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 - 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 - 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



