

AMBRE

ACTIVITIES & FACILITIES

Sports enthusiasts will find themselves in paradise at Ambre with a plethora of exciting activities available while also offering rest and rejuvenation for those seeking a more relaxed pace. The heart of social life pulsates around the pool, calls out day and evening with its convivial tempo, extending to the upbeat discotheque throughout the night until dawn. Mind relaxed, body revitalised, senses refreshed.

- Two swimming pools including an impressive pool of 735 m² and a tropical lap pool overlooking the beach
- 2 floodlit tennis courts
- A fitness centre, with a range of cardio apparatus and training machines. Personal Training sessions available for a nominal fee at the Fitness Centre (7 am to 8 pm)

FREE LAND ACTIVITIES

- Usage of the Fitness centre
- Beach-volley, table tennis and
- Fitness classes (i.e. Yoga etc.) as per hotel's programme
- Usage of the two floodlit tennis courts (balls are chargeable)
- Fitness, stretching, yoga-course,
- Bocce ball, Tai Chi, body pump, table tennis, beach tennis,
- Beach volley, beach soccer, aqua gym and sports tournaments

FREE WATER ACTIVITIES

- Beach service: 09:00 to 17:00
- Kayaking
- Laser-sailing and hobby cats
- Pedal boats
- Glass bottom boat rides
- Windsurfing
- Stand up paddle
- Aqua gym in the pool
- Zayak

PREMIUM ACTIVITIES*

- Tennis lessons with professional coaching
- Bicycle rental
- Private fitness trainer

**Premium activities are subject to supplement charges*

AMBRE

TEAM BUILDING

Fun and Awesome Outdoor Team Building Activities

Team-building games are a great way to bond and bring your employees together and are supposed to be not only educational, but also enjoyable. They will help the team learn about each other – as they engage the entire team to learn cooperation, communication, leadership, decision-making, problem-solving and building trust with each other, which is essential to the success of an organisation, and have fun!

We invite you to live extraordinary moments on the finest Mauritian beaches and beautiful surroundings in the luxurious Sun Resorts with exquisite catering and access to the resort's facilities. Your team will be closer, and together everyone achieves more. This epic list of activities is ideal for both small and large teams, with everyone bound to have a blast! Some of these activities will take just a few minutes, some might take an hour, but they will all help to develop communication and improve collaboration skills.

Passionate about leadership and sports, we are proud to bring sports closer to our guests and promote a healthy and active lifestyle, wellness and fun! We aim to exceed our client's expectations with imaginative custom-made programmes and offer a unique and fascinating experience to all.

Our dedicated team awaits you!



AMBRE

TEAM BUILDING

Team Building Activities for you

Snake Race

Snake Race is a great game that's sure to provide lots of laughs. Here's how it is played:

- In an open field, we will break the group into teams of six to eight people.
- Have each team get into single-file lines.
- Each player sit on the ground with arms outstretched at the back, holding the ankles of the player behind.
- Form two or more snakes to race over a set course with a finishing line
- The aim is each team to move/crawl along the floor faster the opposite team as a snake without letting go of the ankles.
- The first team to make it to the finish line without dropping a balloon.

Fill In The Bucket

- Group must start by building a pipe out of small pieces of pipes and hold same at chest level of the tallest person to the smallest person.
- Each participants must either stand on his feet or kneel down of necessary next to the empty bucket.
- Have one team-member to fill a container with water and pour the water in the pipe so it can end up in the bucket.
- Every person is needed to complete the task, so members must work together and communicate. This reinforces the idea that everyone is equally important, valuable and necessary for the team to succeed.
- Race against the opposite team to see who can fill their bucket the fastest.

Perfect outdoor game for a hot day!

Plank Race

- Two sets of wooden planks of 6 feet long will provide to each team.
- Each pair of planks gets four participants. They put their feet on the planks, and hold the rope loops.
- Each participants gets two ropes, as this helps lift the edge of the board, and to move it forward.
- Working as a team, each team must traverse a pre-set distance.
- You will be penalised for falling

As a fun race at any event, a plank race will quickly determine who the team players are.

Hula Hoop

Two teams race to move from one end of the field to the other in a relay style race. The team that works together the best will win the game! All we need is one hula hoop per team.

