

Seminar in the mountains

"natural mind"



Duration : 3 days /2 nights

YOUR DESTINATION :

The Hautes-Alpes, an exceptional region: its landscapes, its authenticity, its climate...

An ideal working environment!

Day 1 : EMBRUN

11:30am – 12pm : Welcome to participants and Check-in

12pm to 2pm: Lunch at the hotel is a 3-course sit-down lunch with table service.

2pm to 7:30pm : rental of a room equipped in classroom style with 45 chairs, 23 tables, 1 speaker table with two chairs, 1 desk, 1 sound system and 1 video projector.

2pm to 7:30pm : rental of a sub-room for 15 to 20 people U-shaped installation equipped with chairs, table, 1 video projector or 1 plasma screen.

4:30pm : Gourmet break with coffee and sweet treats

Transfer to Baratier for lunch

8:30pm : Dinner in Baratier at the restaurant of Les Peupliers

Aperitif with local cocktail. Sweet treats, three-course dinner with ¼ wine and coffee.

Animation in addition.

Day 2 : WORK – ACTIVITIES

7:00 am to 8:00 am: Breakfast

8am to 12pm: rental of a room equipped in classroom style with 45 chairs, 23 tables, 1 speaker table with two chairs, 1 desk, 1 sound system and 1 video projector.

8am to 12pm: rental of a sub-room for 15 to 20 people U-shaped installation equipped with chairs, table, 1 video projector or 1 plasma screen.

10:30am : Gourmet break with coffee and sweet treats

12:30pm : Lunch at the hotel

Departure in the early afternoon, two solutions:

- Road to Vars. Your experienced guides will be waiting for you:
- Two suppliers :



Snow commando course: obstacle course, time trial, relay games or orientation race with instructions

- Olympic Games : build an igloo, Arva research and snowshoe racing.

Mulled wine.



Return to the resort in the early evening for a snowmobile ride (2 people per vehicle) for 1 hour, you will leave for a restaurant at altitude where a good mountain meal awaits you (1/4 of wine and coffee included). In the evening return to the station to pick up your bus that will take you back to the hotel.

- Road to Montgenèvre. Your experienced guides will be waiting for you:

- Two suppliers :

Snow commando course: obstacle course, time trial, relay games or orientation race with instructions

- Olympic Games: igloo building, Arva research and snowshoe racing.

Mulled wine

- In the early evening, departure by snowmobile (2 people per motorcycle - 1 hour drive) to Italy where you will dine in a refuge (1/4 of wine and coffee included). A welcome and Italian cuisine will be on hand before returning by snowmobile to the resort and then back to your hotel.

Day 3 : WORK

7:00 am to 8 am: Breakfast and check out

8am to 12pm: rental of a plenary room equipped in classroom style with 45 chairs, 23 tables, 1 speaker table with two chairs, 1 desk, 1 sound system and 1 video projector.

8am to 12pm : rental of a sub-commission room for 15 to 20 people U-shaped installation equipped with chairs, table, 1 video projector or 1 plasma screen.

10:30am : Gourmet break with coffee, soft and sweet treats

12pm to 1pm : Conclusion in the plenary room.

1pm to 2:30pm: Lunch at the hotel in the form of a lunch cocktail.

2:30 to 3pm : Departure of participants