As Malta’s leading outdoor adventure sports provider we are experts in bringing teams together to provide your company with a fun, rewarding and productive team building event in the great outdoors.

Your team faces daily challenges in the office environment. Moving the business forward depends on how cooperative and effective your team can be. To perform at its best they need the key skills of successful teams; motivation, communication, creativity, smooth problem solving and conflict resolution. Keeping these skills fresh in the office environment is not easy; this is where our team building can help.

Our activities range from cooking a 3-course meal to jumping off a sea cliff on one of our ziplines, tackling rock climbs and abseils, kayaking, treasure hunting and more. We cater for all levels of physical ability and we can combine outdoor activities with classroom style coaching and motivational talks as required. We can mix and match activities to suit your objectives, timescales and budget.

Team Building that Goes Beyond A Fun Day Out!

Throughout the activities your team will be guided and encouraged by our experienced guides and facilitators, building on their motivation, communication, confidence, inter-personal relations and problem solving skills.

We recommend that for best results our psychotherapists brief the team before the fun and games begin. They will then monitor the team during the activities offering coaching and guidance. At the end of the session they will provide a debrief offering invaluable insight and feedback on the team’s performance.

We ensure your team goes home with a great sense of achievement, having practised and improved their team working skills and acquired the experience and tools to overcome challenges back in the office, all the while having a great day out!

Our Team

Pat Marshall M.A. (Gestalt Psychotherapy), B.A. (Hons), P.G.C.E Pat is a Gestalt psychotherapist with a background in education and training. She brings over 25 years of corporate experience to her therapeutic practice. She has worked in rehabilitation and also runs a private practice where she offers individual and couples therapy. Her areas of interest include addiction, clients dealing with divorce and single-parenting, depression, workplace stress, low self-esteem and eating disorders.

Karen Schranz M.A. (Gestalt Psychotherapy), M.Sc, (HR and Training),B.A. (Communications and Psychology). Karen is a Gestalt psychotherapist with a background in Human Resources and Training and Development having worked in this field for over two decades. She currently runs a private practice offering psychotherapeutic services in a variety of fields. Her area of specialisation is infertility care and she also works with a Centre for assisted reproduction.

MC Adventure is the brain child of Andrew Warrington, a passionate rock climber with 30 years’ experience. He created MC Adventure to provide professional guiding services in all the adventure sports available in Malta, Gozo and Comino, and to take people out to experience the wilder side of the Maltese Islands in safety. Our team of guides have extensive experience in organising individual and group activities around our rugged and beautiful countryside. Our guides are all qualified for the sports they lead and have extensive experience in the field.

“IF EVERYONE IS MOVING FORWARD TOGETHER…

_THEN SUCCESS TAKES CARE OF ITSELF”

Henry Ford
**TEAM BUILDING GAMES**

**COMMUNICATION, PROBLEM SOLVING, PLANNING AND STRATEGISING:** these are just some of the important team skills your team will put into practise whilst competing in our team building games.

Meeting at an outdoor venue such as Buskett, Ta’ Qali or one of Malta’s sandy beaches, we will set up a sequence of mental and physical team games such as dry skiing, monkey bridge, tower of Babel and many more.

All of our games are designed to challenge your team to the full whilst developing their important team skills and having fun!

**Duration:**
Half day - 3 hours

**Min./max. participants:**
20 – 100

**Typical price:** €25 per person half day activity for 50 participants

Price depends on the number of participants
VALETTA ADVENTURE

A TRUE ADVENTURE IN THE HEART OF THE CAPITAL

This trio of activities will inspire and exhilarate your teams whilst challenging and developing their team working skills.

Starting off with a treasure hunt the teams will race their way from clue to clue discovering this beautiful Baroque city from a different perspective.

The successful completion of the treasure hunt brings them to their next challenge; tackling an abseil down the bastions and ziplining across the city!

A fantastic day of challenges, discovery and learning!

Duration:
Up to 7 hours

Min./max. participants:
20 – 200

Typical price: €2,300 for full day based on 30 participants

Price depends on the number of participants
WILDERNESS ADVENTURE

TAKE A WALK ON THE WILD SIDE with a series of outdoor activities designed to thrill and challenge your teams, pushing boundaries and building confidence, motivation and team relations.

At the beautiful and remote countryside location of Migra I-Fehra the team will take on activities such as; kayaking in the azure waters, a thrilling zip line across the sea, rock climbing, cycling through the countryside or abseiling over a cliff face.

No one leaves this activity without a huge sense of accomplishment and respect for their team mates!

Duration:
Up to 6 hours

Min./max. participants:
4 – 150

Typical price: €1,350 for up to 50 participants
ziplining and abseiling

Price depends on the number of participants
TREASURE HUNT

DISCOVER MALTA’S HIDDEN TREASURES LIKE NEVER BEFORE

Participants are split up into teams, given a map and sent out on a mission around the island, or one of her cities, to find clues while discovering some interesting cultural idiosyncrasies and lesser-known spots. Armed with our specially prepared map and a pen, participants will have to race against time and venture around their hunting ground as they search for the mysterious clues, collect tokens and resolve map locations. To add a competitive edge, the tokens collected during the activity will be redeemed for a small prize at the end of the activity. The more tokens collected, the larger the team’s bounty at the end of it all!

