



ACF EVENTS

MORE THAN JUST TEAM BUILDING



PLANET WISE

Encouraging more sustainable event choices

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BRING TEAMS TOGETHER

ABOUT THE BROCHURE

To support our customers in making informed decisions, we have created a brochure of our more sustainable activities. As sustainability covers a wide range of positive impacts, we have created 3 categories to illustrate the sustainable aspects of each activity included in this brochure.

The categories are regarding the activity as a product without incorporating instructor travel, guest travel, or other event elements. For sustainable event tips, see our [Greener Events Guide](#).

This brochure and its researched findings have been created with guidance by [Greengage](#).

Greengage



THE CATEGORIES



These activities have charity at the heart of their purpose. Each one links with a charity to create, or source required items or engages employees in a fundraising challenge. We can tailor the event to your chosen charity or recommend a worthy cause.



Activities that have no single use items. Ideally items for this activity can be made from recycled materials. These activities have little to no negative impacts on the environment, with our leave no trace policy in place.



These activities can have a positive impact on guests' daily lives. From wellbeing practices that can be used in their personal lives to professional development. The activities will also have little to no negative impacts on the environment.



“ PROVIDING FUN AND MEMORABLE EXPERIENCES THAT UNIFY PEOPLE

ACF Events is one of the UK's leading event management companies with over 30 years of experience running thousands of fantastic corporate events.

Inclusivity is at the heart of everything we do. We will happily tailor any of our activities to suit your requirements.

Our activities are not only fun but can also positively enhance the future success of your business.



OUR GREEN MISSION

We are committed to be carbon neutral by 2030.

We understand the importance of sustainability and aim to minimise any negative impacts of our operations and create a positive effect on the world around us.

Ask us about off-setting the carbon from your event.

[Click here](#) to see our full sustainability policy.



ENERGISERS

Inject some energy into your event with a conference energiser

Team Building Energisers can give that vital boost to the most tired of delegates.

Whether it's dancing, singing, playing a musical instrument or doing something a little different, a conference energiser will definitely make the day a more memorable one.



BRING TEAMS TOGETHER

SAMBA DRUMMING



Collaborative
Duration: 1 Hour

An exhilarating [Samba Drumming Workshop](#) promises an unforgettable team-building experience! As the rhythms synchronize, your team will experience the magic of everyone coming together, working in harmony to create a thrilling Samba sound.

A variety of drums and percussion instruments will be provided. The Samba Workshop aims not only to enhance your team's musical skills but also to leave them feeling refreshed, motivated, and more connected.

Benefits:
Learn a new skill
Collaborative – Bring people together





BRING TEAMS TOGETHER

LAUGHTER WORKSHOP



Collaborative
Duration: 30 minutes – 1 Hour

Create some team happiness with a [Laughter Yoga Workshop](#). Happiness is undoubtedly the most sought after of all emotional states.

Our laughter workshops will release those incredible endorphins as you are led through a journey of laughter exercises. What's fantastic about our approach is that you don't need to be a stand-up comedian, and your sense of humour is not a prerequisite. We're all about helping you tap into the pure power of laughter without depending on external jokes.

Benefits:

Learn a new skill
Stress Relief Technique for daily life



CIRCUS SKILLS

Competitive or Collaborative
Duration: 30 minutes – 2 hours

Our [circus skills](#) sessions are a rewarding and enriching experience. There are four disciplines in our circus skills workshops: Juggling, Plate spinning, Flower Stick and Diabolo. Depending on the group size and type of booking, we can add in the Unicycle too!

Circus workshops offer a break from daily routines and can provide an outlet for stress relief. Engaging in physical activity, learning new skills, and challenging oneself in a playful environment can be both exciting and enjoyable. Try something new and maybe discover that you're the next greatest showman!

Benefits:

Learn a new skill

Tailored to put the 'fun' back into 'brain function.'

BRING TEAMS TOGETHER



HAKA



Collaborative
Duration: 1 Hour

Learning the [Haka](#) brings people together and gives them a shared experience. Surprise your guests with the Roar of 'the call', the loud and exciting tribal call of the lead tribesman, giving the team their cue to storm the stage.

Within moments of our team finishing, we have everyone on their feet and take them on a whirlwind energiser where they will learn and perform the HAKA as one unified team.

Your group will experience 100% Māori passion from our Haka masters – some of whom are related to the original tribesmen who wrote this Haka. Focus, commitment and achievement delivered in one authentic event.

