IO SONO
FRIULI
VENEZIA
GIULIA
www.turismofvg.it

TEAM BUILDING

in FRIULI VENEZIA GIULIA

Experiences that build authentic connections



ACADEMIA DEL GUSTO



Live a new experience in the kitchen, with the presence of great award-winning chefs and experts;

Live a journey between culinary art and search for experiences, aimed at knowing and expressing themselves;

Participants will have fun together and improve communication and integration within the working groups.



FOR BOOKINGS

Academia del Gusto

Via A. Bardelli, 5 - 33050 Martignacco (UD)

Ph: +39 0432 1690440

info@academiafvg.it

https://academiadelgustofvg.it

Qucinando

Via Roveredo, 2/E – 33170 Pordenone (PN)

Tel. 0434.536016

info@qucinando.com

https://www.qucinando.com/

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EATALY TRIESTE

Discover the pleasure of cooking together, led by expert chefs of Eataly Trieste, in a stimulating and creative environment;

You will learn to express yourself at your best in the kitchen, thanks to the various unique proposals that will put creativity and passion for food into play;

Strengthen teamwork and improve communication through engaging activities that combine fun and collaboration.





FOR BOOKINGS

Riva Tommaso Gulli, 1 - 34123 Trieste TS

Ph. +39 340 1936713

eventitrieste@eataly.it; didatticatrieste@eataly.it

https://www.eataly.net/it_it/negozi/trieste/archivio-trieste/ristoranti-trieste/

TALENT & WINE at Villa Russiz

In the beautiful setting of Villa Russiz, you will immerse yourself in a unique and refined experience.

You can try your hand at mindfulness and tasting or team cooking, creating an environment of play, work and collaboration.

It is possible to end the day with a business dinner or gala dinner.





FOR BOOKINGS

Talent & Wine

Marzia Nobile

Tel: +39 328 3374621

marzia.nobile@dofconsulting.it

www.dofconsulting.it

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UNIVERSITY OF THE COFFEE - ILLY’



Trieste has long been famous for its passionate coffee culture!

You will immerse yourself in a universe of diverse scents and flavors, thanks to tours and tasting courses;

This unique experience allows you to discover the most renowned and ancient cafes, as well as the secrets of the art of preparing and tasting this drink.



FOR BOOKINGS

valentina.zagarese@illy.com

www.illy.com

http://unicaffe.illy.com/en/courses/discovery

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BAZZARA CAFFE’

You will discover Trieste through its rich coffee culture, a symbol of the city's identity and heritage.

It was nominated by Forbes Italia among the "100 Italian Excellencies" of the food and beverage scene;

You will understand the world of coffee, involving your senses. The sensory experience can help to improve the mood and motivation of participants, promoting a positive working climate.





FOR BOOKINGS

Bazzara Academy - Via Battisti,1 - 34125 Trieste

Ph: +39 040 767 849

info@italianperfumeryacademy.com

https://www.bazzara.it/formazione/corsi/

IPA – ITALIAN PERFUMERY ACADEMY

Bazzara Academy

Design and creation of fragrances for companies and groups;

The routes are designed to stimulate connection with the sense of smell through the design and realization of a personalized fragrance;

The groups are supported by a certified perfumer.





FOR BOOKINGS

Via Cesare Battisti, 1 - 34125 – Trieste

Ph: +39 040 77849 / +39 339 4656971

info@italianperfumeryacademy.com

https://www.bazzara.it/formazione/corsi/perfumery-camp/

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ITS ARCADEMY

ITS Arcademy is an exhibition space, a creative archive and a learning centre all in one in Trieste;

You will explore creative thinking and practice craft techniques to make, repair, reuse, rediscover;

Working with others and on your own, you will use your senses and your own imagination, stimulating curiosity, problem solving and self-discovery;





