

## PENANG TEAM BUILDING PROGRAMS



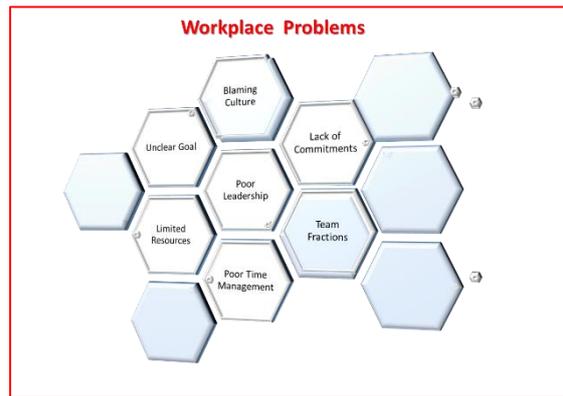
### *BACK TO NATURE @ Balik Pulau, Penang*

With the evolution of new technologies, businesses today are more competitive, complicated and challenging. In the corporate world, employees try hard to outdo one another to be in the good books of the Management so as to escalate the corporate ladder.

As such, conflicts and mistrusts arise amongst employees at all levels in an organisation possibly within a department, inter-departments and inter-offices. If left unattended to urgently, it will bring down the strength, reputation and more importantly the success of the organisation.



Team building programs have become necessary to build **Winning Teams** to alleviate challenges amongst employees in the work place on problematic issues such as:



In 2018, Metro Bike added a much welcomed optional twist to its team building programs to attract and draw more participation especially from the Malaysian corporates.

The usual 4-hour team building program can now be extended to a one full day training workshops themed:

- i) 'Build A Winning Team'
- ii) 'The Power Of A Positive Team'
- iii) 'Positivity in Life Diversity'
- i) Lean Management Program

The program comprises 4 hours of invigorating outdoor treasure hunt activities and another 4 hours of serious indoor workshop on soft skill training by HRDF certified trainers, specially designed to be HRDF CLAIMABLE.

The outdoor training session allows closer participation amongst team members. It also helps to develop team building spirit amongst employees, team work, foster and build better working employees relationships.



Balik Pulau Durian

**Team Building 'Back to Nature' @ Balik Pulau**, a new training workshop was added on to Metro Bike's list of interesting team building programs. This theme was specially introduced to simultaneously build winning teams and to create a new diversity in allowing the working urban Penangites, an opportunity to take a step back to appreciate nature at its best at the secluded and laid-back town in Balik Pulau, South-West of Penang Island.

*Seeing is Believing...*

**'Back to Nature' Activities:**



ATV Riding Experience



Catching Fishes



Country Side Cycling



Rubber Tapping



Fishing Village

**Build A Winning Team Workshop**



Solving Team Conflicts



Teamwork Exercise



Street Arts Hunt



Street Food Hunt



Kite Making Experience

### Traditional Trades



Flower Garland

**Team Building at the Penang, George Town UNESCO Heritage Site** remains and continues to be popular with the local Penangites as well as with the international employees from companies based in Penang, Kuala Lumpur and Singapore and in late 2018, guests from the cruise ships docking at the Penang Port Swettenham.

*Pictures are worth a thousand words...*

George Town Unesco Heritage Site Activities:



