



Dear Detox friend,

the Social Media Detox - Sports & Fun is just a short time away. Are you ready to disconnect from your smartphone and detox from social media?

Here below are some recommendations to be ready for the camp.

- **Check-in at the AERAT recreational Center is from 0930 to 1030 on Saturday, August 27.**
- The AERAT recreational Center is located at **Strada di Candriai, 15 - 38123 Trento**, 100 meters from the hotel "Alla Posta" ([location](#)).
 - If you are coming by car, take the Sopramonte provincial road because **the Sardinia road will be closed on August 27-28 for the 10th edition of the "Slalom 7 Tornanti" car race**. So park your vehicle at the now-abandoned Hotel Arcadia in front of Candriai's playground. From there you can easily walk down to the AERAT recreational Center.
 - If you don't have a car, you can ask to be picked up at Trento's train station by the staff. Get in contact with the camp leaders at least two days before the camp starts ([@greenmarked info](#)).
- **The remaining camp fee is paid upon arrival.** Bring your ID and health insurance for check-in.
- **We recommend everyone to take a self-swab-test for Covid-19 before arriving at the AERAT Center.** The kits are available in nearly every local pharmacy for less than € 8.00.
- An emergency number will be active for the whole camp:
 - **Mark: 370 3561101**Leave the **emergency number** to the most important contacts in your address book: in case of emergency they can call or text Mark. No Telegram or WhatsApp because the detox also applies to the camp staff members.
- Activate an automatic out-of-office reply on your email inbox. For example: "I will be offline the whole day (<http://www.greenmarked.it/socialmediadetox>)."
- **Tell everybody about your digital unavailability on your favorite social media.** You can use the "I will be offline" logo in the download section as main profile picture.
- **Don't forget to bring a watch, an FP2 face mask and a yoga mat.**
- The camp follows the Scouts' approach: "There is no such thing as good or bad weather, only good or bad equipment." **Activities will be canceled only in case of summer storms** that compromise our safety.
- **Check-out is at 1800 on Sunday, August 28.**

The Staff.

Trento. August 2022