



#### LET'S CONNECT

corporate@avvaexperience.com +44 20 3488 6930

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#### WHY CHOOSE US?

#### NUMBER 1 FOR VIRTUAL & HYBRID EXPERIENCES FOR CORPORATE EVENTS



200+ amazing experiences to pick from



International shipping to 60+ countries

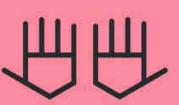


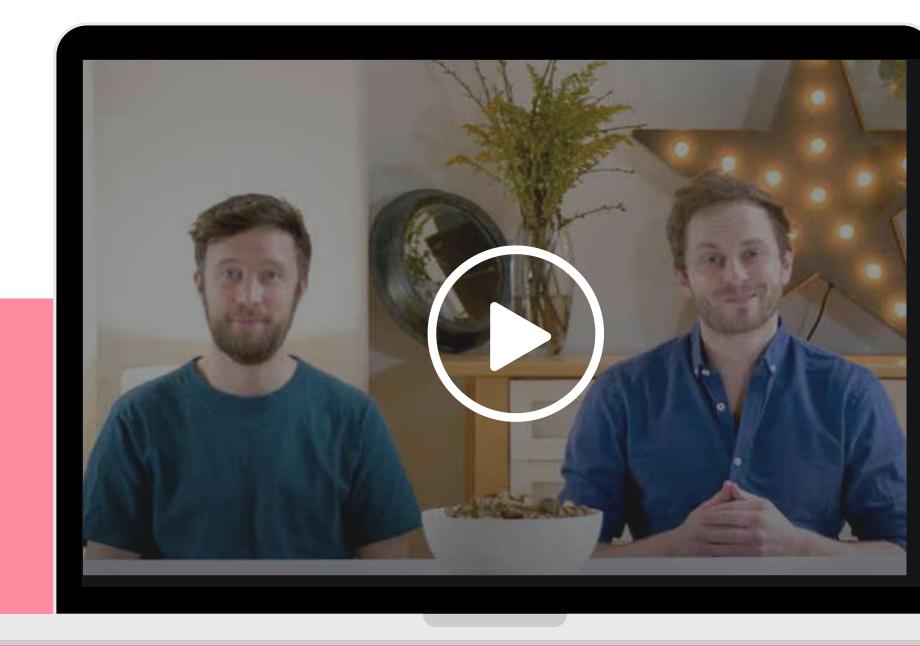
A personal Event Specialist to manage every booking you make



Minimise your carbon footprint, by choosing a sustainable supplier

Find out why we're the number 1 choice for virtual & hybrid experiences





66 99

1,500+ COMPANIES NOW BOOK WITH US



"It was FANTASTIC!
110% would recommend!"
Katie - BCG



"The team loved it! Thank you." Rebecca - Meta



"Everyone said how much they enjoyed the evening." Lesley - IBM



"Truly Amazing! It brought the team together." Naomi - RBC



"Perfect if you want a fun way to connect with clients." Mata - BlackRock



"Thank you for an excellent event."
Nick - Fieldfisher

Learn more about our "Ultimate Virtual Murder Mystery Team Challenge" (pg 8)





accenture



Goldman Sachs





Morgan Stanley



# OUR EXPERIENCES ARE SUITABLE FOR FULLY REMOTE AND HYBRID TEAMS

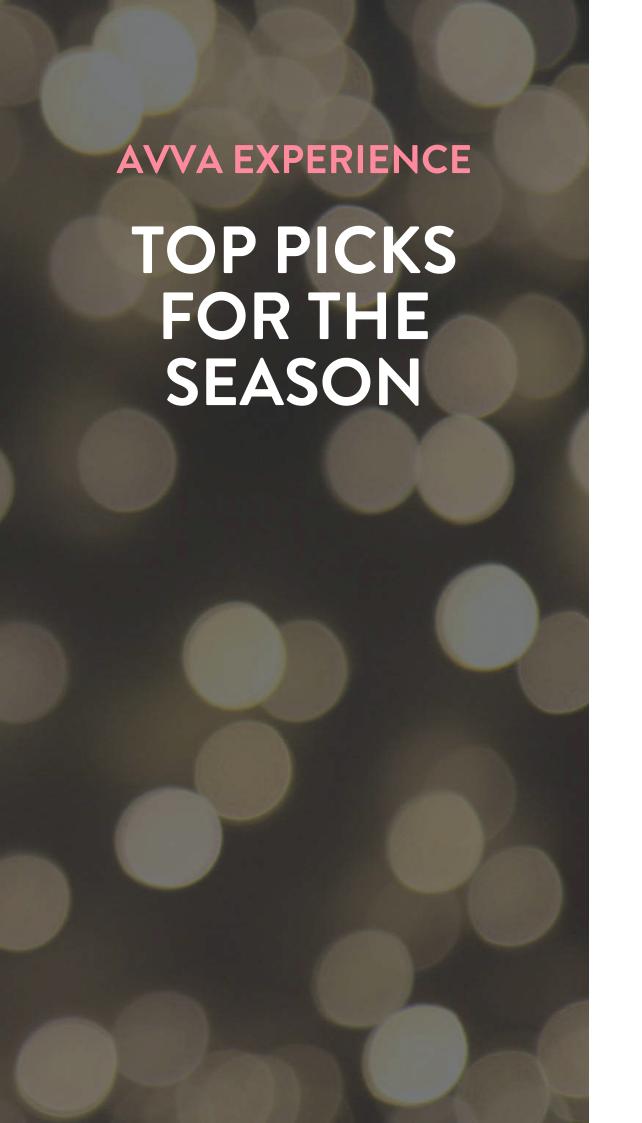
Enjoy when part of your team are in the office and part are remote





Enjoy when all of your team are based fully remotely

We're often asked which are our most popular and highly rated experiences. So, here are our "Top Picks" for the season.





THE ULTIMATE
VIRTUAL MURDER
MYSTERY TEAM
CHALLENGE

<u>Learn more ></u>



THE VIRTUAL
COCKTAIL MAKING
TV GAME SHOW
PARTY

<u>Learn more ></u>



THE ULTIMATE
VIRTUAL TEAM
TRIVIA QUIZ

Learn more >



THE ULTIMATE TIME
TRAVELING
VIRTUAL GAME
SHOW

<u>Learn more ></u>



THE ULTIMATE
LEGO TEAM
BUILDING VIRTUAL
WORKSHOP

<u>Learn more ></u>



AN INCREDIBLE
VIRTUAL COCKTAIL
MAKING
MASTERCLASS

<u>Learn more ></u>



GET TO KNOW YOUR TEAM! A VIRTUAL ICEBREAKER CHALLENGE

<u>Learn more ></u>



THE ULTIMATE
VIRTUAL PARTY
MINI GAME
EXTRAVAGANZA

<u>Learn more ></u>



MYSTERY ON THE POLAR EXPRESS: THE VIRTUAL TEAM CHALLENGE





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DRINKS
MASTERCLASSES
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INTERACTIVE
SHOWS & ACTS
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CRAFT & AND
CREATIVE
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FOOD TASTINGS & MASTERCLASSES
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STAFF WELLBEING & DEVELOPMENT Pg 34 | Click here



LGTBQ+ HISTORY & PRIDE MONTH
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WOMEN'S HISTORY
MONTH
Pg 39 | Click here



SPRING & EASTER
THEMED
Pg 40 | Click here



CLIMATE ACTION &
EARTH DAY
Pg 41 | Click here

GAMES, ESCAPE ROOMS & CHALLENGES

Perfect for team building or client bonding activities, which combine group problem solving with an unforgettable experience.

