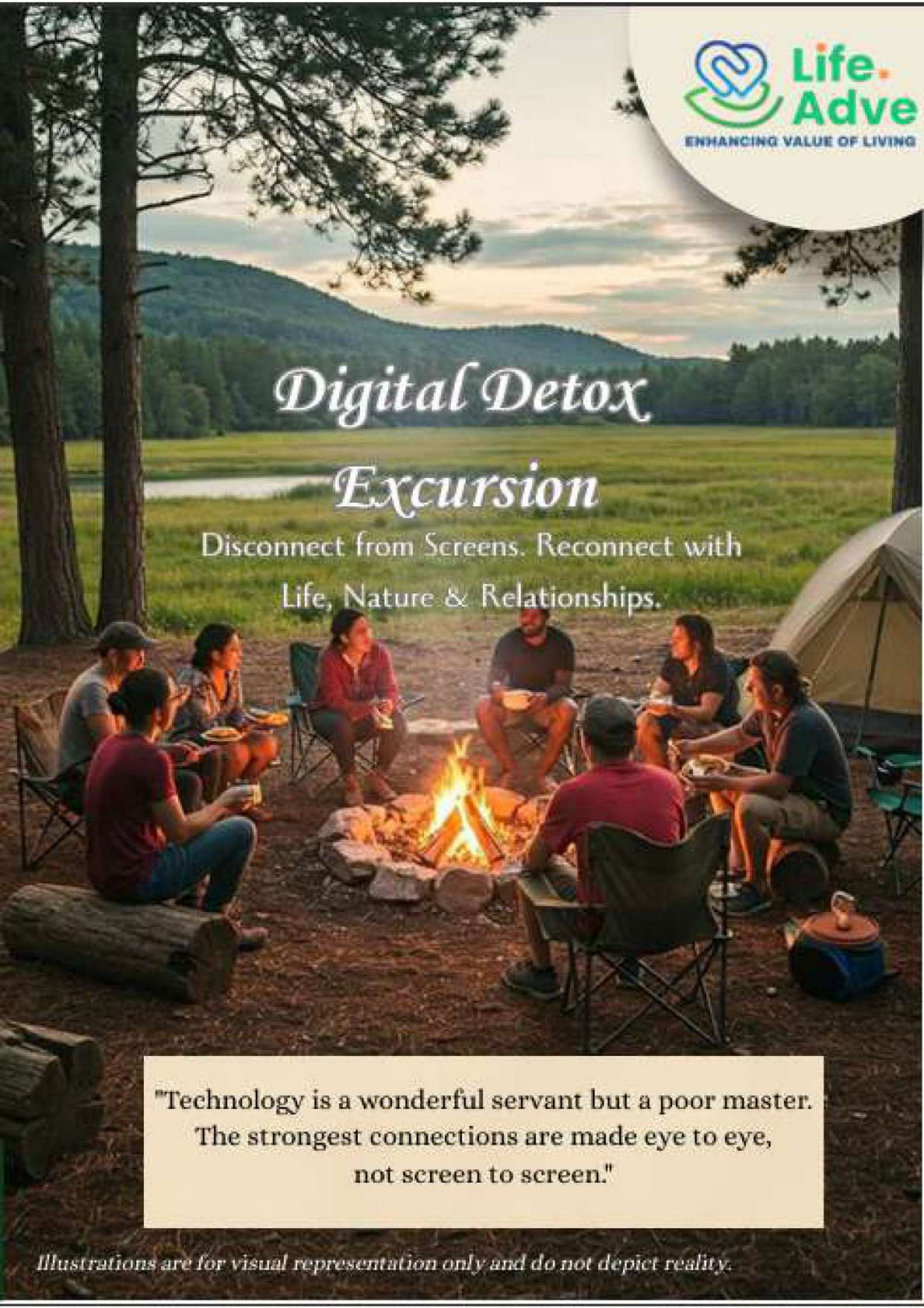

Life.
Adve
ENHANCING VALUE OF LIVING
Digital Detox
Excursion
Disconnect from Screens. Reconnect with
Life, Nature & Relationships.
"Technology is a wonderful servant but a poor master.
The strongest connections are made eye to eye,
not screen to screen."
Illustrations are for visual representation only and do not depict reality.

OVERVIEW

Technology has transformed the way we learn, work, and communicate. It has made information instantly accessible and brought people across the world closer than ever before. However, excessive and unmindful digital use has also contributed to rising levels of stress, loneliness, anxiety, sleep disturbances, reduced attention span, and weakened personal relationships.

The LifeAdve Digital Detox Excursion is not about rejecting technology—it is about developing a healthier relationship with it. Through adventure, nature, mindful activities, and human connection, participants rediscover the joy of being fully present.

The excursion helps participants answer an important question: "Am I using technology intentionally, or is technology using me?"

Excursion Profile

Objective- To help participants develop healthy digital habits while strengthening real-life relationships, mindfulness, and emotional well-being.

Relationship Focus- Relationship with self, family, friends, colleagues, and technology.

Target Participants- Adolescents, college students, parents, families, educators, corporate teams, community groups.

Recommended Age- 12 years and above

Group Size- 10–40 participants

Duration- One-day (6–8 hours), Weekend Digital Wellness Retreat, or Family Camp.
Venue- Nature camp, eco-resort, forest trail, botanical garden, farm, adventure park, retreat centre.
Difficulty Level- Easy
Facilitators Required - Certified LifeAdve Facilitator; Psychologist or Digital Well-being Coach (recommended).

Excursion Flow



SIGNATURE ADVENTURE & EXPERIENTIAL ACTIVITIES



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48- Hours Commitment

Create a phone-free bedroom.	Introduce a daily screen-free family hour.	Turn off non-essential notifications.	Schedule a walk with a friend instead of chatting online.	Read a book for 30 minutes instead of scrolling.	Visit a park without carrying a mobile phone (where safe and practical).

Take home Tool-Kit

- LifeAdve Digital Wellness Journal
- Screen-Time Self-Assessment Tool
- Digital Habit Tracker
- Family Digital Agreement Template
- 50 Screen-Free Activity Ideas
- 30-Day Digital Balance Challenge
- Mindful Technology Checklist
- Offline Adventure Planner



Expected Outcomes

1. Develop greater awareness of their digital habits.
2. Improve face-to-face communication and active listening.
3. Experience increased presence and mindfulness.
4. Strengthen family, friendship, and workplace relationships.
5. Reduce unnecessary screen dependency.
6. Increase participation in outdoor and recreational activities.
7. Create healthier technology boundaries.
8. Experience improved emotional well-being and life balance

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