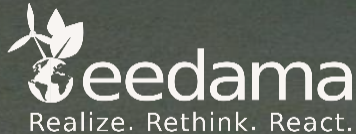




Team Building & CSR

2024 -2025



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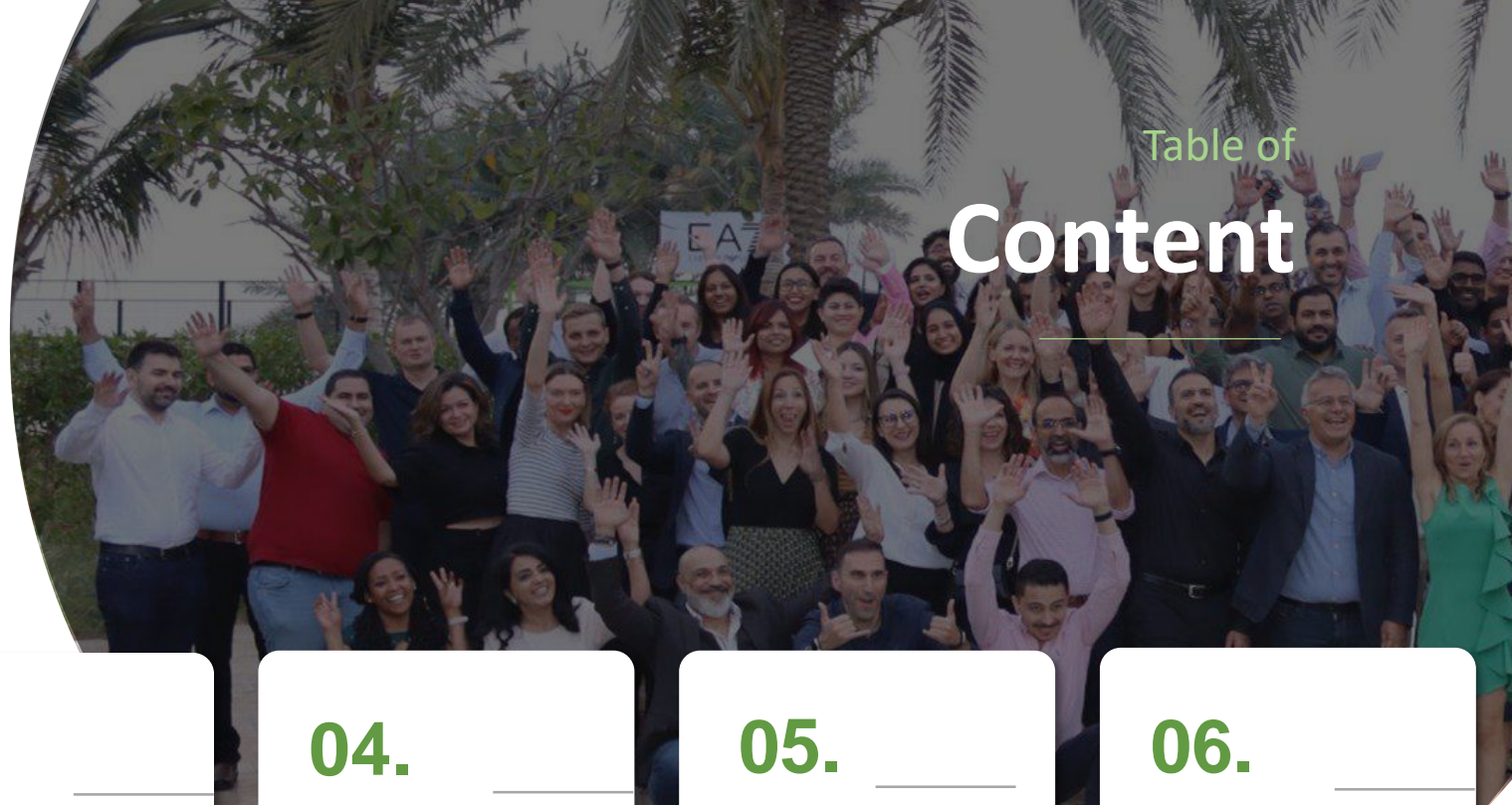
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هيئة معاً للمساهمات المجتمعية
Ma'an Authority for Social Contribution



Who is Eedama?