Explore our full range online >

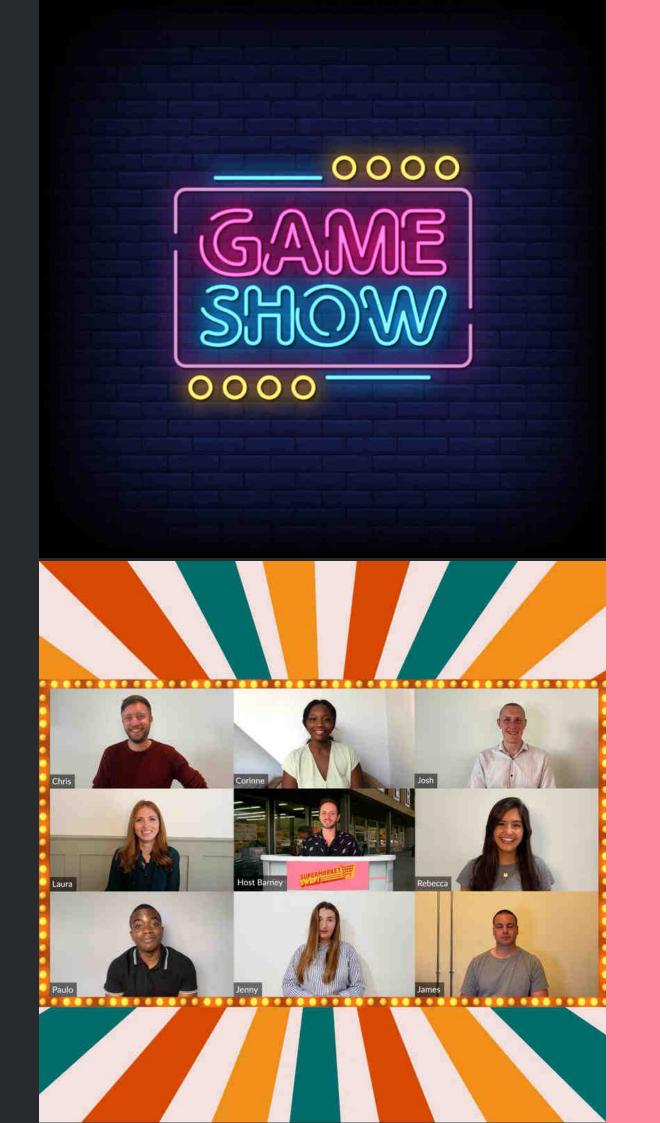
# THE ULTIMATE TIME TRAVELLING VIRTUAL GAME SHOW

- Take part in the ultimate time travelling virtual game show
- Your group will be transported through time, playing different game shows throughout history
- Playing in teams, you'll earn points each round to see who'll be crowned the champions
- Hosted by a live game show host, this is an interactive, fast-paced & humorous experience

Want to know more?

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# THE ULTIMATE VIRTUAL MURDER MYSTERY TEAM CHALLENGE

- Get ready for the ultimate virtual murder mystery team-building challenge
- Working together in teams, you'll need to decipher the clues and solve the case before time runs out
- Teams will be scored on their crimesolving abilities, so at the end we'll know who the ultimate detectives are
- All content is light-hearted and suitable for global audiences

Want to know more?
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# THE ULTIMATE LEGO TEAM BUILDING VIRTUAL WORKSHOP

- Get ready for the ultimate LEGO teambuilding virtual experience
- Your live host will guide you through four different creative challenges designed around team bonding
- This is an ideal experience for those looking to build connections and communication between their team
- LEGO kits can be delivered to attendees ahead of your event

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# THE ULTIMATE VIRTUAL PARTY MINI GAME EXTRAVAVAGANZA

- Get ready for the ultimate virtual party game night experience
- You'll take part in a number of minigames including Immersive Trivia,
   Bingo Bonanza, Raving Racing &
   Scavenger Hunt
- Playing in teams, you'll compete to see
   who are the game night champions!
- Suitable for all age groups, with nonregion specific content making it ideal for global audiences

Want to know more?
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### GET TO KNOW YOUR TEAM IN THIS VIRTUAL ICEBREAKER CHALLENGE

- Get to know your teammates in this virtual icebreaker challenge
- Hosted by a live high-energy game show host
- Over 4 different rounds, you'll be tasked with deducing how your group thinks on a number of different secret polls and tasks
- We guarantee you'll learn something new about your colleagues

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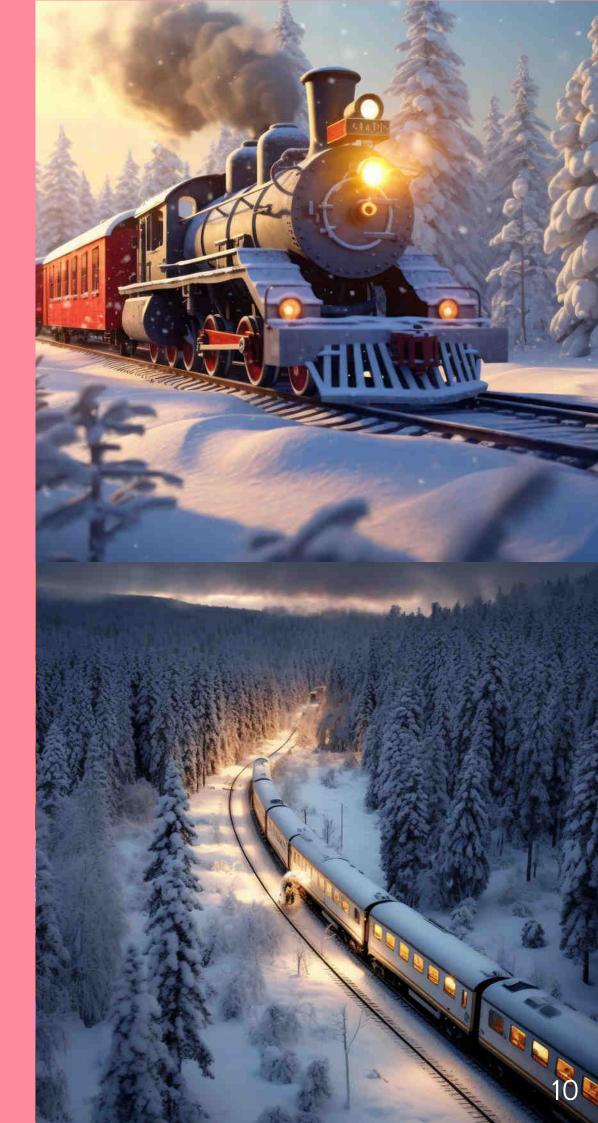




# MYSTERY ON THE POLAR EXPRESS: THE VIRTUAL TEAM CHALLENGE

- Hop onboard for the ultimate virtual team challenge
- Part murder mystery and part escape room, you'll work in teams to decipher the clues and solve the case
- A crime has been committed on "The Polar Express" you must find the guilty suspect before the train arrives at its final destination
- All content is light-hearted and suitable for global audiences

Want to know more?
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#### THE FEUD! AN INTERACTIVE VIRTUAL GAME SHOW

- Enjoy this interactive virtual twist on the classic T.V. game show "Family Feud / Family Fortunes"
- Competing in teams you'll play to see who'll be crowned champions!
- In a series of rounds, you'll need to guess the most popular answers to a host of questions ranging from the ordinary to the extraordinary
- Hosted by live game show hosts

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#### JEOPARTY! AN INTERACTIVE VIRTUAL GAME SHOW

- In a twist on the classic T.V. game show, your team will battle out to be crowned the ultimate trivia champions
- Work to outscore your opponents in rounds that become increasingly harder
- Contestants answer a series of trivia questions organized by category. The harder the question, the more points you earn!

