

# Activities for the conference



We always recommend combining your meetings with an activity.

The combination strengthens a communal sense of belonging and can help set everyone's thoughts in motion. At Steningevik, we offer everything from skill-developing exercises and relaxing sessions to fast-paced physical challenges and games — it's completely up to you.

Maybe some aqua sports for the water-lovers or box car construction challenges for those more inclined to stay on dry land? With so much to choose from, we have everybody covered!

ACTIVITY	OUTDOORS	INDOORS	INDIVIDUAL	COOPERATIVE	CALM	ACTION-PAKED	WATER	PLAYFUL	COMPETITION	PARTICIPANTS	TIME (HOURS)
Bumperball	✓		✓	✓		✓		✓	✓	6-40	1.5
Wine tasting		✓			✓					1-25	1-1.5
420 Seconds	✓			✓		✓		✓	✓	6-360	1.5
Segway	✓		✓	✓	✓	✓		✓	✓	1-100	1-1.5
iTeamriddle	✓			✓				✓	✓	6 & up	1.5
Garden Party	✓		✓	✓				✓	✓	10-120	1-2
Raft Construction	✓			✓			✓	✓	✓	8-150	1.5
Box Car Construction	✓			✓		✓		✓	✓	8-150	1.5
Combat Boat Tour	✓					✓	✓			1-24	1-3
RIB Baot	✓					✓	✓			8-14	1-2
Sense Walk		✓	✓	✓	✓				✓	2-50	1
Sauna & Pool		✓			✓		✓			1-30	1-3
Wood Burning	✓				✓		✓			2-15	1-2
Vernissage Art Creation	✓	✓		✓	✓			✓	✓	1-100	1-1.5
Film A Commercial	✓	✓		✓				✓	✓	10-100	2.5
Yoga & Mindfulness	✓	✓	✓		✓					1-100	1-2
Laser Clay Pigeon Shooting	✓		✓					✓	✓	1-100	1-2
Checkpoint 59	✓			✓		✓		✓	✓	6-100	1.5
Master of Masters	✓		✓	✓		✓		✓	✓	6-200	2
Kayaking	✓		✓	✓	✓		✓			6-40	1-3
Nerves of Steel	✓	✓	✓	✓	✓	✓		✓	✓	6-80	1
Music Quiz		✓	✓	✓	✓	✓		✓	✓	1-100	1-1.5
The Challenge	✓			✓				✓	✓	12-500	1,5
Golf	✓			✓	✓			✓	✓	2-20	2
Combat Aircraft		✓	✓			✓		✓	✓	2-20	2
The Secret Box		✓		✓				✓	✓	8-250	1-2 tim



## Bumperball

Crazy, entertaining, exciting and insanely fun — this is the usual reception whenever we host this thrilling activity! The rules are simple: participants play football while wearing large plastic balls that cover the head and upper body. These plastic balls ensure that participants won't get hurt when tackled or falling over, so everyone can play to their hearts' content. We'll split the group into teams and make a fun football tournament — the team with the most goals wins the trophy!

TIME	NUMBER OF PARTICIPANTS	PRIS
1-1.5 hours	6-40	Contact us for pricing information

## Wine Tasting

Let our talented sommeliers gently guide you into the fascinating world of wine. You'll be absolutely intrigued by the diversity, taste, and trends in wine — there really is so much to learn!

The tasting is easy to adapt to your level of knowledge, and once we set off you can expect an exciting journey full of flavours, fragrances, and impressions. We are happy to make suggestions of different themes, for wines red and white, or for specific grapes — the possibilities are nearly endless.

We can also arrange tastings with chocolate, cheese, beer, and various other drinks.



TIME	NUMBER OF PARTICIPANTS	PRICE
1 - 1.5 hours	25 max	Contact us for pricing information

## 420 Seconds

A truly fast-paced teambuilding competition! The concept relies on each team meeting in parallel at 6 different stations. Under the pressure of the clock, participants have to work together to succeed. It all comes to a thrilling conclusion in the exciting finale at the end. Participants will have to use their wit, intelligence, and planning ability in these games that will really test their limits (although more on the mental side than physical side). An activity that is suitable for everyone in the company!



