Team Building & Corporate Events

SESIMBRA NATURA PARK

ESCOLA DO MATO - BUSHCRAFT - SOBREVIVÊNCIA

ADVENTURE IS OUT THERE

Are you looking for a unique and engaging team building event that can help your team members connect with each other and nature?

If so, a bushcraft-based team building event may be just what you need!

BUSHCRAFT

Bushcraft is the art of wilderness survival, which includes skills such as shelter building, fire making, foraging, and navigation. These skills are not only valuable in a survival situation, but they can also be a great way to build teamwork, communication, and problem-solving skills.

Here are some reasons why a bushcraft-based team building event in nature is a great idea:

Connect with Nature

Spending time in nature is a great way to reduce stress and improve mental wellbeing. It can help your team members feel refreshed and energized, which can improve their performance at work.

Improve Communication

Bushcraft exercises require good communication skills to be successful. Your team members will need to work together to build shelters, start fires, and navigate through the wilderness. This can help them learn how to communicate effectively and build trust with each other.

Enhance Problem-Solving Skills

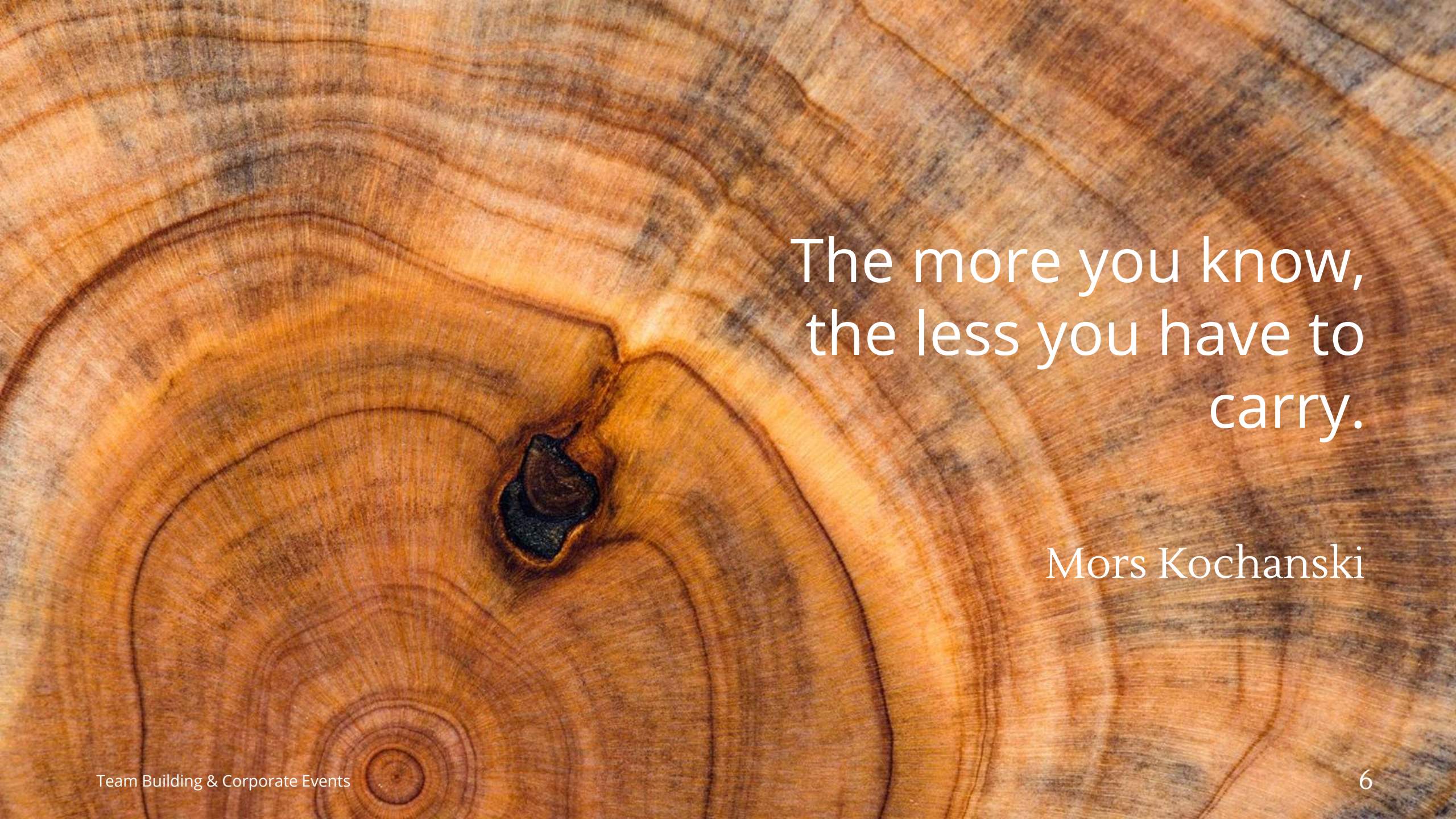
Bushcraft exercises can be challenging, and your team members will need to work together to find solutions to problems they encounter. This can help them develop their problem-solving skills and learn how to think creatively.