Benefits:

Learn about a different culture
Unifying activity



TEAM BUILDING

Team away days should be as inclusive as possible, the more we know about your group the more we can ensure everyone has an enjoyable experience.

We provide fun, modern and effective team building experiences that are chosen and facilitated based on the needs of your group.

Not only are they fun but can also positively enhance the success of your business or organisation – for the future





Competitive
Duration: 2 - 2.5 Hours

Teams compete against each other locating GPS hotspots on their smartphones to unlock questions and tasks.

Questions test a team's general knowledge, lateral thinking and observational skills while the tasks stretch creativity with roles in front of and behind the camera.

The fun starts as soon as the quest begins and climaxes during the end presentation where everyone gets to see, appreciate and laugh at each other's efforts.

Benefit:

- Explore new places
- Strategic planning
- If Outside – Enjoy the fresh air





THE HUNTED



COMPETITIVE / DURATION: UP TO 3 HOURS

THIS EVENT IS AN ACTION-PACKED, ADRENALINE FILLED TEAMBUILDING EVENT WITH MILITARY STYLED THEMING. THE HUNTED INCLUDES A MIX OF PROBLEM SOLVING AND PHYSICAL CHALLENGES THAT AID YOU IN ESCAPING THE HUNTER.

WITH YOUR TEAM BEHIND ENEMY LINES ESCAPING THE HUNTER WILL BE NO EASY TASK. YOU WILL HAVE TO WORK TOGETHER NAVIGATING AND COMPLETING CHALLENGES THAT WILL TEST YOUR TEAM WITH THE AIM TO BE RESCUED WITH YOUR TEAM INTACT. BEWARE, THE ENEMY COULD BE CLOSING IN AROUND YOU AT ANY MOMENT!

Benefit:
Creative problem solving



ESCAPE

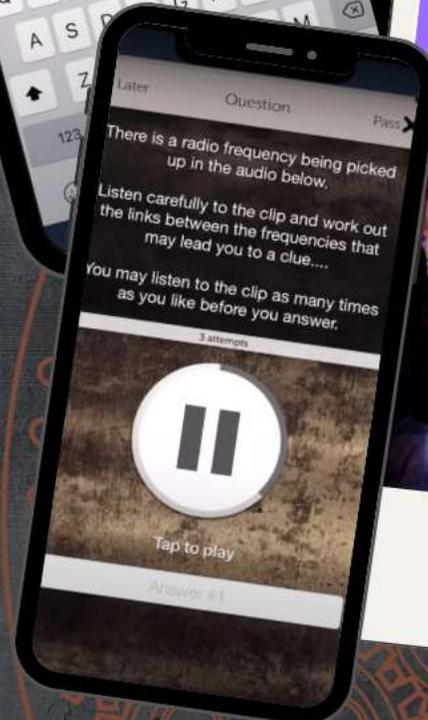
APP BASED ESCAPE ROOM CHALLENGE

Competitive

Duration: 60 – 90 Minutes

Band together and escape from an elaborate Art Heist!

You've been framed and locked up in the top office. Break out before the culprit walks free! Use your smartphones and our award-winning app to assist your escape. Crack codes and hunt for clues around the office. Develop strategic-thinking skills and promote teamwork in the process. Earn points along the way.



Benefit:
Creative problem solving





IMPOSSIBLE



COLLABORATIVE / COMPETITIVE

DURATION: UP TO 3 HOURS

YOU AND YOUR TEAM HAVE BEEN TASKED WITH PREVENTING DISASTER!

THE CLOCK IS TICKING AND SO IS THE BOMB. YOUR ASSIGNMENT, SHOULD YOU CHOOSE TO ACCEPT IT, IS TO COMPLETE THE CHALLENGES, DECIPHER THE CLUES, FIND THE CORRECT CODE, DISARM THE BOMB, SAVE THE PLANET AND NOT GET CAUGHT!

Benefit:
Creative problem solving



TEAM DEVELOPMENT

Our Team Development Days Offer A Great Insight Into How Teams Within Your Workplace Really Work.



MIRO



BRING TEAMS TOGETHER

Collaborative

Duration: 3 Hours

This structured session is designed to help achieve your business goals through collaborative learning and interactive activities. All our sessions are run by trained facilitators.

By sharing your specific business goal, such as problem-solving, innovation, or planning, we can tailor the session to your needs. Team activities will be incorporated to reinforce key discussion points in a fun and interactive way and enhance the overall learning experience.

[MiRo](#) will be used as the base of this event, this is a psychometric model that uses simple language to help inform guests about their work styles and their colleagues to improve teamwork in the workplace.

