

MÓN SANT BENET



MÓN  
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BENET

# ACTIVITIES FOR COMPANIES

# Guided Tours



# MEDIEVAL AND MODERNIST MONASTERY EXPERIENCE

A fascinating multisensory journey through the Monastery and its ten centuries of history.

Relive a thousand years of history while immersing yourself in a multisensory experience with large-format projections, music and lights... The visit to Món Sant Benet allows you to explore the monastery's most monumental spaces, where the most evocative atmospheres have been recreated thanks to spectacular audiovisual technology. A true gift for the senses.

The Sant Benet de Bages monastery was founded in the 10th century.

Its walls contain more than a thousand years of history, and its rooms have been created and restored in accordance with the artistic tastes from each of the different eras. A visit to the monastery will submerge the visitor in its emblematic spaces such as the cloister, the church or the modernist rooms that belonged to Ramon Casas, while also allowing them to enjoy one of the most spectacular museum installations in the country. Sound, light, colors, smells, important people from the past... All while immersed in a magical environment. Come on a journey back in time to our very beginnings and enjoy a truly unique experience. Guided visit.

The group will be accompanied by a tour guide.



Duration: 1h

Schedules: 10:00h to 17:00h | Out of time starting at 17:00h.

It is possible to adapt the duration and route of each tour to the client's preferences.

Activity in Catalan, Spanish and English.



# ALÍCIA FOUNDATION EXPERIENCE

Searching for the Homo Alimentarius

## “Homo Alimentarius!”

Individual predisposed to feeding in a healthier way.

### Who are Homo Alimentarius? Where can we find them?

The Món Sant Benet team invites you to play and to investigate in an original experience where, through some tests and dynamics, we will solve this and other unknowns and we will discover and know what is and what is the work of the Alícia Foundation (Food and Science), a center dedicated to research in the kitchen that promotes good nutrition and works so that we all eat better.

Specialised groups can visit the inside of the kitchens if previously confirmed with the Alícia Foundation.



**Duration: 1,5h**

Schedules: 10:00 to 17:00h

Out of time starting at 17:00h

Activity in Catalan and Spanish.



# WINE STORIES

Discover the surroundings of Sant Benet and taste local wines

Did you know that the Sant Benet monastery was a great wine producer? For centuries, the monks made a great diversity of wines, some of them in large quantities. We suggest you accompany us on an itinerary to rediscover the monastery through this highly appreciated drink.

Wine has been in the spirit of the monastery for centuries and has shaped the landscape, but also the architecture, the economy and of course the spirituality. We want to explain this and other curiosities in the surroundings of the magnificent monastery and its wine-growing past.