Eedama is a MAAN certified social enterprise, founded in Masdar City, Abu Dhabi in 2015; that promotes **sustainable development** by supporting citizens, schools and organizations in embracing sustainability within their practices.

“

Eedama comes from the Arabic verb "to make it last" which is what sustainability is all about: Being proactive!

- Dr. Ounsi El Daif
Founder & CEO

”



● EEDAMA'S OUTREACH & IMPACT



30,500+

Students & teenagers



11,500+

Adults



450+

Educational institutions



160+

Events



140+

Companies



50+

Consultancy projects

PARTNERS & CLIENTS

Eedama operates in both the UAE and Lebanon, hosting & collaborating with partners globally.





RESPONSIBLE & FUN TEAM BUILDING

- Engaging, interactive, hands-on activities that will help your business make a difference and enhance its CSR impact while building a stronger team.

OUTDOOR



INDOOR



TAILORED PACKAGES

- All our team building activities are completely adaptable to meet any budget, any time frame, any location, any group size, and suitable for any kind of organization.

VIRTUAL



PAST PROJECTS



دائرة الثقافة والسياحة
DEPARTMENT OF CULTURE
AND TOURISM

June 2023
- Abu Dhabi

Empowering managers on conflict resolution & decision making towards the environment (25 pax)



هيئة أبوظبي للإسكان
ABU DHABI HOUSING AUTHORITY

May 2024
- Abu Dhabi

Empowering youth on finding sustainable housing solutions for the city of Abu Dhabi (60 pax)



UNITED ARAB EMIRATES
PRIME MINISTER OFFICE

May 2024
- Dubai

Creating care packages for 100 female blue collar labors in the UAE.



August 2023
- Abu Dhabi

Emarati Women's Day workshops with Abu Dhabi National Takaful where Attendees created perfumes, candles, scrubs, deodorant, up-cycling t-shirts, and artistic planting.(40 pax)



بروفيس
PROVIS

November 2023
- Abu Dhabi

Provis employees creating hand made gifts for staff personnel (50 pax)



March 2024
- Dubai

Creating mini farm kits for the blue collar community (100 pax)



PAST PROJECTS



**January 2023
- Abu Dhabi**

Empowering employees with profound awareness of the impact of their daily office actions & how they can reach their companies sustainability goals.
(400 pax)



**May 2022
- Dubai**

Modern Urban farming workshop for up to 200 employees



**May 2023
- Abu Dhabi**

Empowering women on sustainability initiatives within their business & daily life style. (15 pax)



**June 2022
- Dubai**

Providing care packages for 100 female blue collar labors in the UAE.
(50 pax)



CHALHOUB GROUP
SINCE 1955

**March 2019
- Dubai**

Planting 50 trees while inspiring families to a integrate sustainability lifestyle.
(100 pax)



**March 2023
- Dubai**

Packing care packages for 150 female blue collar labors in the UAE.
(150 pax)

