



*Do you have any other wishes?*

Our selection of  
Team Building activities  
At La Arena

## An animation... But why?

- To say thank you
- To get to know each other
- To bring people together
- To reveal hidden talents
- To engage
- To learn
- To generate new ideas
- To dream and wonder
- To be amazed
- To get excited about
- To create unforgettable memories...

Our selection of Teambuilding Activities is there to support every team, every challenge.

To guarantee a perfect experience, all our partners have been carefully tested and selected.

Our criteria? Relevance, attention, flexibility and originality. In English, French and Spanish.

**PPSSST!** In addition to this selection, we will be happy to recommend other events, please ask us!

*Your Châteauform'teams*







## ● Forge links

### Sporting challenges

The Arena Challenge  
The Bridge  
Laser Game  
Segway rides

### Partnership challenges

Funny Racing Car  
Escape Games  
CSI - Cluedo  
TV Show  
Lip Dub  
Cinema Star

## ● Create together

### Culinary workshops

The Tapas Competition  
Wine Academy  
Wine tasting  
Cocktail workshop  
Chocolate creation

### Artistic activities

Mural Painting  
Haka  
Drumming Session  
Your Musical Moment

## ● Commit

### Eco-Responsible Activities

Protection of birds  
« Sustainability Walk » with guide

## ● Be inspired

### Inspiring activities

Guided tour of Segovia  
Guided tour of Avila  
Imagine the Universe  
Ballooning

## ● Relax

### Reconnecting with yourself

Laughter therapy  
Yoga Class  
Mindfulness session with headphones  
« Forest Bath »

## ● Celebrate

### Evenings and receptions

Magic mirror  
Rotating 360°  
DJ  
Live Music



# Forge links

(challenges, escape games and investigations)

“

It was great to spend "another" time with other members.  
He was very professional and the activity was very well organised.

”

Estefanía







## La Arena's challenge to "discover the legend of the place"

### Gymkhana / Challenge / All together

At each Châteauform', a sometimes-secret secret is passed on to each of the hosts... your participants are invited to discover this secret. This will also be an opportunity to get to know each other better, strengthen team spirit and discover the site in a playful way. In this particular treasure hunt, the participants **will be divided into teams to go around all the corners of La Arena, guided by their route book** (one per team), and **helped by the instructions of the activity leader**. They will have to overcome different tests (some of skill and others of ingenuity) that will allow them to obtain the key words necessary to solve the challenge.

*Who will be the quickest to find the secret of the place so well guarded by our hosts?  
We will find out together at the prize-giving ceremony over a drink in the bar or in the garden.*



45,00€ p/p  
+ VAT



1h30



Outdoor



All team sizes  
(12 pers mini-billing)



## The bridge that connects your team!

### Challenge / Communication / Reflection

A team activity in which you build a suspension bridge by hand with the materials we provide you with: ropes marked according to their different lengths and wood of two different sizes. In order to build the bridge you will also need the blueprint, but this blueprint is cut up like a puzzle, and to get the puzzle pieces you will have to pass shooting skill activities.

Guided by this blueprint, working collaboratively and helping each other, you will build the bridge that you must then cross one by one, demonstrating the trust you have in the work of the whole team. This activity is available all year round, mainly outdoors, and under cover in case it rains. The activity monitor will guide you to achieve the success of the mission.



56,00€ p/p  
+ VAT



1h30



Indoor &  
Outdoor



All team sizes  
(10 pers mini-billing)



## Laser Combat

### Environment / Big teams / Sport

Fancy a game of match planning in the Arena garden?

We propose you this adventure and team activity, which does not use any kind of projectile, only infrared rays. Very ecological, fun and competitive. You will have fun collaborating side by side to achieve the assigned mission.

There are 3 game modes: missions, short games, and tournament format - almost like a real video game!



From 650€  
+ VAT



2h



Outdoor



All team sizes

Up to 15 participants : 650 € + VAT  
From 15 to 34 participants : +40,00€ p/p + VAT  
From 35 to 44 participants : +35,00€ p/p + VAT



## Segway rides

### Fun / Discovery / Agility

La Arena is located in the privileged environment of the Sierra de Guadarrama, surrounded by holm oaks, pine forests and cattle farms. We propose you to enjoy this natural environment in a comfortable way, and at the same time respectful with the environment. We will organise a Segway excursion for you, leaving from La Arena, and first of all we will go along the paths of the estate. We will make a stop near the deer drinking trough, to try our luck and try to see the deer in the middle of nature. Afterwards, the route will continue outside the farm, going through rural roads and cattle farms, between wooded slopes and grassy esplanades.