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#### THE ESCAPE FROM ALCATRAZ ONLINE ESCAPE ROOM

- Delve into the ultimate escape room as you escape from your cell in the notorious Alcatraz Federal Penitentiary
- Work out how to break out of your cell, slip past the guards and cross the San Francisco Bay
- You and your cellmates will need to work together to take back your freedom
- Suitable for small and large groups

Want to know more? **CLICK HERE** 



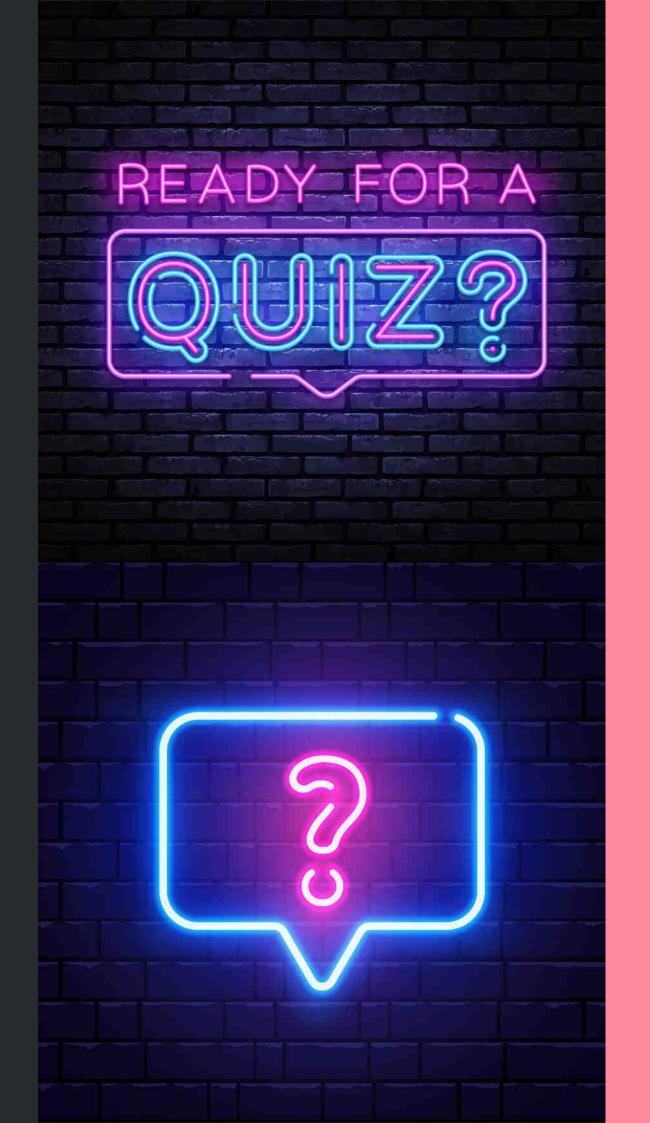
# THE ULTIMATE VIRTUAL TEAM TRIVIA QUIZ

- Take part in the ultimate virtual team trivia quiz
- Playing in teams you'll compete to see who is the trivia champion
- Hosted by a live quiz master who'll guide you through the rounds
- An immersive virtual experience, where you'll take part in rounds such as "Back To School", "The Music Round" & "Sounds Of Nature"

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#### WOULD YOUR TEAM LIE TO YOU? A VIRTUAL GAME SHOW

- Would your team lie to you? You'll find out in this hilarious virtual game show challenge
- Hosted by a live game show host, you'll need to find out who's telling the truth and who is not
- Rounds include "Office Truths," "Life
   Truths" and "Truth or Lie" round
- A high energy team experience, that's designed around building relationships

Want to know more?
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#### "SQUAD GAME" THE ULTIMATE GROUP BONDING EXPERIENCE

- Gather the team and accept the invitation to take part in the ultimate group bonding experience "Squad Game"
- Teamwork is the name of the game! As you work in teams to complete the various challenges under the watch of the sinister masked guards
- Featuring live, professional actors, this is a fully interactive and immersive team experience

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#### THE NUMBER 1 VIRTUAL BINGO EXPERIENCE IN THE WORLD

- The World's number 1 virtual bingo experience with the incredible Charlie Hides
- Get competitive and battle it out for prizes in a fully interactive event
- Revel in a variety of incredible entertainment from songs to jokes to innovative dance routines
- Hosted by the hilarious Charlie Hides, star of Ru Paul's Drag Race

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#### BECOME A MAGICIAN! A MAGICAL VIRTUAL TEAM BUILDING CHALLENGE

- Welcome to Virtual Mission Magic, a unique and magical online team-building challenge
- Your mission if you choose to accept it... create a unique original magic trick presentation!
- Your session will start with a short performance by your magician and mentor
- You'll then learn step-by-step to ensure your mission is a complete success

Want to know more?
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#### LEARN LOCK PICKING IN THIS VIRTUAL WORKSHOP

- Learn the art of lock picking in this interactive virtual workshop
- Hosted by an ex-security professional, whose job was to break into buildings
- Each team member will receive their very own lockpicking kit and a set of progressively challenging padlocks
- A fun and fascinating workshop

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#### TAKE PART IN AN ONLINE IMMERSIVE THRILLER ESCAPE ROOM

- Delve into this immersive, online thriller escape room that blurs the boundaries between theatre, film and gaming
- With attendees given a vital role, you'll take part in uncovering the ultimate corporate conspiracy
- Virtually, teams will need to follow clues, crack codes and hack passwords in an attempt to reveal the mystery

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#### CHALLENGE YOURSELF IN THIS INTERACTIVE VIRTUAL HACKING EXPERIENCE

- Get your team together and play our interactive livehosted hacking experience
- Compete in teams to solve puzzles, complete games and stop the so-called White Hat that has managed to hack into our server
- A fun experience that gets your team thinking outside the box
- Suitable for small and large groups

Want to know more?
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#### THE ULTIMATE ONLINE RACE DAY EXPERIENCE

- Enjoy a day at the races with this fantastic online race day where you'll get to bet with your very own bookies
- Place bets as you watch the horses cross the finish line
- There'll also be Ostrich, Camel and even Puppy racing to place bets on!
- The experience can be customised to your company or event

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#### AN INCREDIBLE CUSTOMISABLE VIRTUAL CASINO NIGHT

- Unleash your competitive side with this amazing online Casino Night
- From Blackjack to Texas Hold 'Em there is something for everyone.
- Secure as many chips as possible to beat your team!
- The experience can be customised to your company or event

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#### ENJOY A VIRTUAL MUSIC BINGO EXPERIENCE

- Experience a 5\* rated virtual music bingo experience like no other!
- Virtual Music Bingo events deliver all the dabbing fun of virtual bingo, but using music instead of numbers
- You'll be moving to the hottest tunes from the last 4
  decades, dabbing the songs on your bingo card as the
  DJ spins them to win prizes
- Suitable for both small and large groups