The tour includes a wine tasting from the D.O. Pla de Bages



**Duration: 1,5h**

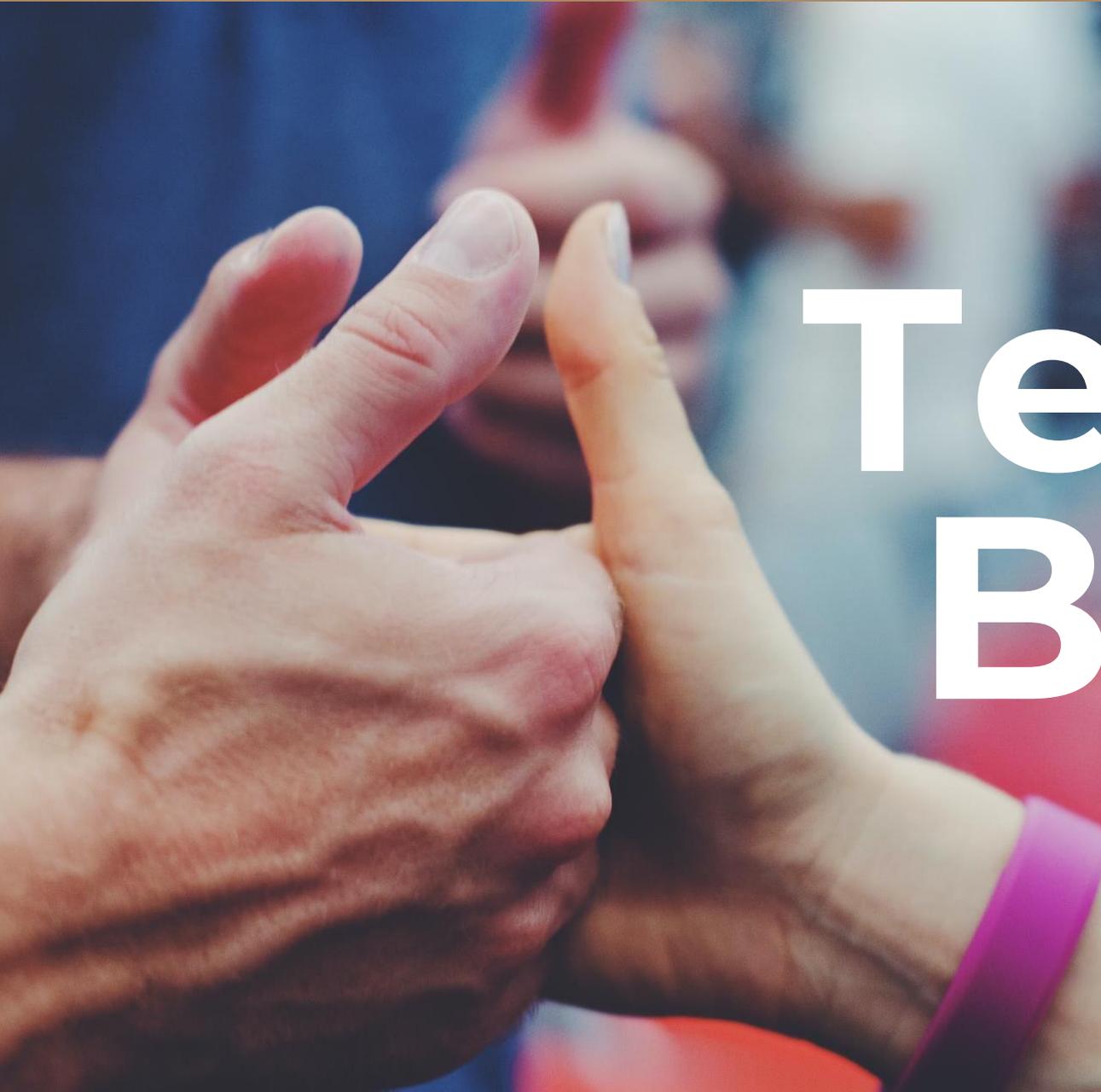
Schedules: 10:00 to 17:00h  
Out of time starting at 17:00h



**Minimum 20 participants**  
**Maximum 30 participants**

Activity in Catalan and Spanish.

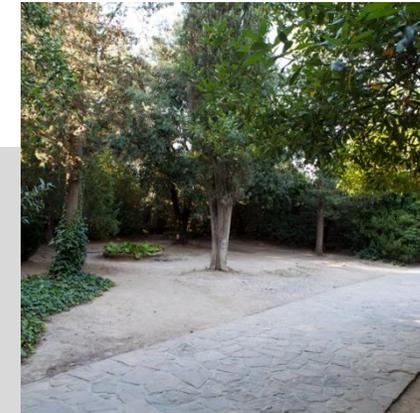
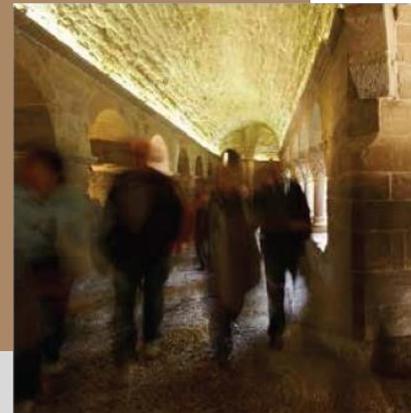




# Team Building

# GEOCACHING IN THE MONASTERY

An exciting orienteering game through the thousand-year-old spaces in the Mòn Sant Benet Monastery



Participants are divided into groups and, with the help of a map of the monastery, each group must be able to locate digital markers hidden in various areas of the monastery, while their trajectory is recorded via a chip.

You will visit several of the complex's main spaces: Cloister, Refectory, Belfry, Courtyard "of the Cross", Montserrat Gardens, Church Façade and Cemetery.