FOR BOOKINGS

Via della Cassa di Risparmio, 10 - 34121 Trieste TS

Ph: +39 040 300 589

contact@itsweb.org

https://itsweb.org/its-arcademy/

SCIENTIFIC MUSEUM

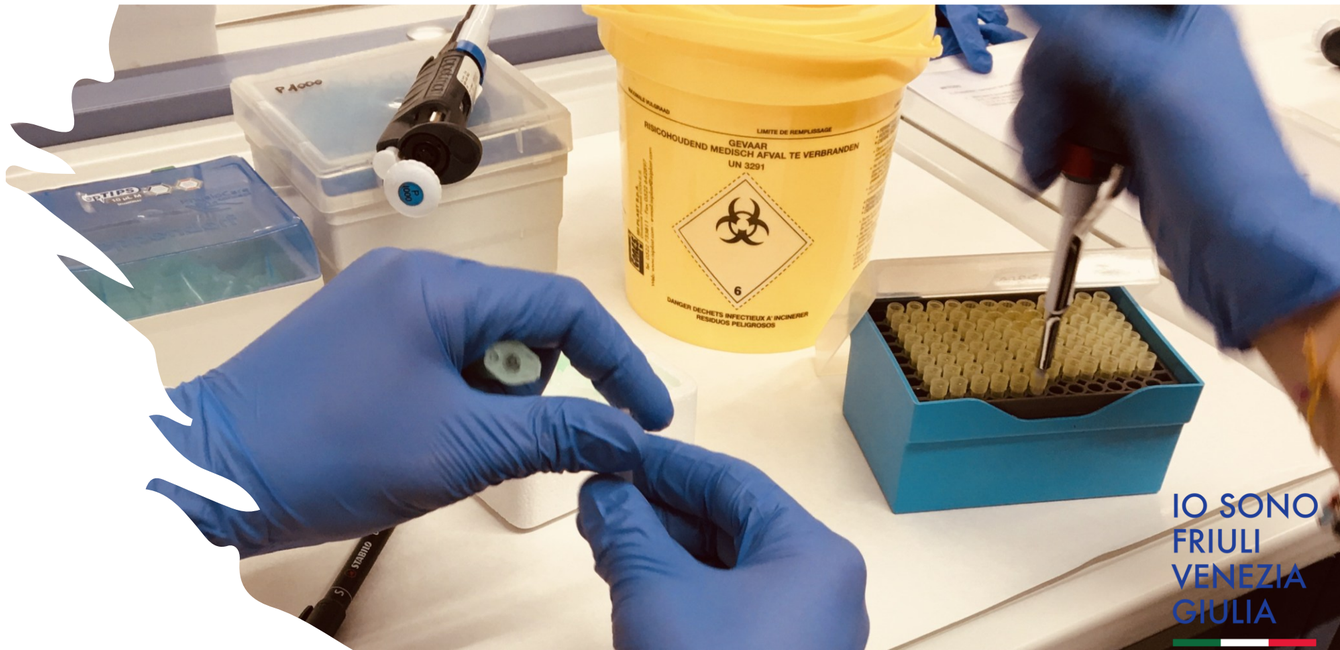
DNA and electrophoresis laboratory - Laboratory of lego automatons



A space for explorers of knowledge, a way to see science in action!

You will explore the world of science through different laboratories, where you will become detectives and real creators!

Working in teams, you will be able to create strong synergies and solve and create using science;



FOR BOOKINGS

SCIENTIFIC MUSEUM

Magazzino 26 - Porto Vecchio, Trieste 34135

T. +39 040 224424

info@immaginarioscientifico.it

www.immaginarioscientifico.it

IO SONO FRIULI VENEZIA GIULIA

ACTIVITIES AT MIRAMARE MARINE PROTECTED AREA



Get involved to live a unique experience in the beautiful scenery of Miramare and the UNESCO Biosphere Reserve;

Developing listening skills and creating new "ecological" relationships are just some of the goals you will pursue together;

The group will learn to recognize roles, functions and dynamic balances of organisms living in natural environments and much more.



FOR BOOKINGS

Ph: +39 040 224147 – int. 3 (mon – fri 10-13);

Ph: +39 040 224346 (sat - sun 10-18)

giovanna@ampmiramare.it

https://www.ampmiramare.it/attivita/team-building/

BIKE & TREKKING

You will explore bike paths and spectacular hiking trails;

You will be inspired and renew your energy, encouraging the connection and collaboration between the members of your team;

You will breathe nature and learn to live with it also through sports.





