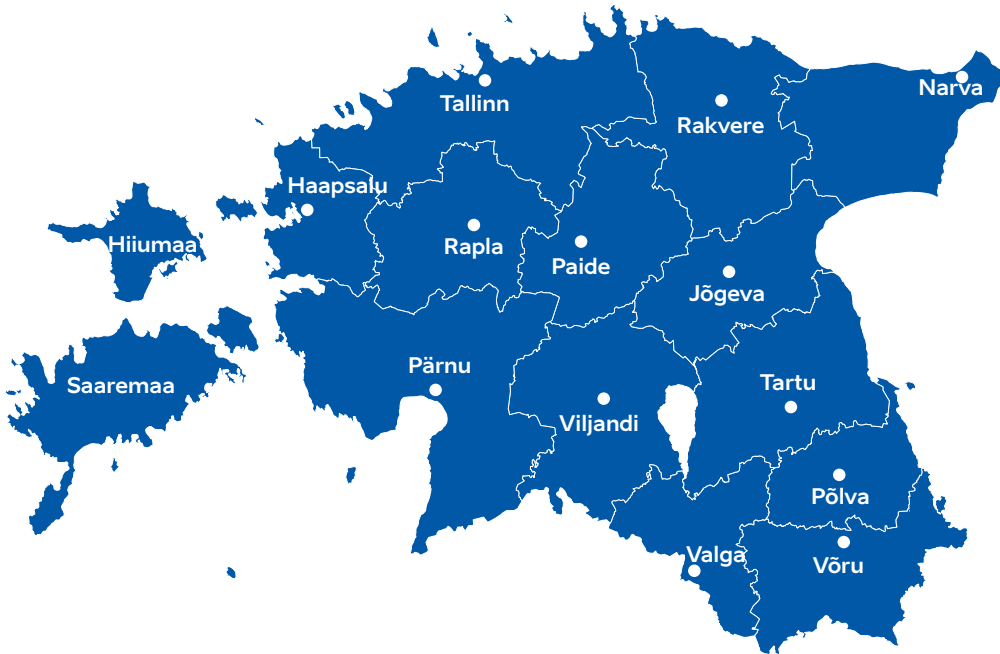


# EXPERIENCE ESTONIA

Incentives, team-building, social  
programmes, conference tours



# Map Of Estonia



## Estonia At A Glance

<b>Official name:</b> Republic of Estonia	<b>Time zone:</b> UTC+2
<b>Capital city:</b> Tallinn	<b>Units of measure:</b> Metric system
<b>Official language:</b> Estonian	<b>Electricity:</b> 220 V
<b>Total area:</b> 45,339 sq. km	<b>Driving:</b> On the right
<b>Population:</b> 1.331 million (2021)	<b>Emergency number:</b> 112
<b>Currency:</b> Euro (€)	
<b>Government:</b> Parliamentary democracy	
<b>Membership:</b> EU, NATO, OECD, WTO, Eurozone, Schengen Area	
<b>Calling code:</b> +372	

# Estonia – Small In Size, Big In Experiences

Being one of the smallest nations in Europe means that visitors don't have to choose between city and nature, but they can experience both in a short time. With a population of just 1.3 million spread over a territory larger than the Netherlands, with **70 percent covered by forests and bogs**, Estonia is small and hassle-free. In addition to that, **we have 2,222 islands**, a number of **UNESCO attractions**, and of course, Tallinn Old Town which is one of the best-preserved Hanseatic town centers in the world. From ultramodern to ancient and from urban to wild, the diversity is staggering.

In Estonia, each street and each meeting gives you moments that last a lifetime. Every minute brings you new inspiration. 'Small in size, big in experiences' is not just a slogan, but the way of living in Estonia. We invite you to visit and experience a unique combination of harmony; from forests, islands and white sandy beaches to Medieval, Modern cities and tomorrow's tech talent.

