



SOCIAL MEDIA DETOX – CHALLENGE CAMP



Full program (v2 version)

Sunday, May 3	
16:00 – 18:00	Check-in at the Hostel
18:00 – 19:30	Kick-off meeting at the Grumes auditorium
19:30 – 20:30	DINNER AT THE HOSTEL
20:30 – 21:30	Ice-breaking games and team building
21:30 – 23:30	Detox welcoming party and karaoke session
Monday, May 4	
07:30 – 08:30	BREAKFAST AT THE HOSTEL
08:30 – 10:30	Morning briefing and trek to Malga Potzmauer
10:30 – 12:30	“Disconnected but connected” workshop
12:30 – 13:30	TRADITIONAL LUNCH AT MALGA POTZMAUER
13:30 – 14:30	“Reflect before posting it: fighting cyberbullying” workshop
14:30 – 16:30	Detox challenge group work or supplementary trek
16:30 – 17:30	Return to the Hostel
17:30 – 19:00	Detox challenge group work
19:00 – 19:30	Welcoming by the School of Innovation of the University of Trento
19:30 – 20:30	DINNER AT THE HOSTEL
20:30 – 21:30	Free time and phone time
21:30 – 23:30	Board games and Black Mirror movie night
Tuesday, May 5	
07:30 – 08:30	BREAKFAST AT THE HOSTEL
08:30 – 10:30	Morning briefing and “Online emotional intelligence” workshop
10:30 – 12:30	Detox challenge group work
12:30 – 13:30	LUNCH AT THE HOSTEL
13:30 – 15:30	“Digital carbon footprint” workshop
15:30 – 17:30	Analogic traditional games
17:30 – 19:30	Detox challenge group work
19:30 – 20:30	DINNER AT THE HOSTEL
20:30 – 21:30	Free time and phone time
21:30 – 23:30	Detox Trivia Night at Bar Alpino



Wednesday, May 6	
07:00 – 08:00	BREAKFAST AT THE HOSTEL
08:00 – 09:00	Bus trip to Cavalese and morning briefing
09:00 – 11:30	Geocaching hunt
11:30 – 12:30	Detox challenge group work
12:30 – 13:30	PIZZA AT BAR BETTA
13:30 – 15:00	Detox challenge group work
15:00 – 16:30	Brännboll tournament
16:30 – 18:00	Return trip to Grumes
18:00 – 19:30	Detox challenge group work
19:30 – 20:30	DINNER AT THE HOSTEL
20:30 – 21:30	Free time and phone time
21:30 – 23:30	Stargazing and outdoor night activity at Baita Penna Nera
Thursday, May 7	
07:30 – 08:30	BREAKFAST AT THE HOSTEL
08:30 – 10:30	Morning briefing and detox training course
10:30 – 12:30	Detox challenge group work
12:30 – 13:30	LUNCH AT THE HOSTEL
13:30 – 15:30	“Bad stories” workshop
15:30 – 17:30	Detox challenge group work
17:30 – 19:30	Detox training course
19:30 – 20:30	DINNER AT THE HOSTEL
20:30 – 21:30	Free time and phone time
21:30 – 23:30	“Unlocking memories” final detox party
Friday, May 8	
07:30 – 08:30	BREAKFAST AT THE HOSTEL
08:30 – 12:30	Morning briefing and detox challenge group work
12:30 – 13:30	LUNCH AT THE HOSTEL
13:30 – 17:00	Final presentations of the challenge solutions
17:00 – 17:30	Check-out