Each group will have to follow their itinerary in a specific order. Before starting off on the hunt, the groups will have to solve several puzzles related to the capitals of the cloister in order to obtain the order in which they will have to pass through the different rooms.

In addition, the teams will receive the order to immortalize their journey with four images that recreate four historic moments in different parts of the monastery, for which they will be given a camera. All of this will be done in a race against the clock.

Time is of the essence.

**The team capable of best manage their time will be the winner!**



**Duration: 1,5h**

Schedules starting at 16:30h



**Minimum 10 participants**

**Maximum 50 participants**

Activity in Catalan, Spanish and English.

# THE MISTERY OF SANT BENET

The captivating challenge of investigating a mysterious crime at the Monastery

Some boxes recently appeared in the monastery are the silent witnesses of an ancient crime that took place between these medieval walls. Within the twilight shadows, we propose you an experience of mystery in this unique place loaded with legends and stories yet to be explained.

An activity that will require all your ability and skill and that will allow you to visit some of the most emblematic spaces of the monastery in search of the clues and key evidences of a murder.



**Duration: 1,5h**  
Schedules starting at 16:30h



**Minimum 10 participants**  
**Maximum 50 participants**

Activity in Catalan and Spanish.





# The forbidden book

A group “escape game”



**Duration: 2h**  
16:30 to 18:30h



**Minimum 20 participants**  
**Maximum 100 participants**

Activity in Catalan, Spanish and English.

A strange and dangerous book, a high security box and a 90-minute countdown. Who will be able to open the box before the book is destroyed? A cooperative game set in a thousand-year-old monastery. Full of challenges and intrigues to be solved!

Very few people know about the existence of this book. During the monastery's last restoration, it was discovered that the painter Ramon Casas was hiding a strange and dangerous book that had belonged to the former library of the monks.

Because of its content, it wasn't incorporated into the official inventory, it was deposited in a safe that was specially built to protect it. The monastery's safe is now 10 years old and a countdown has been activated. The participants have 90 minutes to open it, after which an acid will fall on top of the book and destroy it forever...

In teams of 5 people, from one of the monastery's rooms set up as the center of operations, participants will have to find several clues hidden in the archive of the painter Ramon Casas. These clues will lead you to explore all of the monastery's most unique spaces.

Cloister  
Courtyard “of the Cross”  
Belfry  
Montserrat Gallery  
Church Façade

In each of these places, you must solve different puzzles based on visual games, numerical codes, etc. But at the end, the only thing that will manage to solve the puzzle and save the forbidden book is the cooperation among teams.

# MÓN SANT BENET EXPRESS

An escape game in the run!

Inspired by the already legendary TV show Beijing Express, we suggest you discover the fantastic environment of Món St. Benet in a thrilling way through an escape game. The objective of the activity is to open a backpack that hides an important and mysterious final prize, which during all the activity is guarded by the game master that guides the game.

In order to achieve this prize, participants must follow the stages of a route that will take them through various must-see points of the monastery environment, from The Orchards to the Casa de l'Amo gardens, not forgetting the entrance of the awesome Romanesque monastery of Sant Benet.



## GAME DEVELOPMENT

- Organized by teams of 4 or 5 people in each, you will have to solve different tests and hidden enigmas related to the space where you will be located.
- To achieve this, you will have to work as a team, share knowledge and information and learn to communicate in the most efficient way. An outdoor experience full of challenges and energy! Dare you?



**Duration: 1,5h**

Schedules: 10:00 to 16:00h  
Out of time starting at 17:00h  
From April to November



**Minimum 20 participants**  
**Maximum 30 participants**

Activity in Catalan, Spanish and English.



# THE BOMB!

An ingenuity test to improve teamwork and companionship skills

A weird suitcase is ticking. Three locks prevent us from seeing inside it. ¡It's a boomb!  
 ¿Will you be able to deactivate it? You will have to solve riddles and mysteries in order to reach the suitcase interior. ¿Will you be able? Don't worry, our Cocolisto specialist artificer will be with you at the beginning of the path, but then you will be on your own.  
 ¿Yellow? ¿Red? ¿Grey? ¿Green? ¿Which wire must you cut?

“The bomb!” is a team game based in the escape room concept for companies, perfect for big groups. It's the ideal decompressor for a formative journey or a meeting day. Indeed, it's specially indicated for human resources selection.