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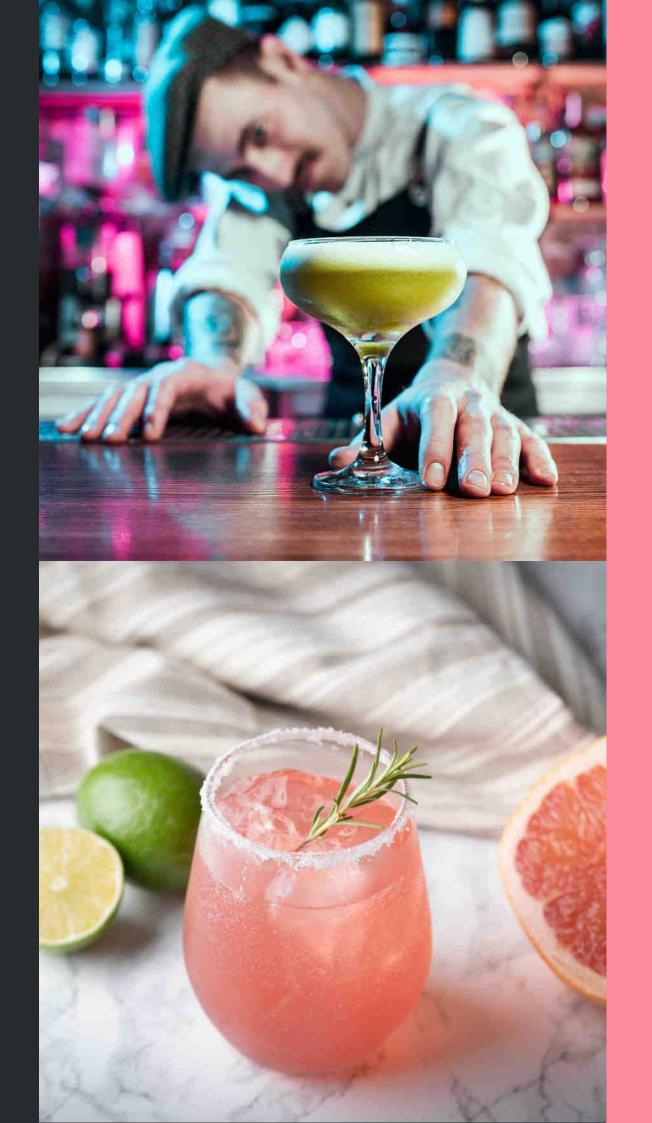
# AN INCREDIBLE INTERACTIVE VIRTUAL COCKTAIL MASTERCLASS

- Enjoy an incredible interactive virtual cocktail making masterclass
- Hosted by an expert mixologist, who'll guide your group step-by-step in making 2 or 3 delicious cocktails
- This is a highly interactive online event with lots of interaction between guests and your host
- Guests can choose to make alcoholic or alcohol free cocktails
- International delivery is available

Want to know more?
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### THE VIRTUAL COCKTAIL MAKING TV GAME SHOW PARTY

- Get ready for a virtual cocktail-making
   TV game show party
- Combining the fun of cocktail-making with game shows!
- During this interactive experience, you'll learn to make two delicious cocktails (or mocktails)
- You'll also take part in two immersive game shows, The Feud & Who Wants To Be A Millionaire whilst sipping your drinks
- International delivery is available

Want to know more?
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### A CUSTOMISABLE ONLINE INTERACTIVE CRAFT BEER TASTING

- Enjoy an online craft beer-tasting masterclass hosted by a beer expert
- You'll learn the techniques to train your nose and palate in this fun and casual masterclass
- Choose between a 4 or 6-beer tasting from some of the best independent breweries
- Includes a team tasting challenge to maximise interaction between your guests
- International delivery is available

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#### AN EXCEPTIONAL CUSTOMISABLE VIRTUAL WINE TASTING

- Enjoy an immersive & interactive virtual wine tasting hosted by an expert sommelier
- You'll be guided through the world of wine in a tasting that's suitable for beginners & experienced wine aficionados
- A fully interactive tasting with plenty of chances to interact with guests & your host
- International delivery is available

Want to know more?
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#### ENJOY AN ONLINE TEQUILA TASTING MASTERCLASS

- Become a tequila expert and learn how to taste and nose Agave like the spirit professionals in this interactive tasting masterclass
- Your expert host will take you through the many different styles of this often-misunderstood spirit
- You'll enjoy 5 x tequila tastings guided by your spirit expert host

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#### AN INTERACTIVE CUSTOMIZABLE ONLINE WHISKY AND BOURBON TASTING

- Explore the world of whisky from the comfort of your own home
- Hosted by a whisky expert you'll explore different bourbons, learning about their flavor profiles, processes and origins
- Each attendee will receive 5 x whiskies to taste during this virtual masterclass

Want to know more?
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#### EXPLORE THE WORLD OF GIN WITH THIS UNIQUE ONLINE TASTING

- Enjoy a sensational global gin tour in this unique storytelling tasting, as you taste six unique gins!
- You'll learn about the fascinating history, it's production and most importantly how to taste gin!
- This interactive, virtual session is brought to you by the wonderful creators of Nautilus Smugglers' Club
- You'll receive a package containing 5 x 50ml bottles,
   2 garnishes, and 3 mixers prior to the session

Want to know more?
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# A RELAXING & RESTORATIVE TEA TASTING EXPERIENCE

- Enjoy a unique and luxury virtual tea tasting experience with an incredible tea expert
- You'll learn all about the journey of tea and discover the holistic benefits of ancient tea drinking
- Taste five different luxury natural teas
   as you're taken through the brewing
   notes and family chart
- A mindful and reflective tasting experience

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#### AN INTERACTIVE AND FUN VIRTUAL COFFEE TASTING

- Perfect for a coffee morning or an energising afternoon event
- You will receive guidance from some of the best coffee experts in the business
- A great introduction to the interesting world of Speciality Coffee
- Guests receive a selection of freshly roasted coffees and brewing equipment ahead of each masterclass

Want to know more?
CLICK HERE



INTERACTIVE **SHOWS & ACTS** Prepare to be amazed! These unique experiences are best for entertaining groups of clients or colleagues, with lots of interaction. Explore our full range online >

#### LET'S DO SOMETHING IMPOSSIBLE! A VIRTUAL MAGIC SHOW

- Let's Do Something Impossible is an award-winning virtual team-building event that will astound everyone involved!
- Hosted by Lawrence Larouche, who uses magic and illusion to show that we're all capable of doing something (seemingly) impossible
- Prepare for lots of audience participation as your team will be performing lots of the magic themselves

Want to know more?