FOR BOOKINGS

Evolution Tourist Marketing

Via Scorcola, 6A - 34134 Trieste TS

Ph: +39 331/682 4576

trieste@mediaperformance.it

https://www.mediaperformance.it/

FOR BOOKINGS

Sognando in Bici

Via Marano, 128 - 33050 Carlino UD

Ph: +39 345 0237649

info@sognandoinbici.it

https://www.sognandoinbici.it/

CANOE EXCURSIONS - TREKKING

Participate to know the territory from a new and naturalistic point of view;

Learn the secrets of canoeing in an unforgettable experience that combines nature and history;

You can strengthen the team through an exciting adventure, admiring the majesty of the region’s territory.





FOR BOOKINGS

Claudio Salvalaggio di Selvatico Tours

Ph: +39 349 506 8928

ciao@selvaticotours.it

https://www.guidanaturalistica.it

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PORTOPICCOLO SAILING BOAT COURSES

Through the sailing activity, at Portopiccolo, you will discover yourself and your companions, improving communication and teamwork.

The Sailing Club of Muggia, through the Sailing Lab, organizes sailing courses for everyone, adapting them to the needs of large groups.

Unique opportunity to explore the waters together and strengthen ties between colleagues.





FOR BOOKINGS

Lorenzo Giorgi di Nautilus Italia

Ph: +39 391 421804

nautilus@nautilusitalia.com

https://www.nautilusitalia.com/

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RAFTING - RAFTBALL

You will explore the mountain nature through the activity of rafting descent;

Not only! Rafting can become Raftball, in which you can compete as a team on the water;

The team will learn team play and contact with nature.





FOR BOOKINGS

Rafting – Friuli Kayak School

Alessandro Nerci (contact person)

Ph. +39 320 2362896

info@scuolakayakfriuli.com

https://scuolakayakfriuli.com/rafting-packraft/

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ZIPLINE SAURIS

Pure adrenaline in a context of peace and tranquility;

The Zipline crosses the forest and opens onto Lake Sauris, where you can enjoy a breathtaking view;

The team will be guided for about 1.30 h by the instructor, who will accompany them throughout the experience, which includes stretches also to be covered on foot.





FOR BOOKINGS

Zipline Sauris

Stefano (contact person)

Ph. +39 328 7075327

info@ziplinesauris.com

https://ziplinesauris.com/

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GOLF

Golf courses located in the heart of the region, combine the pleasure of playing with the surrounding landscape;

You will live an experience aimed at teamwork, in which the teams will compete in a real match;

The aim is to create cohesion and improve relations in the working environment.





FOR INFORMATION AND GOLF FIELDS BOOKINGS:

https://www.turismofvg.it/golf?LangSetCMS=it

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NATURE / FOREST BATHING

You will learn to connect the mind and body with nature, through walks, relaxing moments, role-playing games and much more;

The context of the forest will allow you to get in tune with nature and with the group;

The team will strengthen relationships, increasing the beneficial effects of nature for health and mind.





FOR BOOKINGS

Natura Business – Vivi la Natura

Giulia Terlicher (contact person)

Ph. +39 346 3216789

giuliaterlicher@vivilanatura.it / info@vivilanatura.it

https://naturabusiness.com/ / https://www.vivilatuanatura.it/

IO SONO FRIULI VENEZIA GIULIA

DRUM CIRCLE

The Drum Circle is an engaging activity in which the team arrange themselves in a circle to play drums and percussion;

The experience is accessible to all: you do not need to know how to play or have previous musical skills;

Listening, collaboration and self-experimentation will allow to consolidate the group dynamics.





FOR BOOKINGS

M.F.C. di Federico Pace

Via Julia Augusta, 12 - 33010 Magnano in Riviera (UD)

Tel: + 39 347 977 2786

info@federicopace.it

www.federicopace.it

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ESCAPE ROOM, TREASURE HUNT...



It requires collaboration and communication among team members to solve challenges, fostering teamwork skills in a fun and engaging setting;

The escape room can be played in the city of Trieste and Udine, through some challenges that will make you discover the cities.

It is possible to organize the game in other locations rather than the standards.



FOR BOOKINGS - TRIESTE

XH Studio

Via Roma, 20 - 34132 TRIESTE

Ph: +39 040 2458345

info@xhstudio.it

https://xhstudio.com

FOR BOOKINGS - UDINE

No Exit

Viale Trieste, 92 - 33100 UDINE

Ph: +39 351 5919841

info@noexitroom.com

https://www.noexitroom.com

QUAD AND VESPA EXCURSIONS

You will explore the territory through excursions by quad or vespa!

