







































# WEEK 1

-  **Outdoor & Adventure**  
Active experiences in nature, exploring, moving & discovering the outdoors.
-  **Creative & Expression**  
Creative and social moments to express, share and connect with others.
-  **Calm & Reset**  
A moment to slow down, breathe and reconnect.

FLOW MAP	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7h00-8h30	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club
9h00-10h00	Nomad Yoga & Mindfulness 	Nomad Yoga & Mindfulness 	Nomad Yoga & Mindfulness 	Nomad Yoga & Mindfulness 	Nomad Yoga & Mindfulness 	Nomad Yoga & Mindfulness 	Nomad Yoga & Mindfulness 
10h00 - 12h00	Collaborative Projects 	Cycling 	Mini-Golf 	Hiking 	RealFly Indoor 	Forest Base Camp Nature Exploration 	Hiking 
12h00 - 14h00	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch
14h00 - 16h30	Forest Base Camp Nature Exploration 	Navigation Challenge / Code Breaker 	Rafting Adventure 	Creative Cooking Classes 	Art Workshop @Fondation Opale 	Watersports Center 	Nomad Circle Closing & Creative Circle 
16h30 - 17h00	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
17h00 - 18h00	Unwind & Play Free Choice 	Unwind & Play Free Choice 	Unwind & Play Free Choice 	Unwind & Play Free Choice 	Unwind & Play Free Choice 	Unwind & Play Free Choice 	Unwind & Play Free Choice 
18h00 - 19h00	Games Night 	Team Sports 	Curiosity Club 	Themed Night 	Team Sports 	Nomad Dinner	Icebreaker Games 
19h00 - 20h00	Nomad Dinner	Nomad Dinner	Nomad Dinner	Nomad Dinner	Nomad Dinner	CampfireNight 	Nomad Dinner

# WEEK 2



**Outdoor & Adventure**

Active experiences in nature, exploring, moving & discovering the outdoors.



**Creative & Expression**

Creative and social moments to express, share & connect with others.



**Calm & Reset**

A moment to slow down, breathe & reconnect.

FLOW MAP	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7h00-8h30	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club	Rise&Shine Breakfast Club
9h00-10h00	Nomad Yoga & Mindfulness	Nomad Yoga & Mindfulness	Nomad Yoga & Mindfulness	Nomad Yoga & Mindfulness	Nomad Yoga & Mindfulness	Nomad Yoga & Mindfulness	Nomad Yoga & Mindfulness
10h00 - 12h00	Collaborative Projects	Cycling	Mini-Golf	Hiking	Surf Initiation	Forest Base Camp Nature Exploration	Hiking
12h00 - 14h00	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch	Nomad Lunch
14h00 - 16h30	Forest Base Camp Nature Exploration	Navigation Challenge / Code Breaker	Tree-Top Adventure	Creative Cooking Classes	Art Workshop @Fondation Opale	Watersports Center	Nomad Circle Closing & Creative Circle
16h30 - 17h00	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack
17h00 - 18h00	Unwind & Play Free Choice	Unwind & Play Free Choice	Unwind & Play Free Choice	Unwind & Play Free Choice	Unwind & Play Free Choice	Unwind & Play Free Choice	Unwind & Play Free Choice
18h00 - 19h00	Games Night	Team Sports	Curiosity Club	Themed Night	Team Sports	Nomad Dinner	Icebreaker Games
19h00 - 20h00	Nomad Dinner	Nomad Dinner	Nomad Dinner	Nomad Dinner	Nomad Dinner	Campfire Night	Nomad Dinner

# NIGHT FLOW

<b>Nomad Yoga &amp; Mindfulness</b>	A gentle start to the day combining movement and stillness. Through yoga, breathing and mindful practices, children learn to connect with their body, focus their attention and explore their emotions in a calm and supportive environment.
<b>Collaborative Project</b>	A great way to kick off the week and build team spirit. Through creative group challenges, children collaborate, share ideas and learn to work together towards a common goal.
<b>Forest Base Camp</b>	Inspired by the “forest school” approach, children immerse themselves in nature, learning about flora and fauna while exploring, observing and engaging all five senses. A unique way to connect, feel and experience the natural environment.
<b>Navigation Challenge</b>	A fun and engaging orienteering experience where children work in teams to navigate, solve clues and complete challenges. Blending adventure, strategy, and exploration.
<b>Creative Cooking Class</b>	A hands-on cooking experience where children learn simple, healthy recipes in a fun and guided environment, encouraging creativity and teamwork.
<b>Art Workshop</b>	A guided creative workshop led by professionals of <b>La Fondation Opale</b> , offering children the opportunity to explore artistic expression in a unique and inspiring cultural setting.

<b>Cycling</b>	A relaxed group ride along marked trails, guided by our team, allowing children to enjoy the stunning Alpine landscapes at a comfortable pace.
<b>Mini Golf</b>	A fun and light-hearted activity designed to encourage focus, coordination, and friendly competition.
<b>Tree Top Adventure</b>	A safe and supervised high-ropes experience where children challenge themselves while building confidence and coordination.
<b>Hiking</b>	Guided walks through the mountains, combining movement, exploration, and appreciation of the Alpine environment.
<b>Surf Initiation</b>	Supervised surf sessions <b>at Alaïa Bay</b> , offering a unique and safe introduction to surfing in a controlled environment.
<b>Watersports Center</b>	Fun and supervised water activities at the Crans-Montana lake, focused on enjoyment, movement, and group experience.
<b>Real Fly Indoor</b>	A fully supervised indoor skydiving experience, allowing children to safely discover the sensation of flying in a controlled environment.
<b>Rafting Adventure</b>	A guided and secure rafting experience, combining adventure and teamwork, always conducted under professional supervision.

<b>Unwind &amp; Play</b>	A relaxed moment after a full day where children can slow down and recharge. Free play, reading, board games or simply resting, each child chooses how they unwind and enjoy their own space.
<b>Icebreaker Games</b>	Light and playful activities designed to help children connect, feel comfortable, and build friendships.
<b>Games Night</b>	Fun and dynamic evening sessions with playground-style games, team challenges and quiz moments. A lively way to build connections, laugh and create shared memories.
<b>Team Sports</b>	Active outdoor sessions designed to keep the body moving while encouraging teamwork, coordination and positive competition in a fun and supportive environment.
<b>Themed Night</b>	A fun, immersive evening where children dress up, express themselves and enjoy shared moments.
<b>Curiosity Club</b>	A guided circle where children exchange ideas and perspectives on topics such as society, environment and everyday life. Through games and discussions, they develop confidence, critical thinking and openness to others.
<b>Campfire Night</b>	A warm and memorable evening around the fire with stories, music and shared moments, creating a true sense of connection and lasting memories.

# DAY FLOW