



FLÄDIE MAT & VINGÅRD 'S ACTIVITIES

WINE TASTING

Join us on a tour through our vineyard, and take part of the philosophy that forms the ground of our cultivation and wine making. Try four different wines from our winery under the guidance of our experienced sommelier.

Minimum number: 10

Time: 75 min.

Price: 345 sek / person, incl. wine

WINE TASTING MINGLE

Mingle while our sommelier presents two selected wines - a relaxed and easygoing way to start the evening!

Minimum number: 10

Time: 1 hour

Price: 265 sek / person, incl. wine

TOUR OF THE VINEYARD AND WINE PRODUCTION

Book a tour of our vineyard and winery. We walk through the vineyard talking about growth, weed control, pruning and harvest. We then continue to the winery where our wines are resting in oak barrels and steel tanks.

Minimum number: 10 personer

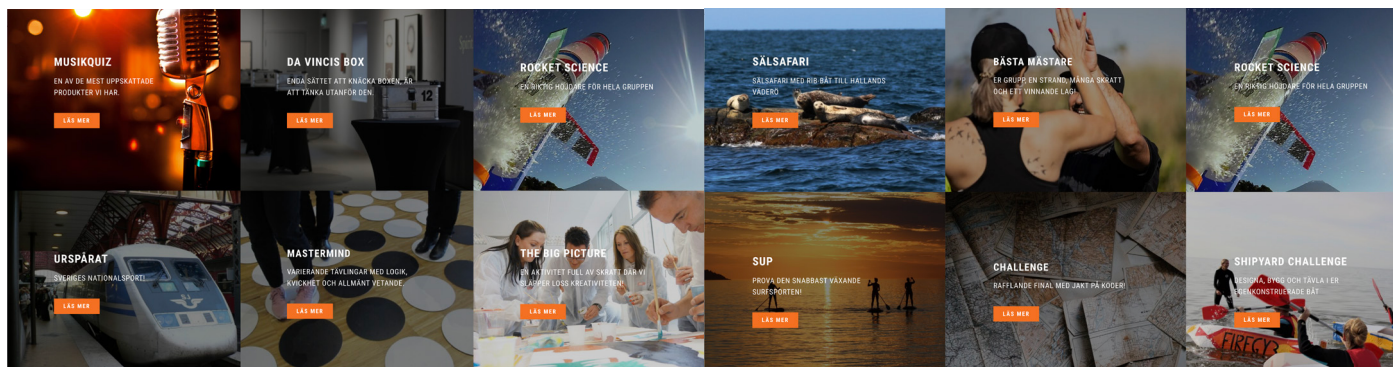
time: 30-45 min.

Price: 135 sek / person



ACTIVITIES ARRANGED BY OUR PARTNERS

These
activities
are arranged by
our partners,
and booked on
request!



SPIRIT EVENT

Spirit Event delivers experiences in connection with your conference and offers activities both indoors and outdoors. You can find a presentation of the range at www.spiritevent.se with, among other things, Music quiz, Da Vinci's box, the surf sport SUP and more! A popular activity is Rocket Science where teams build a water rocket that sends an egg 30m into the air, where the challenge is that the egg is whole when it lands. With limited materials, the participants must construct a functioning rocket AND build a device that protects the egg from breaking. In the dramatic finale, the team's constructions get to show their colors. Rocket Science is a fun team exercise for large and small groups where creativity takes center stage as you develop communication and group dynamics. An entertaining way to get to know each other's skills and characteristics.

Minimum number: 10

Time: 1,5 hours

Price: 590 sek / person

UTMANINGARNAS HUS / HOUSE OF CHALLENGES

The House of Challenges offers creative business activities for ten people or more. Their most popular activity is **In a box** - an exciting activity even for hybrid meetings. All teams get a bag filled with practical and clever activities they must solve both individually and in groups. Choose to gather everyone in the same room, or spread out across the office, or the country.

Minimum number: 10, no maximum number

Time: 90-120 minutes

Price: 2000 sek + 345 sek / person

The House of Challenges also offers other activities such as the Garden Olympics, Game Show and Team Factory, but for a few more participants!



IN A BOX

Spännande aktivitet, även för hybridmöten. Alla lag får en väska fylld av praktiska och kluriga aktiviteter de ska lösa både individuellt och i grupp. Välj att samla alla i samma lokal, eller sprid ut eller över kontoret, eller landet.

- 2000 kr startavgift + 345 kr pp (ex moms)
- Minst 10 deltagare men inget maxantal
- Avsätt 90-120 min



GARDEN OLYMPICS

Utomhusaktivitet som erbjuds mellan maj-augusti. Ta chansen att delta i ert alldeles egna OS. Tävlingsmomenten varvas med socialt umgänge och vi har kryddat med många "lag mot lag" grenar för att maximera interaktivitet mellan deltagarna.

