

September 2022

# Team activities

Move & Mind / Play & Connect / Get to know us / Fix your own

Boost your next group get-together with energy, inspiration, and joy! Aktivitetshuset is a place to recharge and connect with colleagues, family and friends, catch-up for a lunch or a coffee, workout, play and get creative together.

In this document you can find our different activities for you and your team, family or friends.

 Open to the public

**Aktivitetshuset**

🕒 Monday to Friday

# Move & Mind

## Work out together

Work out, reconnect and recharge together with your team. The Move & Mind session is focusing on health, happiness and togetherness and can be booked every day during our opening hours. 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.

Choose between Sensing yoga, Functional workout or Soft Functional workout or combine them in a way that suits you.

You can also add breakfast, lunch or fika, all made with a lot of love in our kitchen and bakery SMAK. Scan the QR code for more information about the menu and prices or check our [website](#).

👤 **Move & Mind session, 30 minutes**

Up to 12 participants: 1 500 SEK

13-30 participants: 2 500 SEK

All pricing examples include VAT



🕒 Monday to Friday

# Move & Mind

## Choose your workout

### **Soft Functional workout**

A soft workout where we challenge our daily movements in a fun way. We use different tools and change of clothes 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. Bring your own towel or rent one from us.



🕒 Tuesdays / Wednesdays / Thursdays

# Play & Connect

## Great evening fun!

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 shuffleboard and hang out together.

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.

You can also add snacks or a burger menu, all made with a lot of love in our kitchen and bakery SMAK. For more details about the menu and prices scan the QR code or check our [website](#).

👤 **2 hours Play & Connect**  
500 SEK

All pricing examples include VAT



🕒 Monday to Friday

# Get to know us

## A tour with breakfast

Have you visited our pottery room? Or did you know we have a fantastic spa area with jacuzzi? Or that we organize drop-in knitting lunches on Thursdays?

Get together with your colleagues with a tour around the house to find out everything you can do here and all the things that are available for you as an IKEA co-worker and your family at Aktivitetshuset.

End up the visit with a delicious breakfast buffet from SMAK. For more details about the menu and prices check our [website](#).

Our tour with breakfast buffet can be booked every day during our opening hours. If you prefer to come in the afternoon and have a fika instead, just ask!

👤 **Tour with breakfast buffet**  
100 SEK / participant

All pricing examples include VAT



🕒 Monday to Friday

# Fix your own Leisure activities

Organize your own leisure activity at Aktivitetshuset.

Book Studio 1, the entire Multihallen, or just half of it and put together your own activity with your team. This option is only available for IKEA co-workers, Vuxenklubben and their families.

Please note that this option gives you the opportunity to bring your own activity leader and arrange your own session of, for example, yoga, stretch or other activity that you and your team would like to practice, either in Studio 1 or Multihallen.

## 👤 Your own activity, prices per hour

Studio 1: 500 SEK (up to 12 participants)

Half Multihall: 1 000 SEK (up to 30 participants)

Full Multihall: 2 000 SEK (above 30 participants)

All pricing examples include VAT.



🕒 Monday to Friday

# Fix your own How it works

This offer is only for leisure related activities, not as meeting/ conference rooms. It can be booked with more than 2 weeks in advance and over 2 hours at a time. To protect the floor and secure the best usage of the rooms no chairs, food, drinks or outdoor shoes are allowed.

If you want to enjoy something to eat before or after your own leisure activity, you can prebook a small breakfast, a breakfast buffet, a fika, a lunch or some snacks from our kitchen and bakery SMAK.

For more details about what is included in the different menus and prices check our [website](#) or scan the QR code.



# Check the menu

## What you can add

Our team activities Move & Mind, Play & Connect and Fix your own can be upgraded with our special group menus or anything you like from our kitchen and bakery SMAK. In our Get-to-know-us team activity a breakfast buffet is already included in the price.

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 have a delicious choice for everybody and we are happy to help you find a dish that suits you. For more details scan the QR code or check our [website](#).

# 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 downloadable pre-filled form on our website with the information we need to proceed with the booking.

Click [here](#) or scan the QR code to get to the page with the booking form.





# Good to know!

## The small print

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

### **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.