You will start with a short practical test with the guide, after which the excursion will start.

You will discover Friuli Venezia Giulia in an authentic and completely innovative way!





FOR BOOKINGS

Via Stretta del Parco 4 - 33042 Buttrio (UD)

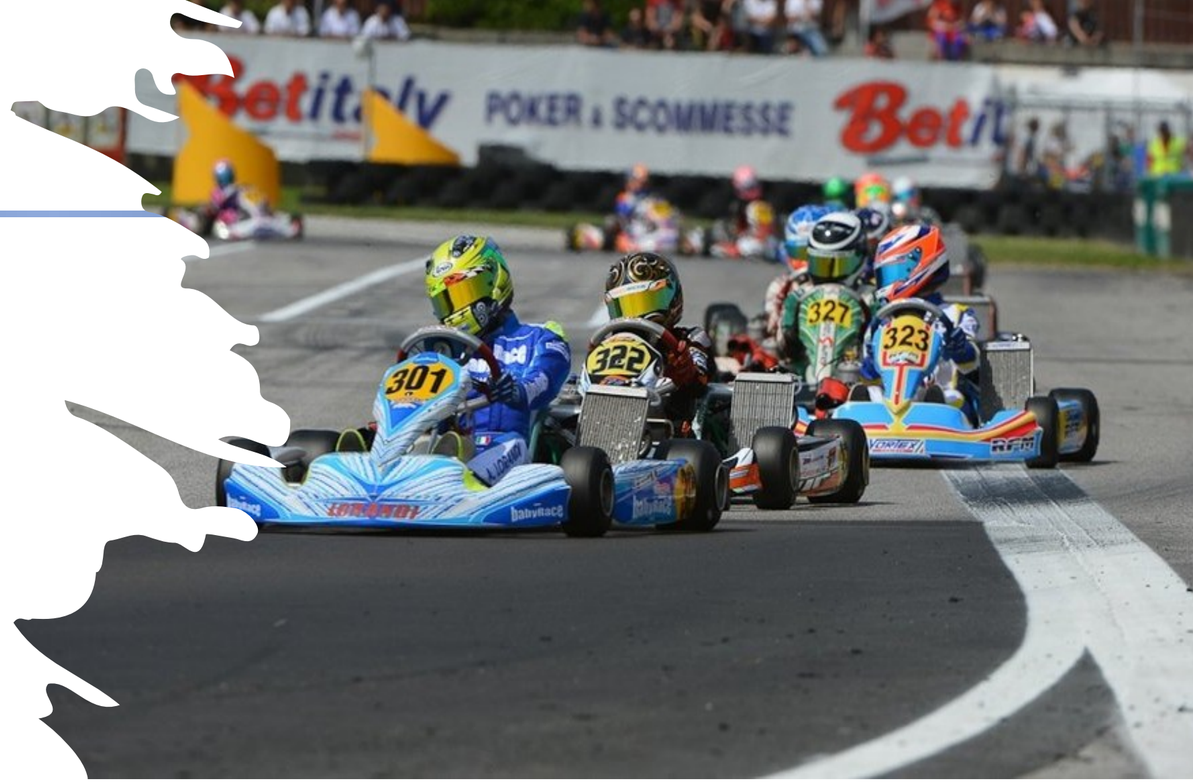
Tel: +39 340 9710093

quad@visitait.it

https://visitait.it/

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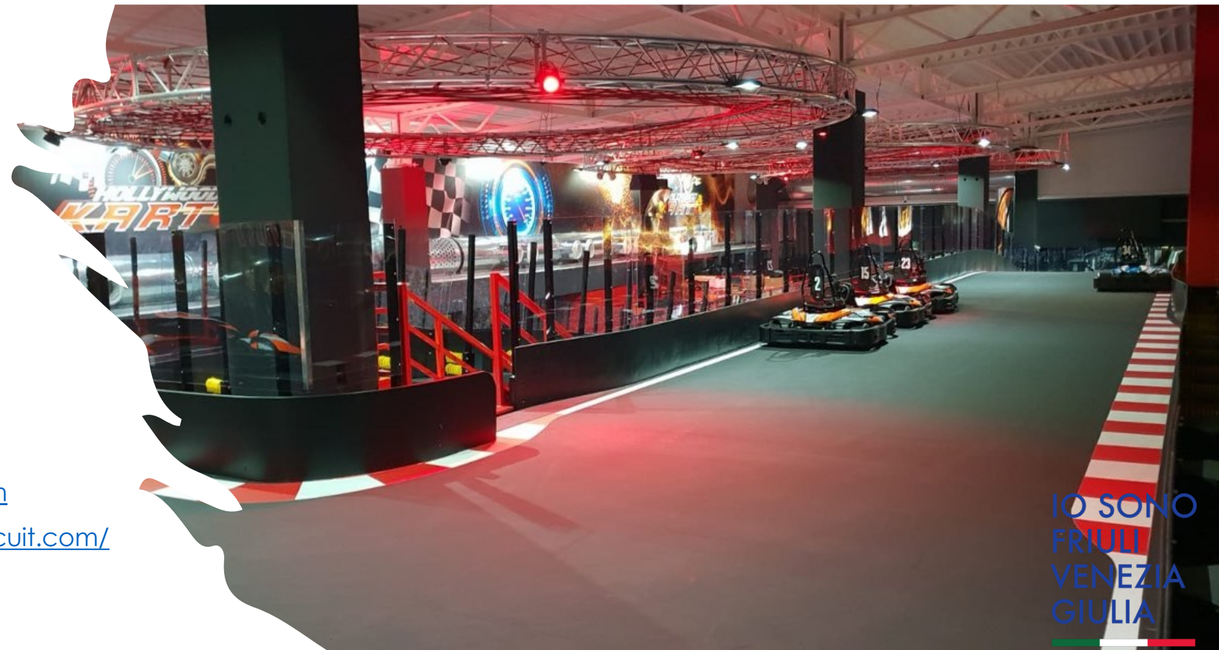
GO KART EXPERIENCE



Get ready to experience the thrill of racing in go-karts on the circuits of Lignano, Udine and Pordenone! After a brief introduction to driving techniques, you will be on the track for an exciting challenge;

Whether you are a beginner or an expert, the go-kart circuits will offer you breathtaking turns and fast straights for a safe and exciting experience;

Go-karting is a great metaphor for teamwork! Through team competitions and time-based challenges, you will develop mutual trust and learn the importance of group support.



FOR BOOKINGS

PORDENONE KART INDOOR
Tel. +39 351 741 8312
ppordenonekartindoor@gmail.com
http://www.pordenonekartindoor.it/

HOLLYWOOD KART UDINE
Tel. +39 0432 16 97609
udine@hollywoodkart.it
https://hollywoodkart.it/udine-citta-fiera/

LIGNANO CIRCUIT
Tel. +39 0431 558 000
info@lignanocircuit.com
https://www.lignanocircuit.com/

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PAINTBALL