EEDAMA'S SERVICES & COMMITMENT TO SDGS

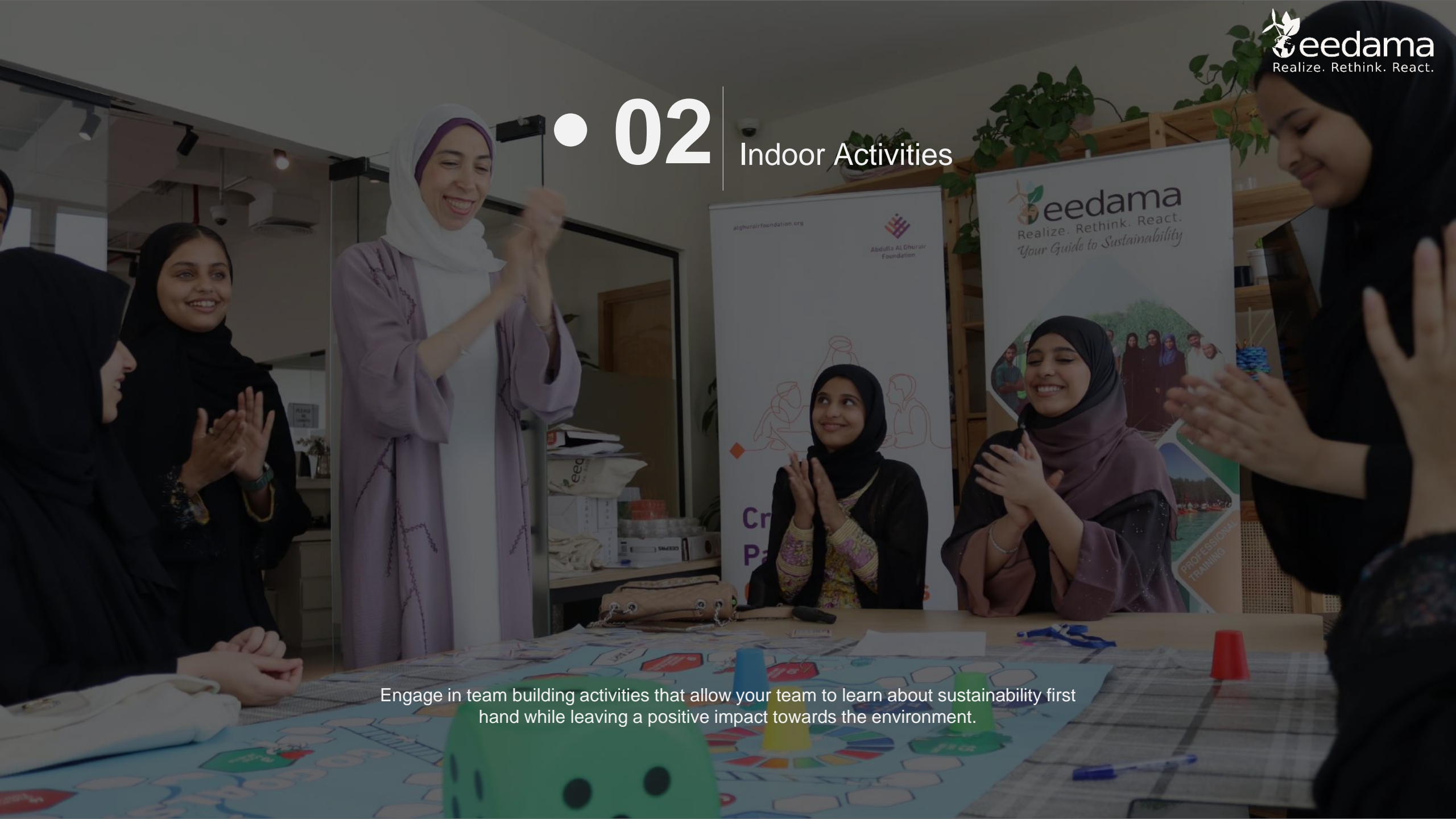


Serving as a catalyst for change, Eedama achieves its goals by offering engaging environmental trips, impact driven workshops, green events & team building that align with the UN's Sustainable Development Goals

Themes & Topics



• 02 | Indoor Activities



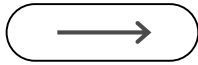
Engage in team building activities that allow your team to learn about sustainability first hand while leaving a positive impact towards the environment.

Indoor Team Building

- Elevate your company's team dynamics with our innovative indoor team-building experiences that seamlessly integrate sustainability into every activity. Aligned with the **UN Sustainable Development Goals (SDGs)**, our programs are designed not only to educate but also to inspire and empower your team.
- Our activities go beyond traditional team building—they're crafted to raise environmental awareness, improve practical DIY skills, and instill lasting sustainable habits. Your team will collaborate on meaningful projects that encourage creativity, foster teamwork, and build stronger connections.

