

SUMAS Green Camp

Monday Day 1

Leadership Skills

09:00 - 12:00

Welcome , presentation of the week and organization, brainstorming on leadership and communication barriers.

SLC

12:00-13:00

Lunch

13:00-17:00

Botanical Garden
Excursion -Geneva

AND

Patek Philippe Museum

Tuesday Day 2

Team Building

09:00-09:15

Meet at SLC

09:15-12:00

Outside activities

-Tree Climbing Courses
-Ziplining
-Wall Climbing

12:00-13:00

Lunch in the Park

12:00-15:00

Outside activities

-Tree Climbing Courses
-Ziplining
-Wall Climbing

SB Adventure Park

Wednesday Day 3

Personal Sustainability

09:00-12:00

What is sustainability and why should I care?

World population, well-being and happiness, climate energy, planetary boundaries, 'Great Acceleration', GDP Growth, story of a spoon, sustainable development goals

What would I do to make the world more sustainable?

SLC

12:00-13:00

Lunch

13:00-17:00

United Nations
Visit/Tour

Thursday Day 4

Wellbeing and Healthy Lifestyles

09:00-10:30

Gross National Happiness (GNH):

The case of Bhutan and other happiness indexes.

SLC

10:45-12:00

Zero Waste Workshop

12:00-13:00

Lunch

13:00-16:00/17:00

Sustainable and Green Cities

Friday Day 5

Zero waste Workshop

09:00-12:00

Farm to Fork

12:00-13:30

Lunch

13:30- 17:00

Standup paddle boarding & Yoga
Nyon

Saturday Day 6

Excursion

09:00-17:00

Gruyère Village,
Chateau de Gruyeres
Fortress and Cheese
Factory & Tibet
Museum

Sunday Day 7

Excursion

09:00-17:00

Ballenberg
(By train)

Swiss Open Air
Museum:
Guided Tours,
Exhibitions

June/July - Evening Events (Depending on exact dates)

- Montreux Jazz Festival (inclu Jazz boat or Jazz Train)
- Caribana Festival
- Paleo Festival