So everyone will be able to have fun safely. You will also be accompanied by monitors who will teach and guide you during the route.



4 - 6 pers :  
108,00€/p/p  
+ VAT



2h00/2h30



Outdoor



From 4 to 30  
people

From 7 to 30 participants : 102,00€ p/p + VAT





## Funny Racing Car

### Creativity / Engineering / Race

Become part of a racing team with your team and start building your PVC kart piece by piece.

Assign tasks among your teammates to build the most reliable and fastest kart that represents your corporate brand: interpretation of the car's plan, search for parts, screws, seat, axles, wheels, decoration, etc. The construction of the kart will be interspersed with phases of teamwork tests, which will serve as a bonus for the final race and to get the pole position in a group race. Once all the karts have been built and decorated, we will have a race which, depending on the space available, will be either a knockout or against the clock.

Fun is guaranteed as you strengthen your team with this wonderful team building activity!



From 6 to 10  
pers : 1600€  
+ VAT



2h



Outdoor or  
Indoor



All team sizes

From 10 to 20 participants : 1800€ + VAT  
From 21 to 30 participants : 2100€ + VAT  
From 31 to 40 participants : 2400€ + VAT



## Escape Game

### Shrewdness / Imagination / Negotiation

Mental and logical challenges are a challenge for individuals and teams, which is why they are an effective team building tool to enhance communication and coordination skills to overcome these challenges.

In each game, your team will go through different tests in which you will have a limited time to solve them. Each game has its own theme and a 'facilitator' who will guide the group. The times, the help, the capacity of resolution will add points to the group and the winner will be the one that has maintained a line of cooperation and constant resolution. It won't be easy, but you can do it! Various settings or themes: Bomb, Mystery, Museum Robbery, Doctor XLaboratory, Deactivate, Spy room.



Up to 10 pers:  
800,00€ +  
VAT (1 room -  
60 min)



Between  
1h00 -2h00



Indoor



From 10 to 50  
people

Up to 20 participants : 1150,00€ + VAT (2 rooms - 90min )  
Up to 33 participants : 1395€ + VAT (3 rooms - 120 min)  
Up to 44 participants : 1595€ + VAT (4 rooms - 120 min)



## C.S.I. Minority Report (Cluedo)

### Observation / Science / Teamwork

"The 5th Convention on Optical Novelties has come to a halt, a famous scientist with a revolutionary patent has been murdered.

Are you ready to uncover the culprit?

In this mission, the participants, divided into teams, will put themselves in the shoes of a real C.S.I. team in order to find the fingerprints, interrogate the suspect, decipher codes, test their skills on the ballistics track, analyse evidence in the laboratory, create sketches,... all to catch the murderer.

Your team will have technological help: drones, Google Glass, Leap Motion, virtual reality...



60,00€ p/p  
+ VAT



2h



Outdoor or  
Indoor



All team sizes

Minimum billing 12 participants



## TV Show

### Speed / General culture / Nervous laughter

Have fun, get to know your teammates better and score the most points as a team with our most fun activity.

Guided through projector and screen and thanks to our presenter, you will spend unforgettable moments...

Each team will have its own pushbutton/ music stand which it will have to use to answer each test, only the fastest and most accurate team will win.

Activity that, without exposing the attendees, can be personalised with corporate details (questions, etc.), caricatures, etc...) achieving a team building that is both educational and fun in equal parts.

Some of the tests that the teams will encounter are: blurred caricatures, the smartest of the ofi, represent it, the right euro, what is hidden there, the right age, zoom, when it happened... etc.



Up to 12 pers:  
950€ + VAT



Between  
1h00 -1h30



Indoor or  
Outdoor



From 10 to 50  
people

From 12 people : each extra person : +38€ p/p + VAT





## Lip Dub

### Collaboration / Creativity / Fun

Have fun together with your team creating your own "lipdub", a music video with everyone participating in a single continuous sequence. This activity is suitable for large teams.