- Divide the group into 2 teams.
- Each team holds hands and gets into a line that begins at the goal line and extends towards the center line.
- A hula hoop starts at the front of the line and each person must go through the hula hoop to pass it down the line without using their hands.
- Once the hula hoop reaches the end of the line, the line pivots around the end person. The hula hoop then continues down the line across the field.
- The first team to reach the other end of the field (or to the other end and back) wins.

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TEAM BUILDING

Blind Volley

Blind volleyball is a regular game of volleyball except teams can't see each other or the other side because there are bedsheets covering the net. And the ball is replaced by inflated balloons filled with water. Great for reaction time, and ready position!

- A volleyball pitch will be set-up normally.
- Then the net will be covered with bedsheets.
- Will make sure we have a bunch of inflated balloons filled with water on hand.
- Game on!

Limbo

Limbo is this popular dance from Trinidad.

- The aim is to pass forwards under a low bar without falling or dislodging the bar while dancing and twisting.
- Whoever knocks or touch the bar off or falls is eliminated.
- If the dancer is successful he must repeat this again and again with the bar being lowered another "notch" each time.
- Each dancer does this until there is only one left standing who has not touched the bar, fallen down, laid on the floor or used his/her hands to keep balance
- Hence he basically goes into 'Limbo'

Tug of War

A contest in which two teams pull at opposite ends of a rope until one drags the other over a central line.

- Teams pull on opposite ends of a rope, with the goal being to bring the rope a certain distance in one direction against the force of the opposing team's pull.

A situation in which two evenly matched people or factions are striving to keep or obtain the same thing.

Balloon Race

Here's how the game works:

- Break the group into teams of five to eight people.
- Will make sure we have a bunch of inflated balloons on hand.
- Have each team form single-file lines, placing an inflated balloon between each person using everyone's stomachs and backs to hold them in place.
- On the manager's command, the teams will then proceed to attempt to make it to a predetermined finish line.
- Each balloon must be held firmly in place as the teams move closer to the finish line. In the event a balloon falls out of place, the team must return to the starting line.
- The first team to make it to the finish line without dropping a balloon.

Where does it takes place and how does it works?

Of course we are always very flexible and happy to accommodate special requirements of our clients, but usually, our team building activity starts at a pre-arranged place. This may be in the hotel garden next to the Pool, on the beach etc. After an introduction, your group will be divided into teams (either by yourselves or by our professional guide) followed by an explanation of the rules and all necessary information. The teams will be provided with an information pack - depending on activities chosen - in order to complete tasks. Individual tasks are designed for teams to use their orientation skills, creativity, and competitiveness.

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TEAM BUILDING

Here at Ambre we break the monotony of your workplace with adventure and fun filled activities, the teams will walk through the resort in hidden corridors, mingle with our team-member solve a series of problems and challenges, answer carefully prepared questions, take photos and perform various tasks during the event in the quickest time possible while competing with other teams. They will indulge a lavish buffet for lunch in a beautiful surrounding. After completion they will re-assemble at the agreed venue and hand in all files to our professional guide for marking followed by a wrap-up and awarding of the winners.

Schedule of Event on the Big Day

10:00	Welcoming of guest with Fruit Cocktails and Cold/Hot Towels Introduction, instruction giving Explanation of the different games Rules, Regulations and Safety measures Team splits, handing of information packs and bandanas, debriefing and team names.
10:45 to 12:45	Activities chosen from the list above Refreshment during the activities (Water, Juices and Mints)
13:00	Lunch in form of a Buffet including non-alcoholic beverages
14:30 to 16:30	Activities as chosen continues.
16:30	End of Activities Award Ceremony, Group photo, Farewell drinks and Speeches

Book the Full Day Team Building Package at 1500 MUR per person.

Our preferential rates for large groups make our programs the top choice as your team bonding event.

Purchase Includes:

- **Full Day Team Building Activity and Lunch**

- Duration: Approx. 8 hours.
- 5 or 6 activities depending on activity time.
- Lunch in form of a Buffet served with non-alcoholic drinks at the Main Restaurant.
- Changing room and shower facilities.
- Award Ceremony Certificate and Fairwell Drinks.

