-max: 10-25 ppl
Languages:	Catalan, Spanish, and English. Other languages available with a translator.
Accessibility:	The activity can be adapted for people with physical functional diversity.
Price:	From 49€/pp + VAT. English and other foreign languages are subject to a surcharge from 19%.

Engage your staff with CSR Activities!



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7. Installfest: utility providers in Catalonia with social and ecological criteria for responsible consumption



Get to know about suppliers of energy, mobile services, banking, insurances, transport, and free software.

Get to know about suppliers and providers in Catalonia (energy and gas, mobile services, banking, insurances, transport, free software) with social and ecological criteria that make changes for responsible consumption. Participants who bring their own bills can make the change from their utility companies in situ. Activity only available for residents in Catalonia.

Duration:	Between 20 min and 2 hours according to your availability.
Languages:	Catalan, Spanish, and English.
Accesibility:	The activity can be adapted for people with physical functional diversity.
Group:	min-max: 10-500 pax. Ideal for fairs, we will come with our stands.
Availability:	All year round.
Price:	From 350€ + VAT. English surcharge is included. Other foreign languages are subject to a surcharge from 19%.



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8. Drums workshop



We will learn to play different percussion instruments and we will compose a song together. At the end we will have a snack.

max: 20 pax.

Engage your staff with positive social impact Activities!

9. Obstacle Course to learn about the sea ecosystem



We go to your venue to carry out a sensitive recreational experience that fosters knowledge about the maritime ecosystem and responsible consumption. The group will pass through challenging, fun questions and games to learn and reflect about the maritime ecosystem. Some questions you will discover more about are the following:

How does the sea contribute to life and to the sustainability of earth?

Which fishing techniques are used for the fish and seafood that we eat? How do these fishing techniques impact the maritime ecosystem?

What other types of seafood and fish that are not well known can we eat?

What are some of the main threats to the sea that come from the human impact?

Duration: 1 hour and 30 minutes.



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Sustainable event services



- Venues and restaurants with a positive social and ecological impact
- Local, eco and social catering, min 50 ppl.
- Streaming, video and photography recording.
- Calculation and compensation of greenhouse gases.
- Corporate gifts.
- Decorations.
- Presenters with physical functional diversity.
- Hostesses with psychic functional diversity.
- Entertainment.



We work with artists who meet social and solidarity economy criteria, and immigrant artists who focus their profession on the arts.

Acrobatics shows, Afro-Caribbean dance, castellers with participatory practice, and the following types of music: reggae-lounge, classical rock, jazz, and Afro-Caribbean with the possibility of a drum workshop.



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GENERAL CONDITIONS:

- We can make your budget according to your needs
- Booking: 50% advanced payment policy: 50% of payment must be received at least one month in advance; other 50% percent can be received on the day of event.
- Poblenou Sustainable Tour: available every Thursday from 16 to 18 hours, booking one day in advance.
- Hike with challenges to become familiarized with the Mediterranean coast, farmland, flora and woods and visit an eco-friendly egg production farm: available every Saturday from 9:30 to 14 hours, booking one day in advance.
- In case of any cancellations justified because of Covid19, and you cancel at least one week prior to the event, we will consider giving you back a percentage of the first payment.
- If it rains, the event will be scheduled for another day.
- Greenevents has a security protocol to prevent the spread of Covid-19 in our experiences.
- We will ask you to sign a document that states that Greenevents won't be responsible for any participant that gets Covid-19 after our event.



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