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### ADVENTURE IN THE OLD TOWN OF TALLINN

Discover the Old Town of Tallinn through a customised digital scavenger hunt! The game combines physical activity, puzzles, and modern technology to take you on a journey through the medieval and modern aspects of the city. Find answers to questions related to interesting places around the historic town and explore hidden gems you might otherwise overlook. The game runs easily on any phone or tablet and can accommodate any number of participants. Come join us for an unforgettable adventure!



### PHOTO HUNT CHALLENGE

A fun team-building activity that allows guests to discover Tallinn. Take photos, solve puzzles, and learn more about interesting places and objects in Old Tallinn. Photo game is full of fun and positive emotions.



### GPS GAME "STRONGER THAN A HERO"

"Stronger than a hero" is an active GPS game inspired by superheroes that develops the creativity of teams in the open air. This fun game is suitable for everyone and will be remembered with humorous photos and videos. Teams use the Loquiz app to navigate the playing area and solve tasks at the points marked on the map. To achieve the best results, it is important to react quickly and work as a united team.



### CITY TOUR BY PRIVATE TRAM

Step aboard a private tram and embark on a unique and exclusive tour of Tallinn that will reveal sights and experiences beyond the ordinary. Enjoy snacks and beverages on board as you make your way through Tallinn's diverse neighbourhoods.



### MEET WORLD-FAMOUS ESTONIANS

Estonia is small in terms of population (1,3 mln) and land (45k km<sup>2</sup>), but we are big in our thoughts and achievements. Enjoy a custom dinner setting in a private restaurant lounge or on a yacht cruise together with some famous Estonians. Just to name a few: Sten Tamkivi (IT visionary and entrepreneur), Toomas Hendrik Ilves (former president of Estonia), Kersti Kaljulaid (former president of Estonia), Kristjan Järvi (conductor), Ott Tänak (WRC Champion 2020).



### LEARN ABOUT DIGITAL ESTONIA

Estonia is hailed as the world's most advanced digital society with I-voting, e-Residency, digital signature, just to name some digital solutions. Our e-story is unique and fascinates the international community. E-Estonia Briefing Centre in Tallinn gives presentations about E-Estonia for those interested in digitalisation. Their Digital Transformation Advisors can be also invited to speak at conferences.



In the race to achieve sustainability, Estonia has a gigantic head start. The country's tiny population of just 1.3 million is spread over a territory larger than the Netherlands (or Belgium or Switzerland). Of that territory, as much as **70 percent is covered by forests** and bogs. This dynamic not only contributes to the amazingly clean air — among the cleanest in the world, according to the WHO — it also means that wilderness is never far away, either physically or spiritually, from the people. It's part of what gives Estonians that nature-loving, Nordic mindset that makes them hyper-aware of the impact they're having on the environment.



### MAKE YOURSELF A SOUVENIR OUT OF LEFTOVER LEATHER

Reduce, reuse, recycle! Unleash your creativity and learn about sustainable practices with renowned Estonian designer, Stella Soomlais. At her studio in Tallinn's Telliskivi Creative City, you'll have the chance to participate in interactive leather workshops where you can make your own leather wristbands, watch straps, key holders and other accessories.



### ZERO WASTE FINE DINING

Take part in a zero waste cooking and dinner experience brought to you by the best sustainable fine dining chefs in Estonia. Engage in interesting discussions on the topic of food production and consumption and learn how to make more conscious choices both for yourself and the environment.

### MEET A DESIGNER AND UPCYCLE A T-SHIRT

Estonian designer Reet Aus is a pioneer in the field of industrial upcycling for fashion. Visit her studio in Telliskivi Creative City, learn about sustainability and upcycling in fashion Industry and design your own T-shirt together with the designer.



### LEND A HELPING HAND

Nowadays corporate social responsibility (CSR) matters more than ever — we all want to make the world a better place, whether on a macro or micro scale. There is a variety of CSR activities available in Tallinn: **painting park benches, cleaning the beachfront, helping elders with daily chores, helping out at a local food bank, volunteering at local animal sanctuaries, organising fun events for children in need, planting trees, organising fundraisers, assembling care packages and more.**



### PLANT A TREE

Estonia is one of the most forest-rich countries in the world, however, there can never be too many trees. Planting a tree in one of Estonia's national forests is a perfect way for your team to give back and connect with nature. Tree planting is available from April to October.