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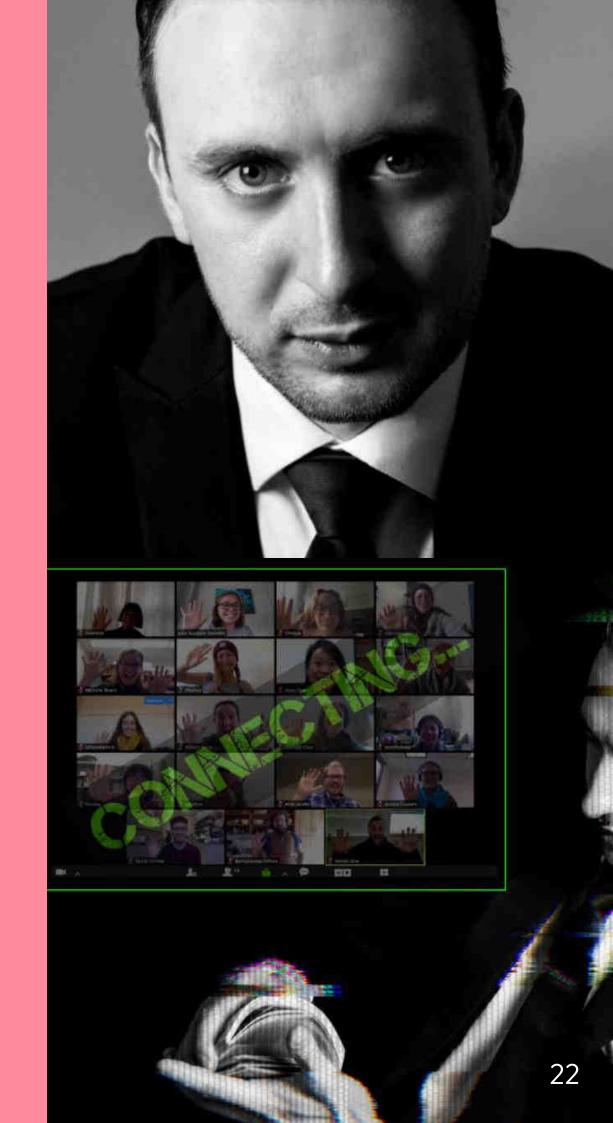
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### A BRILLIANT ONLINE MAGIC SHOW WITH THE VIRTUAL MAGICIAN

- One of the world's best magicians has gone virtual!
- Enjoy a brilliant blend of live virtual magic & mind reading with either a 30 min or 60 min Magic Show
- The Virtual Magician will share his incredible virtual skills, leave you constantly guessing and will create memories that will last for years to come

Want to know more?
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#### THE MAGIC CIRCLE'S NUMBER 1 VIRTUAL MAGICIAN

- Enjoy an exclusive online Magic Show hosted by Fergus Flanagan, voted the Number 1 virtual magician by "The Magic Circle"
- In this unforgettable event, you'll experience an interactive, fast paced magic show filled with a wide variety of incredible tricks
- 3 different levels of show to pick from

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#### AN INTERACTIVE ONLINE MAGIC SHOW WITH AN AMAZING MAGICIAN

- Be entertained by the Magician to the stars in this amazing, interactive online magic show!
- Duncan, a renowned magician, will wow you and your team with amazing tricks, leaving you amazed
- This is a 100% interactive show, created for an online audience where you are the stars of the show

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#### EXPERIENCE AN INCREDIBLE INTERACTIVE ONLINE MAGIC SHOW

- Enjoy an incredible online magic experience by Maddox Dixon!
- Merging interactive magic with state of the art technology, Maddox can host and perform impossible and amazing effects in real-time
- From wowing judges on Britain's Got Talent to opening stadium shows, he is now one of the most sought after Illusionists!

Want to know more?
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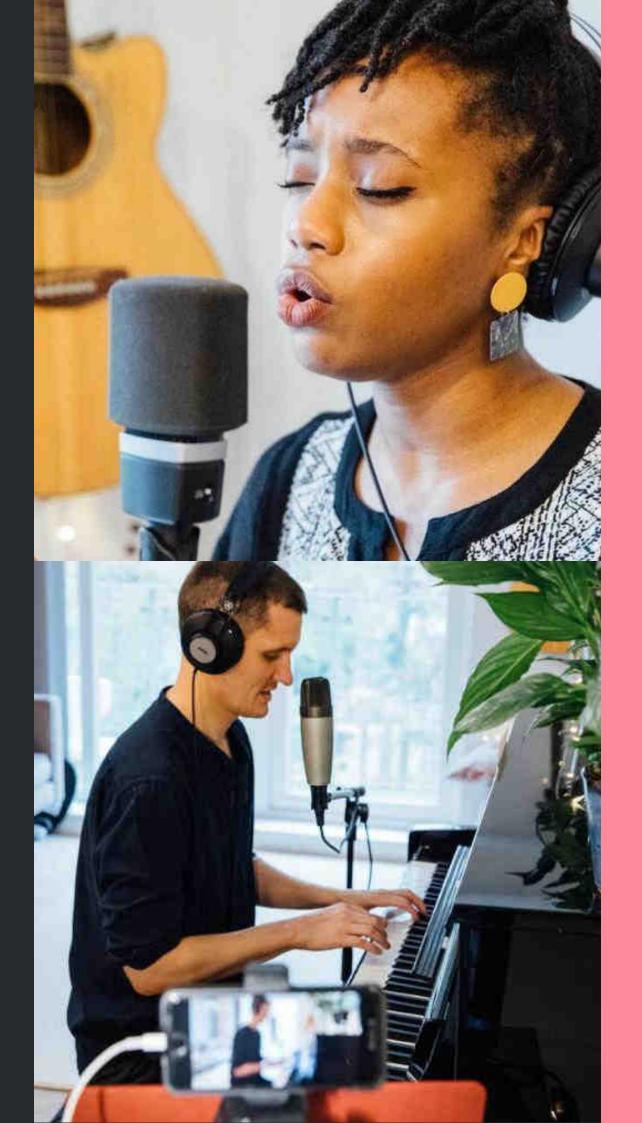
#### ENJOY YOUR VERY OWN VIRTUAL POP-UP JAZZ SHOW

- Experience your very own virtual popup jazz night with world-class musicians
- Features jazz vocalists and musicians who have performed at world-famous venues such as the Lincoln Center in NYC
- They will each pay a musical tribute to some of their favourite jazz vocalists and composers as they swap songs and stories

Want to know more?
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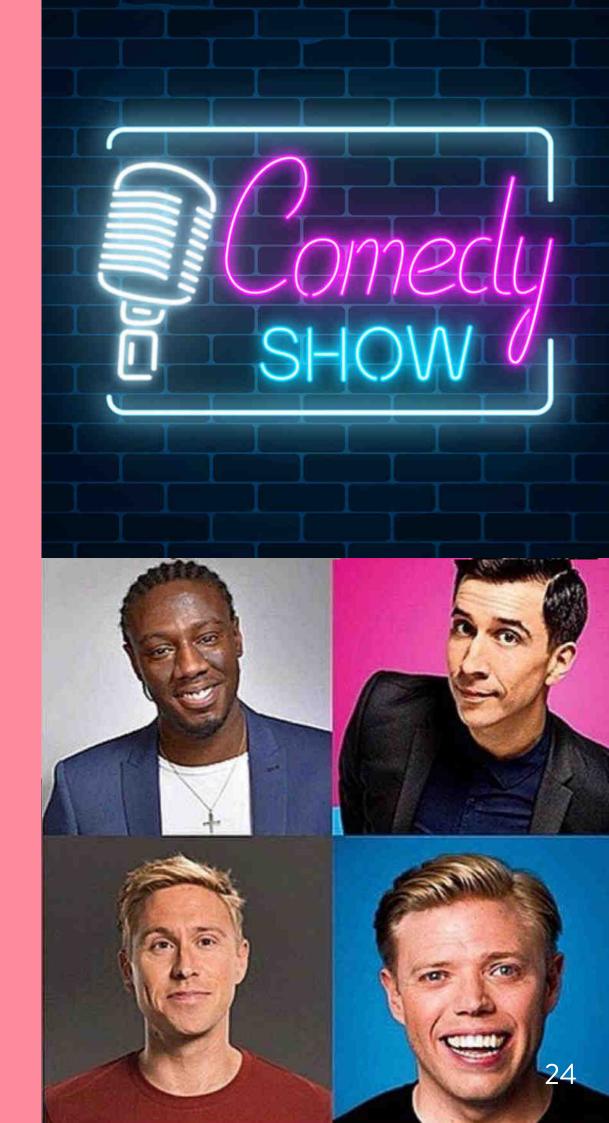
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#### A HILARIOUS VIRTUAL STAND UP SHOW BY A STAR COMEDIAN

