

The Digital Detox Project

Welcome to Camp Unplugged 14-16 December 2018

The Digital Detox Project's aspiration is to transform our communities' relationship with technology. Our Camp Unplugged programs aim to support our community to create space away from the everyday in environments, which enable us to reconnect with our natural environment, our families and ourselves. We do this by creating a digital free space with a range of adventure and "analogue" activities for different age groups and interests to experience and explore. This is supported sharing empowering and pragmatic ways to reclaim our lives and work back in the digital world through workshops, family activities and reflection.

CAMP PROGRAM (as at August 2018)*

		Group 1 – Unplug, Reflect, Reconnect (13+)	Group 2 – Adventure Outdoors (7+)	Group 3 – Create & Explore (+3)
FRI	PM	Check In & Free Time	Check In & Free Time	Check In & Free Time
	Evening	Welcome to Camp Unplugged & Family Challenge Activity		
SAT	AM	Yoga (6am Start) Family Initiative	Family Initiative	Family Initiative
	PM	<i>Workshop: Reclaim your life 24/7</i> or Group 2 Adventure activity Sunset Meditation	Kayaking Raft Building Kids Yoga	Create & Play Kids Yoga
	Night	Camp fire – Spotlight - Stars		
SUN	AM	Yoga (6am Start) <i>Workshop: Raising Digital Natives (and surviving!)</i> or Group 2 Adventure activity	Big Swing	Explore and Create with Nature
	PM	Reflect & Reconnect Check Out	Reflect & Reconnect Check Out	Reflect & Reconnect Check Out

* The times are approximate and include walking to and from the activity and snack breaks. The program is subject to change.

We look forward to sharing Camp Unplugged with you in December 2018. If you have any questions or would like to register your interest for camps or workshops, please email elizabeth@digitaldetoxproject.com.au or call 0439461567.

Kind regards,
Elizabeth & The DDP team



Unplug & Re-connect