

## **Abstract**

This bachelor thesis deals with a teambuilding program for a specific working group. More precisely, with its creation and with its piloting on a group, similar to the target group .

The thesis has two parts. In the theoretical part, the thesis deals with the analysis of the term teambuilding, history of teambuilding and current trends and activities in teambuilding.

The practical part of the thesis deals with the creation of the program itself, the creation of particular activities and the realization of this program.

**Key words:** teambuilding, experience, outdoor, group, work team, communication, confidence, entertainment