Benefits:

- Supports professional and self development
- Learning more about your team
- Improving teamwork and team culture



WORKSHOPS

Try something new at your company away day and learn a new skill in one of our workshops.

With a huge choice on offer, we're confident we can find the right activity to suit your group.



BRING TEAMS TOGETHER

COOKING WORKSHOP



Collaborative / Duration: 1 – 3 Hours

Eating well can improve employee's health as well as minimising their carbon footprint. Our team provide all the required kit and ingredients. Suitable for vegetarians and vegans.

In our Healthy Eating Workshop, we promote happy eating by discussing foods which boost your mood. A balanced diet helps reduce fatigue, sickness and increases energy levels and productivity, which is great for your team.

In our Sustainability Workshops, guests can learn how they can reduce their footprint by sourcing locally grown ingredients. Techniques that will be taught include 1 pot wonders, pickling and preserving while reducing plastic use by at least 70%. Teams will be tested with a mystery basket of ingredients.

Benefits:

Learning New Skills

Healthy Eating and Sustainable Cooking Knowledge

Support your corporate social responsibility journey



BRING TEAMS TOGETHER

CHARITY BAKE OFF



Collaborative
Duration: 2 -3 Hours

You and your team will work with a professional pastry chef to make a variety of traditional and contemporary afternoon tea and bakery items.

After a short introduction from our host, the head chef will demonstrate some of the challenges teams will need to master. Then teams will be set the task of baking and decorating a variety of bakery and pastry items whilst the clock is ticking. Lots of fun, lots of energy and no soggy bottoms! Teams can then donate to your chosen charity and/or sell their bakes at an organised bake sale for charity.

Benefits:

Learn new skills

Raise money for your chosen charity – Shared purpose

Support your corporate social responsibility journey



BRING TEAMS TOGETHER

SLEEP PODS



Collaborative
Duration: Varies

This activity allows teams to use their time to help address an urgent social issue in the UK, homelessness.

Each Sleep Pod that is built will be distributed by homeless charities to those that need these. Pods built on events can be distributed as quickly as the next day. They are built to a standard that can be reused multiple times during wet, cold and windy conditions.

The event team will provide all the information and equipment required. This can help those in need on their first steps on the Housing Pathway. Optional: Members of a local homeless charity can be brought in to discuss the issues being faced and the benefits of the Sleep Pods being built at the event.

Benefits:

- Learning New Skills in a meaningful way
- Working together for a shared purpose
- Support your corporate social responsibility journey



WELLBEING

Here at ACF Events we are big advocates of health and wellbeing. As we all know, a happier and healthier employee will be a more productive and engaged employee, which can only be good for your business.



BRING TEAMS TOGETHER

FOREST BATHING



Collaborative / Duration: 1 Hour

Immerse yourselves in the sounds of the forest, tune in with your surroundings and learn the skills to be equipped to go and do your own [forest bathing](#).

The benefits of nature are backed up by science, so it's no wonder that getting out into the wild make us feel good. Forest bathing can assist with lowering cortisol levels (the stress hormone), reducing blood pressure and boosting the immune system.

Benefits:

Teaching a stress relief technique for daily life

Re-connect with nature

Outdoor activity – Enjoy the fresh air



BRING TEAMS TOGETHER

TAI CHI



Collaborative / Duration: 1 Hour

Tai Chi involves gentle exercises and active movements, designed to improve physical and mental health. This activity will ensure that you're supporting staff's health needs whilst they experience a different type of team building activity.

Join our Tai Chi instructor for an engaging and hands-on class where participants will be introduced to movements, breathing skills and meditation techniques. We'll discuss how energy is held in the body and try noticing it through self-awareness.

Benefits:

- Teaching a stress relief technique for daily life
- Re-connect with nature
- If Outdoor – Enjoy the fresh air





BRING TEAMS TOGETHER

MINDFULNESS



Collaborative / Duration: 1 Hour

Stress at work and in home life can cost a company a lot of money if it means team members are often taking days off sick, and although companies can try to do their best to minimise stress caused within the work environment, there's not much they can do about factors in an employee's home life.

ACF can provide a 1-hour [Mindfulness workshop](#) for up to 30 people, where our facilitator will give people tools to deal with stress both in and outside of the workplace. Participants will go home having learnt ways in order to cope with stresses that can be practiced on a daily basis which will include traditional mindfulness methods in combination with some powerful NLP techniques.

Benefit:

Teaching a stress relief technique for daily life



ACTIVITY DAYS

ACF Events delivers
unforgettable multi-activity
experiences

Our Multi-Activity days have
helped people gel together for
over 30 years!