TIME	NUMBER OF PARTICIPANTS	PRIS
420 seconds :)	Unlimited number	Contact us for pricing information



## Segway

Try the craze everyone has been talking about. A Segway feels like an extension of your body — it's easy to drive without encumbrance, and you can go at a steady clip of up to 20 km/h. You can select between the Segway Technical Course or Segway Shooting for your rides. The Segway Technical Course will have you mastering the vehicle as you take it through various challenges — you'll have to swing around, drive backwards, and navigate through narrow passages. The whole event culminates in an exciting relay race with your colleagues. For Segway Shooting, each participant rides around for a loop to get their bearings before entering the shooting range where they each have five shots with special electronic rifles.

TIME	NUMBER OF PARTICIPANTS	PRICE
1-1.5 hours	1-100	Contact us for hourly pricing

## iTeamriddle

iTeamriddle is a fresh and exciting teambuilding activity where new technologies meet proven designs. Some 50 tasks must be solved using iPads. Fun exercises, tricky questions, interactive photo assignments and design tasks are fed to participants in a never ending stream. When the competition comes to a close, teams recount their fun anecdotes from the competition, show off the pictures they took during the activity, and then we hand out a golden trophy to the winners! This activity can also be done indoors in the event of poor weather.

TIME	NUMBER OF PARTICIPANTS	PRICE
1.5 hours	Min 6	Contact us for pricing information



## Garden Party

Select from a variety of traditional English garden party games and some of our personal favourites to create your own custom match. The activity is sure to bring to mind thoughts of a green rolling park full of white-clad English gentlemen and ladies armed with parasols against the sun in one hand and sparkling champagne glasses in the other. Participants will encounter a number of tricky and diverse exercises. You can choose from the following events:

- Jumbo Jenga** - The popular game now presented in jumbo format
- Jumbo Four in a row** - A game of strategy and patience
- Cornhole** - Throwing miniature bags into a hole
- Horseshoes** - Throw rings around a vertical stick
- Laser Gun Shooting** - Who's got the fastest hand in the garden?
- Golf Ladder** - The balls are aimed at rungs
- Garden Darts** - Throw large darts at a target area on the ground
- Jumbo Memory** - A jumbo version of a memory test



TIME	NUMBER OF PARTICIPANTS	PRICE
1-2 hours	10-120	Contact us for pricing information



## Raft Construction

A really fun activity with lots of laughter and even a bit of swimming! Raft Construction is perfect for groups who want both competition and teamwork — it is an excellent way to improve group cooperation while working creatively. The group is divided into teams of 4-6 people. Each team is tasked with designing and constructing a raft out of barrels, ropes and timber. The event culminates with a race between all the rafts, where the mettle of the crew members is really put to the test.

TIME	NUMBER OF PARTICIPANTS	PRICE
1.5-2 hours	8-150 personer	Contact us for pricing information

## Box Car Construction

Teams come together to build box cars that are put to the test in an exciting race. Box Car Construction is an ideal activity for those who want both competition and teamwork — it is an excellent way to improve group cooperation while working creatively. The group is divided into teams of 4-6 people. Once time runs out, everyone pits their design in a competitive race and the winner gets the prize.

There is even an award for best looking design!



TIME	NUMBER OF PARTICIPANTS	PRICE
1.5-2 hours	8-150	Contact us for pricing information



## Stridsbåt Boat Tour

Experience Lake Mälaren with a real boat! Wield a prototype Stridsbåt 90, a vessel with high power and lower weight that, paired with its water jet propulsion, offers the exceptional manoeuvrability and performance of a combat ship.

Participants will be given a fast, safe, and exciting ride. You can choose to sit inside the comfortable cabin or out on the deck. Life jackets, warm jackets, and fleece blankets are provided.

TIME	NUMBER OF PARTICIPANTS	PRICE
1-1.5 hours	1-24	Contact us for pricing information



## RIB Boat

After a day of conferencing it can be nice to get some fresh air out on the lake. When you venture out on a RIB boat, it's impossible to get rid of that feeling of adventure and excitement. Experienced drivers will take you safely and securely all around the lake. With their high manoeuvrability and powerful engines that give RIB boats mastery over any lake, the vessels offer a unique euphoric feeling, something like swiftly flying just above the surface of the water.

