

# Get together!

Team activities Move & Mind / Play & Connect

Boost your next team get-together with energy, inspiration, and joy! Aktivitetshuset is our house, for us IKEA co-workers and our families. This is where we connect with colleagues from all over IKEA, catch-up for lunch or coffee, workout, play and get creative together.

In this document you find our two packages, Move & Mind and Play & Connect with activities for you and your team.

**Aktivitetshuset**



🏠 Our packages

# Move & Mind

## Bonding energies

Work out, reconnect and recharge together with your team. The Move & Mind session is focusing on health, happiness and togetherness.

Our instructors Mia, Sara and Marie will guide you and your team through energy boosting and relaxing classes as well as simpler workout sessions. Everyone can join, no pre-knowledge is needed.

You can also include breakfast or Swedish Fika, all made with a lot of love in our kitchen and bakery SMAK.

Read more about our morning, afternoon and “in between” alternatives, bookable on Wednesdays and Thursdays, on pages 4-6.





🏠 Our packages

# Play & Connect

## Great evening fun!

A fun and playful evening with activities for everyone. Having fun and laughing together makes us feel good. It actually strengthens our immune system, boosts our mood and gives us balance in body and mind. And it makes us feel connected with each other.

With Play & Connect you get the whole playroom, alone for your team for 2 hours. Play table-tennis, challenge your team mates with a game of pool, learn how to play shuffle board and hang out together.

You can also include snacks or a burger menu, all made with a lot of love in our kitchen and bakery SMAK.

Read more about our evening alternative, bookable on Wednesday, on page 7.





🕒 **Wednesdays & Thursdays**

# Move & Mind Morning

**8:30** Functional / Soft Functional workout that help you perform activities in everyday life more easily.

**9:15** Breakfast including sourdough sandwich with cheese, smoked turkey and greens, healthy green smoothie with spinach, mango and ginger, overnight oat with blueberries, rawball, soft-boiled egg and Swedish kaviar. Coffee or tea.

**10:15-10:45** In Sensing Yoga we experience the body from deep inside and make movements on the body's condition.

## 👤 **Pricing examples**

Up to 10 participants: 4 000 SEK

Up to 15 participants: 6 000 SEK

Up to 20 participants: 8 000 SEK

Up to 25 participants: 10 000 SEK

Up to 30 participants: 12 000 SEK

All pricing examples include VAT





🕒 **Wednesdays & Thursdays**

# Move & Mind Afternoon

**13:30** Functional / Soft Functional workout that help you perform activities in everyday life more easily.

**14:00** Healthy green smoothie with spinach, mango and ginger.

**14:15** In Sensing Yoga we experience the body from deep inside and make movements on the body's conditions.

**15:15-15:45** Swedish FIKA with home-made cinnamon bun and rawball. Coffee or tea.

## 👤 **Pricing examples**

Up to 10 participants: 4 000 SEK

Up to 15 participants: 6 000 SEK

Up to 20 participants: 8 000 SEK

Up to 25 participants: 10 000 SEK

Up to 30 participants: 12 000 SEK

All pricing examples include VAT





🕒 **Wednesdays & Thursdays**

# Move & Mind Lite

Move & Mind Lite is for your in-between times. As a break in a full day meeting, or maybe in between workshops. Give your team gathering some extra energy with one or more alternatives.

Choose between Sensing Yoga, Functional workout, Soft Functional workout or an energy boosting breakfast or FIKA. Or combine them in a way that suits you.

**Sensing Yoga / Functional workout  
Soft Functional workout,  
30 minutes**

Up to 10 participants: 1 500 SEK  
Up to 15 participants: 2 250 SEK  
Up to 20 participants: 3 000 SEK  
Up to 25 participants: 3 750 SEK  
Up to 30 participants: 4 500 SEK

**Healthy breakfast  
or Swedish FIKA**

Up to 10 participants: 1 000 SEK  
Up to 15 participants: 1 500 SEK  
Up to 20 participants: 2 000 SEK  
Up to 25 participants: 2 500 SEK  
Up to 30 participants: 3 000 SEK

All pricing examples include VAT





🕒 Wednesdays

# Play & Connect

## Evening fun

Having fun and laughing together makes us feel good. It actually strengthens our immune system, boosts our mood and gives us balance in body and mind. And it makes us feel connected with each other.

Choose between our two alternatives, with snacks or with burger menu.

**Access to Playroom, 2 hours  
+ Great snacks**

Up to 10 participants: 1 200 SEK  
Up to 15 participants: 1 550 SEK  
Up to 20 participants: 1 900 SEK  
Up to 25 participants: 2 250 SEK  
Up to 30 participants: 2 600 SEK

**Access to Playroom, 2 hours  
+ Burger\* menu**

Up to 10 participants: 2 000 SEK  
Up to 15 participants: 2 750 SEK  
Up to 20 participants: 3 500 SEK  
Up to 25 participants: 4 250 SEK  
Up to 30 participants: 5 000 SEK

\* Ground chuck, Halloumi or Vego burger. All pricing examples include VAT





# We're in!

## How do we book?

### Do you want to know more?

Email us and we will happily guide you to the option that suits your team the best: [aktivitetshuset@inter.ikea.com](mailto:aktivitetshuset@inter.ikea.com)

### Ready to book?

To support you in the very best possible way we have created a [pre-filled form](#) on our website with the information we need to proceed with the booking





# Check the menu

## What's included?

Everything on the menu is made with a special thought behind it – to be good for you. We carefully choose our ingredients and combine them to create a healthy balance for both body and mind, with lots of flavours for you to enjoy.

If you have allergies, eat vegan or vegetarian, let us know!  
We are happy to help you find a dish that suits you.

### **Breakfast**

Sourdough sandwich with cheese, smoked turkey and greens, healthy green smoothie with spinach, mango and ginger, overnight oat with blueberries, rawball, soft-boiled egg and Swedish kaviar  
Coffee or tea

### **Smoothie**

Healthy green smoothie with spinach, mango and ginger

### **Swedish Fika**

Home-made cinnamon bun and rawball  
Coffee or tea

### **Great snacks**

Snacks: Salted chips with seaweed caviar, red onion, dill and whipped sour cream  
Excluding beverage

### **Burger menu**

Ground chuck burger / Halloumi burger / Vego burger  
All burgers are served with tasty accessories and side dish  
Excluding beverage



# Good to know!

## The small print

Below you can find some useful information and good-to-know stuff before you book:

### **Move and Mind**

Soft Functional workout – a soft workout where we challenge our daily movements in a fun way. We use different tools and change is not needed.

Functional workout – a workout that challenges your condition, mobility, balance and strength in an energizing way. Workout clothes and indoor shoes are preferred.

Sensing Yoga – we experience the body from deep inside and make soft movements on the body's conditions. Change of clothes is not needed but we recommend soft and comfortable clothes. We have yoga mats you can borrow, but feel free to bring your own if you want.

At Aktivitetshuset you have access to changing rooms and showers.

### **Play and Connect**

Here you come just as you are but bring a happy mood and a little competitive instinct.

### **Cancellation policy**

We know that things can happen and plans can change, but there are some things you need to consider. Once you have signed up your team with us it means that we have reserved time in our schedule exclusively for you.

If you are forced to cancel your appointment a cancellation fee will be charged:

48 hs before your booking, 50%

24 hs before your booking, 75%

Same day, 100%

You can cancel or reschedule an appointment by mail at [aktivitetshuset@inter.ikea.com](mailto:aktivitetshuset@inter.ikea.com) or phone 0476 440 760.