



Mind in Nature

## Away Days

Our bespoke nature away days are for organisations looking to bring their teams closer together and connect with nature. Using frameworks taken from nature, teams will be inspired to care more for each other and their work, and connect wider ecological meaning of their roles.

Combining team building activities, wild food, nature connection and bushcraft, we facilitate a unique experience which challenge teams to both work and relax together in better ways.

"Max and his colleagues were fantastic. The whole team agreed it was the best away day we'd ever had. It was a nice change to get out of the office and into nature to do some foraging, games and cooking over an open fire. The food provided was delicious and the mocktails at the end were a lovely touch, I would definitely recommend."

Rachael, Tower Hamlets Council

## Away Day Themes

Our activities are themed around three themes, you can choose to focus the day on one particular theme or to mix and match. More detail on the specific activities can be found on the page below.

### Celebration



### Team Building



### Wellbeing



**Location: Tower Hamlets Cemetery Park, right next to Mile End station on the Central Line.** We are lucky enough to have access to "the most biodiverse square mile in London" a beautiful woodland with seating areas, wild forest and open grassy areas. Here we also have the Lodge (a small indoor space with two toilets) and the option to hire larger indoor spaces at the edge of the park if required. Our away days can also take place in alternative locations, please feel free to enquire.

### Food and Refreshments

We can prepare either a buffet-style selection of delicious salads, bakes, and international dishes with our retreat chef or organise hot food for an additional cost if preferred. We, of course, cater to all dietary requirements but tend to stick to vegetarian menus.

We will provide snacks and refreshments throughout the day.

A very popular addition to our away days has been finishing the day with a **foraged cocktail or mocktail**. We run a separate event called 'Cocktails, Folktales and Foraging' and enjoying a delicious wild drink with a roaring fire and some time to chat with colleagues always goes down well. There is an extra charge of £10 per person for this.



# Away Day Activities

Here's a sample of the activities you can choose from on your away day:

**Miniature Nature Gardens:** Groups of 6-8 use natural items to create a miniature garden that represents them. Participants can get highly creative as they gather materials, design their garden, and add a personal touch to the final piece. At the end, everyone will have the opportunity to present their creations to the group.

**Bushcraft Activities:** Learn essential skills such as starting a fire using natural materials and whittling sticks into small animals or mushrooms. The group can be divided in two, with one practising fire-starting using a fire striker, and the other focusing on whittling with knives.

**Blindfolded 'Find a Tree' Game:** A wonderful team-building and nature-connection exercise. In small groups, one person is blindfolded, guided to a tree, and given time to connect with it using their senses. They are then led away and must navigate back to "their" tree.

**Team Scavenger Hunt:** A seasonal scavenger hunt exploring nature's secrets in spring, summer, autumn, or winter.

**Foraging Walk, Demonstration, and Tasting:** A guided walk introducing seasonal plants, their uses, and folklore. Participants can also taste the plants if they wish.

**Team Natural Art:** Similar to the miniature gardens activity, but with a focus on creating a collaborative picture, collage, or sculpture using natural materials.

**Sound Maps:** A mindfulness activity combining sketching and listening. Participants draw "sound maps" by tuning into the natural environment and translating what they hear into art.

**Mindfulness in Nature:** Activities such as mindful walking, short meditation exercises, and group discussions to foster a deeper connection with nature.

**Wild Cooking:** Experience group cooking over an open fire. For larger groups (up to 50), something simple like damper bread works well. Participants can prepare dough, cook it over the fire, and add any foraged ingredients they've discovered.

**Wild Cocktails:** A delicious cocktail or mocktail for each attendee, made with foraged ingredients and served at the end of the day with a roaring fire and the chance for everyone to chat and mingle.

Interested? Send an email to [max@mindinnature.com](mailto:max@mindinnature.com) and we can arrange a quick call to discuss

## We have worked with:



University  
of Exeter



PARTICLE



Purple Jay



WWT



TOWER HAMLETS

### Prices

The cost depends on the number of people, food choices, optional extras and other bespoke elements to the day such as the hire of additional spaces or staff.

Our main package includes a full day of bespoke activities, a wild lunch outside, the hire of the outdoor classroom, access to toilets and two wonderful Mind in Nature facilitators and prices start at £50 per person.

A 50% deposit to be paid in advance with the remaining balance paid upon completion of the day.

### Cancellation Policy

We will always try to reschedule sessions for no additional cost in the event of cancellation from the client or adverse weather. If the session is cancelled by the client within 30 days of the agreed date, a 15% cancellation fee will be kept from the deposit with the rest returned.

