

You are overheating? 5 videos for a break at work

Posted on 20-05-2014 at 13:03 - Updated at 15:40

By Le Nouvel Observateur

VIDEO. At the edge of burnout? Get away cheaply with this selection of webcams contemplative. Breathe. Click.

French, unmotivated workers more Europe? According to the barometer Edenred-Ipsos published Tuesday, 20 May, 38% of employees would be affected. Figure that places them at the last place in the standings, while the European average is 29%.

The reasons for this lack of motivation? Salary level and job retention are the first arguments of the employees. For managers, it's time to work. So how to motivate independently and in a discreet and comfortable way? By giving real breaks. Without feeling guilty. The break, short and effective.

"L'Observateur" has selected five beautiful places for this purpose, available immediately. To escape, recharge your batteries and leave more focused and motivated. Live.



Live stream of surf in Kauai, Hawaii. Screen Capture / [EarthCam](#)

1 Review your classics

White houses and blue domes. The air is humid, sensuous and relaxing. At least on this webcam allows you to enjoy throughout the Greek Cyclades without having to endure the flood of tourists often missed by visitors seeking a Mediterranean land as quiet as its waters.

2 Refresh yourself

You imagine impressive. They are. But it is rare to observe this angle. This view of [Niagara Falls](#) High to discover behind the scenes. And feel a little stronger at the immensity of this natural wonder. As if, for once, the man who dominated the river reached a rate of 2,800 cubic meters per second here.

3 The stress is good!

The walls of the Ka'ba - the sacred cuboid construction of Islam - Mecca, is inaccessible. Only Muslims can be as close. If you are and you have the chance to discover this mythical place that you live remémorera memories. If you're not and you're curious to discover this place of pilgrimage, where 2 million people visit each year, click on "play".

You can choose between five different points of view and to appreciate the circular movement of pilgrims, which as is the tradition, turning seven times anticlockwise around the Ka'ba. This can be quite stressful if you smolder an agoraphobic trend. Although, the movement can be based. Almost mesmerizing.

4 Follow the wave

Not to mention the athletes who dream of their next surf session in the Basque Country. Go somewhere else for once and let yourself be transported away from the Atlantic. Ah Tahiti, Punaauia Ta'apuna his spot ...

5 Take the distance

Gravity has prepared the ground. The Nasa has taken possession. She placed four webcams in its international space station, which broadcast almost live. Almost, because the images are first returned to Earth and reformatted before being displayed on the internet.

Depending on the time of day, you can see the crew work, observe the Earth from the space or even watch a sunset.

French translated using google translate.