- **Participant Guidelines:**

- Minimum Participants: to make sure the game is fun entertaining and challenging we require a minimum of 10 participants.
- Maximum Participants: whatever its size.
- Dress Code: Wear comfortable shoes, sunscreen or a cap to protect you from the sun.
- Activities may be carried out on the beach, in the sea, in a pool.
- Note: Kindly inform us in advance of any dietary requirements.

BOND AND BRING YOUR EMPLOYEES TOGETHER

RESORT LAYOUT

- 1 Main Entrance
- 2 Lobby
- 3 Reception
- 4 Boutique
- 5 Hi&H Lounge & Shakers Nightclub
- 6 Conference Room
- 7 Ambre Hospitality Lounge
- 8 Medical Room
- 9 Parking
- 10 Fitness Centre
- 11 Bicycle Shed
- 12 Dolce Vita Restaurant
- 13 Lap Pool
- 14 Main Pool
- 15 Indigo Restaurant
- 16 Coral Bar
- 17 La Plage Restaurant
- 18 Towel Kiosk
- 19 Ti-Bar
- 20 Water Sports Centre
- 21 Beach
- 22 Tennis Courts
- 23 Outdoor Massage Kiosk
- 24 Spa
- 25 Palmair Conference Centre



ROOMS

BLOCK	SOUTH WING	NORTH WING
800 - 837	COURTYARD ROOM TERRACE/BALCONY (18) SUPERIOR SEA FACING ROOM TERRACE/BALCONY (18)	DELUXE SEA VIEW (28) DELUXE SEA VIEW ROOM TERRACE/BALCONY (11) JUNIOR SUITE TERRACE/BALCONY (7) AMBRE SUITE BALCONY (1)
700 - 717	COURTYARD ROOM TERRACE/BALCONY (8) SUPERIOR SEA FACING ROOM TERRACE/BALCONY (18)	SUPERIOR GARDEN ROOM TERRACE/BALCONY (8) DELUXE SEA VIEW ROOM TERRACE/BALCONY (10) AMBRE SUITE BALCONY (1)
100 - 191	DELUXE SEA VIEW (38) DELUXE SEA VIEW ROOM TERRACE/BALCONY (40) JUNIOR SUITE TERRACE/BALCONY (10) AMBRE SUITE BALCONY (1)	SUPERIOR GARDEN ROOM TERRACE/BALCONY (8) DELUXE SEA VIEW ROOM TERRACE/BALCONY (1) DELUXE BEACH ROOM (7)
200-260		SUPERIOR GARDEN ROOM TERRACE/BALCONY (8) DELUXE SEA VIEW ROOM TERRACE/BALCONY (1) DELUXE BEACH ROOM (1) DELUXE BEACH ROOM (1) DELUXE SEA VIEW ROOM TERRACE/BALCONY (7)
300-316		SUPERIOR GARDEN ROOM TERRACE/BALCONY (8) DELUXE SEA VIEW ROOM TERRACE/BALCONY (1) DELUXE BEACH ROOM (1) DELUXE SEA VIEW ROOM TERRACE/BALCONY (7)
400-416		SUPERIOR GARDEN ROOM TERRACE/BALCONY (24) DELUXE SEA VIEW ROOM TERRACE/BALCONY (24)
500-548		SUPERIOR GARDEN ROOM TERRACE/BALCONY (8) DELUXE SEA VIEW ROOM TERRACE/BALCONY (8)
600-616		SUPERIOR GARDEN ROOM TERRACE/BALCONY (8) DELUXE SEA VIEW ROOM TERRACE/BALCONY (8)

ROOM CATEGORIES	QUANTITY	IN BLOCK
COURTYARD ROOM	26	700 / 800
SUPERIOR GARDEN	48	300 / 400 / 500 / 600
SUPERIOR SEA-FACING	26	700 / 800
DELUXE SEA-FACING	64	100 / 200
DELUXE SEA-FACING TERRACE/BALCONY	91	100 / 200 / 300 / 400 / 500 / 600
DELUXE BEACH ROOM	21	200 / 300 / 400
JUNIOR SUITE	17	100 - 191 / 200-360
AMBRE SUITE	2	175 / 225

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