

THE  
ASSOCIATION  
*of* EXILED SCOTS

We welcome you to *The Association of Exiled Scots* Scottish Team Building Extravaganza in London. Let us take you back to your childhood roots, while building and strengthening your team, through sharing a few halves and a few laughs.

Step 1

Choose your...

# Activity

Choose your main activity from the selection below. This will make up the main part of your time with us.



## Step Dancing Workshop

Come and try a tradition originating from Scotland with close ties to Cape Breton. Scottish Stepdancing is close-to-the-floor rhythmic Scottish dancing. In this come and try session you will learn key percussive steps as a group, that can be later used as building blocks for your own choreography and style. Come and learn the party trick of a lifetime.



## Come and try Scottish Instrument session (with ensemble jam )

Learn to play traditional Scottish music in arrangements with your group led by industry professionals. We will create original arrangements with a variety of traditional tunes while working together to produce an individual soundscape. All instruments welcome.



## Waulking the Cloth (with songs)

Come and learn how to waulk the famous Harris Tweed and sing songs that accompanied the work. Sit down around the table and let our workshop leader teach you how to handle the cloth, and learn songs filled with strong rhythms, humour and gossip. This workshop is for all, no prior experience of waulking or Gaelic is needed.

### Scottish Speaker on a subject of your choice, from the Celts to Gaelic Profanities

The Scots have always had a rich history, filled with love, lust, humour and folklore. Let us know your preference for a good-humoured lecture and we will pick from our array of Gaelic and Scots academics to lead you through the subject of your choice. We are open to suggestions, or pick one from the list below.

- Scottish Ghosts and Ghouls
- Gaelic and Scots profanities and Body Songs
- Learn some basic and naughty Scottish Gaelic



Step 2  
Choose your...

# Tasting

Choose one of our delicious consumables. Come and try a selection of either Gin or Whisky led by our expert tasting services, or try some delectable Scottish sourced culinary delights from Scottish suppliers. Choose one option below:

 Whisky Tasting

 Gin Tasting

 Scottish Produce Tasting (please specify any dietary requirements)

Step 3  
Choose your...

# Finale

The day will be finished off with your choice of event. Choose from either a rip-roaring ceilidh dance or relaxed music session with tradition Scottish Musicians



Ceilidh Dance

Come and learn how to Ceilidh dance with an experienced caller who will lead you through all the steps, accompanied by a Trad music band.



Scottish Music Session

Listen or join in with our Scottish Music session with a drink in hand. Sit back, relax, listen and take it all in. If you're in good voice, bring your suggestions for songs and tunes!

## Bookings

All bookings can be made through our website at [theassociationofexiledscots.com](http://theassociationofexiledscots.com).

For individual requirements, please contact us directly at [theassociationofexiledscots@gmail.com](mailto:theassociationofexiledscots@gmail.com) or contact Ainsley on 07515 853673

[theassociationofexiledscots.com](http://theassociationofexiledscots.com)