While you are having an aperitif, or enjoying dinner, our collaborators will edit the video. Afterwards, we will project the result in one of our rooms so that you can all have a good time together (later they will send you the final result so that you can have it).

An exercise in creativity, teamwork and ingenuity that is sure to be unforgettable!



Up to 20  
people :  
1500€ + VAT



3h



Outdoor or  
Indoor



Up to 50  
people

From 21 to 30 participants: 1750€ + VAT  
From 31 to 40 participants: 2000€ + VAT  
From 41 to 50 participants: 2250€ + VAT



## Cinema Star

### Theatre / Talent / Acting

Shoot your favorite film together with your classmates. Develop the script and storyboard, get into the lead role or be in charge of props, costumes, make-up protagonist or become a director, assigning the different tasks and looking for a more comical version with corporate winks. You will have to rehearse 4 scenes of 2 minutes in total to finally film yourselves. Once the films have been edited, we will visualise them and we will do an Oscar gala, where the awards for best actor, actress and film will be given out. Attendees will have the costumes and props necessary for the characterisation of the characters, make-up and material to create the plot of the film. Films such as: Pirates of the Caribbean, Star Wars, Grease, Caveman, Cabaret, The Godfather, Ali Baba, Asterix & Obelix...Obelix...



Up to 12 pers:  
1190€ + VAT



2h00



Indoor or  
Outdoor



From 10 to 50  
people

From 13 to 20 participants: 1560€ + VAT  
From 21 to 30 participants: 1940€ + VAT  
From 31 to 40 participants: 2250€ + VAT



# Create together

(food & wine, art & music)

“

It's a great souvenir to take to the office and just what I was looking for.

”

Gregorio - Information and Communication Technologies







## The “Tapas Competition”

### Culinary / Challenge / Manual activities

It is an activity designed to be done in the evening, before the aperitif.



55€ p/p + VAT



1H30



Indoor or  
Outdoor



All team sizes

Minimum billing 12 participants

Enjoy cooking and compete with your team!

You will be divided into teams, each with their own work table and cooking materials, as well as pencil and paper for their list of ingredients. You will find a central table that acts as a "market" full of colours, smells and flavours, where you can choose all the ingredients you need.

Rules of the game : you have one hour to prepare several tapas. The person in charge of purchasing for each team can choose the ingredients from the market for your list, and you must also choose a head chef, who will be responsible for presenting the tapas to the jury!

The aim is to be active and creative with the dishes, to have fun choosing the names and descriptions of the dishes made, to present them in the most professional or funniest way - everyone as he or she feels like!

To add to the fun, you will be your own jury, under the watchful eye of our chef to ensure there is no cheating!

Once the competition is over, it's time to taste your delicious tapas during a festive aperitif where we will give medals and a bottle of cava to the winning team... Enjoy!



## Wine Academy

### Learning / Creation / Fun

The participants become, for a few hours, the owners of a vineyard of several hectares. A team of professionals allows you to enter into the marvellous adventure of wine.

After being introduced in a very simple and dynamic way by the animating oenologist to the production, technique and tasting of wine, the participants, in teams, will set off in search of the "Fine Wine".

They will have to create a wine, create a brand, a label and the marketing strategy to launch their "creation"!



From 10 to 20  
people :  
1400€ + VAT



2h30



Indoor o  
Outdoor



All team sizes

From 21 to 30 participants: 1800 € + VAT  
From 31 to 40 participants: 2100 € + VAT  
From 41 to 50 participants: 2400 € + VAT



## Wine tasting

### Learning / Culture / Knowledge

A tasting led by an oenologist who will introduce you to five regional and national wines over an aperitif in a fun and informal way.

Tasting involves not only drinking, but enjoying wine through the senses of sight, smell and taste. During the tasting, you will translate these sensations and perceptions into words, expressing what aromas and flavours the wine transmits to you. This oenological evening will make you discover what the Spanish land has to offer in regional and national wines and cavas.



Up to 20  
pers:  
990€ +VAT



2h



Indoor o  
Outdoor



All team sizes

From 21 to 30 participants: 1300 € + VAT  
From 31 to 40 participants: 1615 € + VAT  
From 41 to 50 participants: 1823 € + VAT





## Cocktail Workshop

### Tasting / Initiation / Creation

A fun activity to offer new experiences in a group, where everyone participates and learns. The aim of the workshop is to make all participants have fun around the culture and tasting of various types of cocktails. We will explore different flavours and combinations.