- Experience a one of a kind online stand up comedy night with your own private comedian
- Your comedian can drop in to entertain the delegates at your conference, spice up a meeting, bring comedy stardust to your virtual social or host your awards
- Choose from experienced top-level professionals as well as having a TV comedian appear at your event

Want to know more?
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#### A CREATIVE AND ENGAGING VIRTUAL ORIGAMI WORKSHOP

- Experience the world of origami and learn all about this fascinating art from a full time origami artist
- You'll be guided through a range of fun and accessible origami models including animals, decorations and boxes
- This workshop is a relaxing way to enjoy the stress relieving benefits of mindfulness!
- Seasonal versions are also available

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#### AN INTERACTIVE ONLINE CANVAS PAINTING WORKSHOP

- Enjoy a private online painting class hosted by a highly experienced artist
- Choose what you would like your group to paint or go off your artist's recommendation
- This experience is a perfect way to relax with the team and create some artistic masterpieces!
- Seasonal versions are also available

Want to know more?

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### AN ONLINE SUCCULENT TERRARIUM WORKSHOP

- Get green fingered in this fun and relaxing online succulent terrarium workshop
- You'll create a dessert themed succulent terrarium, creating beautiful layers for your succulent plants to live on
- The host will show you step-by-step how to create your own personalised succulent terrarium
- International delivery is available

Want to know more?
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#### A UNIQUE AND COMICAL ONLINE CARICATURE WORKSHOP

- Enjoy a unique introductory online caricature workshop with the wonderful Sassy Steve
- Create your very own complimentary or comical sketches of yourself and others
- A great way to unleash your inner artist and learn some 'tricks of the trade'
- Seasonal versions are also available

Want to know more?

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#### RELAX IN THIS VIRTUAL CLAY MODEL SCULPTING WORKSHOP

- Learn the basics of clay hand-building in this virtual workshop
- Hosted by an experienced artist who will guide you step by step
- In this therapeutic activity, you'll learn how to make candle holders, bowls, trinket dishes and more
- You can also learn to sculpt your own Christmas decorations for the festive season

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# A VIRTUAL SMARTPHONE PHOTOGRAPHY SAFARI MASTERCLASS

- Your host will take you on a smartphone safari masterclass
- Learn to take amazing photos with your smartphone
- From a central London location, your host will take you on a walking tour as they livestream and screen-share their view
- This masterclass is suitable for any make or model of camera phone

Want to know more?
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#### AN ONLINE SCENTED CANDLE MAKING MASTERCLASS

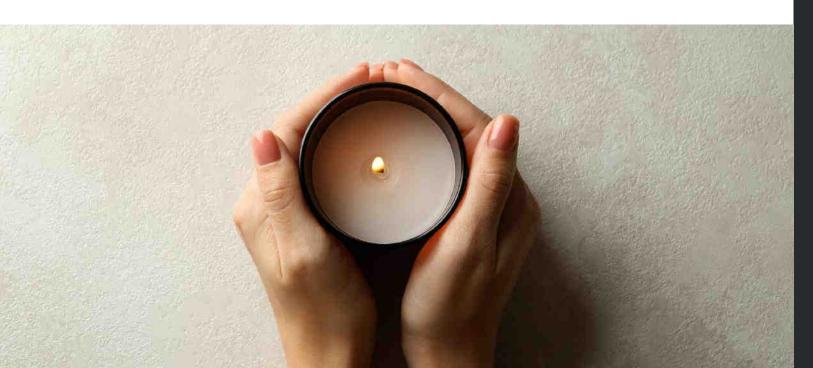
- Enjoy making your own luxury aromatherapy soy wax candles at home using essential oils in this online candle making masterclass
- Fragrance your candles and learn about the benefits of the oils being used
- Learn the art of candle making, melting your own soy wax, and hand pouring the candles from your kit
- Choose between a 2, 3 or 4 candle workshop

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#### A CREATIVE VIRTUAL KOKEDAMA WORKSHOP

- Relax and get creative in this virtual Kokedama workshop
- 'Kokedama' translates from the Japanese words for moss ('koke') and ball ('dama') – it is the art of freeing a plant from its container and planting it in a mosscovered soil ball
- Your hosts will show you step-by-step how to make a beautiful and unique pair of Kokedama balls

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#### CREATE YOUR OWN FRAGRANCE: AN ONLINE PERFUME WORKSHOP

- Get creative in this online perfume workshop as you'll create your very own personalised fragrance
- You'll have the opportunity to experiment with a variety of the world's most exquisite ingredients and scents to create a bespoke perfume for you
- With a trained Fragrance Stylist, you'll enjoy a fun session where you'll create something you're proud of!

Want to know more?
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#### DISCOVER HOW TO MAKE YOUR OWN SOAP IN THIS VIRTUAL WORKSHOP

- Enjoy making and creating your own homemade, natural soaps in this fun and creative online workshop
- You'll create a delightful selection of 6 handcrafted, natural soaps using shea butter and essential oils
- Discover the art and history of soap making and why making your own is so much better than buying!

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#### AN ONLINE NATURAL BATH BOMB AND BATH SALTS WORKSHOP

- Enjoy making your own homemade and natural bath bombs and salts in this relaxing and creative workshop
- Discover the revitalising benefits of the natural ingredients of your creations in this fun and engaging wellness activity
- You'll make up to six bath bombs and a glass jar of bath salts

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### ENJOY A COMICAL VIRTUAL SILHOUETTE PORTRAIT WORKSHOP

- Enjoy a unique introductory online silhouette portrait workshop with the wonderful Sassy Steve
- Steve will teach you the basics around silhouette portrait's before you're guided step by step in making your own
- A great way to unleash your inner artist and learn some 'tricks of the trade'
- A fun and engaging virtual team social

Want to know more?

CLICK HERE





# AN INTERACTIVE VIRTUAL CRAFT CHOCOLATE TASTING

- Indulge your senses in an interactive virtual craft chocolate tasting as you explore and taste a variety of craft chocolates
- You'll learn how to savour chocolate, understand the difference between taste and flavour and refine your flavour palettes
- An expert host will share interesting facts about chocolate's history and the process of how it's made from tree to bar

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### A GLOBAL ONLINE CHOCOLATE TASTING BY A MASTER CHOCOLATIER

- The ultimate online chocolate tasting class- indulge in the world of chocolate in this virtual tour from master chocolatiers!
- Get taken on a global chocolate tasting tour and try the 'world's best chocolate'
- You'll learn to taste the world's best chocolate in new and surprising ways
- Includes 'a library' of 9 luxury chocolate bars delivered to you ahead of your class
- Hosted by a master chocolatier

Want to know more?
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#### LEARN HOW TO MAKE FRENCH MACARONS IN THIS VIRTUAL MASTERCLASS

- Learn how to make perfect French macarons in this online macaron-making masterclass
- Hosted by an expert chef, learn a secret recipe and pick up hints and tricks throughout the class
- Participants can source their own ingredients OR an ingredients gift box can be purchased
- Vegan and gluten-free options are available

