

Lifestyle

► Travel

IT'S about this time of year that the office walls begin to feel especially oppressive. No wonder holiday bookings in January are traditionally up on the rest of the year – not to mention resignations.

A savvy employer might choose this moment to announce the annual team away day, killing two birds with one stone – mixing a few much-needed days off-site with a heavy dose of “vorale” (that’s Viagra for the morale).

And we’re not just talking about a bit of a jolly. Plan it properly, and what might traditionally have descended into bedlam could be the most productive – and profitable – time out that you and your team will ever take.

Nick Jefferson, director of HR consultancy firm Couraud, who regularly organises such sorties for his clients, says: “A business focus is imperative. The point of the exercise is to get your employees to understand your strategies and see how they fit in to the bigger picture.”

But of course, serious progress isn’t by any means mutually exclusive from having a seriously good time.

BEHO BEHO: FOR STAFF ON SAFARI

If it’s bluesky thinking you’re hoping to inspire in your team, then this luxury safari lodge, located in the heart of Tanzania, is certainly a whole different ball park from the nine-to-five.

Bringing new meaning to the concept of corporate fat cats, you’re more likely to encounter some big cats here, as the local wildlife is given the run of the camp – a five-star property with eight cottages or “bandas”, and tree-top meeting facilities for 15.

But never fear, local Masai Mara tribesmen have been drafted in as camp body guards, and are on hand 24/7 to keep the wolf (or should that be lion?) from your

door. A nine-hour night flight takes you into Dar es Saleem, and then it’s a 40-minute connecting flight into the centre of The Selous game reserve and Beho Beho, which, means there’s virtually no down time in reaching your destination.

A typical corporate itinerary might involve kicking things off with a sunrise safari followed by breakfast back at camp and a morning meeting in the Eagles Nest – an outdoor boardroom overlooking the lush lowlands of the Selous.

No mobile phone access means total team focus – but internet is available, so you can stay in touch with the office.

Factor in the on-site swimming pool, world-class cuisine and excursions to sights like the Tagalala Lake, home to the highest concentration of crocodiles in west Africa, and it’d be a pretty jaded employee who didn’t find it in them to get inspired here.

www.behobeho.com

PURESCAPES: FOR HOLISTIC HONCHOS

Purescapes launches this summer and is the brainchild of Canadian fitness specialist Reza Niam and environmentalist Susana Vidal.

Specialising in vitality breaks, which aim to introduce participants to what Niam refers to as the “triad of health” (finding a balance between physical, mental and chemical wellbeing), the week-long packages can be tailored to the needs of any individual or corporation.

The emphasis is on an “organic lifestyle” – how we think about the way we interact with our environment and why we need to

Staged at locations in Portugal and (ski resort) Morzine in the French Alps, daily activities include everything from yoga and cross country running to massage and one-to-one fitness and nutrition consultations. Those with more of a business focus

Sun International resort, in South Africa, right



An exotic location for your team-building trip can help to ensure the event inspires your staff. Ruby Warrington looks at some of the options

Team
tonics