Skills and abilities highlighted during this game can provide many clues to human resources department, as during the game each candidate ends up adopting a role in consonance to their capacities, both intellectual and personal. Some of the competencies which become relevant during this activity are the analysis of the behavior, decisions by consensus, organization by tasks, control of stress, creative thinking, conflict resolution, decision making...



**Duration: 1,5h**

Schedules: 9:00h to 19:00h



**Minimum 20 participants**  
**Maximum 200 participants**

Activity in Spanish.

# Virtual reality

## Deactivate the bomb!

An explosive experience through virtual reality. You have a bomb in front of you with the countdown activated but only you see the bomb. Around you are your companions with the deactivation manual. Will you be able to communicate and coordinate to deactivate it?

An activity where teamwork, stress management and good communication become key elements. A whole movie experience. What cable do you choose? Blue or red?



**Duration: 1h**



**Maximum 20 participants  
4 groups of 5 participants**

Activity in Catalan, Spanish and English. Manuals are available in more languages (consult according to the nationality of the group) Doesn't include meeting room or set up.

## Discover the virtual reality

Do you want to disconnect? We propose a small tasting of virtual reality activities. We will begin by breaking the ice with a session of beat saber suitable for all abilities that will make us feel like true samurai. Next we will test our ability to work as a team to prevent the bomb from exploding in our hands and in the end we will reserve a high-altitude activity for you ... Have you ever felt the void under your feet?



**Duration: 2h**



**Maximum 20 participants**

Activity in Catalan, Spanish and English. Manuals are available in more languages (consult according to the nationality of the group) Doesn't include meeting room or set up.



# Entertainment Activities

# VIRTUAL REALITY

## Beat saber

One of the star games of virtual reality. Ideal to liven up a lunch or a break. It is an experience suitable for all audiences regardless of their skills, which generates confidence and is especially rewarding while allowing a very special experience in the virtual world through a simulation with laser swords.



**Duration: 4 h**



**Big groups**

Activity in Catalan, Spanish and English.

## Richie's plank

A spectacular experience. The elevator door opens from the highest point of the building, and you have nothing underneath, just a wooden plank and the void. Do you dare to jump?



**Duration: 4 h**



**Big groups**

Activity in Catalan, Spanish and English.



# Culinary Workshops

# PARTICIPATORY CREATIVE COOKING WORKSHOP

Discover the secrets of creative cuisine from the hand of a chef with subsequent tasting

In this participatory workshop, a chef will teach participants techniques used in haute cuisine in a practical and enjoyable way, in addition to creating innovative and surprising textures and flavours. The activity is finished off with a lunch where you will get to taste the mouth-watering dishes prepared during the workshop!

Techniques involved in haute cuisine are no longer only within the reach of chefs at the most high-end restaurants.. This workshop will allow you to learn many kitchen secrets as you enter into the world of creative cooking. At lunch you will get to taste the dishes that have been prepared, which will be accompanied by several appetisers at the start and pre-desserts at the end, all prepared by the chef.

It takes place in a private and exclusive space with a show cooking prepared.



**Duration: 4h**

Schedules: 11:30 to 15:30 h & 18:00 to 22:00h

**WORKSHOP INCLUDES**

Complete menu consisting of:

- Appetizers, two main courses, pre-desserts, desserts, wine, soft drinks, water, bread and coffees.
- Water and white/red wine available during the activity.
- Aprons, recipe book and pens.



**Minimum 15 participants**  
**Maximum 50 participants**

Activity in Catalan and Spanish.

# DEMONSTRATION WORKSHOP OF CREATIVE COOKING

A useful and constructive workshop to learn innovative culinary techniques and encourage creativity in the kitchen.

This demonstration workshop taught by an expert chef will foster your creativity and provide you with the tools needed to develop your kitchen skills. In just a few hours, participants will be taught culinary techniques, learning how to organise themselves in the kitchen and exploring the basics of different foods and their properties.

Using a highly entertaining and educational method, this workshop allows participants to acquire valuable knowledge that they can then put into practice on a daily basis in the kitchen. In this culinary demonstration, the chef will prepare three dishes in which attendees will occasionally be invited to participate. Afterwards, there will be an evaluation and a tasting.