BRING TEAMS TOGETHER

ARCHERY



Competitive or Collaborative

Duration: 1 Hour

By the time our [Archery](#) instructor is finished with you, you'll be hitting gold after gold! Archery is one of our popular group activities. It is not always as easy as it first looks. However, with our experienced Archer at hand, even complete beginners will soon be shooting arrows with the accuracy of Robin Hood.

Archery is a great activity to add to an event, whether it's a corporate team building day, a fun activity to end a conference, or as part of a family fun day.

Benefits:

Learn a new skill

Outdoor activity – Enjoy the fresh air



BRING TEAMS TOGETHER



AXE THROWING

Competitive or Collaborative

Duration: 1 Hour

Release your inner warrior and let our professionals instruct you on how to throw an axe as if you mean it! Using traditional tomahawk axes, as used by native Americans for hundreds of years, you'll learn that success is down to consistency and skill, not force or strength.

Our [axe throwing](#) activity can be booked on its own or combined with Multi-Activity experiences or part of our Country Sports themed event.

Benefits:

Learn a new skill

Outdoor activity – Enjoy the fresh air



BRING TEAMS TOGETHER



BUSH CRAFT

Collaborative

Duration: 45 minutes – 90 minutes

What would you do if you were cast away on a desert island. Could you survive with nothing but your wits about you?

Our fantastic bushcraft instructors will teach you how.

Our [Bushcraft skills](#) experience will challenge the way you look at the world by getting you and your team to solve problems without the use of modern technology and materials. It will force you to think out of the box. It's just you and nature. Learning new life-skills is the focus of our Bushcraft experience and everyone will remember the first time they create fire without a lighter or a match.

Benefits:

Learn a new skill

Re-connect with nature

Outdoor activity – Enjoy the fresh air



TEAM GAMES

Our team games are fun and interactive activities with the aim to promote team camaraderie.



BRING TEAMS TOGETHER

SPORTS DAY



Competitive
Duration: Up to 2 Hours

It's time to recreate that exciting combination of good outdoor fun, friendly competition and rivalry by creating your very own company sports day.

[Company Sports Days](#) provide the perfect corporate team building day where the emphasis is on having a great time and getting to know everyone a whole lot better! Teams will compete in a host of races and activities, cheered on by the crowd, and will finish with a presentation of medals to the winning team members.

Benefit:
Outdoor activity – Enjoy the fresh air





BRING TEAMS TOGETHER

THE APPRENTICE CHALLENGE



Collaborative
Duration: Up to 2 Hours

Armed with a shopping list, a budget and their negotiation skills, teams are challenged to seek out and acquire as many of the items on their list as possible. The items may be essential things needed for the charity, or items for an upcoming raffle. ACF can work with your chosen charity to create a useful list that will benefit their work.

Benefits:

Shared Purpose
Sharing your chosen charity's message
Encouraging creative problem solving





Competitive
Duration: 3 Hours

Assemble your dream team, unleash your competitive side, and embrace the tasks that await in the Company [Record Breakers](#) team building challenge. The road to company greatness begins here!

The various activities will stretch the mind and test physical dexterity. Team members will discover skills they never thought they had, while at the same time learning a lot about each other.

Benefit:
Outdoor activity – Enjoy the fresh air



COMPANY FUN DAY

A corporate festival is a way for the whole company to come together in a relaxed manner, to enjoy a shared experience and get to know each other outside the constraints of normal corporate life.



BRING TEAMS TOGETHER

FUNDRAISING ACTIVITIES



Collaborative

Duration: Varies

Align your fundraising objectives with memorable experiences for your company. Host exciting events like company festivals or fun days, that can be employee only or with employee's friends and family.

These events offer a fantastic chance to generate funds through entry fees, attractions, and raffles. ACF offers comprehensive Event Management services to help you create an unforgettable day while supporting your cause.

Benefits:

Raise vital money for your chosen charity

Shared experience



GAMESHOWS

Get ready to be dazzled as employees showcase their knowledge, skills, and teamwork in a game show-style extravaganza.

Picture this: the stage is set, a charismatic host is ready to ignite the excitement, and teams of employees are eagerly awaiting their chance to shine. The Company Game Show is designed to entertain, engage, and promote a spirit of healthy competition within the company.



MEGA QUIZ



Competitive

Duration: 90 minutes

This is a fully interactive gameshow where you, the contestants, are the stars. Questions and tasks can be included to meet your specific business needs and objectives along with activities to meet any required theming.

