



# INSPIRATION FOR YOUR MEETING

IN COOPERATION WITH





**In nature, there are neither walls, desks nor chairs, but room to move and unfold. Nature affects us both mentally and physically, in a completely different way than when we are indoors. We are further away from disturbing elements, which makes us more present and open – both to each other and to new input. We use the surroundings as a framework for experiences with both high and low pulse, as well as as motivation to cultivate movement and communities. Breathe in the air and move outside with us.**

### **GPS TEAM WALKS // Digital experience walks R26**

One of our most popular activities – teams compete to collect as many points as possible by solving a series of tasks together. The teams follow each other (e.g. via an app), while one or more instructors facilitate mini-competitions at selected locations in the local area. The competitions consist of exercises and activities that focus on communication, strategy, and collaboration. Part of the content focuses on the "Get to know" element, so you also get to know new sides of each other (and perhaps yourselves).

### **ICEBREAKERS R26**

Kick off the day with a MEET N' GREET that gets everyone to relax and open up. Here you get to know each other in a fun and informal way – while introducing the theme of the day. It is a simple exercise that allows everyone to be seen and heard, and reminds you how much easier collaboration flows when you peel away a layer of formality.

### **ADVENTURE RACE R26**

Take part in an energetic and fast-paced Adventure Race, where cooperation, communication, and shared strategy are the keys to success. The activity combines movement, fun tasks, and challenges that require physical engagement, creative thinking, and the ability to support each other along the way. Along the way, a series of tasks await – from logical and creative challenges to practical teamwork exercises and light physical activities – all designed to boost energy and strengthen team spirit.



### **CREATIVE WORKSHOP R26 >>>**

Step into a creative space where curiosity and experimentation take center stage. Through guided exercises and small group activities, participants explore new ways of thinking and collaborating. The workshop focuses on idea development, visualization, and hands-on processes that foster innovation and collaborative problem-solving.

A refreshing change of perspective that boosts both creativity and team dynamics.



**We have experienced that if you really want to move something forward, you must start by creating the framework for the unique working communities. It does not absolutely require long-term strategies and large setups but can take place in informal and cozy settings - here are our suggestions for activities that can be carried out over a few hours.**

### **FRESH AIR FOR THE AGENDA**

Get control of the indoor climate. The easy solution is to open the window, but the sustainable one is to ventilate the colleagues. We would therefore like to inspire you to use the surroundings and outdoor facilities as a setting and space for replenishing energy and to link the professional content to physical activities, so that the content can be devised, experienced, and memorized in a fun and different way. We can inspire you to get today's program out and live. Set the bar high (with a view of the treetops) so that you get the most out of the hours allocated. Even if you want to stay indoors, we can help you with the facilitation of your program. Let us inspire you on how you can work with your strategy, your new team, your personal leadership or whatever is on the agenda. We think creatively and innovatively and can help you break out of the usual ways of thinking and behavior patterns.



### **LASER CLAY PIGEON SHOOTING** 🏰

Authentic shotguns are used, which have been modified and fire with infrared radio signals. When a shooter hits the clay pigeon, this is recorded on an electronic scoreboard. Laser clay pigeon shooting can also be used in the dark, as the "pigeons" can become luminescent.

### **CROSS COUNTRY & BUNGEE** 🏰

Endurance training, strength, and coordination, with different training stations where the landscape controls the intervals. Strength and cooperation, where you work in pairs with a Bungee elastic. An active hour where the heart rate rises. For everyone, regardless of training level.

### **POLO TEAM BUILDING** 🏰

Everyone can join – even if you've never ridden before. Calm, well-trained horses and an experienced team ensure a memorable activity that really shakes up the team. Can be arranged all year round both inside and outside. We adapt the package to suit your needs.

### **EXPERIENCE THE FREEDOM WITH SAILING** 🏰

You can become an active part of the sailing or simply enjoy the fresh sea air while the wind carries the boat forward. The possibilities are many and together we plan the sailing according to your wishes and needs. On the boat there are also SUP boards, kayaks etc.

### **PRIVATE RENT OF THE CASTLE'S POOL AREA** 🏰

Enjoy the Castle's Wellness area, which offers an elegant pool, sauna, cold water shower, as well as a unique shower with light and aromatherapy. Slippers and a beautiful, soft loaner bathrobe for each participant are also included.

### **AQUA FITNESS** 🏰

General training of the whole body where we use tools to achieve greater resistance in the water. The 28 degrees makes for a pleasant workout, as the muscles are softened by the warm water.



We collaborate with several actors in addition to those we offer ourselves, so please inquire about a unique event and we will try to find the right challenges for you.

It is important that we are contacted well in advance so that we can plan your activity.

---



Activities with this label must be booked directly with Kokkedal Castle Copenhagen

Contact us at +45 4422 8006 or [booking@kokkedal-slot.dk](mailto:booking@kokkedal-slot.dk) for more information.



Activities with this label must be booked directly with R26

R26 tailor activities that focus on activating both body and mind with experiences that strengthen your community and support your agenda. All activities are planned based on an initial dialogue and matching of expectations with you, so that a magical day is created with a focus on relationships and mutual curiosity, which is the x-factor present in successful teams that must achieve an ambitious goal together.

See more inspiration at [www.r26.dk](http://www.r26.dk) or send an e-mail to [hyde@running26.dk](mailto:hyde@running26.dk)

