



**MEETINGS & CONFERENCES IN EXCITING, HISTORICAL, SURROUNDINGS AT INNHERRED, NORD-TRØNDELAG**

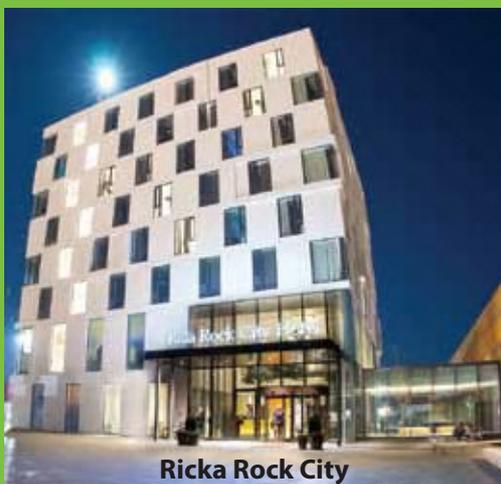


**Package includes:**

- 2 lunches, meeting rooms and one nights accommodation at Rica Rock City Hotel Namsos
- Meeting room decorated by «Stil & Stemning»
- Team building and entertainment by «Lyden av Trivsel».
- Team building with KultLab
- Buss – if a conference bus is desired.
- Programme proposal – can be adjusted according to needs, budget and wishes.

**Booking and customised quote:**

Tjenestenavet at Visit Innherred  
 Christine Svarva Nielsen  
 E-mail: [christine@visitinnherred.com](mailto:christine@visitinnherred.com)  
 Tlf: + 47 971 46 192



**Ricka Rock City**

***Dare to try something new, let the next business trip be a creative and great overall experience in the Innherred region. Experience the food, nature and culture - adventure steeped in history, second to none.***

**12.00 Welcome to Rica Rock City Hotel**

The country's only Trønder rock hotel can be found in Namsos. The concept is based on the history of Trønder Rock. Rica Rock City Hotel is a hotel with interior that reflects rock both in the rooms, in meeting rooms, in the restaurant and all public areas.

**12.00 - 13.00 Check-in and tasty lunch**

The restaurant offers cuisine with a rustic feel with local roots. The hotel is well placed close to the waterfront in the city, and is affiliated with Rock City - an adventure centre for Trønder Rock.

**13.00 - 15.30 Seperate programmme**

Time has been set aside for meetings and your own professional programme in the wonderful conference rooms at Rica Rock City. The meeting room is decorated by "Stil & Stemning". The times can be adjusted.

**15.30 - 16.00 Coffee break with refreshments**

Before dinner there will be an exciting and different activity with music as a theme by "Lyden av Trivsel". "Lyden av Trivsel" is based on choir singing and socialising, performed and instructed by professional performers. Thousands of health workers and community employees in Trøndelag have participated in this mega success and found it extremely rewarding. As a team, you practice and prepare the entertainment that will take place during dinner. You work as a team, challenge each other and the laughter flows easily.

**18.00 - 19.00 Own time**

Time to relax before dinner.



Lyden av Trivsel

### **19.00 - 23.00 A musical dinner party**

A lovely three course dinner with local ingredients. During the dinner the groups will perform what they prepared before dinner. This will be a gala performance of inclusive entertainment and participants enjoy a fantastic and different experience with a great atmosphere. The party room is decorated by creative "Stil & Stemning".

### **Day 2**

#### **08.00 Breakfast**

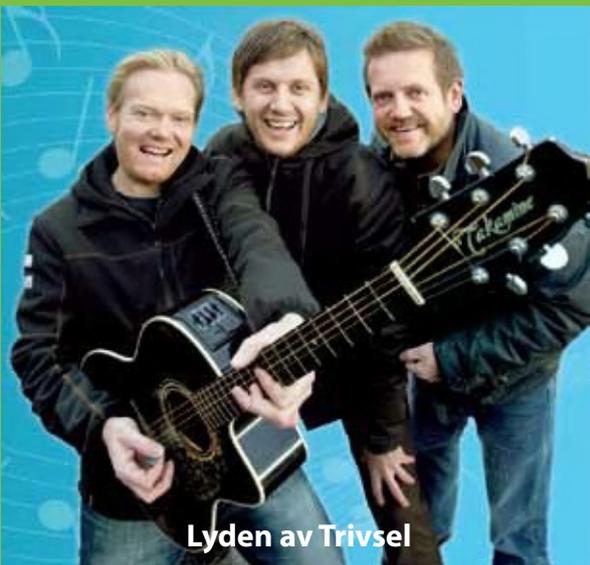
#### **09.00 - 10.30 Seperate programmme**

Time has been set aside for meetings and your own professional programme. The times can be adjusted.

#### **10.30 - 12.00 A different and inspiring professional team session with KultLab**

KultLab offers an exciting and different team - and leadership development session with the help of cultural tools. It will never be predictable and boring with KultLab and you achieve an overall experience and knowlege which is directly transferable to the working day. Customised based on the company's needs and desired theme.

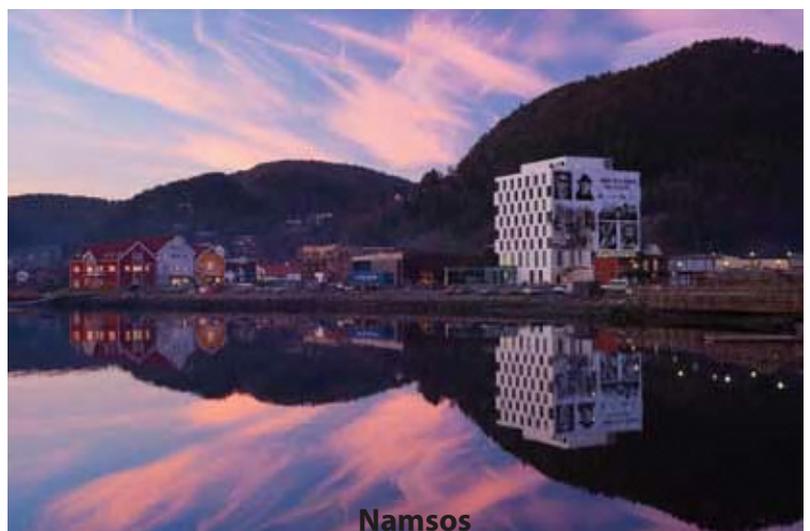
#### **12.00 - 13.00 Lunch and return home**



Lyden av Trivsel



KultLab



Namsos