### GREEN BIKE TOUR

Learn about Estonian culture and identity while riding through the parks and picturesque seaside. Take a leisurely bike tour through Kadriorg and follow the seaside down to Piritä, closest you'll get to a sandy beach resort in Tallinn. Kadriorg is a district with historic wooden villas, small local cafes, and a spectacular park area. Highlights of the park include the Kadriorg Palace, a summer palace built on the orders of the famous Russian czar Peter the Great, and the Kumu Modern Art Museum.





## RALLY RACING

Try the adrenaline of rally racing on the largest double cross race track of the Baltics. Ride a fully modified rally car and let its raw power test your driving limits! Enjoy drifting on dirt and find out how it feels to max out your adrenaline on mind boggling g-force! Race nostalgic Ladas or BMWs, drive a tricky car on a slalom track (when you turn the steering wheel right the car goes left), experience breathtaking co-drive next to a professional rally pilot, have racing contests. Additional options are go-karting on an outdoor go-karting track (600m) or UAZ drive on an off road track.



## MOTOR PAINTBALL

Motor paintball (also known as drive-by paintball, motorised paintball, moto paintball, car paintball) is one of the most memorable, original and fun events available in Tallinn. Using cars gives paintball an extra dimension and many more opportunities for different battle scenarios. There is a large variety of vehicles available: cars, vans, convertible cars, army military trucks etc.



## DEMOLITION DERBY

Nowhere else in the world will you be allowed to ram into your buddies' cars and get away with it! Drive a real demolition derby car and smash your way through with other drivers until the cars last! This activity is all over full of adrenaline and we can not imagine anyone who will not be satisfied after this experience!



## ABSEILING

Abseiling can be a thrilling and challenging team building activity that can help to develop trust, communication, and teamwork skills among team members. Teams have the opportunity to engage in a variety of abseiling expeditions, which involve descending from nearly any location, such as the peak of a lookout tower, a castle wall, a crane, or a tall tree.



## ENDURO ADVENTURE

Experiencing enduro adventures in designated areas (forests or quarries) makes you forget everything else and truly enjoy every step of the journey. You can choose among treks of various levels of difficulty — this ensures thrills and challenges for both experts and beginners. An adrenaline boost is guaranteed!



## OFFROAD JEEP ORIENTEERING SAFARI

Jeep safari is a fun way to spend a couple of hours on a safari hunting checkpoints, testing off road racing skills in varied landscapes and communicating with your team to be the first over the finish line with the best result. Each team vehicle takes up 5 people, you can decide to switch drivers, navigators and strategists as you wish. The track features exciting off-road challenges as well as picturesque natural sites.





### TELLISKIVI CREATIVE CITY STREET ART TOUR

Telliskivi Creative City is one of the most joyous places in Tallinn, where street art and graffiti can be enjoyed at every step. Explore the different side of Tallinn: sniff the bohemian atmosphere, learn the stories behind the artworks, visit edgy design shops and enjoy street food.



### SCULPTURE WORKSHOP

Learn the secrets of sculpture-making in a famous Estonian sculptor's studio and take your unique masterpiece back to home.



### VINTAGE TOUR WITH A LOCAL SHOPPING GUIDE

One of the most dedicated shopaholics and a street style photographer in Tallinn will introduce you the best vintage shops, second-hand stores and a flea market plus you will get great photos of yourself!



### TALLINN BIKE AND ART TOUR

Get ready to pedal into an adventure of discovery and culture as you explore the different corners of Tallinn on two wheels. Discover beautiful Tallinn's residential area Kadriorg with its park and numerous art museums which presents Estonian art history as well masterpieces of foreign art.



