

## Outdoor Activities

On this fact sheet, we have briefly compiled some of the most popular activities we conduct, either as part of a conference or as a standalone arrangement. We can also tailor the activity with consideration for purpose and goals. Please feel free to contact us if you wish for a more detailed description or additional fun suggestions. All prices are excluding VAT.



### iSigtunahunt - Playful Score Hunt

iSigtunahunt is a fresh and exciting team-building activity where new technology meets a proven setup. About 50 tasks need to be solved using iPads and other secret equipment. Fun exercises, tricky questions, interactive photo missions, and construction tasks are to be solved, but time is limited, so thinking on your feet is crucial. When the competition is over, the winners are finally crowned. The activity can also be conducted indoors.

Number of participants: from 6 - 1000 people

Price: Starting fee 4,500 SEK + 350 SEK/person. Duration: 1.5 hours



### 420 seconds - Playful Teambuilding

Here, we have created a fast-paced team-building pentathlon where teams face each other simultaneously at 5 stations. Under time pressure, participants must work together to succeed. Everything concludes in an exciting final. Participants will get to use their entire repertoire of humor, intelligence, and planning. Suitable for everyone in the company!

Number of participants: from 6 - 500 people

Price: Starting fee 4,500 SEK + 350 SEK/person. Duration: 1.5 hours



### Masters of the Masters - Sporty Teambuilding

Masters of the Masters is a very fun and unique competition. Five disciplines must be completed, each with different purposes such as concentration, focus, mental endurance, strength, and self-discipline. The competition starts with a briefing and pep talk before the seriousness begins, ending with the crowning of the master team!

Number of participants: from 6 - 300 people

Price: Starting fee 4,500 SEK + 450 SEK/person. Duration: 2 hours



### Taskmaster - New - Playful

This creative and sometimes completely unpredictable activity brings out the inventors in each participant. Teams compete, and the test leader ensures that everything follows the tricky rules. Lots of laughter is promised.

Number of participants: from 6 - 48 people

Price: Starting fee 4,500 SEK + 350 SEK/person. Duration: 1.5 hours



### Frekvens - Playful & Communication

Participants can look forward to a fun communication competition here! Using walkie-talkies, team members will direct each other to different checkpoints. When the checkpoint is found, something will be needed to complete the main task. An adventurous journey where teamwork and a lot of creativity will be crucial.

Number of participants: from 8 - 80 people

Price: Starting fee 4,500 SEK + 350 SEK/person. Duration: approximately 1.5 - 2 hours



### Fire & Ice - New - Playful & Mingle

Fire & Ice is a cozy activity we perform in the glow of the fire. The task is to make your own ice glass from an ice block and finally drink something good. It's a relaxed mingling activity with lots of laughter and creativity. When the time comes, we proudly toast in the handmade glasses, and mingling around the flames can begin.

Number of participants: 6 - 100 people, beverage cost not included.

Price: Starting fee 5,500 SEK + 395 SEK/person. Duration: 1 hour

PERSONLIGA UPPLEVELSER  
**Puls**  
& LÄRORIKA STRAPATSER

## Outdoor



**Sigtuna Stadshotell**  
info@sigtunastadshotell.se  
Tel: 08-592 501 00



### Expedition Crusoe - Playful & Adventurous

Expedition Kruse is a fun and educational outdoor competition. It involves practical problems that need to be solved using the Mora knife, a piece of rope, a piece of reindeer skin, and a plastic bag distributed at the start. Teams are sent out on this wilderness expedition, where they must devise their strategy and tactics to solve the challenges within the given time. Our most "wild" activity!

Number of participants: from 10 - 400 people.

Price: Starting fee 5,500 SEK + 450 SEK/person. Duration: approximately 2-3 hours



### Ice Sculpting - Playful & Creative

Ice sculpting is a relaxed and enjoyable activity where creativity flows in the warmth of the fire. Under the professional guidance of our ice artist, participants are guided into the magical world of ice sculpting. The honor goes to the team with the best creation combined with the best motivation. A different activity that can be done all year round!

Number of participants: from 6 - unlimited.

Price: Starting fee 6,500 SEK + 350 SEK/person. Duration: 1.5 hours



### Floattub Fishing - New - Adventurous

The activity begins with an overview of the equipment we will use. We adjust the waterproof waders, size the swim fins correctly, and ensure the float has enough air. After that, we familiarize ourselves with the fly rod and the different types of flies. It's genuinely a different activity that combines excitement, contemplation, and even exercise perfectly.

