



# 2019 IPOH Team Building



## IPOH Heritage Site Team Building

IPOH HISTORIES, HERITAGE SITES,  
FAMOUS FOOD, STREET ARTS,  
NATURAL CAVES, LAKES & THEME  
PARK



Ipoh, the capital of Perak, one of Malaysia's thirteen states. Located by the Kinta Valley, Ipoh was once upon a time the most productive tin mining area in the world.



However, today Ipoh has taken a shift. It is now a popular destination, much sought after by tourists both local and foreign due to it being easily accessible by road, rail and air with direct air linkages to the neighbouring states of Malaysia and to the major gateway of Singapore.



## Ipoh White Coffee



It is in Ipoh Old Town the first generation of white coffee was pioneered by a Hainanese migrant. The Hainanese migrants who were unaccustomed to drinking the western bitter and acidic style coffee had then modified the taste of western coffee, gradually adapting it suit the palate of the Chinese population. They adopted the unique roasting, brewing and stirring techniques based on the traditions, blended with different coffee beans, thus creating the unique Old Town wonderful and unforgettable aroma, leaving you craving for more.

# Ipoh Food Heaven

Ipoh has become a food haven. Folks from far and near regularly flock to Ipoh for a weekend getaway of good food together with either 'free and easy' or 'exciting and adventurous' activities.



*Dim Sum*



*Nasi Ganja*



*Kaya Puff*



*Bean Sprout Chicken*



*Soya Beancurd*

## IPOH Nature & Theme Park Team Building

Ipoh is also a place where you can enjoy many interesting things to do particularly white water rafting, caving, exploring Tambun and its beauty, jungle trekking or even play a golf game at one of the several golf courses found around the city



**Night Hot Spring**



**Mountains & Lakes**



**Water Theme Park**



**Natural Habitat**



**EMPOWERING  
TEAM POSITIVITY  
WORKSHOP  
@ IPOH  
( 2D+1N )-HRDF**

This *Empowering Team Positivity Program* is designed to create awareness and understanding of the impact of positivity on teams, productivity and success. In this program, participants will learn:

- How positive teams create positive cultures
- The importance of a shared vision and common purpose
- How to encourage optimism, positivity and belief in your teams
- How to remove team negativity
- The 4C's of a Team Ladder – tools to building a positive team