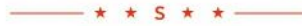




SCHWARZWALD PANORAMA

Hotel.Campus.Selfness



BAD HERRENALB

Creative pastime

...around the SCHWARZWALD PANORAMA.

We at the CAMPUS team know how important variety is. Only in an atmosphere that promotes learning and a playful environment can a creative mind come up with new ideas. That's why we take care of the varied organisation of your conference stay and are happy to organise a supporting programme according to your ideas. In doing so, you can benefit from our experience and contacts to numerous providers in and from the region, who are guaranteed to ensure an unforgettable conference experience. Our creative pastimes offer a wide range of possibilities - but of course you can also ask us to realise your individual wishes and ideas. Don't hesitate and send us your wishes and requests by e-mail or by phone 07083 927-481/484



Backstage tour through the hotel: Sustainability in the hotel industry



(Duration 90 min.)

Together with our Managing Director Stephan Bode you will get a glimpse behind the scenes of a hotel business. Whether on the roof or in the waste room - we show how sustainability is implemented in all areas and why there are massages in the canteen. The tour starts with an aperitif and ends with a visit to the chef, who, with a bit of luck, will even reveal the much coveted "Herrgottsbescheißerle" recipe.

Investment: from € 85 per person

Impulse lecture: "Living visions, giving meaning, enlivening growth".



Experience an impulse lecture by Stephan Bode, Managing Director & Owner of SCHWARZWALD PANORAMA and Speaker of Entrepreneur Excellence. He combines dynamism with profundity and strives for more meaningful ways of living and working. Stephan Bode's courage and cooperative leadership style, the essence of decades of worldwide life and professional experience, and his inspiring energy of heart have shaped corporate cultures that have become trendsetters and exemplary for future-oriented corporate management. In his lectures he inspires his audience with a firework of innovative impulses true to his motto "Economic growth through ecologically SENSEFUL action." (Duration 90 min.)

Investment: on request

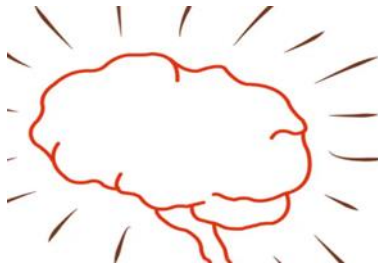


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Creative and active breaks for more freshness in the head



Meetings primarily occupy our heads. Sitting for long periods of time strains the body, makes it tense and tired. Only a flexible body has a lively mind. To help your participants gain new insights and fresh ideas with a clear head, we offer you various basic building blocks for effective learning.

Benefit from a good mood, higher motivation, stronger concentration, improved memory, faster reactions and increased creativity of the participants. Enjoy 15 minutes of

pure energy and concentration under the guidance of Petra Himmel. Choose from a variety of focal points.

Focal points of the active break:

- Energy boost for neck, shoulders, face, legs and lower back
- Energy boost for team spirit

Focal points of the creative break:

- Open up a new field of experience for your senses
- Conscious perception of the vibrations of singing bowls
- Different meditation offers- Test your skills with a thread game. This offers the opportunity to develop imagination and creativity.
- Calm your flow of thoughts with mandalas. The mind comes to rest and stress is reduced

**One active or creative break included per event.
Subject to availability.**

Investment for each additional creative break per event:

**Up to 25 persons: 120 €
From 26 persons: by arrangement**



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BAD HERRENALB

"DIY barbecue" between the raised beds



You have enthusiastic grillers in your team or prefer an undisturbed barbecue evening? Then we have just the thing for you: barbecue food (from € 49 per person), cleaning, as well as seating, crockery and barbecue, we provide for a flat rate of € 160 - set-up and dismantling included. To quench your thirst, we will be happy to set up a mobile tap bar for you (€150 flat rate, consumption will be charged extra accordingly).

Other items can be booked additionally:

- Two paddling pools filled with ice-cold beer 50 € flat rate. (Calculation of beer according to consumption)
- Fire bowl 80 € per item
- Punch SCHWARZWALD PANORAMA 9,50 € per person

Selfness Workshop



Choose two suitable topics individually for your team Effective relaxation - Bodyscan & Co. for less stress hormones in the body. Conscious movement - office yoga for a strong inner and outer attitude in life. Liberating breathing - breathing exercises for more presence in meetings. Clear perception - meditation for an alert mind & focused thinking. Indoor or outdoor possible (duration 60 min.)

Investment: from €39 per person

Wine tasting



Let us take you on a journey into the fascinating world of wine and learn all about the grape's journey from the vineyard through the cellar to the perfect drop in the glass. Together with our sommelier you will get to know selected wines and taste them in the round. (Duration from 60 min.)