Encourage Teamwork

Bushcraft exercises require your team members to work together to accomplish tasks. This can help them learn how to collaborate effectively and appreciate the skills and strengths of each team member.

Create Lasting Memories

A bushcraft-based team building event in nature can be a unique and memorable experience for your team members. They will have the opportunity to learn new skills, challenge themselves, and bond with each other in a beautiful natural setting.


The more you know,
the less you have to
carry.
Mors Kochanski

BUSHCRAFT CAMP

A bushcraft-based team building event in nature can be a fun and rewarding experience for your team members. It can help them connect with each other and nature, improve their communication and problem-solving skills, and create lasting memories. Contact us today to learn more about our bushcraft team building events and how they can benefit your team!

Activities 1

1-Gear
- Knowing the 5 C's of camp gear
- knowing the rule of 3
- priority game – placing in order gear and needs according to camp priorities

2-Cutting tools - knife
- Safety with cutting tools
- Making a try stick

3-Shelters
- Thermal regulation
- Kinds of shelters
- Building a natural or synthetic shelter

4-Fire
-The triangle of fire
-Safety and dangers
-Using a firesteel
-Lighting a fire with just a spark

5-Firestarters
-Safety with fire
-Natural and artificial firestarters
-Lighting and extinguishing safely a firestarter

6-Fireplace
-Knowing different kinds of fires and their uses
-Fire safety rules
-Kinds of firewood
-Lighting and extinguishing a fire

Activities 2

7-Water
-Knowing the cicle of water
-Identifying water in the landscape
-Knowing main pathogens and contaminants
-Building a natural water filter

8-Tracking
-Finding animal tracks
-Following animal tracks
-Plaster molds of tracks
-Identifying animals by their traces

9-Foraging
-Most common plants and trees and their uses
-Forraging from the land
-Natural tresaure hunt

10-Basketry & Cordage
-Weaving a basket from natural fibres
-Making rope from natural fibres

11-Camp Cooking
-Making a meal without kitchen utensils
-One pot meals
-Camp culinary

12-Processing
-Gutting and preparing a fresh fish
-Dressing and butchering a mammal or bird

Activities 3

13-Signaling
-Mirror signaling
-Sound signaling
-Smoke signaling

14-Hunting
-making a hunting arrow or spear
-range shooting at targets

15-Natural Navigation
-The wind rose
-Finding way by natural indicators
-Solar compass

16-Map Navigation
-Using a compass
-Map orienting
-Reading a map
-Map navigation course

17-Primitive fire
-Making a fire from friction between two pieces of wood

18-Axe work
-Safety rules for using an axe
-Axe cutting techniques

OPTIONAL ACTIVITIES

High and Low Tree Ropes Course

Slide Line

Climbing

Water Games

Bike tours

Horseback tours

FREQUENT QUESTIONS

Meals

- All meals can be provided by the camp, but will be cooked by the teams over an open fire. Special diets available on request

Facilities

- There are M & F facilities with hot water showers

Monitors

- Every team is accompanied by a monitor at all times

Outside contact

- Cell phone signal and charging points available.

Sleeping

- Sleeping is available either on tents or shelters

MENU

Meal options

- Barbecue – all cooked on fire, from entry to dessert
- Fish with rice and salad
- kebab of meat, vegetables and mushrooms on a wooden skewer
- pork stew with vegetables on team pot
- trail mix (one pot meal with rice, tuna and soup) on individual fire

Always available:
fresh fruit, water, coffee and tea

EQUIPMENT

We can provide the following

- Knife with company logo
- Event t-shirt/hat/water bottle/etc
- Tents
- sleeping mat
- All cooking gear
- All camp gear

You should bring

- Comfortable clothing and shoes for the outdoors
- Hat
- Water bottle
- Sun screen or bug repellant

OUR TEAM

Sesimbra Natura Park

Sesimbra Natura Park (SNP) is a sustainable nature experience concept, located in Herdade da Mesquita, an agroflorestal property with 867 hectares.

This property is run for decades by an ethics of environmental, social and economic sustainability, contributing to the development of the region where it is based.

With a differentiated offer of spaces, infrastructures and a dedicated team, we develop programs for schools, prom parties, corporate events, scouts, birthday parties, bachelor parties, etc, allowing for a close contact with nature.

SESIMBRA NATURA PARK

Escola do Mato

Founded in 2011, we have over a decade in woodland expertise, having taught hundreds of students in how to live in the woods in an intimate and sustainable way.

In an increasingly artificial world, we want to give people back the knowledge of how to interact with nature in a sustainable way, enjoying what it has to offer us and collecting it's benefits, in comfort and safety.

We believe it is possible an intense contact with nature in a sustainable way, and we know that getting intimate with our surroundings will develop a sense of need to defend and preserve what's important. We are proud to be ecologically sustainable.

THE CAMP

Sesimbra Natura Park is located in Herdade da Mesquita, about 10 Km away from Sesimbra village, 6 Km from Setúbal and 25 Km from Lisboa.

Adress: Estrada Nacional 378 Km 13.92970-000 Sesimbra4 Km from Carrasqueira roundabout heading Lisboa, entrance to the right. 3 Km from the Traineira roundabout (Fernão Ferro) heading Sesimbra, entrance to the left.

GET IN CONTACT

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