

Scandinavia, here we come!

Become an actor
of change

LYVAtour
2023 trip
9-16.09.23



Become an actor of change by joining our LYVAtour 2023 trip !

We are talking to you, students, directors, department heads in the technical domain and who wish to become actors of change.

Currently, too many women – 2/3 - abandon their careers only a few years after having obtained their qualifications for which they will have worked incredibly hard. This represents a huge loss pour companies and for those of us women who will have put in so much effort up to that point.

Why ? Because we find it hard to find our place in a mainly male-dominated work environment.

And what if it was our duty, as women, to join together and speak out about what is currently happening in these companies, to be in a position to envisage improving our working conditions. It starts by understanding that we are not alone and that, together, we can build a different world, a world where our voice is an added value to everything that already exists.

Our goal with LYVAtour

For several years now, LYVAtour travels with working women and engineering students from Switzerland to discover different cultures, different approaches and different women. The aim is to find new practices from these different countries.

How to value human potential ? How do these organisations welcome these women in this masculine world ? What is their management style ?

During a whole week, over a dozen women share, suggest, and develop together. It is a unique and intense experience. It is a real gift you can offer to some of your female employees as well as a gift you can give yourselves. Upon their return, their perception is different, they will see opportunities everywhere and they will have the right tools to put forward some real changes.

This year, Denmark, here we come !

- From the 9th to the 16th of September 2023.
- The trip consists of taking a train to Paris to begin a 9 day trip including 6 nights in a tour bus and 2 nights in a hostel.

What to expect :

SATURDAY 9TH OF SEPTEMBER

- Departure for Paris from Lausanne
07h23 arrival approx. 11h00
- Departure with coach approx. 13h00
- Barco¹ – Kortrijk
- Ministère de la sécurité sociale² – Bruxelles
- Camp site Amsterdam

SUNDAY 10TH OF SEPTEMBER

- Visit floating farm³ – Rotterdam
- Surprise in Amsterdam
- Camp site Amsterdam

MONDAY 11TH OF SEPTEMBER

- Groenenboom container Group⁴ – Oosterhout
- Visit of sustainable farm – Rotterdam area
- Camp site Hamburg

TUESDAY 12TH OF SEPTEMBER

- Fielmann⁵ – Hamburg
- Hochbahn⁶ – Hamburg
- Camp site Hamburg

WEDNESDAY 13TH OF SEPTEMBER

- 07h00 coach departure
- Danfoss⁷ – Nordborg
- Lego – Billund
- Sauna&Spa Bjerringbro, hygge
- Camp site Bjerringbro

THURSDAY 14TH OF SEPTEMBER

- Grundfos⁸ – Bjerringbro
- Shopping in Aarhus
- Camp site Bjerringbro

FRIDAY 15TH OF SEPTEMBER

- Departure by coach to Vejle
- Train to Copenhagen
- CopenHill⁹ – Copenhagen
- Tivoli Gardens – Copenhagen
- Game evening at Bastard Café – Copenhagen
- Youth hostel Copenhagen

SATURDAY 16TH OF SEPTEMBER

- Train to Hamburg from Copenhagen
- Hamburg Harbour Cruise & Elbphilharmonie
Guided Tour – Hamburg
- Youth hostel Hamburg

SUNDAY 17TH OF SEPTEMBER:

- Fish Market 07h00 – Hamburg
- Train Home 10h24 – Hamburg

¹ Barco is a Belgian telecommunications company that has been listed in the Forbes top female-friendly companies 2022

² Le Ministère de la sécurité sociale is a pioneer as it was the first liberated administration in the world

³ Floating Farm develops self-sufficient farms on water to improve the resiliency of cities globally

⁴ Groenenboom container Group is a company run by the 2022 "Business woman of the year" at only age 36

⁵ Fielmann is an international optician's that has been listed in the Forbes top female-friendly companies 2022

⁶ The Hamburg Hochbahn has changed its entire bus fleet to electric emitting 0 carbon emissions

⁷ Danfoss is a danish producer of cooling and heating pumps and has been listed in the Forbes top female-friendly companies 2022

⁸ Water is and has always been at the heart and soul of Grundfos

⁹ Copenhill is an architectural masterpiece where a sustainable energy plant meets a leisure. You must see it to believe it!

CLIMATE

In September time, the average temperature is between 12°C and 19°C in the regions that we will be visiting but can, depending on the years, be as low as 1°C and as high as 26°C. Please, pack warm as well as lightweight clothing.

VACCINES

Having up to date vaccinations against diphtheria, tetanus and polio is sufficient for European travel.

COVID RESTRICTIONS

Naturally we are keep a close eye on the evolution of any restrictions and will inform of any changes that may bring to the program.

TERMS

- Included are : the train journey from Lausanne to Paris, the return trip from Hamburg to Basel and all transport, accommodation, meals and tours in between.
- The travel from the participants home to Lausanne (for the departure) and from Basel to their home (for the return) are to be covered at their own cost.
- Accommodation will consist of 6 nights in a bus hotel and 2 nights in hostels in dorms.
- There will be many moments of sharing and reflection.
- The participants will be paired up and tasked with collection information during each visit/meeting during the trip.

COST

- 9 days and 8 nights : CHF 2'500.-
- 50% deposit when registering and the remaining 50% before departure (please contact us if a payment plan is required)
- Wire transfer details will be transmitted to the participants in due course

PREPARATION DAY

A get together will be organised via doodle during the summer (details will be shared to participants). As it stands, this should take place on a Saturday or Sunday, from 9am to 4pm, in the offices of the company Groupe E, Route de Morat 135, 1763 Granges-Paccot. Participants are required to get to the meeting by their own means, this is not covered by LYVA. Participants presence is mandatory.

FOR MORE INFORMATION

Sylvie Villa - sylvie.villa@lyva.ch - 079 249 21 46

SIGN UP WITH THE FORM ATTACHED

Please note the group is limited to 18 people with a minimum of 12 participants to confirm the trip.

WHO IS ORGANISING AND LEADING THIS TRIP ?

I am Sylvie Villa, founder of LYVA (found out more in the attached document). With a mix of academic training in both engineering and management at the EPFL and the IMD, I've had a professional experience in a director's position in a strongly masculine environment. Sharing my experience, my observations and my ideas have always been important to me. Today, I'm pursuing a 20 year-long effort and offer my help to companies who are interesting in evolving. This year I'm doing it with the help of Emma to ensure the smooth running of the trip and also because she wished to develop her personal accompaniment skills.

WHAT ARE THE BENEFITS FOR YOU, FUTURE PARTICIPANT :

- Being able to share, in a safe and caring environment, the daily difficulties that we are faced with.
- Discovering new approaches that work for others.
- Gaining real tools to instil change.
- A unique human and cultural experience.

INTERESTED ?

It would be a pleasure to discuss this in further detail. You can contact me on +41 79 249 21 46 on via email at sylvie.villa@lyva.ch

ATTACHED YOU WILL FIND :

A description of what LYVA is