Investment: from €46 per person

Prothesenbau



You want social responsibility instead of entertainment and team building? We also have a suitable offer for this: prosthesis sets to build yourself. These are then sent to needy children in India and as a thank you you receive a photo of the recipient, which can be displayed in the company. Do something good and help where help is needed most. (Duration 2 hours)

Investment: on request



SCHWARZWALD PANORAMA

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BAD HERRENALB

Schwarz-Waldbaden



Do you want a more efficient team with fewer sick days? Do you want to experience lasting relaxation and offer that certain group experience after the seminar? Then we have just the thing for you - SchwarzWaldBaden! Trees have been proven to lower blood pressure and cortisol levels. Besides, the forest teaches us some important principles of modern corporate culture: crisis as the beginning of something new, flexible adaptation of survival strategies and benevolent teamwork. All you need is a mindful "lifeguard" and the (black) forest. The effect on our immune system starts at about 3h - that's why we have a drink on the way and a "wild" snack of local superfoods after the bath. (Duration 180 min.)

Investment: from €49 per person

Waldputze



In keeping with the saying "Gschwätz ist no lang ned gschafft!", you can really lend a hand with us when it comes to sustainability. Make an active contribution to environmental protection and be one step ahead of your competitors by living CSR (Corporate Social Responsibility). Equipped with rubbish bags, they go into the forest. After the work is done, the collected rubbish will be weighed, the rubbish collection champion will be determined and the variety will be marvelled at. As a reward, an after-work drink will be served in the 5-language rubbish room. (Duration 90 min.)

Investment: from €24 per person

Gong Sessions



In order to effectively experience the positive properties of the opening sound portals, we offer various gong sessions with Pauline Fabry, which can be individually tailored to your meeting.

Gong Relax & Energize:

A short break to allow your thoughts to rest.

Duration: approx. 30 minutes

Investment from 500 €

Gong Creative Session:

Our Creative Gong Session will help you to develop your ideas and and connections to the respective topics and to recognise them profitably.

Duration: approx. 1-1.5 hours

Investment from 500 €



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BAD HERRENALB

Creative pastime

...around the region.

Handholzen



Ever felled a tree with an axe and saw? Combine team training with a sustainable nature experience in timber harvesting with axe and handsaw - authentic, tailor-made, effective! Cut down a forest giant with your own hands and learn the old, almost forgotten craft of woodcutting and immerse yourself in the archaic world of forest farmers around 1910. The necessary basic theoretical knowledge is provided under the guidance of Axel Steiert & Christoph Brill

from www.handholzen.de. The licensed trainers record your desired topics or objectives in advance, optionally bookable with tree pruning course. (Duration min. 180 min.)

Investment: on request

Night watchman hike



Your daily programme has little leeway? No problem! When night falls in Bad Herrenalb, join the night watchman on a journey through time in the town - "hear ye people and be told...". You will pass mysterious places and dark corners. You will hear the murmur of the Alb and listen to exciting stories, sagas and legends from long ago. (Duration 60 min.)

Investment: 160 € per tour

Black Forest Games



After a welcome drink, various disciplines such as archery, tree trunk nailing or horseshoe throwing await you at this somewhat different team event, in which a competition is then held. Everyone can take part and besides a bit of sporting activity, a lot of skill and a bit of luck are required. The event ends in a rustic atmosphere in the Albtal-Stadl with a rustic BBQ or delicious fondue. Suitable for groups of 10 to 150 people. (Duration 2-4 hours)

Investment BBQ: from 69 € per person
Investment Fondue: from 79 € per person



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Wood oven bread - workshop at the organic farm



A genuine organic farmer welcomes you to his idyllic organic farm (approx. 12 km away) and briefly introduces you to the theory before you prepare the dough for your bread with the farm manager. While this is maturing, it's off to the fields and stables of the organic farm. After weighing, kneading and portioning, the next fermentation time explains what organic means, why organic is good for us and which seal is trustworthy here. Then the bread goes into the oven and the group enjoys a delicious farmer's snack. They are proud to take home the bread they have baked themselves and perhaps buy one or two organic products from the farm. (Duration 4 hours)

Investment: from € 53 per person

Adventure Day (Murgtal Arena)



For your adrenalin kick, the Murgtal Arena has come up with something very special: After a riverbed hike, during which you are allowed to find the best way through the water, partly by jumping and climbing, according to your possibilities and skills, adventure junkies can let themselves be abseiled from a 15-metre-high bridge. Afterwards, you can enjoy a well-deserved lunch in the beer garden directly on the Murg. The tour continues with raft boats on a section about 250 metres long. There, participants are challenged by a kayak playground and several small rapids! Then out of the boat and back on foot to a new one. (Duration 5-6 hours)

Meeting place in 76596 Forbach

Investment: from €60 per person

Since adventures make you hungry, the evening can be extended with a delicious BBQ. The journey to the Murgtal Arena takes approx. 30 min and is made by private car.

Investment: from € 95 per person



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Juice shop



Know how it's done! In late summer, the apple harvest begins, which means sleeves up and lend a hand. Press your own apple juice and make sweet cider from 250 kg of apples already harvested under expert guidance. Learn exciting background knowledge about harvesting and processing. You will then receive the juice in 1.5 litre boxes to take home. Bookable from the beginning of September to mid-October. (Duration 2-3 hours)

Investment: from 35 € per person

Subject to change without notice. The duration given is approximate. Please enquire about a possible minimum or maximum number of participants. Implementation of the social programmes at your own responsibility. Unless otherwise agreed, the investments will be charged to the company's total invoice.