Number of participants: from 4 - 15 people.

Price excluding 6% VAT: 1-3 hours; Starting fee 4,500 SEK + 895 SEK/person. 6 hours; Starting fee 6,500 SEK + 1,100 SEK/person.



### Guided Kayaktour - Sporty & Adventurous

Slowly paddling among islets and skerries provides a pleasant well-being for the body and soul. This is a delightful adventure in our beautiful Swedish nature. We paddle in nearby lakes, rivers, or archipelagos and make a nice stop with packed snacks or lunch. No experience is needed; everyone can paddle and enjoy this activity.

Number of participants: 4 - 60 people

Price excluding 6% VAT: 1-3 hours; Starting fee 4,500 SEK + 695 SEK/person

Full day; Starting fee 4,500 SEK + 995 SEK/person



## Outdoor

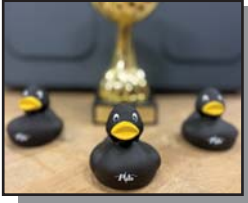


**Sigtuna Stadshotell**  
info@sigtunastadshotell.se  
Tel: 08-592 501 00



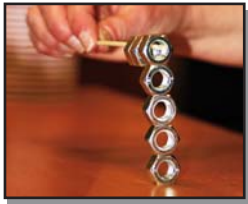
## Indoor Activities

In this fact sheet, we have briefly summarized some of the most popular activities we offer, either as part of a conference or as a completely standalone event. We can also tailor the activity with consideration for purpose and goals. Please feel free to contact us if you would like a more detailed description or more fun suggestions. All prices are excluding VAT.



### King of the Hill - New - Intensive Teambuilding

King of the Hill is an indoor activity where Puls facilitators provide clear signals and tasks on-site. Participants are divided into teams and compete against each other in crazy and fun challenges. There's only one rule – only one TEAM can dominate the ring. Number of participants: from 6 - 48 people  
Price: Starting fee 4,500 SEK + 350 SEK/person  
Duration: 1 hour



### Nerves of Steel - Thrilling & Challenging

In this activity, 12 mini-duels must be completed, each more tricky than the last. The competition relies on each team selecting its challenger who will then face off against challengers from other teams to complete a fun and challenging task. Participants must be quick, focused, and relaxed. Warning: plenty of laughter and noise ahead! Number of participants: from 6 - 80 people  
Price: Starting fee 4,500 SEK + 350 SEK/person  
Duration: 1 hour



### Time Out - New - Playful & Puzzling

Time Out is a lighthearted indoor activity for groups looking for fun and intellectual challenges, as well as a test of their competitive spirit. The goal of the competition is to solve as many problems as possible within 60 minutes. Participants will challenge their taste and smell senses as well as their intelligence and creativity. Number of participants: from 6 - 500 people  
Price: Starting fee 4,500 SEK + 350 SEK/person  
Duration: 1 hour



### Indoor Challenge - Playful Score Hunt

A fresh and exciting competitive activity that stimulates teamwork. Loads of giggles and laughter are guaranteed during this intense hour of activity. The group must gather as many points as they can by completing a variety of challenges and questions. Number of participants: from 4 - 1000 people  
Price: Starting fee 4,500 SEK + 350 SEK/person  
Duration: 1 hour



### iFilm Clip - Playful & Creative

iFilm Clip is the activity where participants unleash their hidden acting talents. Here, participants will, with simple means, create a commercial about the company where they themselves are the movie stars. When time is up, the movie is saved on a USB drive to be played later in the evening to the cheers of the audience. You decide during the voting process which team wins the coveted prize for the best commercial! Number of participants: from 4 - 200 people  
Price: Starting fee 5,500 SEK + 350 SEK/person  
Duration: 1.5 hours



### Music Quiz - Melodious Music Competition

The Music Quiz is an entertaining activity where participants test their knowledge of music by answering questions or identifying songs and artists. Discover a whole new level of music entertainment with our exciting music quiz! Our music quiz is the perfect way to test your music knowledge and challenge your friends on a musical journey through time and genre. Number of participants: from 4 - unlimited  
Price: Starting fee 3,500 SEK + 250 SEK/person  
Duration: 30 minutes - 1 hour

## Indoor