We can organize it in Mdina, Valletta, the Three Cities or a countryside location if going on foot. If done in a car, the whole island is our canvas for this activity!

STRATEGY

TEAMWORK

CHALLENGING CLUE SOLVING SKILLS

CREATIVITY IN INTERPRETATION

Duration:
Half day 2 - 3 hours

Min./max. participants:
10 – 75

Typical price: €15 per person

Price will depend on the number of participants
COOKING COMPETITION

THERE’S NOTHING LIKE A BIT OF HEAT IN THE KITCHEN TO GET TEAMS PERFORMING TO THE MAX! Each team will be given a set of ingredients with which they will be asked to prepare one of the courses: starter, main course or dessert. They will be given a set amount of time in which to prepare their course, helped along by our supervising kitchen administrator who will be providing tips and direction to all the groups as they go. At the end of the cooking session, the group will sit down to enjoy their meal and discuss and vote on the teamwork, quality, flavour and presentation of the other groups’ contributions to decide the winning team!

Duration:
Half day 3.5 - 4 hours

Min./max. participants:
8– 60

Typical Price: €100 per person half day activity for 15 participants

Price depends on cuisine chosen and number of participants
ROCK CLIMBING ADVENTURE

THE ULTIMATE CHALLENGE OF COURAGE AND TRUST in your team mates. Rock climbing is the sport that will engage your whole body and mind in the challenge of using the natural features of a rock face, anything from 10 – 55 meters in height, to climb from the ground to the top of the cliff.

Abseiling is a technique for descending back down the cliff face using only a rope, abseil device and a lot of faith in your instructor to get to the bottom safely and gracefully. Adrenaline pumping fun!

Duration:
Half day - 3.5 - 4 hours
Full day - 8 hours

Min./max. participants:
2 – 30

Typical price: €37 per person half day activity for 25-30 participants

Price depends on the number of participants
ADVENTURE TREKKING

BREATHTAKING TREKS IN NATURE

Our adventure treks will take you to a dimension of our islands that you hardly knew existed. The route will follow garigue, boulder fields, hidden pathways and tumbling rock features carved by nature into the unique Maltese landscape. During the walk the participants will have the opportunity to experience stunning scenery along the coastal cliffs. The participants will go back in time to the formation of our rocks, and witness the wonders of nature as our guide explains the geological formations as well as highlight the flora and fauna we will see. Along the way we can set up an abseil for participants to enjoy a rush of adrenaline to spice up the day.

Duration:
Half day 4 hours:
Full day 7-8 hours

Min./max. participants:
2 – 75

Typical Price: €25 per person half day activity for 25-30 participants
Price will depend on the number of participants
CORPORATE SOCIAL RESPONSIBILITY

A TOUCH OF ALTRUISTIC ADVENTURE
Charitable events are a great way to make people feel good whilst helping your team bond and doing your bit for the greater good! We can organise anything from a clean-up session (for example litter picking in the countryside), to rubble wall building, tree planting, assistance to charities and more. At the end of the activity a short session of abseiling or team building games can round off the activity neatly.

DOING YOUR BIT FOR THE ENVIRONMENT

ENJOYING THE COUNTRYSIDE

TEAM BONDING

FEEL GOOD FACTOR

Duration: 3.5 - 4 hours
Min./max. participants: 4 – 60
Typical Price: From €20 per person half day activity for 30 participants
Price depends on additional activities chosen and number of participants
ABOUT

MC TEAM BUILDING

ORGANISATION
We take care of all aspects of your team building activities to ensure that all you have to do is let us know your objectives and budget, select the group who will be attending and agree on the meeting point. From then on it will be up to us to ensure that the activity is challenging yet enjoyable for each participant as well as rewarding for your company and management in achieving improvements in motivation, teamwork and individual performance at the place of work.

PRICING
Our team building activities can be booked for small groups from 2 participants upwards, including large groups of 100 or more. Pricing will depend on the number of participants, activities chosen, duration of the activity and goals of the organisation in conducting the activity. We will provide a comprehensive quote and outline of the activity when you get in touch.

OUR ACCOMMODATION ‘BASECAMP’
If you are coming from overseas, or if you are based in Malta and are looking at doing a multi-day course, why not bring your team to stay at our very own spacious, fully detached 3 storey villa ‘Basecamp’, which sleeps up to 28 people. Enjoy a private fresh water swimming pool, surrounding gardens and BBQ terrace. Basecamp is ideally located in St. Julian’s, 5 mins walking distance from the main bus station, 10 mins from the nearest beach, 8 mins from the centre of entertainment.

Rooms are bright and well finished, most with ensuite facilities. There is Wi-Fi throughout and a fully equipped kitchen. The living/dining, lounge and common areas are a great place to meet and chat about your adventures with ample room, comfortable loungers and space to relax both inside and out.

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