🔗 This is more than just an event; it's an opportunity to create lasting memories while making a positive impact on both your team and the environment. Invest in your team's growth and unity while contributing to a sustainable future.





PROPOSED WORKSHOPS

01

Concentric Circles is a powerful bonding exercise that gives individuals the opportunity to share their thoughts and experiences with others in one-on-one conversations. As people are given an ordered situation in which to have these conversations, they are able to build relationships with others without the pressure or awkwardness that are often part of social interactions.

CONCENTRIC CIRCLES



02

In this activity, we will be shaping the organization (indicating pile of rope). Each of us knows in our own minds what we think the organization should look like, but we are frequently blind to one another's visions when starting out.

FORMING A TEAM



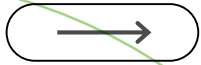
03

Connecting actions to the companies Values and the UNSDG's – Interdisciplinary of Sustainability.

The participants will be given an environmental topic and asked to place it on the right company pillar while linking it by a thread to the problem and solutions.

SUSTAINABILITY MIND MAP





PROPOSED WORKSHOPS

04

Participants will learn about the importance of locally grown food and water efficiency through a self watering planting system. They will kick start their own self mini farm while exploring modern urban farming solutions such as Hydroponics and Aquaponics.

HYDROPONICS SELF WATERING FARMING KIT



05

This activity combines knowledge, collaboration, and innovation to address real-world challenges. It focuses on creating sustainable business ideas, fostering a sense of purpose and responsibility within your team. By engaging in this activity, your team can learn about climate-related topics, and bond through problem-solving..

UN SDGS BUSINESS SOLUTIONS

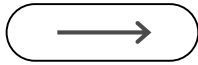


06

Creation of DIY natural personal use and hygiene products from material that are readily available in most homes. Participants will learn how to customize a body scrub with essential oils and other ingredients for a nourishing skincare routine.

DIY SCRUB





PROPOSED WORKSHOPS

07

The fast-growing Neem tree, a member of the mahogany family, is highly valued for its medicinal properties. Various parts of the Neem tree can be utilized for organic farming applications or in cosmetics.

NEEM WORKSHOP



08

The objective of this workshop is to have fun and gain a deeper appreciation of soil – one of our most important natural resources. Participants will be given various elements to upcycle into artwork using natural material

SOIL PAINTING

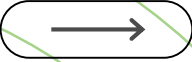


09

Designing an urban planning model as a team known as the '15-minute city'. This envisions a decentralized approach where every neighborhood provides essential social functions within a short walk or bike ride, making urban living more sustainable and convenient.

DESIGN A 15-MINUTE CITY





PROPOSED WORKSHOPS

10

Participants will be introduced to recycling practices in the UAE in terms of food waste and other common waste streams. They will be divided into groups and asked to compete and sort recyclables and non-recyclables correctly.

SORTING & RECYCLING



11

Participants will be divided into groups & assigned specific materials to explore & experiment with, aiming to develop the optimal mixture for creating rammed earth structures. They will gain knowledge on material selection, compaction techniques, and the importance of soil composition in achieving robust & eco-friendly building material.

RAMMED EARTH CONSTRUCTION

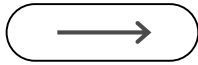


12

Participants will plant in a sustainable way that can reduce the water consumption per plant by using the right planting and layering components. Each one of them will leave with a beautifully layered flower jar with their choice of herbs.

ARTISTIC PLANTING





PROPOSED WORKSHOPS

13

Participants will create their own hand-crafted candle made out of organic and sustainable material.

DIY candle making offers individuals to express creativity, cultivate self-reliance, and enjoy the therapeutic benefits of crafting personalized, high-quality candles.

DIY CANDLE MAKING



14

Creation of DIY natural personal use and hygiene products from material. Participants learn about natural ingredients as they customize their own deodorant with essential oils to promote healthy, odor-free underarms without harsh chemicals.

