



LA ARENA – BUSINESS CENTRE

HIGH PERFORMANCE TRAINING CENTRE



La Arena

SPECIALY DESIGNED FOR BUSINESS EVENTS AND TRAINING PROCESSES.

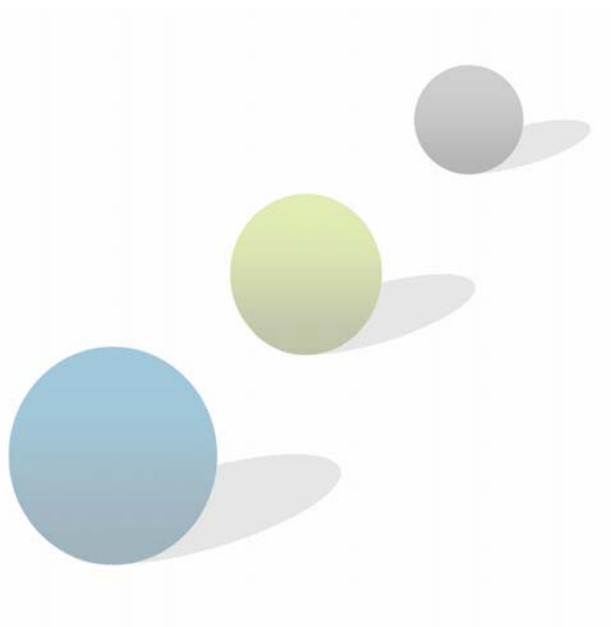


La Arena



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La Arena



LA ARENA

Introduction:

La Arena is an exclusive training centre in a wholly-owned 35 hectare estate near Segovia and Avila, 1 hour north of Madrid. The centre is fully equipped for indoor and outdoor training and can accommodate over 60 people with full board and lodging in an intimate environment of outstanding natural beauty. It is an ideal space for **professional and manager skills training, meetings, product presentations, conferences and conventions.**

Our rooms:

Our rooms are characterized by its great power with a **close and warm environment.** There are ideal for every kind of business events (courses, seminars, meetings, presentations, conferences, conventions...)



We offer every technical and audio visual equipment: Projection screen, Plasma TV, DVD, Stack system, Internet (3G Technology), laser printer, computers, flipcharts...

We adapt our room capacity according to the needs of our clients. Small rooms for workshops and seminars, meeting rooms for 25-30 people and a **big marquee** with more than 400 m2, specially designed for groups up to 60 people.

		Available rooms		
Servicios incluidos: Bolígrafos, flipchart, blocs de notas, caramelos, agua mineral, pantalla, televisión, conexión 3G. Servicios adicionales: Ordenador portátil, DVD, cañón proyector, megafonía.	 La Arena	 EN EXCLUSIVA	 Carpa	 300/350
	 La Maliciosa	 100/120	 Ararat	 25/50
	 Orizaba	 15/20	 Fuji	 10/15
	 Teide	 5/10	 Olimpo	 5/10



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Accommodations and meals:

La Arena has **six cozy bungalows with 15 single/double bedrooms and 4 bedrooms with bunks (33 beds)**. This accommodation capacity could be book 15 people in single bedrooms, 30 people in double rooms and 33 more people in bunks (*we use this kind of accommodation for team building courses, because we consider it ideal for outdoor training processes*). Besides we also offer to our clients **catering service** and a **spacious dining room**.



Coffee desayuno de bienvenida.



Coffee permanente.



Coffee break de media tarde.



Música y buffet de bebidas.



Coffee desayuno día siguiente.



Coffee break de media mañana.



Almuerzo.



Cena.



Alojamiento

(*) Breakfast, coffee breaks (during the all journey), Music, Accommodation, dinners, meals...



Outdoor activities:



Around the building, La Arena has an impressive environment. 35 hectares of countryside and oak woods, a delightful spot for this kind of activities.

Four outdoor training circuits are located at the beauty oak wood, where we can run 50 different training challenges at the same time. This privileged condition make possible to have 4 groups working together.

Besides, LA ARENA has a **4X4 off road circuit**. This area is specifically designed for automation training programs.



Extra activities:

Also we can arrange different activities when the journey or meeting is over. Guided tour (Segovia and Avila), Night orienteering, African drums, team cooking, karaoke, farewell parties...

