Conference Activities at Villa Långbers

Booking a conference with great content should be easy. Villa Långbers offers a wide selection of speakers, instructors, and activities, making it simple to book all your conference content with us. Around Lake Siljan, the variety of activities and excursion opportunities is vast. Here are a few activities that we believe would be perfect for your group. We also welcome your specific requests for a tailored and unique conference.

Theme: Food & Drink

Sparkling wine tasting including lecture  
Participants: 8–30 people.Provning mousserande vin inklusive föreläsning  
Deltagare 8–30 personer.

Still wine tasting  
We sample 5 different wines. For fewer than 8 people, please request a quote.

Beer tasting  
Micael Lysén, the only beer sommelier in Dalarna, offers several different tastings, such as "The Diversity of Beer", "IPA – The New Big Hype", "Light Lager – The Beer that Took the World by Storm".

Cheese tasting  
Together with Mats from Murboannas, you will try 6 different cheeses and hear about their production and history.  
Duration: approx. 45 minutes.

Theme: Health

Training with a health coach  
Balance work with activity and movement. We can offer skilled instructors from Sweden's leading health retreat – Masesgården. Try yoga, circuit training, or some relaxing meditation. Besides training sessions, you can also book a variety of lectures on health-related topics.

The art of breathing  
Learn more about the importance of breathing for your health. We take about 25,000 breaths a day, but it’s not just about breathing; how do you do it properly? Open the door to an untapped health resource that impacts stress, anxiety, sleep, recovery, energy levels, and awareness.  
Duration: approx. 1 hour.

How do we handle stress and anxiety?   
Health coach Magnus Lindroth talks about the need for mental focus to create changes in your lifestyle. It is that mental sharpness needed to break habitual behaviors, routines, and thought patterns built over the years. Clear goals, a distinct purpose, and a passionate will are a good start. When you feel good, you do good. Knowledge of stress and recovery can make a difference.   
Duration: 1 hour.

Breathwork journey  
Together with Magnus Lindroth, you have the opportunity to experience this powerful method. Reduce your stress and anxiety, which can lead to depression and, in the worst case, burnout. Gain more energy, strengthen your self-esteem, and boost your inner drive.  
Duration: 1.5 hours.

Recommended Add-on:  
**Yoga Flow**   
A session that creates inner calm and increases mental sharpness.  
Duration: 45 minutes.

**Good Morning**   
A pleasant morning start sets the tone for the rest of the workday and lowers stress levels in both body and mind. Creativity and energy increase, benefiting you throughout the day.  
Duration: approx. 45 minutes.

**Good Evening**   
End the day and unwind with calm and beneficial exercises in a relaxing environment.  
Duration: approx. 45 minutes.

**Yinyoga**  
Take a break from everyday life and allow yourself to be present with Yin Yoga, which helps you find your inner joy. This type of yoga suits everyone.  
Duration: approx. 1 hour.

**Singing Choir**  
Challenge yourself alongside your colleagues by experiencing the power of singing together! Through creativity and playfulness with the voice as the focus, you get a team-building experience that you won't forget anytime soon! Singing together has proven positive effects on both mental and physical health. Singing also tends to leave a lasting positive impact on the team and workplace.  
Duration: approx. 1.5 hours.

Theme: Inspiration & Entertainment

Teamwork  
Motivator Jenny Hedlund, a professionally certified coach with five world championships under her belt, offers an energy-boosting activity with a proven concept.  
The concept is based on strengthening individuals and groups in a simple, developmental, challenging, insightful, and very fun way. Everyone will grow!  
*Price and duration upon request.*

“Ring så spelar vi”  
Similar to the radio show “Ring så spelar vi” but live. When the first ringtone sounds, the host Mats Ingels walks up to someone in the room, curious, and asks familiar questions, including which song they want to hear. Then comes the moment everyone’s been waiting for, the question. If the contestant doesn’t get the question right, the prize rolls over and is added to the pot. Each segment ends with the person’s requested song.  
We guarantee a memorable evening full of laughter and fun.  
*Duration: approx. 1 hour.*

Mobil Quiz  
Forget paper, pens, and overly long music or trivia quizzes. Here, we compete digitally on our own mobile phones and on a big screen in the venue.  
Each question has three answer choices, and the fastest correct answer wins.  
Can be played in teams or individually.  
Together with Mats' wonderful humor, this activity will be something to look back on with a smile.  
*Duration: approx. 1 hour.*