## WORKSHOP INCLUDES

Water and white/red wine during the activity. Aprons, recipe book and pens.



Duration: 2h  
Schedules: Noon 12:00 to 14:00 Afternoon 18:30 to 20:30

Activity in Catalan and Spanish.



**Minimum 10 participants**  
**Maximum 80 participants**



# PARTICIPATORY PAELLA WORKSHOP

The exciting challenge of learning how to make a mouth-watering paella (includes lunch or dinner).

Learn all the tricks for how to make the best rice paella, and then eat it! This activity is so simple yet so enticing. A participatory workshop taught by one of our chefs, in which participants can acquire cooking techniques while also testing their ability to work as a team.

A fun, participatory workshop where you will get to both learn and eat. It starts off with a demonstration of how the rice is made, after which you will prepare the paella in teams, supervised by the chef at all times. And then comes the most appealing part: eat lunch or dinner with the paella as your main course, accompanied by a complete menu.

## WORKSHOP INCLUDES

- Water and white/red wine available during the activity.
  - Aprons, recipe book and pens.
- Complete menu consisting of:
- Appetizer, paella, desserts, wine, soft drinks, water, bread and coffees.



### Duration: 4h

Schedules: 11:30 to 15:30 h & 18:00 to 22:00h



**Minimum 10 participants**  
**Maximum 60 participants**

Activity in Catalan and Spanish.

# PARTICIPATORY WORKSHOP: APPETIZERS

Know how to make the most creative and trendy appetizers and be the envy of your friends.

Not everyone knows how to make a mushroom cappuccino, a cuba libre of foie, or cod foam with black olive spherical. Learn how to prepare some of these delicacies in this activity that allows you to discover the secrets of the appetizers of the most select restaurants. The workshop will be given by an expert chef. It encourages cooperative work and healthy competition between teams. In a couple of hours, you can learn to make appetizers that can be served to surprise friends or family at any meal. The appetizers are made in groups and the workshop ends with a tasting.

APPETIZERS THAT CAN BE ELABORATED (choose 4):

- Cod brandade foam with black olives spherical / Caramelized cashew nuts / Quail lollypop
- Prawn brochette with rice noodles and soy air / Tomato soup with cheese foam
- Tuna with avocado / Patata brava'21 / Seasonal mushrooms cappuccino
- Cuba libre de foie / Yoghurt spherical with red fruits / Chocolate coulant

WORKSHOP INCLUDES

- Water and white/red wine available during the activity.
- Aprons, recipe book and pens.



Duration: 2h  
Schedules: Noon 12:00 to 14:00 Afternoon 18:30 to 20:30

Activity in Catalan and Spanish.



**Minimum 10 participants**  
**Maximum 80 participants**



# TOP CHEF WORKSHOP

Feel like a real Top Chef thanks to teamwork

The Sant Benet chef will teach you to become true professionals through this workshop where teamwork is encouraged accompanied by an exquisite presentation and tasting of the dishes. This is an opportunity to compete in a healthy and educational way among all the participants following the necessary recommendations to achieve the best culinary techniques.