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# AN INTERACTIVE ONLINE DONUT MAKING MASTERCLASS

- Create, make and decorate your own donuts in this relaxed and friendly online donut making masterclass
- Learn how to create six donuts from scratch
- Follow the step-by-step instructions of a master baker before getting creative with your decorations
- Vegan and gluten-free options are available

Want to know more?
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#### A VIRTUAL COOKIE MAKING & DECORATING WORKSHOP

- Enjoy this fun & relaxing virtual cookie making workshop
- Follow the step-by-step instructions of a master baker
- Learn a delicious recipe and pick up hints and tricks throughout the class
- No experience necessary in this friendly and relaxed class

Want to know more?
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#### AN ONLINE INTERACTIVE PIZZA MAKING COOK-ALONG EXPERIENCE

- Learn to prepare and bake delicious homemade pizzas from scratch!
- Following a master baker, you'll get hands on and create pizzas to enjoy as a team!
- Let your creative side run wild and choose from a variety of toppings to make this the perfect pizza for you

Want to know more?
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# AN INTERACTIVE VIRTUAL PASTA MAKING MASTERCLASS

- Discover the art of pasta and learn to make your own delicious pasta dish from scratch
- Follow a professional chef as they guide you through this seasonal, fresh recipe as you get to create a pasta of your choice
- Pick up foodie top tips and use this incredible masterclass as a way to unwind and connect with food

Want to know more?
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#### A VIRTUAL ZERO WASTE TEAM WORKSHOP

- Gather your colleagues and learn easy and delicious ways to reduce waste in your kitchen
- Join a Holistic Nutrition Consultant, in learning top food sustainability secrets and recipes.
- Get tips on how to use all parts of your food for different purposes, easy eco-friendly DIY projects and pantry hacks!

Want to know more?
CLICK HERE





#### REFRESH, RELAX & REJUVENATE: A VIRTUAL WELLBEING WORKSHOP

- Enjoy a rejuvenating interactive wellbeing workshop with your very own mindfulness coach!
- Discover practical strategies that empower participants to release stress, worry less, connect with one another, smile and feel transformed for the better!
- The activities are low impact, suitable for all ages and can be easily adapted for any mobility issues

Want to know more?
CLICK HERE

or email:

corporate@avvaexperience.com





# A VIRTUAL RESILIENCE AND BURNOUT WELLNESS WORKSHOP

- Keep your team happier and healthier with this Resilience and Burnout Workshop
- Hosted by Dr Alex & Dr Nirja, two qualified doctors
- This experience showcases the importance of mental health in the workplace
- At the end of the workshop you'll be able to identify issues with burnout and strategies to help to improve wellbeing

Want to know more?
CLICK HERE

or email:

corporate@avvaexperience.com

### LEARN TO BE YOUR OWN MASSAGE THERAPIST VIRTUAL WORKSHOP

- Feel calm, revitalized and ready to take on the world with this self-massage workshop!
- Learn relaxation techniques to work on your own skin and soft tissue bringing you stress relief and a greater sense of alertness
- These techniques can help ease tension, promote blood flow and allow you to experience a heightened sense of wellbeing

Want to know more?
CLICK HERE



#### A VIRTUAL WORKSHOP ON HOW TO IMPROVE YOUR HEALTH & NUTRITION AT WORK

- Learn about the main issues impacting our physical health and nutrition whilst at work
- This experience showcases the importance of health in the workplace, hosted by Dr. Alex Lai and Dr. Nirja Joshi, The WorkWell Doctors
- At the end of the workshop, your team will be better equipped at managing their physical health & nutrition in the workplace

Want to know more?
CLICK HERE

or email: corporate@avvaexperience.com





#### A VIRTUAL DESK MOBILITY YOGA SESSION

- Enjoy a fun and relaxing virtual yoga session designed to improve posture and desk mobility
- Hosted by an international yoga instructor who combines an open and relaxed teaching style with a passion for movement and mindfulness
- Each class will be tailored to your group's needs and goals, meaning each session is suitable for every ability

Want to know more?
CLICK HERE

or email: corporate@avvaexperience.com

### A CHOICE OF ONLINE REINVIGORATING WORKOUT SESSIONS

- Brighten up your working week with a fun, energising workout session designed specifically for remote workers
- Get hearts racing with either the 'HIIT' and 'Strength' sessions, or focus on relaxation and recovery with the 'Mobility' session
- Each class will be tailored to your group's goals, meaning each session is suitable for every ability

Want to know more?
CLICK HERE



#### A VIRTUAL DIGITAL WELLBEING AND REST WORKSHOP

- Treat your team to a wellness digital detox in this Digital Wellbeing and Rest Workshop.
- Explore ways on 'how to rest' and taking breaks and how this can help your working day hosted by Dr.
   Alex Lai and Dr. Nirja Joshi
- By the end of Digital Wellbeing and Rest Workshop you will have discovered ways to create healthy boundaries between yourself and your devices.

Want to know more?
CLICK HERE

or email:

corporate@avvaexperience.com





### A VIRTUAL MENOPAUSE IN THE WORKPLACE WORKSHOP

- This virtual workshop gives employees an understanding of what menopause is and how teams can help support women during this time
- Dr Alex and Dr Nirja will talk you through the science in an easy-to-digest way
- At the end of the workshop, you'll have a clearer understanding of what menopause is and how we can support team members

Want to know more?
CLICK HERE

or email:
corporate@avvaexperience.com

#### A TIME, WORKLOAD AND BOUNDARY SETTING VIRTUAL WORKSHOP

- We all go through periods when we struggle to manage our workloads
- Learn techniques to truly set boundaries in your working life
- A virtual workshop created for remote, office based and hybrid teams
- This experience is hosted by Dr. Alex Lai and Dr. Nirja Joshi

Want to know more?

CLICK HERE





FACT: LGBT History Month was founded in 1994 by Missouri high-school history teacher Rodney Wilson



THE ULTIMATE
LGBTQ+ HISTORY
VIRTUAL MINI
GAME
EXTRAVAGANZA

<u>Learn more ></u>



AN INTERACTIVE PRIDE COOKIE VIRTUAL WORKSHOP

<u>Learn more ></u>



LGBTQ+ HISTORY DRAG BINGO & TRIVIA EXTRAVAGANZA

Learn more >



THE ULTIMATE
VIRTUAL LGBTQ+
HISTORY TRIVIA
QUIZ

<u>Learn more ></u>



THE ULTIMATE
LGBTQ+ HISTORY
TIME TRAVELLING
VIRTUAL GAME
SHOW

<u>Learn more ></u>



PRIDE THEMED VIRTUAL CANVAS PAINTING MASTERCLASS



FACT: International Women's Day (IWD) was born on March 8, 1908 when 15,000 women marched through the streets of New York City