DIY DEODORANT



15

Taking a lip balm recipe and making some from scratch offers a sense of simplicity, personal connection, and satisfaction that you can't get from buying it from a store. Participants learn how to create an all natural lip balm that is chemical free.

DIY LIP BALM



PROPOSED WORKSHOPS

→

16

Participants will learn how to transform an old t-shirt into a stylish shopping tote bag using various weaving techniques. This workshop emphasizes repurposing materials to reduce waste and the water footprint associated with t-shirts. By creating reusable bags from old t-shirts.

UPCYCLING T-SHIRTS



17

Participants will learn about renewable energy sources and explore the connection between electricity use & its production by experiment with solar panels. Participants compete in teams to create six different installations using solar and wind energy. Participants will build their own solar-powered cars and enter a race to determine who has constructed the best model.

SOLAR WORKSHOPS

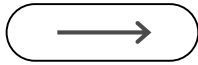


18

Participants learn about waste management by creating compost from organic materials, exploring the world of worms and how they help enrich soil. This session allows participants to investigate the world of vermicomposting (wormeries) as they can see worms close up, identify the main parts and learn about their diets and what products the worms produce.

THE WORLD OF WORMS





PROPOSED WORKSHOPS

19

A collaborative tool designed to promote a shared understanding of soil functioning & issues related to its preservation. Over the course of 2 to 2.5 hours, participants engage with 30 informative cards about soils. Participants understand the impacts of agricultural practices on soil health.

LIVING SOILS WORKSHOP



20

In this interactive session, participants will learn to create their own personalized pillow mist using soothing essential oils that promote restful sleep. The workshop blends aromatherapy with creativity, allowing your team to unwind, bond, and take home a custom-made sleep aid that supports better relaxation and well-being.

DIY PILLOW MIST



21

An engaging DIY Natural Toothpaste workshop where the team will learn to craft their own eco-friendly toothpaste using simple, natural ingredients. Participants will leave with their own personalized toothpaste and the know-how to continue their natural oral care journey.

TOOTH PASTE





PROPOSED WORKSHOPS

22

Create art pieces from recycled/upcycled items such as bottles and caps. This artistic approach not only adds a distinctive flair to your event but also aligns with modern values of environmental responsibility, making it a perfect choice for businesses looking to leave a lasting, positive impact.

TRASH TO TREASURE



23

This hands-on workshop you will make a functional decorative accessory for yourself or as a gift for someone. Participants will learn about eco-friendly gypsum-based material. Participants will then use a no-waste production technique to create one-of-a-kind pieces in their choice of color and design. You will give your piece finishing touches to take home with you.

ECO RESIN

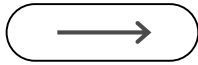


24

This activity focuses on designing a small garden plot using companion planting principles. Participants are given a farm plot to design in teams and compete on the best organized outcome. This can then be transformed into a mini farm in the office/home.

CROP PLANNING





PROPOSED WORKSHOPS

25

Because the better we feel, the better we do.

Bringing the de-stressing benefits of yoga, breath work and meditation to your office. Improving the physical, mental & spiritual state of every participant

YOGA AT YOUR DESK



26

Understanding the complexity of climate science is hard, but this workshop turns climate science into a game in which students get the complete picture of the phenomenon of climate change by building cause-and-effect relationships. The game allows them to see the role of humans in climate change, as well as to think about how we – humans can also solve them.

CLIMATE FRESK



27

An interactive and fun way to reinforce learning about the Sustainable Development Goals (SDGs). Players roll a large dice, move across the board and answer questions related to the SDGs when they land on specific spaces. The game fosters a sense of teamwork and critical thinking while helping participants connect their knowledge to the 2030 agenda

