



Social Media Detox – Sports & Fun (August 27-28, 2022)

Saturday, August 27

09:30 - 10:30 Check-in at the AERAT recreational center

10:45 Kick-off meeting

11:00 – 12:30 Swedish brännbol tournament

12:30 LUNCH

14:30 – 17:30 Geocaching hunt in the woods of Monte Bondone

17:30 REFRESHMENTS

18:00 – 19:30 ValoClimb and ValoMotion digital gym

20:00 DINNER

22:00 – 02:00 “Throw-it back to the 90s” Detox theme party

Sunday, August 28

09:30 BREAKFAST

10:30 – 12:00 Antistress yoga course

12:30 LUNCH

14:30 – 17:30 Natural movement / hebertism P.E. workshop

17:30 Touch-down meeting and refreshments

18:00 Check-out