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## **SUMMARY**

### **Social events - recreation, tourism, adventure**

In the beginning recreation tourism was popular in the business environment, and was limited to banquets with music and catering. A typical business party was organized and funded by a workplace as a form of employee gratification. Today this form of recreation is called motivation or social tourism.

Since 1996, integration events have evolved - from typical banquets to physical activity, integration and team work. A good example of such activity is Paintball, existing around Lublin since 1997. Paintball was invented in USA by survival fan.

Initially, paintball was played mostly by students and employees during international events. Over time, paintball became a popular activity for all social and age groups. Team games are helpful for employers in recognizing potential team leaders and eliminating team work problems.

With evolution of integration events, the region of Lublin became one of the outdoor activities main centers, which had a positive influence on the general growth of the Eastern Poland.