



TEAM BUILDING ACTIVITIES

Program: Hercules

We get certain values and meaning of life according to ancient Greek mythology. These Greek myths are wonderful to read and to understand. You can learn about how these Greek "gods" lived their lives during those times. Meli Tours uses these pieces of information to create meaningful, educational games that are fun for all ages. It is ideal for students, professionals, family and friends. Take advantage of these 'ancient games' have fun and learn quick facts about ancient Greece.

Hercules

History...

This event is based on a mythological scenario (with some irregularity). It's about Hercules, the ancient Greek hero and his life.

The Myth...

The most popular between Greek heroes, Hercules ("Heracles" is his name in Greek) was celebrated in stories, sculptures, paintings, and even in the geography of the ancient world. The goddess Hera determined to make trouble for Hercules. She literally made him lose his mind. In a confused and angry state, he killed his own wife and children. When he awakened from his "temporary insanity," Hercules was shocked and upset by what he'd done. He prayed to the god Apollo for guidance, and the god's oracle told him he would have to serve Eurystheus, the king of Tiryns and Mycenae, for twelve years, in punishment for the murders. As part of his sentence, Hercules had to perform twelve Labors, feats so difficult that they seemed impossible. Fortunately, Hercules had the help of Hermes and Athena, sympathetic deities who showed up when he really needed help. By the end of these Labors, Hercules was, without a doubt, Greece's greatest hero. His struggles made Hercules the perfect embodiment of an idea the Greeks called pathos, the experience of virtuous struggle and suffering which would lead to fame and, in Hercules' case, immortality.

The Tasks of Hercules:



THE STYMPHALIAN BIRDS

History:

Hercules had to drive away an enormous flock of birds which gathered at a lake near the town of Stymphalos. Arriving at the lake, which was deep in the woods, Hercules had no idea how to drive the huge gathering of birds away. The goddess Athena came to his aid, providing a pair of bronze krotala, noisemaking clappers similar to castanets. These were no ordinary noisemakers. They had been made by an immortal craftsman, Hephaestus, the god of the forge. Climbing a nearby mountain, Hercules clashed the krotala loudly, scaring the birds out of the trees and then shot them with bow and arrow, as they took flight.

YOUR TASK IS:

Use Bow & Arrows to "kill" the Stymphalian Birds. In fact you have to throw your arrows to the target to collect as many points as you can. In addition, you have to answer questions that will be given to you regarding the history of Hercules. It's all about fun and education.



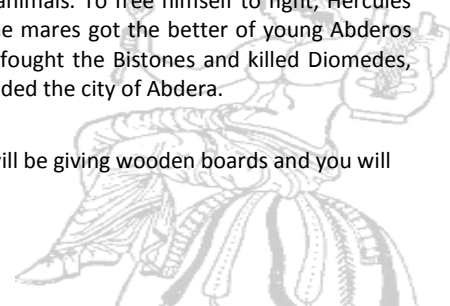
THE MAN-EATING HORSES OF DIOMEDES

History:

Eurystheus sent him to get the man-eating mares of Diomedes, the king of a Thracian tribe called the Bistones, and bring them back to him in Mycenae. According to Apollodorus, Hercules sailed with a band of volunteers across the Aegean to Bistonia. There he and his companions overpowered the grooms who were tending the horses, and drove them to the sea. But by the time he got there, the Bistones had realized what had happened, and they sent a band of soldiers to recapture the animals. To free himself to fight, Hercules entrusted the mares to a youth named Abderos. Unfortunately, the mares got the better of young Abderos and dragged him around until he was killed. Meanwhile Hercules fought the Bistones and killed Diomedes, and made the rest flee. In honor of the slain Abderos, Hercules founded the city of Abdera.

YOUR TASK IS:

You have to ride the wild horses of Diomedes. In other words, you will be giving wooden boards and you will have to figure out the fastest way to walk with these boards.





CERBERUS

History:

Eurystheus ordered Hercules to go to the Underworld and kidnap the beast called Cerberus. The ancient Greeks believed that after a person died, his or her spirit went to the world below and dwelled for eternity in the depths of the earth. The Underworld was the kingdom of Hades, also called Pluto, and his wife, Persephone. Depending on how a person lived his or her life, they might or might not experience never-ending punishment in Hades. All souls, whether good or bad, were destined for the kingdom of Hades. Cerberus was a vicious beast that guarded the entrance to Hades and kept the living from entering the world of the dead. According to Apollodorus, Cerberus was a strange mixture of creatures: he had three heads of wild dogs, a dragon or serpent for a tail, and heads of snakes all over his back. Hesiod, though, says that Cerberus had fifty heads and devoured raw flesh. A weaponless Hercules set off to find Cerberus. Near the gates of Acheron, one of the five rivers of the Underworld, Hercules encountered Cerberus. Undaunted, the hero threw his strong arms around the beast, and wrestled Cerberus into submission. The dragon in the tail of the fierce flesh-eating guard dog bit Hercules, but that did not stop him. Cerberus had to submit to the force of the hero, and Hercules brought Cerberus to Eurystheus.

YOUR TASK IS:

Use the boards to cross the Acheron River to enter the gates of Hades! Remember: Don't touch the "water".



THE AUGEAN STABLES

History:

Eurystheus ordered Hercules to clean up King Augeas' stables in a single day.

Now King Augeas owned more cattle than anyone in Greece. Every night the cowherds, goatherds and shepherds drove the thousands of animals to the stables. Hercules went to King Augeas, said that he would clean out the stables in one day. First the hero tore a big opening in the wall of the cattle-yard where the stables were. Then he made another opening in the wall on the opposite side of the yard. Next, he dug wide trenches to two rivers which flowed nearby. He turned the course of the rivers into the yard. The rivers rushed through the stables, flushing them out, and all the mess flowed out the hole in the wall on other side of the yard.

YOUR TASK IS:

Carry as much water as you can, using a cup, to fill a bucket which is attached to a scale in order to lift the weight attached to the other side.



THE APPLES OF THE HESPERIDES

History:

Eurystheus commanded Hercules to bring him golden apples which belonged to Zeus, king of the gods. Hera had given these apples to Zeus as a wedding gift, so surely this task was impossible. These apples were kept in a garden at the northern edge of the world, and they were guarded not only by a hundred-headed dragon, named Ladon, but also by the Hesperides, nymphs who were daughters of Atlas, the titan who held the sky and the earth upon his shoulders. The secret was that Hercules would have to send Atlas after them, instead of going himself. Atlas hated holding up the sky and the earth so much that he would agree to the task of fetching the apples, in order to pass his burden over to Hercules. Atlas went to get the apples while Hercules was stuck in Atlas's place, with the weight of the world literally on his shoulders. When Atlas returned with the golden apples, he told Hercules he would take them to Eurystheus himself, and asked Hercules to stay there and hold the heavy load for the rest of time. Hercules slyly agreed, but asked Atlas whether he could take it back again, just for a moment, while the hero put some soft padding on his shoulders to help him bear the weight of the sky and the earth. Atlas put the apples on the ground, and lifted the burden onto his own shoulders. And so Hercules picked up the apples and quickly ran off, carrying them back, uneventfully, to Eurystheus.

YOUR TASK IS:

With your eyes closed you will have to taste several fruits and name the fruit. Let's see if your taste buds are accurate.

CATEGORY: Team Building

DURATION:

INCLUDED: Accommodation on HB, bus transportation, needed equipment and personnel, all taxes

PRICE: Please contact: info@melitours.gr

The activity can be generally rearranged depending on your needs.

