300 SECONDS

Activity sheet · Indoor



300 Seconds is our popular indoor team building competition.

The teams face each other in parallel at a number of team building stations and, under time pressure, have to work together to solve the problems they are given. Four exercises are done in a qualifying round, and everything is then settled in a thrilling final.

The participants will draw on their entire supply of humour, intelligence and planning skills and test their limits – more mentally than physically. The activity will bring lots of laughter, but also lessons. It suits everyone, young and old alike!

Good to know

Indoors. Number of participants depends on the venue.

Location
We come to you – all of Sweden

Duration
approx. 1 hour

Participants
Max 20 participants

Price
Start fee SEK 4 500
+ SEK 450/person

Prices excl. 25% VAT.
Maximum depends on the venue. Venue costs may apply.

Included

- Gold trophy for the winning team
- Activity leaders from Puls
- Mileage up to 200 km
- Rain ponchos

Book or get a quote

08-20 32 00
boka@puls.nu

Scan for photos, prices and booking