SDG SNAKES & LADDERS



01 Race To Net Zero
Time-based 1 VS 1 game, 2 teams



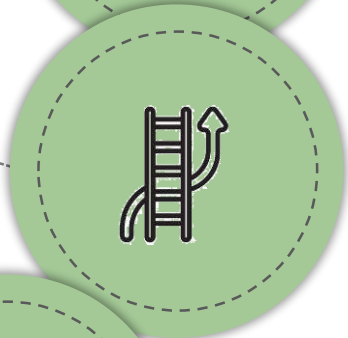
02 Spin the SDGs
Trivia /card game



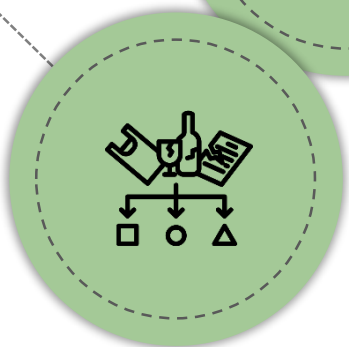
03 Eco Jenga
An informative game on daily unsustainable choices & behavior
Up to 2 players at a time



04 Snakes & Ladders
Informative Game ,4 teams



05 Sustainability Bingo
Individual Competition



Games



• 03 Outdoor Activities



Explore sustainability through a different lens out of the office!

VARIOUS TRIP LOCATIONS

Book a meaningful field trip with Eedama for your team and give them an opportunity to realize human impact on local and global environmental issues in a real life scenario. Participants will have a chance to experience local sustainable practices, discover the reality of tomorrow's challenges, imagine solutions and participate in meaningful activities with a mix of talks, workshops, experiments and team buildings.

MASDAR CITY

Abu Dhabi

HYDROPONICS FARM

Abu Dhabi

AVENTURA

Dubai

CLEAN UP

UAE

SHAMS SOLAR POWER PLANT

Abu Dhabi

RECYCLING FACILITY

Abu Dhabi/Dubai

SOIL MUSEUM

Dubai

DUBAI DESERT CONSERVATION RESERVE

Dubai

Experience A Sustainable City

At Masdar City

It's a great way to engage with your colleagues, boost team spirit and do something truly good for the planet. You'll start the activity with a welcoming & introduction to Masdar City, followed by walking tour of the City. You will have an opportunity to try electric driverless vehicles, explore renewable energy features & technologies, audit sustainable buildings and more. After refreshments, we will dive into sustainability workshop or activity of your choice i.e. Treasure Hunt / Urban Farming / Sustainable City Design/ Solar Energy games



Abu Dhabi, UAE



Starting from 150 AED
(EXCL. VAT) per participant



Up to 60 Participants



3 hours

Journey To The Recycling Realm

At Recycling Facilities

Ever wondered how to dispose your E-waste? In this trip, participants will understand the innovative ecological alternative to landfill dumping at site and explore how their waste can be processed, recycled and upcycled. The program mainly focuses on E-waste recycling and how to extract valuable materials after shredding the e-waste into tiny pieces that could be reused in a new electronic appliance. During this program, team members will compete in a dismantling & sorting workshop



Abu Dhabi, UAE
Dubai, UAE



Starting from 200 AED
(EXCL. VAT) per participant



Up to 60 Participants



3 hours

Modern Urban Farming Experience

At Garcia Farm

Discover a revolutionary model of a future sustainable farm in the desert. The farm takes a holistic approach to the field of agriculture, incorporating elements like lifestyle, training and food security education to public. During this teambuilding activity, we will discover why food security and water scarcity are top - priority issues across the UAE and the GCC. After an engaging tour of the farm, engage in a urban farming workshop of your choice.



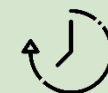
Abu Dhabi, UAE



Starting from 200 AED
(EXCL. VAT) per participant



Up to 100 Participants



3 hours

Expedition at the Ghaf Tree Forest

At Aventura Parks

This immersive experience delves into vital concepts like the 4 Rs, composting, and the essence of sustainable gardening. Participants don't just learn; they actively engage by crafting paper, concocting natural pesticides, and nurturing a sustainable garden firsthand. As they journey through the forest, the rich UAE flora and fauna come alive, offering a comprehensive understanding of the region's natural treasures and the importance of conservation.