- 2000 kr startavgift + 395 kr pp (ex moms)
- Minst 20 deltagare, maxantal ca 100 pers
- Avsätt ca 2 tim



GAME SHOW

Konceptet är enkelt. Era supertaggade värdar för kvällen guidar er genom spelet fyllt av kreativa, praktiska och underhållande uppgifter. Vi drar stor nytta av dynamiken mellan lagen och att ni befinner er i en och samma lokal, vilket skapar härlig energi!

- 2000 kr startavgift + 295 kr pp (ex moms)
- Minst 20 deltagare men inget maxantal
- Avsätt ca 90 min



TEAM FACTORY

Spellet där er arbetsplats blir en spelplan. Roterar mellan stationer där ni som lag tar er en egenhändigt gjorda uppgifter. Ni kan få en level mellan 1-10 i varje uppgift, och ert mål är såklart att maxa er TEAM FACTOR!

- 2000 kr startavgift + 395 kr pp (ex moms)
- Minst 20 deltagare, maxantal ca 100 pers
- Avsätt ca 2 tim



MURDER MYSTERY

Everyone is a suspect - one is guilty. Experience an evening in true detective spirit while enjoying a three-course dinner. Each participant gets their own character with their own clues and their own missions to be performed during the dinner. During the evening, there are constantly new initiatives with blackmail, slander, buying and trading. It is important to find out as much information as possible to be able to figure out who the killer is. The dinner is guaranteed to be a success with many laughs. Dinner is not included.

Minimum number: 10

Time: 3 hours

Price: 370 sek / person



YOGA SLOW

The activity is led by Linda Sjöholm, owner of Highersence Sweden and Hot Yoga Studio in Lomma. Yoga Slow is a form of yoga where soft but still active movements with focus on shoulders, back and neck, are combined with a comfortable deep relaxation and guided final meditation. Linda talks during the class about what yoga is, but can also present it as a certain "theme" or "message" if you so desire. One theme can be, for example, "flexibility in times of change" which can be illustrated through yoga exercises.

Minimum number: 12

Time: 1 - 1,5 hours

Price from: 690 sek / person

FORMSTARK LUND

Lighten up the conference with a great workout! Formstark Lund offers fun, effective and engaging training for strength, fitness and coordination. Strong and energetic bodies lead to creative and focused buds! We can adapt our training to your needs and wishes: 30, 45 or 60 minutes that are guaranteed to get you started. We can just as likely to do an aerobics session as a running session or circuit training sessions, outdoors or indoors.

Minimum number: 8

Time: 0,5-1 hour

Price: 30 min 240 sek, 45 min 270 sek, 60 min 300 sek





FLOWER COURSE

Together we create, for example, bouquets, table decorations or wreaths. We follow the changes of the seasons, work with and are inspired by the season's material. In addition to your own floral work, you will get tips, advice and ideas to take with you home. The price includes all material. The course is held at Blomsterfen at Borgeby Slott or at Flädie Mat & Vingård. At the time of the course you will receive a 15% discount in the store.

Minimum number: 8

Time: 1,5 hours

Price: 550 sek / person

PLAYING TOGETHER / SAMSPEL

Team building as it should be. In "Samspel" there is no competition within the group. Everyone works together to achieve the best possible result. Even if the saxophonists play fantastically and the trumpeters are great, the final result will not be good if everyone does not play the same tune, is responsive to each other, follows their leader. Interaction provides direct feed-back if the collaboration doesn't work. In the beginning it will sound miserable, but pretty soon you hear a clear improvement. When you finally sit down and play We Will Rock You together on instruments you didn't even think you could get sound from, the feeling is fantastic!

Minimum number: 15 personer

Time: 1 hours

Price: On request



MAGIC WORKSHOP

Now you and your colleagues have the chance to enter the magical world of card arts, and be a part of it! Multiple award-winning magician Fredrik Ahlbertz, shares for an hour his very best secrets. Let yourself be amazed and bring your new skills home to amaze friends, colleagues and family. The workshop begins with a close-up show by Fredrik and thereafter he leads you in a hands-on session where the team is divided into smaller groups.

Minimum number: 10

Time: 1 hour

Price: 455 sek / person



SHERLOCKED: UNSOLVED CASES

Take a break from reality for an hour with Sherlocked's portable games, perfect for team building. Our game leaders, in the roles of Commissioner Hill and Constable Dahl, need your help with an unsolved case! Your entire party is together throughout the activity and competes against each other in teams of 4-5 people. The first group to solve the case are those who communicate, focus and laugh best together! It is therefore not a physical challenge, but everyone can participate. Are you the detectives we're looking for?

Minimum number: 10

Time: 1,5 hour

Price: 295 sek / person, minimum 5 750 sek