### DESIGN WALK

Join a design tour to discover our local design, visit showrooms, meet the creators in person, and learn about their stories and products.





### BOG WALK

Visiting Estonia's fascinating peat bogs is an absolute once-in-a-lifetime experience. These protected areas can be toured via wooden plank trails or by wearing specially developed bog-shoes to traverse the mushy, wet ground while also protecting the bog's delicate ecosystem.



### POP UP FOREST RESTAURANT

This ultimate dining experience brings the art of cooking and serving food to the wild. Step into a world where the interior changes with the seasons and each dish is crafted with authenticity and care. Enjoy the rich aroma of food cooked over a live fire, savour the flavours of locally sourced ingredients, and indulge in the sensory experience of eating with wooden dishes and fire pans. A forest dining experience can be organised anywhere in Estonia.



### WILDERNESS SURVIVAL WORKSHOP

Acquire practical skills to better manage or even survive on your own in the wild. The training provides first-hand knowledge on starting a campfire, using natural tools and signs for navigating, building a shelter, finding food and drinking water.



### HIKES IN STUNNING ESTONIAN NATURE

Estonia is a unique country where you can experience pure nature just a few kilometres from the city boarder. Stunning hikes to bogs, seaside, lakes etc. can be filled with additional unique catering experiences, different tasks and survival skills workshops, bird watching, photography training and so much more.



### SUP TOUR

Set out on a peaceful paddling expedition with this instructor-led stand up paddle surfing session. Escape the city bustle of Tallinn and learn the basics of how to control the board from your instructor. Get some exercise while learning a new skill in a scenic environment. No prior experience is necessary.



### KAYAK TOUR

Paddle around the city's coastal and harbour areas, where you'll get amazing views of the skyline. No previous paddling experience is necessary. Suitable for everyone who wants to see Tallinn from a unique perspective- the views from the distance overlooking the whole of modern and old mixed Tallinn are just amazing.



### FATBIKE TOUR

Discover Estonia's beautiful nature in a whole new way! Fatbikes are further developments of off-road bicycles and their most distinctive elements are the over-sized tires — you'll spend less energy, pass a longer distance, and see much more!



### LIGHTED RAFT TOUR ON THE MAGICAL LAKE

Glide over underwater forests and buildings of an abandoned prison. The rafts have LED lights attached on their bottom part, which allows you to see all the submerged buildings here.





### CRAFT BREWERY TOUR

Stop at a local craft brewery and learn about the art of beer making and the different styles of craft beer.



### COOK WITH A LOCAL CHEF

Take a cooking class with an Estonian chef and get a brief insight into Estonian cuisine.



### MEDIEVAL BANQUET

Travel back in time and enjoy delicious and authentic Hanseatic-era meals and drinks and true periodic entertainment in the medieval atmosphere in one of the most traditional ancient restaurants of Tallinn old town.



### FOOD SIGHTSEEING TOUR

Culinary excursion through the Old Town and nearby hipster Kalamaja district. Enjoy food & drink stops combined with personalised city tour and hear exciting stories about Estonian history and the country today.

### VISIT A VODKA DISTILLERY & COCKTAIL WORKSHOP

Visit a fully operational Estonia's leading distillery Liviko. Elevate your cocktail making skills at a cocktail making workshop or take part in take part in beverage tastings.



### GIN DISTILLERY TOUR

Take the opportunity to tour one of Tallinn's craft gin distilleries. Look behind the curtains and see their truly artisanal process of gin-making, followed by gin tasting.



### TRY YOUR HAND AT MARZIPAN PAINTING

Did you know, that according to the legend, marzipan was invented in Tallinn? Learn the colourful history of marzipan in Tallinn and try your hand at marzipan-painting.



### DINNER WITH A CABARET SHOW

Experience a spectacular night filled with amazing performances, bombastic costumes and of course, exquisite food and impeccable service at at the Original Sokos Hotel Viru .



### MAKE YOUR OWN CHOCOLATES

Dive into the world of chocolate and learn a tasty new skill, a delicate art of making chocolate truffles.





