



TRUE NATURE SWEDEN

Kick-off and Team Building in Stockholm

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WHAT IS BETTER THAN BEING OUT IN NATURE?

Nature teaches us how to be a member of a team, to be flexible, to be able to fit in our surroundings hence to be adaptable. It also teaches us not to give up under any given circumstances.

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Do you know why geese fly in a 'V' formation?

The 'V' formation allows them to work in a team. The leader helps his team by taking on the tough workload (helping reduce the wind resistance), then when it needs a break, another member of the team steps up to take the lead, and it goes on. So there is no goose working harder than the others, they take turns, equally sharing, and communicating when they can and when they cannot lead. And if one goose should fall out of formation for any reason, two others will always follow and stay with it until the goose is ready to join the team again.



Kick-off and Team Building



Let's bring your team together to make more harmonious and productive work environment

When it comes to kick-offs and team building activities, TNS team focuses on creating an atmosphere for both associating and socializing together. We are well aware that creating exceptional experiences and activities are the key elements in invigorating the team-spirit.

You want to offer your team a great time in a great atmosphere and make them share their experiences on how to be a part of a team, make them reconnect with nature to remember some basic instincts so that they can recall some solutions they already know since the beginning. TNS designed the activities in that sense and we are eager to offer them to you.



How To Choose The Best Tour?

You can always customize your trip as your team's preferences or choose one of the programs we have created. We are eager to arrange your whole trip from cradle to grave.



From transportation to meals, accommodation to conference hall bookings; TNS organizes the most suitable tours for your team

Now it's time to choose the activity. In our programs, we organize hiking tours, kayaking tours or biking tours in Stockholm city and surrounding. We also have survival courses. How great to learn how to survive in a group in the wilderness, nothing better to tighten your group. Overnight activities are often very appreciated especially when sleeping in a tent, though we have all comfort options for everyone to be happy. Why not mix the activities, kayaking in the morning and survival course in the afternoon before setting up the camp at sunset and get back to the mainland the day after.

Or you want to modify a tour program we already created or have an itinerary built from scratch, TNS will be happy to help you create your ideal trip as per your team's preferences. We will also take care of all your transportation, accommodation, conference hall arrangements etc. Contact us for an adventurous team-building activity.



TNS Team

As TNS team; we are working with what we are passionate about...

Nature!

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You can be sure that in each tour you will have with TNS, our team will show you the most beautiful landscape of Stockholm nature and will also help your team to tighten up and have the best experience of being together as the team members.

When we are out in nature, we know how to bring the best out of people, how to entertain them, how to make them feel connected and also how to challenge them. We are aware that motivating a team and building a strong connection within the members is really important, but never very easy. You can contact us to tell what's in your mind, we will for sure find the best way together.



Story of TNS

From a trip around the world to Swedish wilderness

William Gilman, the founder of TNS has spent years in the heart of Swedish nature before he decided to share his passion with True Nature Sweden.

William travelled around the world for 5 years only with his backpack and his tent. Throughout his journeys he has acquired all the needed skills to survive in the deepest jungles and the coldest winters. You can visit www.truenaturesweden.com to learn more about the story of TNS.

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The pleasure of being in nature, to feel the connection, the harmony with this one, is the meaning of life by itself. Everyone should have a taste of it. From mountain tops to deep forests, from summer sunshines to freezing winter bites, wilderness is around reminding us to dare the fantastic adventure of being alive.

- William Gilman (Founder of TNS)

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The environment is the main focus!

When choosing a team building activity with TNS, you also choose a sustainable alternative, where the environment is always in the greatest focus.



Team Building Programs

Kayak - 2 days



- Pick up from a planned location in Stockholm at 09.00 and drive to the peer.
 - Set up the kayak, safety briefing and let's paddle.
 - Break at lunch and swim in the Baltic Sea.
 - Paddling around nice islands in the afternoon.
 - Stop at the end of the afternoon and set up the camp for the night. Cooking on wooden fire, party if that's the mood or just chill around the fire.
 - Breakfast on day 2 and paddling until lunch time.
 - Break on a very nice island and hike to a spectacular viewpoint. Talk about nature and wildlife
 - Back to Stockholm at around 17.30
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Kayak & Survival - 2 days



- Pick up from a planned location in Stockholm at 09.00 and drive to the peer. Set up the kayak, safety briefing and let's paddle.
 - Break at lunch and swim in the Baltic Sea.
 - Paddling around nice islands in the afternoon and early stop on a deserted island.
 - Survival instruction. Learn how to make a fire, build a shelter, find your food and water, learn what plant to use, build a trap and help your friends in danger or stress. Teamwork in a survival situation, leadership or how to keep in control.
 - We will end the course late in the afternoon and set up the camp for the night. Cooking on wooden fire, party if that's the mood or just chill around the fire.
 - Breakfast on day 2 and paddling until lunch time.
 - Break on a very nice island and hike to a spectacular viewpoint. Talk about nature and wildlife and learn about some plants as part of the survival course.
 - Back to Stockholm at around 17.30
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Hiking - 2 days



- Pick up from a planned location in Stockholm at 09.00 and drive to the forest. Set up our backpacks, we will start walking after a short briefing.
 - Break at lunch and swim in a lake of pure water.
 - Walk throughout the forest in the afternoon. No paths, we go throughout for a real adventure.
 - Stop at the end of the afternoon and set up the camp for the night. Cooking on wooden fire, party if that's the mood or just chill around the fire. Swim in the lake if desired.
 - Breakfast on day 2 and walk throughout until lunch time.
 - Break on a very nice spot, our last stop before heading back to the bus. Talk about nature and wildlife.
 - Back to Stockholm at around 17.00
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Hiking & Survival - 2 days



- Pick up from a planned location in Stockholm at 09.00 and drive to the forest. Set up our backpacks, we will start walking after a short briefing. Some tips and tricks on the way as part of the survival course.
 - Break at lunch and swim in a lake of pure water.
 - Walk throughout the forest in the afternoon. No paths, we go throughout for a real adventure.
 - Stop in the afternoon for the course. Learn how to make a fire, build a shelter, find your food and water, learn what plant to use, build a trap and help your friends in danger or stress. Teamwork in a survival situation, leadership or how to keep in control.
 - The course ends late in the afternoon and we set up the camp for the night. Cooking on wooden fire, party if that's the mood or just chill around the fire. Swim in the lake if desired.
 - Breakfast on day 2 and walk throughout until lunch time.
 - Break on a very nice spot, our last stop before heading back to the bus. Talk about nature and wildlife. Learn about animal footprints and other traces as part of the course.
 - Back to Stockholm at around 17.00
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City Bike & Kayak - 2 days



CITY BIKE 1 DAY + KAYAK 1 DAY (No Camping)

- We meet up at the bike rental place.
 - We go through some safety briefing and start pedaling in Stockholm city
 - Break at lunch in a park and relax.
 - Back to biking in the afternoon, we will get out of Stockholm center to get a sense of the countryside. Stop at a lake to swim if time.
 - Stop at the end of the afternoon at the rental place. We will meet up again the day after.
 - Pick up at your hotel at 08.00 and drive to the peer.
 - Set up the kayak, safety briefing and let's paddle.
 - Break on a very nice island at lunch and hike to a spectacular viewpoint. Talk about nature and wildlife in the archipelago.
 - Back at the peer at the end of the afternoon.
 - Back to Stockholm at around 17.30
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“The earth has music for those who listen.”

WILLIAM SHAKESPEARE



CONTACT TNS

www.truenaturesweden.com