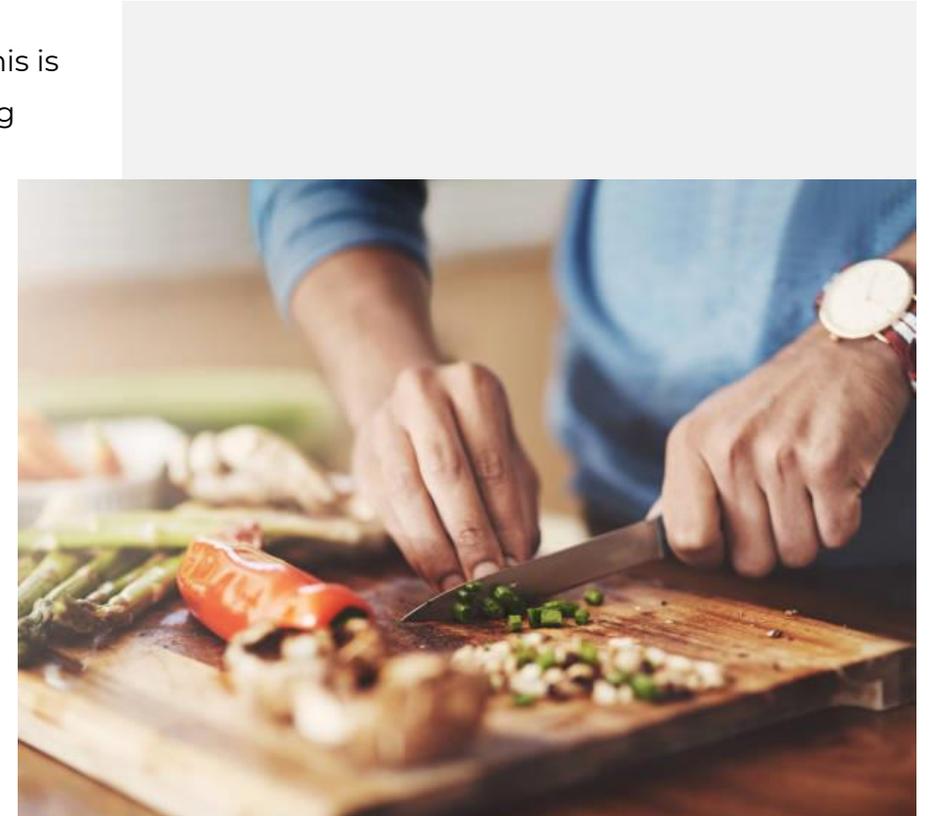
The dishes are made in groups and the workshop ends with a tasting.

## OBJECTIVES TO BE ASSESSED

- Teamwork
- Leadership
- Taste
- Presentation
- Neatness

## THE WORKSHOP INCLUDES

- Water and white / red wine available during the activity.
- Dalantsals, cookbooks and pens.



Duration: 2h  
Schedules: Noon 12:00 to 14:00 Afternoon 18:30 to 20:30

Activity in Catalan and Spanish.



**Minimum 20 participants**  
**Maximum 80 participants**

# WINE TASTING

A delicious sensory experience to learn about the different types of wines.

The environment of Món Sant Benet is a fertile land for vineyards.

The best place for an activity to learn about the different types of wines, approach the oenology glossary and discover the wine production process and its possible pairings. A pleasant and enjoyable experience for all the senses. The fruit of the vine is one of the products of our land. Knowing how to differentiate wines is a form of culture and one of the greatest pleasures for the senses.

The workshop is adaptable to various levels depending on the participants. Advised by a sommelier, the participants will taste four wines from the Pla de Bages appellation that are very different from each other and will do a "blind" tasting. To do so, they will have to be guided by their senses: sight, smell and taste will play a primordial role..



**Duration: 1:30h**

Schedules: 9:00 to 20:00h

Activity in Catalan and Spanish.



**Minimum 15 participants**  
**Maximum 80 participants**

# WINE AND CHEESE TASTING

The pleasure of savoring the exquisite pairing of wine and cheese

An experienced sommelier invites participants to learn about different wines and cheeses and their possible combinations, in a delicious proposal aimed at the best palates in which it is possible to taste from creamy cheeses to the most typical Catalan goat cheese, accompanied by the best wines: young reds, fruity whites, etc.

Taste the creamy sheep's cheese or the artisan Catalan goat cheese... And each one with the type of wine with which it pairs best, is what offers a workshop that delights lovers of quality artisan products.

The sommelier presents the assortment of cheeses and the corresponding pairing, putting in context each wine with its characteristics and peculiarities.

