

Teambuilding on cross country skis

18 March, Bavarian countryside – Colleagues shared a positive and memorable experience

Danuta Lilienthal, European and International Relations, PD 5.1

Bright sunshine, hard frozen snow covers, not a single breeze of wind in the 600 year old maple woods along the Karwendel mountains, south of Bad Tölz, welcomed us to a one-day outdoor training with exercises such as *Blind Walk*, *Bull Ring*, *Fast Balls*, *Ski Salad*, *Magic Stick* and *Trust Wave* professionally coached by three trainers from Thomas Raach's Langlauf company. We saw each other in a new light with the better understanding of mutual strengths and talents and left this event with a greater awareness of how a team could master challenges with enjoyment by working together without putting anyone at risk. ■



Members of the European and International Relations team performing exercises on skis like the Blind Walk . . .



. . . Bull Ring . . .



. . . and Trust Wave.