



UNPLUG DIGITAL DETOX

FULL PROGRAM

THE ASSIGNMENT DAY

We welcome you to the 1st in the row **UNPLUG** retreat! On Day 1 we will introduce you to our team and to our facilities, you will choose your cottage, and get your team assignment. Get prepared for a busy day without a phone or computer or a desk and a chair!

- **Arrival at noon**
- **12:00 – 13:00 h Welcome meeting**
- **13:00 – 13:15 h Letting Tech Go**
- **13:15 – 14:30 h Measurements**
- **15:15 h Lunch**
- **16:00 – 17:00 h Group session with Psychologists**
- **17:00 – 18:30 h Hiking**
- **19:00 h Dinner**
- **20:00 h Socialising**

THE ACTIVITY DAY

Being active all day long, that's what we plan! Our team will keep you quite busy but without a computer, phone, desk or chair! Nature will embrace us and we will admire it and reconnect with it! Teamwork will flow!

- **7:30 – 8:30 h Early yoga/fitness class**
- **9:00 h Breakfast**
- **10:00 – 16:00 h Time For The Adventure**
- **16:00 h Lunch**
- **17:30 h Group Session**
- **20:00 h Dinner**
- **20:30 h Socialising**

THE AWAKEN DAY

On this day you should feel the first benefits of reconnecting with nature and you will get the chance to get to know your team better as well as your inner self. By the end of the day, we will prepare for goodbye for this time, with a hope to see you again next year or on your private team building!

- **8:00 h Breakfast**
- **9:00 – 10:30 h Meditation + Session**
- **12:00 – 14:00 h Assignments Results**
- **14:30 h Lunch**
- **15:00 – 17:00 h Rest + Pack**
- **17:00 – 18:00 h Measurements**
- **18:00 – 18:15 h Returning Your Tech**