“Teh Tarik” Preparation



Heritage Site Cycling



Trishaw Pedalling



Fortune Telling



Indoor Training Workshop



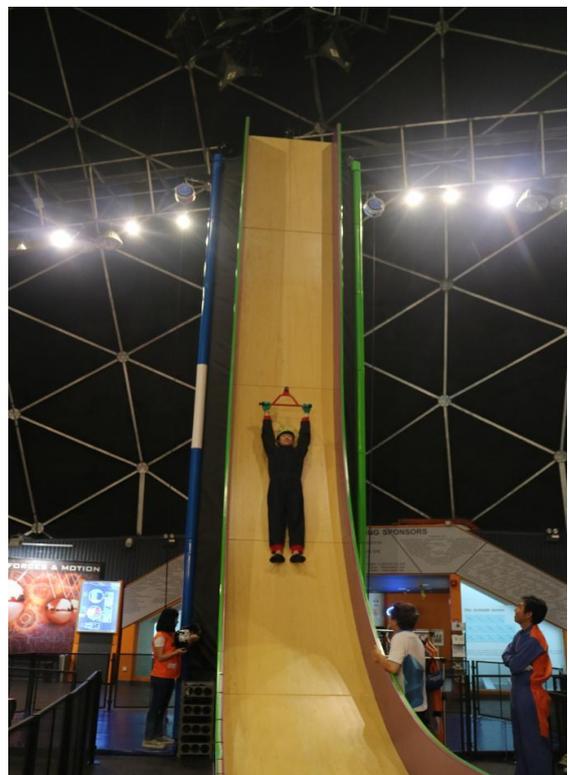
Team Work Development



## Penang Malls Indoor Team Building

Just as important to us and to specially cater for those prefer indoor programs, a 'Penang Malls Indoor Team Building' with special arrangements to participate in the Penang Tech Dome has also been added on to our programs.

A glimpse into the educational scientific games at the Penang Tech Dome:



As the saying goes 'All Work and No Play Makes Jack a Dull Boy.' These fun filled team building programs are specially designed towards helping the management to kill two birds with one stone, getting their employees trained whilst allowing them to enjoy some good healthy and educational fun.

Companies with accumulated fund with the Human Resource Development Council are able to use them for such workshops to benefit and further improve their employees' personal development, work ethics, working relationships which contributes to the overall improvement and success of the organisations. Since its introduction, these program have been well received.

Our sincere appreciation and a big thank you to all our clients who trusted us with their corporate team building programs:

### **2018 Was A Good Year!**

The year went by quickly with many fun filled team building events participated by many from all walks of life from local corporate groups as well as from neighbouring countries. We thank all our clients, our supporters and look forward to another exciting and eventful year in 2019.

### **Metro Bike's Corporate Social Responsibility (CSR)**

*Keeping Penang's traditional trades and cultures ALIVE and creating Penang's uniqueness to attract more tourists.*

*It is a 'win-win-win' as Metro Bike takes on the initiative to incorporate Penang's traditional trades and cultures like trishaw peddling, the making of flower garlands, Henna drawing, rolling out of joss sticks, preparation of the pulling tea (Teh Tarik) & flying the dough (Roti Canai), fortune telling etc into its team building and cycling tour programs.*

*In doing so, Metro Bike also helps all Penangnites involved, especially from the older generation to sustain their livelihood.*

*The support we received contributes to all our CSR endeavours.*



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# METRO BIKE TEAMBUILDING EVENTS



[Penang PCET](#)  
[15/1/2017](#)



[Motorola Solutions](#)  
[25/1/2017](#)



[Intel IE Group](#)  
[29/5/2017](#)



[Intel Global Supply Group](#)  
[18/7/2017](#)



[Intel PSG Group](#)  
[9/10/2017](#)



[Flex Global Supply](#)  
[13/10/2017](#)



[Japan Matsui Group](#)  
[23/11/2017](#)



[Northern Corridor](#)  
[Implementation Authority](#)  
[\(NCIA\) -30/11/2017](#)



[Ferring Pharmaceuticals.](#)  
[12/1/2018](#)



[Intel IOT](#)  
[19/3/2018](#)



[Bandai Namco SEA](#)  
[25/5/2018](#)



[Xcerra Multitest](#)  
[30/6/2018](#)



[Luxoft Penang](#) [6/7/2018](#)



[The Walt Disney SEA](#)  
[25/7/2018](#)



[Intel Q&R](#) [9/7/2018](#)



[NSW Automation Penang](#)  
[8/9/2018](#)



[Charterway Integrated](#)  
[BM](#) [22/9/2018](#)



[Elanco International](#)  
[26/9/2018](#)



[National Instruments](#)  
[APAC](#) [11/10/2018](#)



[HDI Global SG](#)  
[13/10/2018](#)



[MCSB Penang](#)  
[13/10/2018](#)



[SC Johnson SEA](#)  
[9/11/2018](#)



[DELL Finance PG](#)  
[23/11/2018](#)



[Intel CLPG](#)  
[5/12/2018](#)