



Social Media Detox – Work & Focus Mode

Friday 6 November

- 6.1. Check-in and turn-in smartphones (*Mark*)
- 6.1. Off-screen kickoff conference (*Mark*)
- 6.1. Emotional intelligence and mindfulness – theory (*Riccardo*)

LUNCH

- 6.2. Emotional intelligence and mindfulness – practice (*Riccardo*)
- 6.2. Theater workshop: Black Mirror in the Covid-19 era (*Jenny*)
- 6.2. "Ninety days on a farm: The story of a digital escaper - Literary happy hour and tasting with Francesco Gubert" (*Francesco Gubert*)

DINNER

- 6.3. Brulè wine and chill-out evening. (*Giopa*)

Saturday 7 November

- 7.0. Morning jog (*Jadi*)

BREAKFAST

- 7.1. Innovation Lab #1: brainstorming & project management (*Mark*)
- 7.1. Paper vs. Digital: How can we transfer jobs in the outdoor? (*Francesca Cagnacci*)

LUNCH

- 7.2. Nature-coffee break (*Francesco Piazza*)
- 7.2. Innovation Lab #2: Analogical and digital communication strategies (*Anthony*)

DINNER

- 7.3. Black Mirror Horror story telling (*Jenny*)

Sunday 8 November

- 8.0. Morning yoga (*external*)

BREAKFAST

- 8.1. Seminar #1: A digital diet for trapped office workers (*Laura*)
- 8.1. Seminar #2: The Digital Carbon Footprint (*Claus*)
- 8.1. Innovation Lab #3: teamworking & networking (*Mark*)

LUNCH

- 8.2. Working and playing in a digital world, while keeping your head analogical: Geocaching hunt (*Jeff*)
- 8.2. Working and playing in a digital world, while keeping your head analogical: A digital gym workout (*Edo*)
- 8.2. Final discussion (*Mark*)
- 8.2. Check-out e give back smartphones (*Mark*).