



Aktivitetshuset



Aktivitetshuset preparing for spring

Spring is just around the corner, and soon there will be sunnier and longer days. With this update we want to give you an update on what is going on at Aktivitetshuset right now.

Aktivitetshuset has just been extensively rebuilt to fit future needs. We have opened up the interior to create big open, light spaces. By focusing on socializing, health and well-being we want to inspire meetings between people and give people the opportunity to keep a good balance between work and spare time. This is a house for you, me and our families and it is important to us that everyone feels welcome to connect, recharge and to enjoy!

We have a new kitchen and bakery called SMAK, with a fresh and tasty offer, like sour-doughs, smoothies, pastries and lunches, all homemade and to affordable prices.

Now we are finalizing the inside of our house, turning it into our home, filling it with content, setting our routines and creating a venue with the purpose to inspire social interaction and health and wellbeing. We are closely following the development of the ongoing pandemic and we have a careful step-by-step approach to how we can open up our house. During the spring we will focus on our take-away offer from our new kitchen and bakery, online activities, and outdoor activities.

Follow us to find out more

Instagram: [IKEA Aktivitetshuset](#)
Facebook: [Aktivitetshuset i Älmhult](#)
Web: [Aktivitetshusetalmhult.se](#)

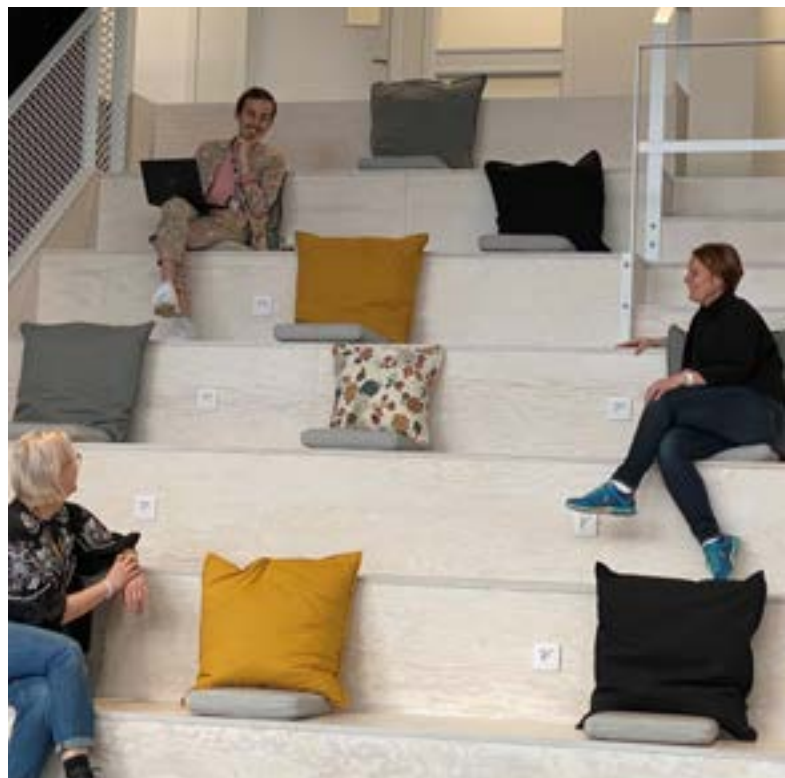
Easter break

Online Cook-along

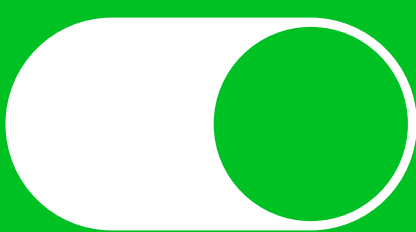
On Tuesday 30 March we will invite you to an online cook-along with IKEA colleague Vandana Pai who will take us through cooking the traditional Indian dish called Daal. Information will be shared via our website and our Instagram and Facebook account.

Order your easter food from us

This Easter you can order four different easter inspired Smørrebrød from Aktivitetshuset for take-away. Choose between brie cheese and tomato chutney, hand-peeled shrimps and egg, roastbeef with curry mayonnaise or so called "Gubbröra". A Smørrebrød is a traditional Danish open-faced sandwich that usually consists of a piece of buttered rye bread with yummy toppings. For dessert we have a Pavlova with passion fruit curd, fresh berries and whipped cream. Information will be shared via our website and our Instagram and Facebook account.



Our workout offer



Psst! Click me to see the full online offer.

Our workout offer

Global online workout offer

At Aktivitetshuset we know that when you feel at your best you are at your best. That's why we have put together an online workout offer so that IKEA colleagues all over the world and their families can work out from home – together. So team up with us for one of our many online workouts via our webpage. To the left you find the link to our full offer!



New online session - Sensing Yoga

Sensing means to feel, and with this yoga type you experience your body from deep inside and you move according to the condition of the body. Sensing yoga is gentle with simple movements and based on moving as naturally as possible.

New workout videos available

Now you can find pre-recorded sessions of Strength & Pulse and Body strength on our website for you to workout wherever and when ever it suits you.

Gym is now opened for pre-booking

On 22 February, we opened up the gym with a new booking system for IKEA co-workers, their families and for Vuxenklubben. To visit the gym you need to book a time slot via our webpage. The gym is currently open between 06:15-16:15.



Outdoor workouts

If you prefer outdoor training, and you are in Älmhult we have mapped out all the running trails and outdoor gyms that can be found here. We also put together an activity walk map, so grab a friend, print the map, and workout your way around Älmhult. Or print the map and use the same set up of activities in your hometown and let us know how it is going!

Our yummy offer

SMAK

We now introduce our new kitchen and bakery SMAK with a fresh and tasty take-away offer, including breakfast, pastries and lunches, all homemade and to affordable prices. You find our complete menu on our website, together with information on how and when you can order from us.

Breakfast

Try out our Saturday breakfast menu with freshly baked sour dough buns, healthy smoothies and yoghurt with our homemade granola and fantastic berry compote. Or why not just order freshly baked sourdough buns? Choose between 4 different types. Check out the complete menu on our website.

Pastries

We also have something for your sweet tooth. Like marvelous cinnamon buns or banana bread with peanut butter. For special holidays we also prepare seasonal fika.

Lunch and snacks

Order lunch and snacks for both body and soul. We don't take any shortcuts to a good taste experience, our tasty and nutritious salads are simple and genuine. Choose between three different salads - Swedish chicken, hand-peeled shrimp or vegan beans and chickpea patties. As a snack, we offer healthy smoothies and yoghurt with our homemade granola and fantastic berry compote.

We wish you all a lovely spring!