But how do they differ? How do you combine the ingredients to get the best out of them? A good cocktail requires at least: knowing how to use a cocktail shaker, using the right glass, using the right ice, adjusting the amount of alcohol, and knowing how to serve it. And you will learn all this during this workshop.



65€ p/p +VAT



1h30 - 2h



Indoor o  
Outdoor



All team sizes

Minimum billing 12 participants



## Chocolate creation

### Culinary / Collective achievement / Gluttony

Description: The aim is to replicate a factory that processes cocoa into chocolate.

- 1.Design of the experience according to the client's objectives.
  2. Development of Helen's hand experience.
  3. Materials, machinery, raw materials.
  4. Chocolate tasting What does it include?
- Dynamics: Batches of cocoa are distributed per group and they have to select, roast, shell, formulate, refine, mould and develop their own brand.



60€ p/p +VAT



2h



Indoor



All team sizes



## Mural Painting

**Collaboration / Creativity / Coordination**

Participants will paint a mural (in 2x1m modules) divided into teams, following the instructions of the fine arts teacher. Each team works on a part of the mural, which is then assembled with the rest. But not everything will be so simple, as the participants will have to work together so that the final mural fits perfectly.

What they paint are landscapes prepared in advance (either urban or nature), although a more personalised work can be done including the company's logo or an evocative image (with an extra cost for personalisation).

The results are good and eye-catching in all cases and you get a tangible group result that you can put up somewhere in the company if you want.



Up to 10 pers:  
850€ + VAT



1h30 - 2h00



Indoor or  
outdoor



All team sizes

From 11 to 18 pers: 1250 € +VAT  
From 19 to 26 pers: 1570 € +VAT  
From 27 to 36 pers: 1700 € + VAT



## Haka

**Pride / Flash 1h / Atmosphere**

The Haka is a ritual dance sung by South Pacific Islanders at ceremonies, welcome parties or before going to war, which the Maori have made world famous by the New Zealand rugby team, which they have performed before their matches since 1905.

Learn the famous Haka of All Blacks, lyrics and choreography with a specialised entertainer!



From 12 to 20  
pers:  
680€ + VAT



1h00 - 1h15



Indoor or  
Outdoor



All team sizes

From 21 to 30 pers: 840 € +VAT  
From 31 to 40 pers: 990 € +VAT





## Drumming Session

### Rhythm / Creativity / Fun

Creation through music can be an ideal opportunity for your team to discover or rediscover itself. This original way of bringing spirits together is accompanied by professional and passionate percussionists.

Its approach is playful so that everyone can have fun and share impressions to the rhythm of percussion instruments, hands, body movements and voice.

All the participants will be able to form a real percussion orchestra!



Up to 10 pers:  
750€ + VAT



1h15



Indoor or  
outdoor



All team sizes

From 11 to 20 participants: 950 € +VAT  
From 21 to 30 participants: 1300 € +VAT  
From 31 to 40 participants: 1450 € + VAT



## Your Musical Moment

### Anthem / Creativity / Identification

Looking for a fun time in front of the camera?

Lights on, music chosen, props tidy and create your most spontaneous and differential corporate song/hymn of the market.

The team will previously choose a song that they like and will have to change the lyrics from scratch, giving it corporate touches, and then we will record and edit it so that we can watch it together.

We will provide all the necessary material and our technicians will be responsible for recording and helping you to achieve: music, rhythm, lights, action.



Up to 12 pers:  
860 € + VAT



1h30-2h00



Indoor or  
outdoor



All team sizes

Minimum billing 12 pers  
Extra pers: + 42€ + VAT



# Commit

(responsible activities, CSR)

“

Great animation. It was exactly what we had planned together. It is totally in line with our environmental ambitions.

”

Marina - Luxury cosmetics







## The Protection of Birds

### CSR / Nature / Protection

The activity will include a guided tour of the farm where we will talk about the flora, fauna, traditional uses, traces of the trails, etc.

The importance of the conservation of these areas and the BIRDS that inhabit them will be discussed, with the example of the Iberian imperial eagle (approx. 1 hour)\*.

The second part will start with a workshop to build a nesting box for every 2 participants and at the end of the workshop they will be placed inside La Finca La Arena!