UAE



Starting from 225 AED
(EXCL. VAT) per participant



Up to 200 Participants



3 hours

Climate Picnic with Clean Up

At Al Qudra Laek

This fantastic initiative that not only contributes to environmental conservation but also educates participants about the importance of responsible waste management. This program is a powerful learning experience that instils a sense of environmental responsibility and supports successful integration of UN SGD Goals. The activity starts with a clean up and sorting workshop and ends with various competitive games and fun!



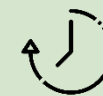
UAE



Starting from 150 AED
(EXCL. VAT) per participant

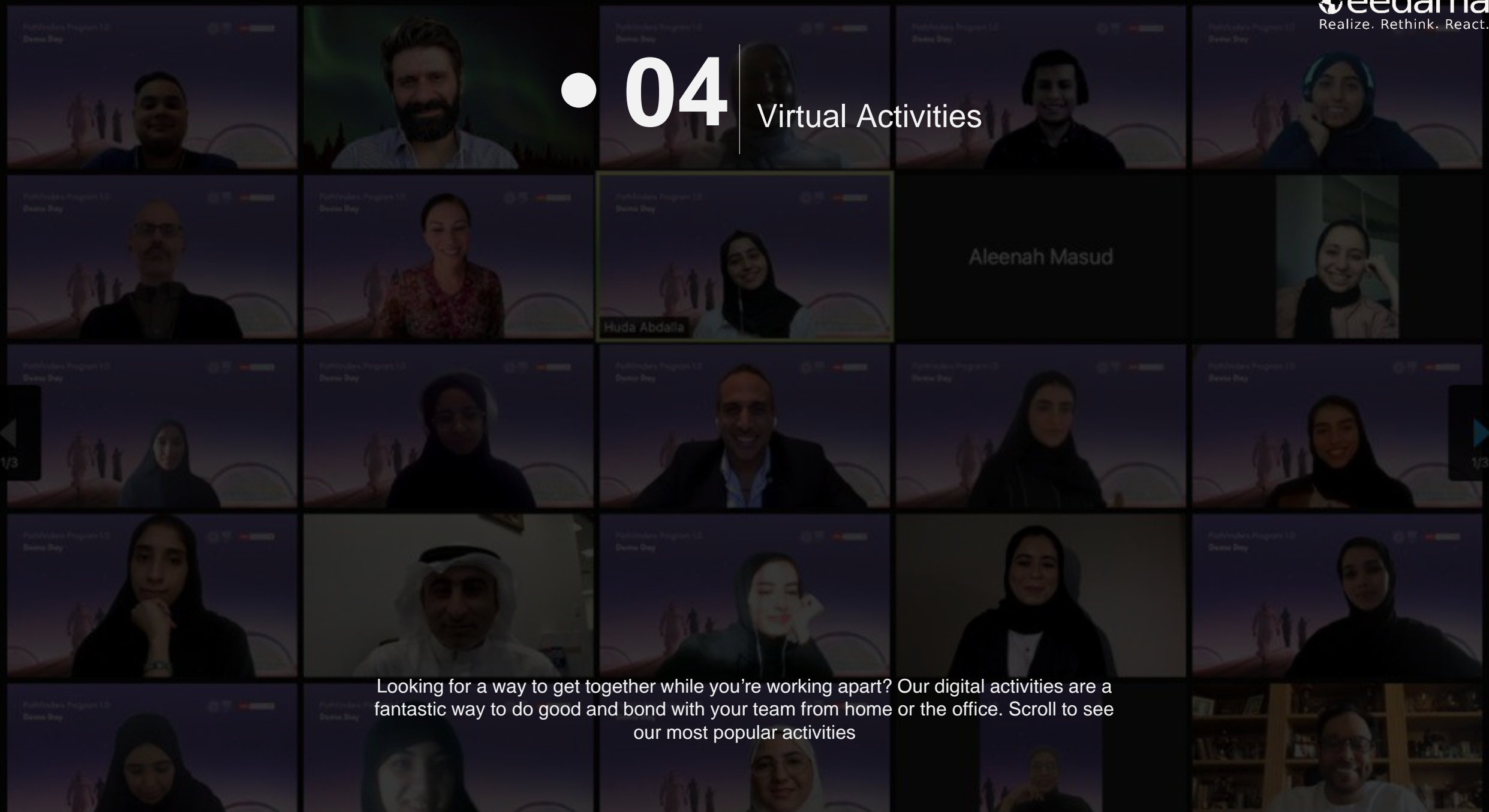


Up to 200 Participants



3 hours

04 | Virtual Activities



Huda Abdalla

Aleenah Masud

Looking for a way to get together while you're working apart? Our digital activities are a fantastic way to do good and bond with your team from home or the office. Scroll to see our most popular activities

Virtual Topics



ALTERNATIVE URBAN FARMING

Food security is a big issue globally. In this fun and innovative activity people will learn about the food cycle and explore modern urban farming solutions. Participants will then discover sustainable farming methods such as Companion Planting and Hydroponics. And we'll finally use the materials provided in the kit to put together the urban farms



ENVIRONMENTAL CRISIS TEAM BUILDING ACTIVITY

In this live action digital team game, employees become a super squad on a mission to solve environmental crisis once and for all. Through a mixture of intellectual, and interactive challenges, they make an attempt to defeat the global threat. It won't be easy and players will have to collaborate, think creatively, and use all their problem-solving skills to do it. Everyone can safely participate from home or the office. Just log on, join in and enjoy the experience. Bring your people together through this great virtual teambuilding activity!



ZERO OR LOW WASTE ACTIVITY

Going zero or low waste demands deep thinking through strategy, collaboration, discussion, but it should also be fun! This activity teaches participants how to become zero/low waste with some healthy competition involved too. If you thought that becoming zero waste was challenging and too ambitious, this creative alternative proves it is both fun and educational at the same time