### TALLINN IN A NUTSHELL WALKING TOUR

Embark on a thrilling journey through time as you explore the enchanting Old Town of Tallinn, the best-preserved medieval city in Northern Europe! Explore beautiful old churches, unique merchant houses, historic town hall, and imposing city defenses. Roam around the Toompea area of Old Town to take a look at the Parliament Building (Toompea Palace) and visit the picturesque viewing platforms.



### TALES OF REVAL WALKING TOUR

Guided tour with professional Medieval actors. Travel 800 years back in time and follow in the footsteps of the glorious Hansa Merchants



### ROCCA-AL-MARE OPEN AIR MUSEUM

Get a glimpse of true Estonian countryside and village life the way it used to be in the old times. Learn all the secrets of traditional Estonian village life in an outdoor museum which presents a collection of nearly 80 historical buildings, from thatched-roof farm houses, wind and watermills, a 17th-century wooden church, a fire station, an inn to a schoolhouse.



### DAY TRIP TO LAHEMAA NATIONAL PARK

Explore the Estonian countryside that is home to towering pine forests, picturesque coastline, and mysterious bogs. The nation's favourite national park on Estonia's north coast is home to several breathtaking historic manor estates, ancient fishing villages, and a hidden waterfall among a backdrop of picturesque scenery.



### DAY TRIP TO NEARBY ISLANDS OF TALLINN

Explore Estonia's 2,222 islands for unforgettable experiences of beautiful landscapes and cultural heritage. Some of the most spectacular islands can be found a quick scenic boat trip away, right off the coast of Tallinn. Visit **Aegna** for forests, beaches, and hiking trails, **Prangli** for fishing-village culture, and **Naissaar** for extensive military history dating to the Russian Tsarist era.



### BOG WALK

Visiting Estonia's fascinating peat bogs is an absolute once-in-a-lifetime experience. These protected areas can be toured via wooden plank trails or by wearing specially developed bog-shoes to traverse the mushy, wet ground while also protecting the bog's delicate ecosystem.





### VISIT THE ESTONIAN NATIONAL MUSEUM

A gem of contemporary architecture is set on a former military airfield. Discover the everyday life of Estonians and Finno-Ugric people throughout history at the permanent exhibitions.



### STREET ART TOUR

Tartu is known as a city rich in street art — at almost every step, you can encounter contemporary interpretation of art through graffiti and colourful messages, created by a mix of talented artists. The best way to discover street art is on foot or by bike.



### LOCAL ORGANIC FARM TOUR

How is the world's best Estonian cheese made? How does the robotic milking machine work and how is milk turned into cheese? There are several well-maintained organic farms around Tartu which also offer farm tours and tastings. Visit Andre Dairy Farm or Viinamärdi Cheese Farm to learn about cheese production. Visitors can also feed the cows, pet the calves, and taste the products in our farm shop.



### EMAJÕGI RIVER BOAT TRIP

The Emajõgi river is one of the most important symbols of Tartu. For a fantastic way to admire the river's picturesque landscape, climb aboard the Jõmmu barge, a replica of the wooden trade vessels that plied local waterways from Hanseatic times right up to the 20th century.



### DAY FILLED WITH SCIENCE AT AHHA SCIENCE CENTRE

The most entertaining science centre in the Baltics boasts numerous 'hands-on' exhibits, exhibitions, science-related workshops, a planetarium and science theatre shows.



### SECRETS OF THE ART OF PRINTING

TYPA is a printing and paper art centre, devoted to preserving and passing down the secrets of art of printing. Here you can make your own paper, a notebook, or learn historical printing techniques.



### DISCOVER THE MYSTERIOUS SETOMAA

One of the most intriguing areas to visit around Tartu is Setomaa a home to Seto people, an ethnic group with its own unique traditions that's been living in this corner of Estonia since time immemorial.