TIME	NUMBER OF PARTICIPANTS	PRICE
Varies	8-12 persons/boat	Contact us for pricing information

## Walk Of The Senses

A nice activity to start the evening with. Our restaurant sets up stations in the main building where we put your senses of taste and smell to the test. Participants can compete as teams or as individuals. The activity can be booked with a starting time between 16:00-18:00



TIME	NUMBER OF PARTICIPANTS	PRICE
1 hours	2-50	295 SEK/person minimum of 1700



## Walk Of The Senses Deluxe

An upgraded Walk of the Senses where the senses of taste and smell are put to the test. Our restaurant serves up stations in the main building where our chefs present samples of food from the kitchen. You can compete in teams or individually. The activity can be booked with a starting time between 16:00-18:00.

TIME	NUMBER OF PARTICIPANTS	PRICE
1 hours	2-50	495 SEK/person minimum of 1700



## Sauna & Pool

You can exclusively rent our relaxation area which consists of an indoor pool and sauna for your group. The relaxation area can accommodate about 30 people. Between 17:00 - 19:30 it is only possible to rent 1 hour / group.

TIME	NUMBER OF PARTICIPANTS	PRICE
1 hour or more	Approximately 30	2000 SEK and up per hour

## Wood Burning Tub

Dressed in bathrobes, slippers and cosy hats, you'll relax in the pleasantly heated tubs located right next to the beach by Lake Mälaren. For a bit of extra luxury you can also purchase beer and wine as well as various charcuterie.

The Wood Burning activity can be booked until 19:30. And must be booked at least one day prior to the event.



TIME	NUMBER OF PARTICIPANTS	PRICE
1-2 hours	2-15	Approx 4000 SEK



## Vernissage Art Creation

Get everyone together with a creative leader to make your very own artwork in groups. Choose your own theme and create as your spirit moves you! Can also be done outdoors. The pictures you create are yours to keep and are a great way to decorate the office.

TIME	NUMBER OF PARTICIPANTS	PRICE
1-1.5 hours	1-100	Contact us for pricing information



## Film a Commercial

With the help of tablets and various props, teams are tasked with creating a short film or a new commercial for their company. The group is divided into teams of 5–8 individuals who must set out to script, cast, and record their short film. The teams will have access to clothing and props to make their films even better. Once everything is recorded, the teams have time to edit and finalize the audio. At the end, everyone sits down for an exciting premiere viewing. A great way to get to know your colleagues — and a guaranteed memorable time!

TIME

2.5  
hours

NUMBER OF  
PARTICIPANTS

10-100

PRICE

Contact us for pricing  
information

## Yoga & Mindfulness

Give your body a soul a moment for relaxation and rest. An instructor will take you through the basics and can adapt the exercises to your ability level.



TIME

1-2  
hours

NUMBER OF  
PARTICIPANTS

1-100

PRICE

Contact us for pricing  
information

## Laser Clay Pigeon Shooting

See what your employees are really capable of! Skeet shooting will hone your group's competitive instincts. Laser Clay Pigeon Shooting is the ultimate activity for groups who want to compete with aim and accuracy in mind. The sport is environmentally friendly, completely harmless, and can be practised all year round — even in the dark! Up to five people can shoot at the same time. Hits are recorded on a large digital scoreboard. We use modified shotguns that shoot an infrared beam that strikes against clay pigeons which are launched from afar.



TIME

1-2  
hours

NUMBER OF  
PARTICIPANTS

1-100

PRICE

Contact us for  
pricing information



## Checkpoint 59

Each team is divided into two units that must work together. Utilizing walkie-talkies and maps, the two different units have to communicate and guide each other to find various clues...

### TIME

1-1.5  
hours

### NUMBER OF PARTICIPANTS

6-100

### PRICE

Contact us for pricing information

## Master of Masters

In this completely new version of MM we have created a tremendously fun and different competition. There are 5 stages, each testing a different skill — Concentration, Focus, Mental Endurance, Strength and Self-Discipline. The competition begins with a review of the tasks and a pep talk to get everyone going, and then the seriousness before the competition starts in earnest. It all concludes as we tally the results and crown the Master of Masters!