Are you ready to experience the adrenaline of a paint challenge? After a brief introduction to the rules of the game, you will enter the paintball field ready to have fun and test your strategy!

Through obstacles, strategic shelters and hidden areas you will live an exciting and safe experience!

Paintball is the perfect opportunity to build team spirit, improve communication and discover how fundamental collaboration is to win together.



FOR BOOKINGS

PAINTBALL LATISANA

Via Stretta, 124 - 33053 Latisana (UD)

Ph. +39 349 794 3317

info@naturaamica.org

https://www.paintballlatisana.it/

SOCIAL EVENTI WITH A CRIME

Can you solve the mystery? Delfo Meraviglia and his investigations always need the support of teams of detectives ready to get involved and collaborate to find who committed a crime.

No need for acting skills or investigative knowledge: everyone can participate and have fun in solving the mystery.

Collaborating, listening and putting together clues strengthens communication and team spirit, making the experience fun and educational!





FOR BOOKINGS

GLI INDIZIOSI

Ph. + 39 348 6002375 (Diego)

Delfo@indiziosi.it

https://www.indiziosi.it/

Your next team building starts from here.

PROMOTURISMOFVG

Trieste Airport
Via Aquileia, 46
34077 Ronchi dei Legionari (GO)
congress@promoturismo.fvg.it

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www.turismofvg.it

turismofvg.it/mice

Scan the QR code to find out our experiences!