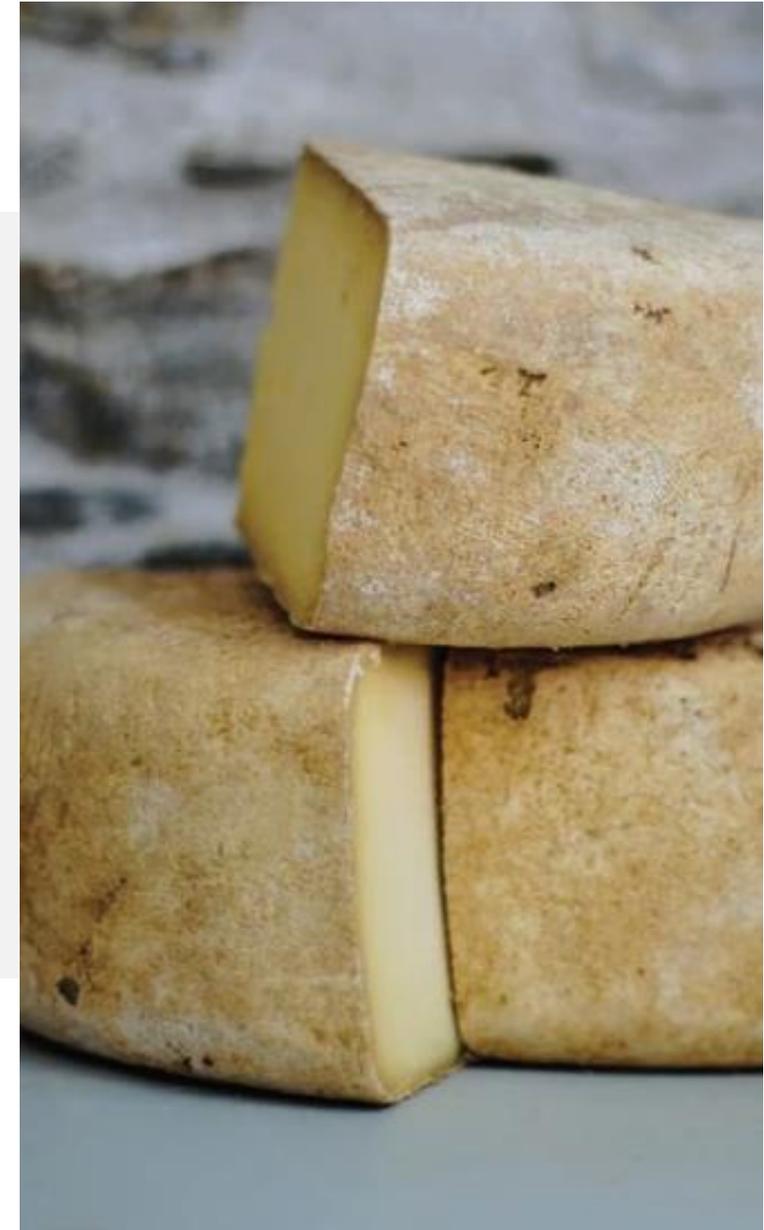


Duration: 1:30h  
Schedules: 9:00 to 20:00h



**Minimum 15 participants**  
**Maximum 80 participants**

Activity in Catalan and Spanish.



# APPETIZER WORKSHOP WITH WINE PAIRING

Learn how to surprise your palate with selected pairings of the best appetizers

The combination of foie gras, anchovies or chocolate with sweet white or red wines is one of the most select pairings that can be found in the field of appetizers. The workshop offered proposes to know, from the hand of an expert sommelier, some of these pearls of gastronomy, all with the aim of opening the door to a new dimension of flavors.

This workshop serves to learn about delicious appetizers, but above all to know how to harmonize them with a suitable wine. A specialist sommelier who selects a pairing that accompanies and harmonizes the tasting of appetizers.



**Duration: 1:30h**

Schedules: 9:00 to 20:00h



**Minimum 15 participants**  
**Maximum 80 participants**

Activity in Catalan and Spanish.



# COCKTAIL WORKSHOP

Much more than shaking: essential tricks for the best cocktails

Get a captivating look into the world of classic cocktails, in the hands of a professional who will reveal several of their best-kept secrets, participants can put their technique to the test by preparing some of the most popular cocktails and then trying them out. A mixture of flavours that will have delicious results.

The Kirch Royal cocktail will welcome participants. In the first part, a sommelier will proceed to demonstrate how to make the first cocktail followed by a question and answer session, and then each group will make their own cocktail under the supervision of the sommelier and two expert waiters. In the second part, the procedure will be repeated with the second cocktail of the night. We will bid farewell to the activity with desserts in the chill-out area and, if anyone feels like it, they will have the opportunity to put the knowledge they've acquired into practice.



Duration: 1:30h  
Schedules: 9:00 to 20:00h



**Minimum 15 participants**  
**Maximum 80 participants**

Activity in Catalan and Spanish.





## ADDRESS

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