

Checklist for a Healthy Meeting Day in Tirol

Location

- Event outside in nature
- There is a protection concept if the event is taking place outside
- Select a location/meeting room that has a view into nature
- Select a location in the countryside for outdoor breaks and sessions
- Breakout session on the terrace with a far-reaching view of the mountain world
- Ensure air supply: ventilate or by room ventilation
- Daylight in the meeting room
- The location has been awarded with the Austrian Eco Label or has another environmental reference
- The venue is connected to public transport and barrier-free.
- At least 50% of LEDs are used for lighting.
- The existing buildings, parking areas and event spaces are used
- Temporary building's area completely deconstructed, and the materials will be reused.
- Possible side events take place in the same region and nearby surroundings.

Did you know that you can also have your event or conference certified with the Green Event Tirol Label or the Austrian Eco Labels? Or that the Conventionland Tirol offers some Meet Green businesses? The experts of the Convention Bureau Tirol will be happy to support you on the way to your green summit victory!

Setting

- Create space for movement during breaks or even during the seminar
- Get creative with the layout of the room and offer various opportunities for sitting and standing.
- Get started with a short movement session: stand up and stretch
- Shedule breaks correctly: get up after 50 minutes, ventilate, take your eyes off the screen

Did you know; that people are much more creative in nature? Trees, fresh air, birds chirping and the sun on the tip of the nose do not distract, but rather direct the thoughts in an inspiring direction.



Catering

- Pay attention to regional products and communicate this also at the buffet
- Offer light and healthy food
- Healthy snacks during breaks: regional vegetable sticks, yogurt, Tirolean whole wheat bread instead of heavy pastries
- Offer a balanced menu: carbohydrates, proteins and fiber should be integrated
- Vegan and vegetarian alternatives are a must (also during coffee breaks)
- Meatless catering
- Avoid seafood and go for regional fish instead
- Beverages: go for infused water and avoid lemonad
- Offer seating options for eating

Did you know that a healthy and light meal is supportive to improve attention span and concentration, increase cognitive function and makes you more alert?



Knowledge transfer

- Walking conversations: stories told while moving will stay in your memory
- Forest/nature walks for exchanges
- Guided/coordinated networking
- Prepare practical examples (best practices)
- Invite a wide target group (think outside the box and mix industries)
- Invite experts
- Perspectives with all senses (do the methods of knowledge transfer appeal to all senses?)
- Choose creative approaches (quizzes, interaction, escape rooms)

Did you know that numbers, data and facts are better stored in the brain if a positive feeling such as fun or exercise is associated with them?



Communication

- Inform the participants in advance that it will be a healthy meeting
- If you choose an unusual setting (outdoor meeting), point out the according clothing, allergies, etc.
- Communicate the dress code (pumps, suits, dresses are not necessary, business casual)
- Encourage carpool and advertise public transportation
- Announce in advance that cell phones will be set to flight mode
- Forward the agenda, so that the participants know what to expect

Did you know that people start meetings more reassured if they know, on the whole, what to expect? Positive surprises are always welcome, but we all like to be prepared. Tips on what to bring (a warm jacket, sun protection, sneakers instead of pumps) are therefore welcome.



Supporting Program

- Nature and forest bathing
- Herbal hikes
- Social Impact Inclusion
- Picnics of all kinds
- Yoga
- Outdoor cooking
- Kayaking
- Sunset or sunrise hikes
- Sufficient balance between breaks and activities
- CSR programs (e.g. in cooperation with the Alpine Club: preparing trails and huts)
- Kneippen
- Meditation
- Thumbs Cinema– Flipbook

Did you know that there are countless natural incentives and social programs in Tirol that complete a meeting wonderfully? Let yourself be inspired on our website www.convention.tirol