

# aktivera



## Activities

**Toftaholm 2026**

# For you who book activities

At each activity you will find prices and information that might be good to have. In the list you will find our most popular activities that we sell most regularly. If you have any questions or requests, you are most welcome to contact us at Aktivera.

Phone number: +46 505-250 22  
info@aktivera.se

## Prices and booking conditions

**Additions:** Taxes. Any additional purchases in addition to the program.

**Conditions:** Please note that a request does not serve as a booking. Activities, personnel, equipment and premises are not reserved for you before the definitive reservation has been made.

**Payment:** 30 days.

**Cancellation:** Cancellations that are made later than 4 weeks prior to the requested time is charged, according to Visita (formerly the Swedish Hotel and Restaurangföretagares general conditions for conferences), with 75% of the agreed price. Cancellations made later than two weeks before the requested time is charged at 100% of the arranged price.

## Welcome to the adventure!

---

Mission Toftaholm

On the minute at Toftaholm

Playful team activities

Masters of Toftaholm

Heptathlon

Fire walking

Ice sculpting

Constructing a box car

Struggle of the six senses

Raft building

Creative painting

**aktivera**

Phone: +46 505-250 22 | E-mail: info@aktivera.se



## Mission Toftaholm

This activity will take you off the beaten track into the beautiful surroundings of Toftaholm. You will, for a limited period of time, solve a number of missions of completely different kind. Mission Toftaholm is an activity especially designed according to the nature and archipelago. One of our most popular activities! To your help, you have a GPS, a backpack with equipment and the (odd) special knowledge that exists in your team. It will take all your collaboration to solve the tough tasks where innovation, creativity and imagination are priceless qualities.

### Good to know when booking:

Length:	Approximately 2 hours
For groups:	10 - 200 persons
Time of year:	All year round
Minimum charge:	12 persons
Price:	495 kr per person. All necessary equipment is included.



## On the minute at Toftaholm

Raise the energy level at the conference with an activity that provides both energy and laughter. This is a high-speed activity inspired by the TV-show. Challenge your colleagues under time pressure and your good nerves will be as important a skill as your technique! This is an activity possible to organize entirely indoors or outdoors depending on wishes and weather.

Blow away the plastic cups with a balloon, put candy in color order, stack the nuts using chopsticks, hang nails on a tightrope... Simple tasks that anyone can do – or? The only snag is that the tasks are to be solved in one minute! Hilarious...

### Good to know when booking:

Length:	1 - 1,5 hours
For groups:	6-200 persons
Time of year:	All year round
Minimum charge:	12 persons
Price:	450 SEK per person

## Playful team activities

One of our most popular activities! The groups will face a number of challenges to be dealt with. We will work with factors such as communication, creativity and cooperation. This is a fun activity and there are a lot of disciplines to choose from, from physically exhausting to very relaxed. In every case there will be a lot of laughter!

### Examples of exercises:

- Big puzzles a small problem in huge format
- Black widow many ropes dragging and an equal number of wills
- Linedance get as far as possible on the low wire cable
- Stock balance, cooperation and coordination
- Pipeline collaboration & pulse
- A-walking how do we make this structure to move?

### Good to know when booking:

Length:	Approximately 2 hours
For groups:	10 - 200 persons
Time of year:	All year round
Minimum charge:	12 persons
Price:	475 SEK per person



## Masters of Toftaholm

This is a challenge inspired by a popular TV program. Part of this activity can be done indoors and all of it outside if you wish. Compete in a variety of disciplines that really searches the wheat from the chaff. You can choose how physically exhausting you want it to be. We recommend that you mix individual challenges with team challenges, let us know what you want to place the emphasis on. You can come to meet the challenges of "the cube", "the right time" and "brain workout".

The exercises are, of course, adapted so that everyone can participate regardless of age and physics. The mix of challenges are determined in consultation with you.

### Good to know when booking:

Length:	Approximately 2 hours
For groups:	6-200 persons
Time of year:	All year round
Minimum charge:	12 persons
Price:	450 SEK per person



## Heptathlon

Teams will compete against each other in this Heptathlon, which consists of a fun mix of adventure sports. We mix them with some collaborative events to make the activity even more fun for the whole team. The disciplines included are chosen in consultation with you.

Examples of individual tasks might be:

Archery	We've all played indians and cowboys as kids, now you are given the chance to try the feeling of a "real" bow.
Blowgun	Peashooters in all honor, but this weapon has unforeseen forces...
Axe throwing	Double-bitted axe or tomahawk, which to choose?
Stylish airgun	it is not enough to be a good shot, you must have style too...
Survival	It's time to prove who should stay in the urban ares and who is fitted for the wilderness.
Slingshot	Do you remember how fun it is?