Up to 15 pers:  
750€ + VAT



2h00-3h00



Outdoor



All team sizes



Intermediate  
level



## « Sustainability Walk »

### CSR / Reflection / Awareness raising

Walk accompanied by a professional environmental guide along the paths of the La Arena estate:

- Role of forests: sharing ideas on sustainable forestry practices
- Water-related challenges: the global water crisis, the effects of climate change on freshwater availability and sustainable water management strategies. Highlight technologies and initiatives that companies can adopt to reduce their water footprint.
- Biodiversity and urbanism: sharing innovative ideas on integrating green spaces into urban planning and how this aligns with broader corporate sustainability goals.



From 350 € +  
VAT



1h00 - 1h30



Outdoor



Up to 20  
persons



Beginner  
Level



# Inspire

(inspiring activities)

“

A fascinating activity run by passionate people. We had a lot of fun and spent a lot of time chatting at the end.

”

Ricardo- Banking Finance







## Guided tour of Avila (30min from the Arena)

### Transmission / Culture / Art

A proposal you can't refuse when visiting Avila with an official guide.

In this walking tour, which lasts about 2 hours and a half, you will have the opportunity to discover its historic centre, the city walls, and those monuments of this city where heritage, history and art meet. You will visit the Cathedral, the Basilica of San Vicente outside the city walls, the Roman Avila...

A date with history and culture that you can't miss!



42€ p/p  
+ VAT



2h30



Outdoor



All team sizes

Minimum billing 10 participants  
Transfer is not included



## Active Visit of Segovia (35min from the Arena)

### Visita ludica / World Heritage / Art

We propose a new way of discovering this World Heritage city.

You will be divided into groups of 3 people, and each team will be given a GPS, a map, and a "road book" with some questions to solve. In this way you will discover the historical part of Segovia, finding unusual places, at the same time you will have fun competing with other teams and you will learn interesting details. Once the groups have been formed, the material distributed, and the explanation given by the monitors, each small group will go in different directions, distributing themselves throughout the city. You will have to find the "hidden treasures" with cultural, historical or picturesque information about the place where you find the information. At the end, the participants will return to the starting point to check the treasures they have found, and find out the winning team.



45€ p/p  
+ VAT



2h00



Outdoor



All team sizes

Minimum billing 10 participants  
Transfer is not included



## Imagine your Universe

**Observation / Emotion / Experience**

For thousands of years, human beings have longed to be able to imagine the Universe they inhabit. It is fortunate to have been born in a time when we can carry out this moving imaginative act, don't you think? In this activity, the astrophysicist and populariser Juan Fernández Macarrón will make us imagine the universe and what it contains with the same clarity with which we imagine our home. We will imagine it without figures, proportionate in size and distance.

You will enjoy this one-hour participative talk-colloquium before dinner, and as a complement while you dine we will set up the telescopes outside (if there is good visibility), and after dinner you will be able to go out whenever you want for an observation in total darkness.



Up to 15 pers:  
600€ + VAT



1h Speech +  
free  
observation



Outdoor



All team sizes

From 16 to 35 participants : 750€ + VAT



## Private balloon flight

**Disconnection / Letting go / Beauty**

Enjoy an unforgettable experience with your team, letting the wind blow you around, while you enjoy the views of the northwest side of the Sierra de Guadarrama, and watch the deer run through our farm.

The flight starts at dawn from an esplanade of the La Arena estate. Once you have landed in a nearby spot (depending on the wind direction) you will be offered a glass of cava and a small snack. At the end you will be picked up in several vehicles to take you back to La Arena.

Ballooning activities are directly linked to weather conditions. For safety reasons, flights must take place at a very specific time, at dawn to avoid thermal currents.



210€ p/p  
+ VAT



3h



Outdoor



All team sizes

Photo report included





# Relax

(reconnect with yourself)

“

We had a great time, a mixture of excitement, adrenaline and discovery.

”

Sara - Consultancy for start-up and expanding companies





## Laughter therapy

### Atypical / Comic / Positivism

We all need to laugh! Laughter provides us with a positive state of mind that helps us to cope with everyday life, allows us to perceive reality in a more positive light, motivates us, encourages collaboration and creates bonds of closeness with others.

