



Winter Detox 2023-2024 Camp Program (January 27-28, 2024)

version v02

Saturday, January 27

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| 0930 – 1030 | CHECK-IN AT L'OST HOSTEL IN GRUMES (VAL DI CEMBRA, TRENTO) |
| 1030 – 1100 | Kick-off meeting |
| 1100 – 1230 | Ice-breaking games and old-time traditional games |
| 1230 | LUNCH AT THE HOSTEL |
| 1330 – 1445 | A workshop in the Metaverse: the end of relationships or new opportunities? |
| 1445 – 1615 | Balancing body, mind and spirit: Detox yoga class |
| 1630 – 1800 | Digital diet and netiquette workshop |
| 1930 | DINNER AT THE HOSTEL |
| 2130 – 2230 | Disco Karaoke |
| 2230 – 0030 | Detox Party “Unlocking memories” |

Sunday, January 28

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| 0830 | BREAKFAST AT THE HOSTEL |
| 0930 – 1130 | Hike to Rifugio Potzmauer mountain hut |
| 1130 | LUNCH AT RIFUGIO POTZMAUER |
| 1330 – 1500 | Sledding down to the Hostel |
| 1500 – 1600 | Final discussion and touch-down meeting |
| 1700 | CHECK-OUT |