### Good to know when booking:

Length:	Approximately 2 hours
For groups:	2 persons and more
Time of year:	All year round
Minimum charge:	12 persons
Price:	475 SEK per person

## Fire walking

How long did it take after man learned to make fire, before some decided to dance on the coals in a gesture of celebration and awe for life? All we know is that fire walking has been done all over planet since pre-recorded history. It's been done differently: with drums and in silence, on round bed of coals and on straight, on heated stones and on lava, after heavy fasting and prayers or in full warpaint. Whatever your goals and reasons are we boost your personal power so that you can use fire walking the way you want to. We teach that our limiting belief system - the actual perception of reality - can be changed. Fire walking can mean expanding the reality, moving boundaries to a new fixation. This freedom is still a central teaching of the fire walk. If you can walk on hot coals – what else can you do?

### Good to know when booking:

Length:	Planned with you
For groups:	All groups
Time of year:	Adapted to the season but it needs to be dusk or dark.
Price:	11 000 SEK for groups up to 20 persons, for more persons ask for price.

*All of our instructors are trained and licensed.*



## Ice sculpting

To sculpt and carve in ice is an exciting and unusual experience. Each team gets a block of ice and a variety of tools. Use your imagination, create and justify why your sculpture should win the jury's votes. Most often we organize ice sculpting as a fun group activity but you can also choose to do it individually. All you need is included.

Theme for the session is chosen together with you and could be the launch of a new product, vision for the future, new or old logo or something entirely different.

### Good to know when booking:

Length:	1 - 1,5 hours
For groups:	All
Time of year:	All year round
Minimum charge:	12 persons
Price:	475 SEK per person

**aktivera**

Phone: +46 505-250 22 | E-mail: info@aktivera.se



## Constructing a box car

This is one of our most popular building competitions. We provide building materials, wheels and "good to have materials" for decorating and tools. Then each team builds their unique construction which is judged. There are several scoring categories: appearance, construction and function.

Then we run a competition and the teams decide who will drive and who will push.

### Good to know when booking:

Length:	1,5 - 2 hours
For groups:	4 - 400 persons
Time of year:	All year round
Minimum charge:	12 persons
Price:	475 SEK per person
Clothes:	Comfortable clothes and proper shoes

## Struggle of the six senses

You compete in teams and will together go through 6 disciplines – one for each sense:

Vision – "Archipelago-memory" – what do you see and what do you miss???

Hearing – Solve the task with the help of your hearing, what do you hear when you listen?

Taste – a challenging taste-test chosen together with you, it can for example be a challenge concerning wine, champagne or most often chocolate.

Sensory – now it is time for the whole team to feel their way to success.

Smell – awaken your nose for here comes delicious herbs and spices.

The sixth sense – a top-secret challenge that just might change your perception of reality.

### Good to know when booking:

Length:	2 - 2,5 hours
For groups:	6 - 40 persons
Time of year:	All year round
Minimum charge:	12 persons
Price:	475 SEK per person



## Raft building

Raft building is about the power of initiative, creativity and cooperation. Ability to find solutions to seemingly impossible problems is a valuable asset. Artistic talents and imaginative elements are rewarded when the art of engineering has done its job. It should not only float - it should be able to be paddled quickly and have that something extra too.

To help you, each team receives a set of "floating equipment" and various other gadgets. From this you must create the largest possible raft. When the craft is ready, it must be launched and, with the help of all team members, paddled and shown what it can do! May the best raft win! Can be combined with other activities with the raft building as the finale.

### Good to know when booking:

Length:	Approximately 2 hours
For groups:	10 - 200 persons
Time of year:	When the lake is ice-free
Minimum charge:	12 persons
Price:	595 SEK per person. Life vests and paddles are included.

## Creative painting

A fun creative activity that can be done outdoors and inside. Many of our clients book this regularly to find new perspectives on different issues. We begin with a brief but different self presentation – we guarantee that your colleagues never have seen you this way before. We go on with an individual exercise before we form groups to paint on the canvases. What is created is completely up to the group but the theme can be a vision or goal for the company or organization, new logo, what gives us extra motivation, drive, finding the new ways of working, customer groups, coping with stress etc.

### Good to know when booking:

Length:	Approximately 2 hours
For groups:	All
Time of year:	All year round
Minimum charge:	12 persons
Price:	450 SEK per person