

MEET & FOREST

Where teams & nature meet.



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With Meet & Forest, you can combine a team meeting with a guided forest bathing session for your team at - and in - a nature reserve.

Our partner hotel welcomes you for half a day in their eco-comfortable and multifunctional meeting facilities near a nature reserve for your planned team meeting (e.g., strategic, creative, team building, training, etc.).

During the other half of the day, TreeWise takes your team on a forest bathing session, a nature experience focused on well-being and team building, in the nature reserve.

In short, a break from the hustle and bustle of offices for a productive and relaxing day close to nature.

Disconnecting from the office. Connecting with your team members. Re-connecting with nature. That's what Meet & Forest is all about.

A team meeting near nature

Leaving the office from time to time is beneficial for your team. A meeting outside office walls and near nature brings a fresh framing and focus. For Meet & Forest, our partnering hotels welcome your team in a fitting meeting accommodation close to a nature reserve.

Whether your meeting is strategic, creative or for teambuilding, incentive or training purpose, you can enjoy a quiet, eco-comfortable and multifunctional environment to work freely with your team members.

Lunch, catering and staying over options available.

A forest bathing session in nature

Alongside your team meeting, you are taking a real step into nature with a guided forest bathing session. Going forest bathing is going on an immersive nature wandering with your team, bringing proven benefits to your employees' wellbeing.

All of this in a natural, innovative and sustainable way.

The forest bath comes with a soft teambuilding process, guided by one of our coaches specialised in team dynamics and wellbeing at work.

Sessions can be guided in English, in het Nederlands ou en français.

Practical info

At this moment, we offer Meet & Forest in partnership with Hotel Jerom at the Kalmthoutse Heide - more partners & locations soon!

Welcome to Hotel Jerom

Hotel Jerom is an eco-comfortable hotel at the entrance of the Kalmthoutse Heide with various options for your team meeting.



- 2 meeting rooms are available:
- o Moor Room - medium-sized multifunctional space - 8 to 40p.
 - o The Lab - cosy creative hub - up to 8p.

- Catering:
- o Lunch: soup & cold main course
 - o Snacks & refreshments

Overnight stay with breakfast available at a favourable rate

Into Nature with TreeWise

An experienced guide takes your team on a forest bathing session in the Kalmthoutse Heide. The session includes a gentle team-building process and lasts approximately 3 ½ hours.

Up to 13 people can participate in the session. For larger teams, the group is split into 2 or 3 with additional forest bathing guides.

You can choose the order of the meeting and forest bathing session in the morning or afternoon.

- A tip:
- o Forest bathing, then meeting: Focuses more on boosting creativity and concentration to approach the meeting with a fresh mind.
 - o Meeting, then forest bathing: Focuses more on relaxation, integration, and recharging after the meeting.

Good to know

‡TreeWise also offers its own training on workplace well-being, resilience, soft HR topics, stress-management and team dynamics. Feel free to contact us if you'd like to include this in the team meeting part – linking it up with the forest bathing session!

‡ Meet & Forest is available throughout the whole year.

Prices

‡ General price indication for 10 people	+/- €1475
‡ Meeting facilities	
o Meeting room(s):	
· Moor Room (up to 40p)	€285
· The Lab (up to 8p)	€260
o Lunch	€27,5 pp
o Snacks & refreshments	€16 pp
o Overnight stay: price upon request	
‡ Forest Bathing session	
o 1 group (up to 13p)	€930
o extra group	+€785

‡ All prices include VAT and are subject to annual indexation.

Availability is coordinated with you and Hotel Jerom. We are happy to help you find the ideal date.



We look forward to welcoming your team at - and in - the forest soon!
Contact us for bookings and information



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