### TIME

2  
hours

### NUMBER OF PARTICIPANTS

6-200

### PRICE

Contact us for pricing information



## Kayaking

A kayak trip around Lake Mälaren is sure to give memories that will last a lifetime. Our guided tours give you the opportunity to experience the majestic landscape up close and personal. We provide all of the necessary equipment and of course make sure to briefly train everyone on the correct paddling technique and all safety precautions. Our experienced instructors set up a route that will make the best use of the weather, the water conditions, and your own personal desires. Maybe take along a picnic basket to lunch midway through? No previous kayaking knowledge is required for this fun activity.

### TIME

1-3  
hours

### NUMBER OF PARTICIPANTS

6-40

### PRICE

Contact us for pricing information





## Nerves of Steel

A fun and challenging indoor competition that everyone can participate in. Participants are divided into teams which will meet in the arenas of 12 different challenges. Teams select one of their own to become the representative for each round, facing off against the challengers from the other teams. After each challenge, teams choose a new representative so that each person undergoes at least 2 contests during this hectic and thrilling trial. To get through it all, you'll need nerves of steel! Your team members are the audience and cheerleaders as the representatives of each team face off against each other. These challenges will test your concentration, wit, and focus — three highly useful traits in this tough but valuable challenge!

TIME	NUMBER OF PARTICIPANTS	PRICE
1 hour	6-80	Contact us for pricing information

## Music Quiz

A popular entertainment quiz that will test your brain and knowledge! Sharpen your pencil and compete to become the winner of the evening.



TIME	NUMBER OF PARTICIPANTS	PRICE
1-1.5 hours	2-100	Contact us for pricing information



## The Challenge

An easy-going and immensely fun activity, this energy-filled challenge is all about solving a great variety of problems. The challenges are highly diverse — it can be anything from a photo assignment or finding something in your environment to solving new and difficult trials. There are more challenges than time allows, so make sure you choose the ones that best match your team's skill set so you can compete in as many as possible. The group is divided into teams that are each provided with a tablet as their primary tool. When the starting shot sounds, each team comes up with a strategy for how they want to focus their efforts — direct yourselves towards what you think is fun and what activities you are best at. The winning team at the end is the one that has demonstrated the greatest strength of cooperation, a burning desire to win, and unrivalled creativity — and it's usually the one that had the most fun!

TIME	NUMBER OF PARTICIPANTS	PRICE
1.5 hours	Min 12	Contact us for pricing information



## Golf

Try the noble sport Golf. You will learn the basics of golf, which then ends with your own golf competition where you are divided into 3-4 teams. The activity is performed at Arlandastad Golf, about 10 minutes drive from Steningevik. Clubs and balls are included in the event - You put on good shoes and clothes depending on the weather.

TIME	NUMBER OF PARTICIPANTS	PRICE
2 hours (excluding journey)	2-20	Contact us for pricing information

## Combat Aircraft

A unique flying experience in full-scale Viggen AJS 37 Motion VR Simulators. You will fly on assignment together with pilots who have flown combat aircrafts for the Swedish Air Force. The activity is at Flygstridsskolan at Arlanda Airport about 12 minutes drive from Steningevik.

\* for more than 20 people, we need to check the time required with the Air Combat School



TIME	NUMBER OF PARTICIPANTS	PRICE
2 hours (excluding journey)	2-20	Contact us for pricing information



## The Secret Box

The Secret Box is an easy-going and very fun indoor activity. Participants will be able to test their taste and smell senses as well as their intelligence and creativity. Much laughter and crazy antics promised during the hour that they have to solve the problems and ingenious devices that are in the secret box. Pretty soon you realize that the problems are many and some very difficult. How will the group tackle the difficulties that arise? Prioritize, organize and delegate might be a way, but is it enough of time? Cooperation is the solution, but which team is most effective

TIME	NUMBER OF PARTICIPANTS	PRICE
1,5 hours	8-250	Contact us for pricing information