AN INTERACTIVE
WOMEN'S HISTORY
MONTH VIRTUAL
TRIVIA QUIZ

<u>Learn more ></u>



A VIRTUAL
CARICATURE
CHALLENGE
CELEBRATING
FEMALE ICONS

<u>Learn more ></u>



CELEBRATE
FEMALE ARTISTS
WITH A VIRTUAL
PAINTING
WORKSHOP

<u>Learn more ></u>



A VIRTUAL WINE TASTING CELEBRATING WOMEN IN WINEMAKING

<u>Learn more ></u>

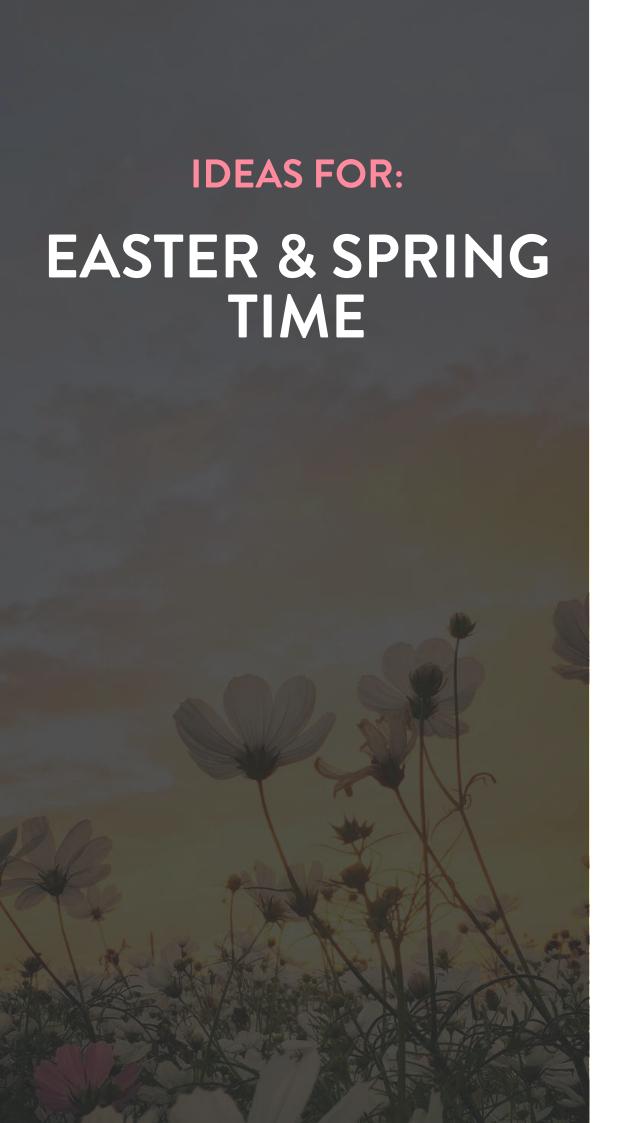


A WOMEN'S
HISTORY MONTH
TIME TRAVELLING
VIRTUAL GAME
SHOW

<u>Learn more ></u>



A VIRTUAL
MUSICAL BINGO
BONANZA
CELEBRATING
FEMALE ARTISTS



FACT: Easter eggs make up 10% of the total amount spent on chocolate per year by people in the UK



A VIRTUAL
CHOCOLATE
EASTER EGG
MAKING
WORKSHOP

<u>Learn more ></u>



A VIRTUAL
NATURAL SOAP
MAKING
WORKSHOP

<u>Learn more ></u>



A VIRTUAL SPRING LIVING WREATH MAKING WORKSHOP

Learn more >



A VIRTUAL EGG PAINTING WORKSHOP



**IDEAS FOR:** 

#### CLIMATE ACTION & EARTH DAY



A CLIMATE ACTION
TIME TRAVELLING
VIRTUAL GAME
SHOW

<u>Learn more ></u>



A VIRTUAL
SEASONAL
PICKLING &
FERMENTING
WORKSHOP
Learn more >

FACT: It's estimated that over a billion people

largest secular observance in the world

participate in Earth Day every year, making it the



A VIRTUAL ZERO WASTE TEAM WORKSHOP

<u>Learn more ></u>



AN INTERACTIVE
CLIMATE ACTION
VIRTUAL TRIVIA
QUIZ

Learn more >



#### **FAQs**

#### Q: HOW DO I BOOK AN EXPERIENCE?

A: Enquire via <u>avvaexperience.com</u> or get in touch using corporate@avvaexperience.com or <u>+44 20 3488 6930</u>

#### Q: CAN YOU DELIVER INTERNATIONALLY?

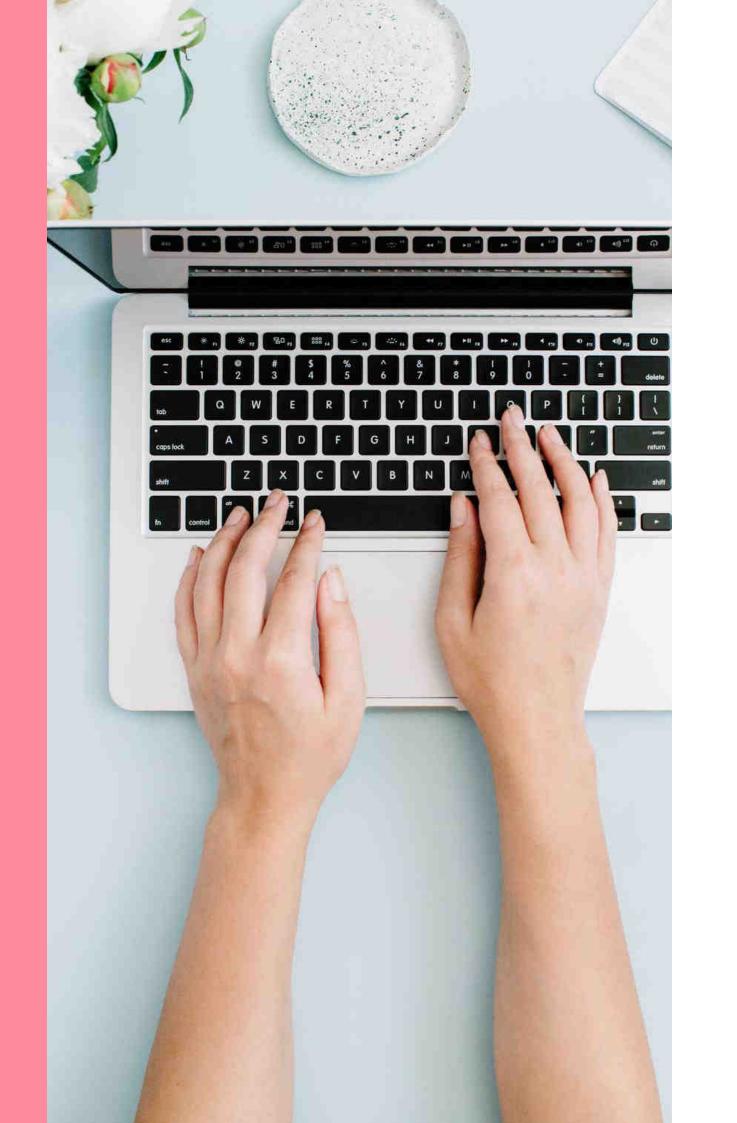
A: Yes! Over 90% of our experiences can cater for international attendees. When sending an enquiry please let us know where your guests are based and we can advise on all options available.

#### Q: HOW CAN WE PAY?

A: You can pay either via credit card (inc Amex) or bank transfer. We are happy to complete supplier forms as required.

#### Q: WHAT IF WE NEED TO CHANGE DATE OR CANCEL?

A: You can change the date of your experience up to 14 days prior to the originally scheduled date. A full refund can be made on cancellations more than 30 days prior to a scheduled event.





#### **GET IN TOUCH**

If you'd like to book an experience or would just like to find out more please get in touch:

avvaexperience.com

corporate@avvaexperience.com +44 20 3488 6930