### LEARN THE PROCESS OF MAKING BEERS

A Le Coq — Estonia's oldest brewery and the biggest beverage producer is located in Tartu. Visit their elaborate beer museum called The Beer World and learn about its history and the process of making beers. Also a smaller craft beer producer Pühaste offers visits to their Taproom, including beer tasting and a tour of the factory.



### GO CREATIVE IN WIDGET FACTORY

A former factory is today a hip creative gathering place of boutique stores, co-working spaces, galleries, restaurants, art studios. Several workshops are available for groups, e.g. jewellery making, painting etc.



### VISIT ONION ROUTE & OLD BELIEVERS' VILLAGES

Colourful cottages mark the area known as the Onion Route, a 30-kilometre-or-so stretch of road spanning the southern coast of Lake Peipsi. The route takes its name from this region's unique inhabitants — Russian Old Believers, a traditional, religious minority who established their own way of life here after their ancestors fled Russia three centuries ago.





## DISCOVER THE WORLD OF CIDER MAKING

Visit the family-owned cider house and orchard nearby Pärnu, where ciders and wines are crafted from 100% Estonian apples, handpicked from non-industrial local orchards. Experience the magic of the orchard, meet the cider makers, learn how ciders are made and finish with a guided tasting of different ciders.



## GET ACTIVE ON THE GOLF COURSE

Just a 15-minute drive outside of Pärnu lie two of the most high-level golf courses in Estonia. In terms of difficulty, these golf courses offers a real challenge even for a professional golfer. Pärnu Bay Golf Links is the first links course in the Baltic region and features wide fairways and expansive sand areas, as well as multi-leveled greens with bold movement. White Beach Golf, an 18-hole golf course, is located near Valgerand (White Beach), the most beautiful beach by Pärnu Bay.



## "LIKE A LOCAL" BIKE TOUR

The best way to get know Pärnu is by pedalling through the charming old town, hidden yards, beach parks and promenades.



## MAMM&FRUKT WINE ROOM & TASTING

Mamm&Frukt is an urban winery in Pärnu, established in 2015. It offers a variety of wines made from local berries and fruits. Visit the wine room and try wine from a variety of berries, while hearing about the production methods, history and the composition of these wines, as well as getting a better understanding of the Estonian wine culture.



## ADRENALINE RUSH ON THE PORCHE RACE CIRCUIT

Thrillseekers can test their nerves on the Porsche ring motor racing circuit — the most modern racing circuit in the Nordics — where participants can take high-speed laps in sports cars, learn to drift in a drift taxi and even put the pedal to the metal in an Formula 1! Porsche Ring is the only permanent racing circuit in Estonia for cars and motorcycles, and the only track that has a FIA Grade 4 license in the Baltics. The complex includes a rallycross track, off-road track, and more beach parks and promenades.



## SURF CLUB ACTIVITIES

Sunshine and excellent surf centres with cosy beach cafés along the central beach make water sports particularly enjoyable in Pärnu. Set up a training camp and learn windsurfing, paddle-surfing, SUP-boarding, skim-boarding or kite-surfing under the guidance of instructors.



## SAILING ON PÄRNU BAY

Sailing is a popular local pastime, so a leisurely yacht cruise on the bay is a fitting way to unwind and enjoy the scenery. Experienced captains and stewards will show the ropes aboard and teach good boatmanship.



## DAY TRIP TO KIHNU ISLAND

For an unforgettable cultural experience, arrange a trip from Pärnu to nearby Kihnu island. The small island of Kihnu is known for preserving its seafaring way of life and age-old traditions. The cultural heritage of Kihnu — the clothing, language, music and handicrafts are part of the UNESCO Intangible Cultural Heritage List. beach by Pärnu Bay.





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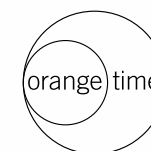
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## Get in Touch

Find a professional organizer, caterer or AV company to assist with the planning of your upcoming meeting or incentive in Estonia at [www.ecb.ee/suppliers](http://www.ecb.ee/suppliers)



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