Each team competes against players on other tables to accumulate the highest number of points. Points are awarded by answering questions that will stretch your general knowledge, lateral thinking and observational skills. Extra points are awarded for ad hoc performances that take place by team members throughout the evening.

Benefit:

Shared Experience – Making fun memories



BRING TEAMS TOGETHER

GAMESHOW FUNDRAISER



Competitive

Duration: 2 Hours

Turn points into all important donations with one of our [Gameshows](#).

With our lively host to lead the evening there are numerous opportunities to raise money at these type of evening events. We can adapt some of our popular Gameshows to support your fundraising goals.

Options include:

- ✓ Family Fortunes
- ✓ [Gameshow Mash-up](#)
- ✓ [Race Night](#)

Benefits:

Raise money for your chosen charity – Shared purpose
Support your corporate social responsibility journey
Shared Experience



NEXT LEVEL

The interactive gameshow



Competitive

Duration: Approx. 90 minutes

Next Level is an app-based quiz played with a high level of flexibility where players are encouraged to utilise the space the venue has to offer.

Teams compete against each other to make their way through 9 levels with a final bonus round. Players will be tested on their general knowledge and lateral thinking with each level consisting of 5 tasks under 5 different categories – Cerebral, Creative, Physical, Observation and Pot Luck. Each task will be released only after the previous one has been completed.

Benefit:

Shared Experience – Making fun memories



ENTERTAIN

Our team at ACF can help you organise and deliver corporate evening entertainment which will create a memorable experience and leaves a positive impression on attendees.



BRING TEAMS TOGETHER

SILENT DISCO



Collaborative / Duration: Varies

It's a silent dance party where the music is in your head, creating a sea of people having a blast without a sound. Imagine everyone wearing wireless headphones, grooving and signing to their own beat, yet dancing together!

The Silent Disco works well where a venue may have noise restrictions, and can be set up so that everyone hears the same songs, or, allows guests to choose their own music. A fun way for everyone to be themselves while feeling part of something bigger.

Benefits:

Dancing can help reduce stress
Form of Exercise



BRING TEAMS TOGETHER



GAMES NIGHT

Competitive

Duration: Up to 3 Hours

Our [giant games](#) tournaments will add a lively, fun and competitive team building addition to your evening or daytime event.

We have an abundance of games available including traditional pub favourites such as Darts, Table Football and Pool, to more wacky games like Crazy Golf, Plate Spinning, High Striker or The Buzzer! Whether its outdoors or indoors, summer or winter, we can create a games tournament to fit your environment.

Benefit:

Shared experience – Making Fun Memories



ACTIVITY SUMMARY



- [Fundraising Activities](#)
- [Charity Bake Off](#)
- [Sleep Pods](#)
- [The Apprentice Challenge](#)
- [Gameshow Fundraiser](#)



- [Samba Drumming](#)
- [Laughter Workshop](#)
- [Circus Skills](#)
- [Haka](#)
- [Mega Quest](#)
- [The Hunted](#)
- [Escape App](#)
- [Mission Impossible](#)
- [Archery](#)
- [Axe Throwing](#)
- [Bushcraft](#)
- [The Apprentice Challenge](#)
- [Record Breakers](#)
- [Mega Quiz](#)
- [Next Level](#)
- [Silent Disco](#)
- [Games Night](#)
- [Forest Bathing](#)
- [Tai Chi](#)
- [Mindfulness](#)
- [Sports Day](#)



- [Laughter Workshop](#)
- [MiRo](#)
- [Cooking Workshop – Healthy Eating and Sustainability](#)
- [Charity Bake Off](#)
- [Forest Bathing](#)
- [Tai Chi](#)
- [Mindfulness](#)

TESTIMONIALS



“ All the activities were very well organised, the leaders very friendly and helpful in their coaching and made the activities really fun
How likely is it that you would recommend ACF Teambuilding and Events to a friend or colleague? Extremely Likely
WPA

“ Really enjoy working with the ACF team. They always do a great job!
How likely is it that you would recommend ACF Teambuilding and Events to a friend or colleague? Extremely Likely
Holland and Barrett

“ An excellent team building afternoon. Very professional team and enjoyable activities that had us all working together
How likely is it that you would recommend ACF Teambuilding and Events to a friend or colleague? Extremely Likely
Technology / Manufacturing Company



TALK TO US

This brochure includes just some of our favourite activities. We can create a range of bespoke packages and events to suit your needs.

We love to hear from you, call our friendly team and let's chat ideas.



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