● 05 | School Sponsoring & CSR

Engaging underprivileged schools in environmental workshops and fieldtrips that contribute to a positive impact towards the environment

CSR - Sponsor A School

Sponsor an underprivileged school by allowing them to go on environmental literacy field trips and workshops that allow students to learn about sustainability, why it is important and how they can have a positive impact towards the environment. CSR options include the following:

- 🌿 Sponsoring underprivileged schools to go on environmental field trips in the UAE
- 🌿 Sponsoring in-school environmental workshops for underprivileged schools in the UAE
- 🌿 Supporting Eedama's Lebanese NGO (Jibal) on providing environmental trips/workshops in Lebanon

Logistics:

Duration: 3 to 4 hours per session/trip

Price: 15% discount *on our school rates*



CSR – Volunteering Opportunities

Sponsor & Engage your employees

Sponsor a school while giving your employees a volunteering opportunity as you engage them in environmental team building activities through field trips and workshops. These sessions allow students to learn about sustainability and its importance and how they can have a positive impact towards the environment. Topics include:



Awareness Games
under company values



Zero/Low
Waste
Lifestyle



Agriculture &
Alternative Urban
Farming



Urban Planning
& Sustainable
Architecture



Renewable
Energy



Composting
& Soil



Recycling &
Circular Economy



Waste
Management



• 06 | Booking, Pricing & Contact Info



Booking Procedures

In order to book send an email to contact@eedama.org with the following:

- Tentative dates
- Topics of interest
- Number of participants
- Desired duration and time
- Language of preference
- Required Documents: Trade license & TRN certificate

Pricing

PRICING

- Starting from 200 AED per person
- Minimum booking is 20 pax
- For up to 3 hours
- Choice of 2 to 3 activities
- Includes light material
- Discounts applicable for big groups

PAYMENT TERMS

- 2500 AED Management Fee (includes logistics, transport & coordination)
- This fee is to be paid a week in advance to secure booking
- Fees are non refundable less than 48h hours before the start of the activities



UAE: +971 56 913 9024
LEBANON: +961 71 447 944
contact@eedama.org

Contact Us

www.eedama.org



[@eedama_official](https://www.instagram.com/eedama_official)



[Eedama](#)