Best on the hotel  
Our own version of “Bäst i test” (the Swedish version of "Taskmaster"). Here, teams compete in a series of challenges inspired by the popular TV show. And remember – the judge has the final say!  
*Duration: approx. 1.5 hours.*

The Secret Box  
This is a light-hearted indoor activity for a group that wants to have fun and be challenged both intellectually and competitively. The aim is to solve as many challenges from the secret box as possible. Participants will be challenged in their tastes and scents, as well as their intelligence and creativity.  
*Duration: approx. 1.5 hours.*

Indoor Challenge  
A fun indoor activity where creativity, humor, and intelligence are key ingredients to have a chance at winning the coveted trophy. The equipment provided includes an iPad, task booklet, playing cards, competition cards, a yarn ball, balloons, and more. Fun team exercises, tricky questions, exciting photo assignments, and construction tasks need to be solved. The goal is to complete as many tasks as possible within the time given.  
*Duration: approx. 1 hour.*

420 seconds  
A fast-paced teambuilding competition where teams face off at five parallel stations. Under time pressure, participants must work together to succeed, culminating in an exciting final. Participants will need to use their entire repertoire of humor, intelligence, and planning and push their limits, more mentally than physically. Suitable for everyone at the company!  
*Duration: 1.5 hours.*

iTeamriddle  
A fresh and exciting teambuilding activity where new technology meets a well-established setup. Teams use iPads to solve about 50 challenges. The challenges involve fun exercises, tricky questions, interactive photo assignments, and construction tasks in a continuous flow.  
*Duration: 1.5 hours.*

Theme: Nature & Culture

Into the Wild  
Together with a nature guide, you'll get to experience our magnificent nature with Tällberg's fantastic views and wildlife. Try different techniques for building a fire and constructing a wind shelter. Wear clothes suited for hiking on forest trails, nature school activities, and teambuilding – an experience for the whole group to remember and learn from.  
*Time: approx. 2.5–3 hours (can be adjusted).*  
*Max: approx. 30 people.*

Coffee & Krabbelurer  
After a day of sitting still, it can feel great to get out into the woods and enjoy Tällberg's surroundings and the beautiful view of Lake Siljan. This activity combines nature and outdoor knowledge. You'll learn the tricks for easily lighting a fire and other useful skills in the forest. We make coffee and bake "Krabbelurer" (Swedish wilderness fritters) that turn into a real wilderness treat. Remember to wear suitable outdoor clothing and for being near a fire. There are few things that bring people together like a campfire.  
*Time: approx. 2.5–3 hours (can be adjusted).*  
*Max: approx. 20 people.*

Church boat rowing  
Try rowing a church boat in true Dalarna style by the shore of Tällberg.  
A popular classic activity that requires good teamwork.  
*Time: approx. 1 hour.*

Cultural walk  
Learn more about Geopark Siljan, the village's history, nature, and culture during a walk through Tällberg Nature Reserve and village environments.  
*Time: approx. 1.5 hours (duration and difficulty can be adjusted).*  
*Max: 30 people per guide.*.

Self-Guided hike  
We will pack your afternoon snack in backpacks for you to take on a hike to the lean-to on Digerberget, where you can enjoy your fika. A relaxing afternoon activity where you get a chance to walk and chat in a group or simply enjoy the chirping of birds.  
*Time: at your discretion.*

Self-Guided hike +  
You will receive pre-packed backpacks with sausages, buns, coffee, and accompaniments.  
The backpacks include seat pads and all you need to light a fire and grill.  
*Time: at your discretion.*.

Dala horse painting  
Decorate your own Dala horse, either from your imagination or guided by a traditional Dala horse painter. A fun keepsake to take home.  
*Time: approx. 1 hour.*

Horse & wagon ride  
ake a tour with a horse and wagon through our beautiful village, bring along a picnic basket, and stop somewhere for a tasty fika. Can you get closer to nature than this?  
*Time: approx. 2 hours, 6–8 people.*

Things to do at Villa Långbers  
- Use our gym and/or take a run or walk in our beautiful surroundings.  
- Finish your workout with a relaxing sauna.  
- Play a game of Kubb or Boules, or simply enjoy the peace in one of our newly renovated lounges. Borrow a game and beat your colleague in Chess or Mousetrap.  
- Access to the pool at our sister hotel Gyllene Hornet is included – take a walk through the woods to get there, and our colleagues will meet you with a charcuterie board and something nice to drink before or after the swim.

**Contact Conference Booking**  
E-post: [konferens@langbers.se](mailto:konferens@langbers.se)  
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