This atypical laughter therapy workshop is based on theatre, it is a little corner of fantasy guided by one or more professional actors (depending on the number of participants). It is a journey full of fun, in which we gradually discover our comic side and lose our sense of the ridiculous in front of our classmates.



From 10 to 20  
pers : 750€ +  
VAT



1h



Indoor or  
Outdoor



All team sizes

From 21 to 30 participants : 990€ + VAT  
From 31 to 40 participants : 1200€ + VAT



## Yoga Class

### Relaxation / Muscle awakening / Breathing

What a pleasure to start the morning with an activity that energises both body and mind.

It's the perfect way to prepare for a day's work. Or perhaps you prefer a relaxation session at the end of the day to reduce any tension that may have arisen. Our expert yoga instructor can adapt the pace of the session to suit the needs of your team.



300€ + VAT  
Per session



1h



Indoor or  
Outdoor



Up to 20  
persons





## Mindfulness session with headphones

### Relaxation / Empowerment / Wellness

We live in a world where 8 out of 10 people suffer from stress... this is directly reflected in the productivity of companies.

Workshop focused on helping people to release the emotional burden they carry behind them and to enhance their creativity, connection, focus, empowerment.

We adapt to your needs to provide your team with the best of this tool for personal transformation by creating a unique experience where they can live the power of conscious breathing, living a unique experience and deep personal disconnection through wireless headphones, breathing, neuroscience and sound.



From 1 to 8 pers :  
750€ + VAT



2h



Indoor or  
Outdoor



Up to 19  
persons max

From 9 to 19 participants : +80€ p/p + VAT



## "Forest bath"

### Relaxation / Sharing / Mindfulness

A conscious experience that combines 3 spaces: A group walk, sharing opinions and experiences about personal or work areas. A space for "mindful walking" or walking with full attention to what we feel and perceive. A space of connection with nature, called "forest bathing" in which we will try to "listen to it", feel it and connect with it, and even with our deepest origins (something that creates a state of deep emotional wellbeing and reduces cortisol levels).

It is an activity that creates a deep connection with the other members of the group, with nature and with ourselves on an inner level, something that we don't usually do in our day to day life, due to the rush and continuous distractions to which we are exposed.



From 5 to 12 pers  
: 750€ + VAT



2h



Outdoor



From 5  
participants

From 13 to 20 participants : 640€ + VAT



# Celebrate

(Evenings and festive entertainment)

“

At the beginning everyone was a bit shy and after an hour it was crazy. We had people who didn't necessarily have the profile and ended up dancing to Claude François. Our young recruits enjoyed themselves and felt part of the group.

”

Felipe - Construction and civil engineering







## “Magic Mirror”

### Event / Fun / Originality

Participants will be able to take photos in 10x15 cm format, choosing between a composition of 1 or 4 images. The design of the photos is completely customisable according to your needs.

3 to 6 snapshots are printed on the spot, and at the end of the event, we deliver all photos in digital format.

The activation includes a monitor/technician to ensure its operation and props to create a fun and festive atmosphere.



1250€ + VAT



3h



Indoor



All team sizes



## « 360° rotating photobooth »

### Event / Unusual / Live

The 360° video booth is a unique and innovative experience.

Thanks to a mobile telescopic arm and fun accessories, create unique slow motion video souvenirs, perfect for sharing on social media and give a "Wow" effect to your event.



1200€ + VAT



3h



Indoor



All team sizes



## DJ Night

### Atmosphere / Fun / Party

Why not relax after dinner with some music?

Dancing with DJ: Our DJ will offer you a selection of the best music of all times and rhythms to dance and celebrate a party.

Only with house exclusivity



1150€ + VAT



3h



Indoor



All team sizes



## Live music

### Party / Excitement / Live

After an intense day of training, why not relax over an aperitif or after dinner with some live music?

Live music: What kind of music do you want to listen to? Jazz, blues, bossa-nova, lyrical, chamber music, pop, rock, etc.



From 950€ -  
2000€ + VAT



1h15m approx



Indoor



All team sizes



## Our happiness in Châteauform' ...

It means working every day to satisfy you, and beyond. It means putting our 30 years of experience in hospitality\* at your service. To design your events, we work with partners who share our commitment. Because it is through exacting standards and attention to detail that the magic of your seminars is created, so we look forward to seeing you soon to create new memories!

*The Châteauform' team*

\*30 years already? We haven't seen the time pass by your side