African Drums: This activity is a funny and an excellent opportunity for the participants to demonstrate that they are capable to create a rhythm together. The final result is a brilliant and coordinate sound by the participants. In this case the trainer is a drums expert that makes this event possible.

Night orienteering: This is a beautiful night orienteering activity. The participants split into groups of two; each group has maps and a torch. The activity allows us to reflect about the beliefs that we have in our daily relations and tasks at work. How we achieve goals, acceptance, confidence in each other, etc. And at the same time we can enjoy a lovely night walk.

Team Cooking: Dinner is cooked by the participants. The participants split into 4 different groups; once the tasks of every group are assigned each group is responsible for 1 function: cooking the starters, cooking the main dish, making dessert, setting the table. The main goal is to prepare a luxury dinner. The trainer (a professional cooker) will manage the participants supervising the group's activity. The groups will have the recipes and all the information that they will need.

And much more

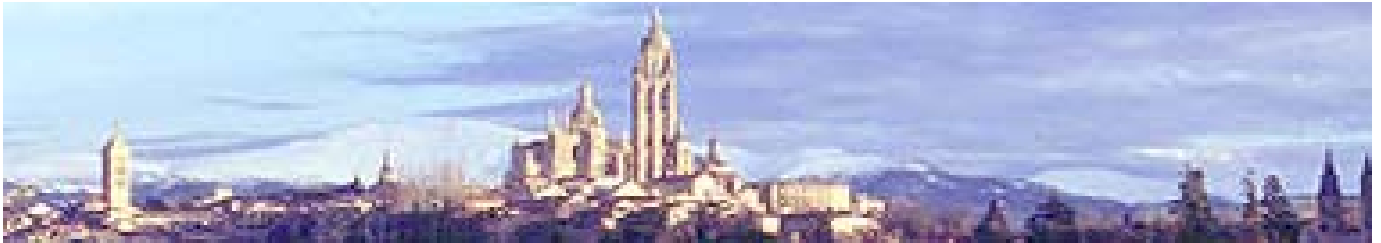
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The city / Segovia, a World Heritage Site

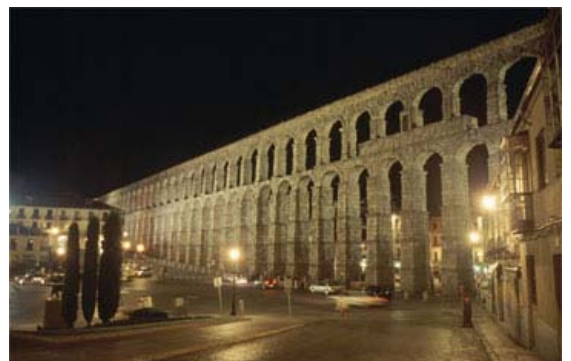


Segovia, built on a craggy limestone escarpment at a height of over 1,000 metres above sea level, stands out against the bright blue of the Castilian sky, drawing a suggestive silhouette. Since the 16th century, when Garci Ruiz de Castro, Segovia's first historian, first made the comparison, this silhouette has been likened to a ship made of rock waiting for the two rivers, the Eresma and the Clamores, which meet at its feet, to flood the valley so that it may set sail, plying the wide sea of cornfields on the plateau.



It is a city to be visited at a leisurely pace and one to return to. Since we have opened up to the idea of conservation in modern times, Segovia has received all the official acknowledgements for its artistic richness and wealth of monuments, for the transparency of its light, for the crystal clear atmosphere which surrounds it, and for the leafy woodland which encircles it, distinguishing Segovia as an oasis of green in strong contrast with the ochre hues of its dry fields.

A Royal Decree issued long ago on 11th October 1884 declared the Aqueduct an Artistic Historical Monument, a title which was later conferred on other buildings such as the Tower of San Esteban, the Monastery of El Parral, the Church of La Vera Cruz and the Alcázar. In 1941 the declaration was extended to the whole of the old town of Segovia. In 1947 all of the orchards and woodland which surround it were recognised as an Aesthetic Reserve, and were placed under protection. Finally, in 1985, UNESCO brought the process to a close by declaring the City of Segovia a World Heritage Site.



In the old town, houses and the city walls, palaces and churches, graceful towers and trees combine and intertwine to form a unique web of narrow and winding streets, small secluded squares or ones which unexpectedly open out onto attractive views. In the midst of this web it is sometimes difficult to distinguish the golden stones from the vegetation which the seasons dress with the splendour of ever-changing colour.