



easy day
LEARNING ADVENTURES



into the wild

A MAGICAL LEARNING ADVENTURE FOR GROEP T
PHYSICAL EDUCATION STUDENTS
14-20 MAY 2016 IN THE SPANISH PYRENEES

www.easy-day.com

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As an educational institute we are always searching for ways to enhance the development of our students into complete human beings. Since over ten years Easy Day contributes to our work with their unique approach to education that inspires students to reflect on our society and the significance of our relationship with nature. By choosing the Easy Day concept, we are able to introduce our students to a different way of learning that complements our more classical approach.

Hans Van Boven | Senior Lecturer, “
University of Gent



OVERVIEW



Programme Overview

INTO THE WILD is a seven-day outdoor learning adventure that offers a powerful learning experience to Group T's PE students. Step by step they will explore what it may take to lead society into a more peaceful and sustainable future from both their personal and educational/professional perspectives.

The programme starts off in expedition-style, following a spectacular mountain crest marking the border of French and Spanish Pyrenees. After 2.5 days we will arrive in the Sant Aniol nature park, a magical place of great natural beauty, just 45 minutes north of Girona, Spain. By this time students will have formed a safe and robust learning community that is marked by a sense of trust and openness – a prerequisite for profound learning to take place. Day four will be our rest-day. To recover from the strenuous trek students will enjoy a day at the sea visiting the famous artist and fishing town Cadaques and the Cap de Creus nature reserve. Days five to eight are spent back in the Sant Aniol valley. Practicing rock climbing, canyoning and a climbing trail.

The days are designed around themes that contextualise Physical Education and outdoor facilitation with the interrelated social, economic and environmental challenges of our time. Blending outdoor adventures with creative group-work, philosophy and dialogue, the

learning experience has proven to often touch students minds and hearts in ways that lead them to ask deeper questions about the nature of life, work and education. It is sure to be an unforgettable and potentially transformative experience.

The learning process helps students to shine the light of awareness onto often unconscious assumptions, behaviours, dreams and values that govern their lives. Along the journey students will not only experience but also learn how to facilitate for deeper learning and change: How do you go about setting a culture of learning? How do you manage a group to allow everyone to express fully and feel heard? What learning concepts can I draw on to design a programme or session in my sports classes? Am I drawn to working in the outdoor education industry or to apply some of its principles elsewhere?

From this flows a deeper understanding and a commitment to further inquiry, positive action and change. Along the way students develop a range of leadership skills, from communication to working with emotions. Students leave enchanted and in touch with the wonder of life.

This [video documentary](#) gives you a flavor of the Easy Day spirit.

The Latin *educare* comes from roots suggesting a “leading out” or “leading forth”, with possible implications of developing innate abilities and of expanding horizons.

Thompson



WHY EASY DAY ?



Why Easy Day?

The words of thought leaders in research (Peter Reason), philosophy (David Orr), spirituality (Eckhart Tolle), and business (Peter Senge, Joe Jaworski et.al.), paint a picture, which we believe to be a robust rational for offering our learning adventures:

Doom and Gloom

"We have, since the reformation, the beginning of the era of modern science, and the Industrial Revolution made enormous strides in our material welfare and our control of our lives. Yet at the same time we can see the costs of this progress in ecological devastation, human and social fragmentation, and spiritual impoverishment. So if we fail to make a transition to new ways of thinking, the argument goes, our civilisation will decline and decay."

Peter Reason

The Educational Challenge

"The crisis we face is first and foremost one of mind, perceptions and values; hence, it is a challenge to those institutions presuming to shape minds, perceptions and values. It is an educational challenge. More of the same kind of education can only make things worse."

David Orr

Responsibility

Responsibility means primarily to take responsibility for ones own state of consciousness, which determines my thoughts and actions and thus what kind of world I create. Only a dysfunctional consciousness produces a dysfunctional world.

Eckhart Tolle

Nature as Teacher

"Virtually all indigenous or native cultures have regarded nature or the universe or Mother Earth as the ultimate teacher. At few points in history has the need to rediscover this teacher been greater."

Peter Senge, Otto Scharmer,
Joe Jaworski and Betty Sue Flowers

Love

"When you are in touch with that dimension within yourself - and being in touch with it is your natural state, not some miraculous achievement - all your actions and relationships will reflect the oneness with all life that you sense deep within. This is love."

Eckhart Tolle



**Easy Day inspires
three core values:**

Creative Minds ... A commitment to approach diverse opinions and challenges with an open mind and creatively.

Open Hearts ... Allow yourself to feel it all. Create space to connect with yourself, others and nature joyfully and through the heart.

Wild Places ... Experience and understand the underlying unity of all life. Exploring wild places can inspire profound discoveries within ourselves.

GUIDING PRINCIPLES



Safe Container. Creating a space that is both emotionally and physically safe is the bedrock of our learning community. It is marked by professionalism and an inner posture of true kindness and care.

Sense Of Self. Explore your passions, values and beliefs. Be empowered to discover and expand your sense of self beyond the narrow, skin-bound notion of personhood.

Action & Leadership. Embrace life as an opportunity to act in alignment with your values, inspiring positive change during and after Easy Day.

Teamwork. Be a part of something bigger than yourself. Experience the power of collective intelligence through living and working as a team.

Interconnectedness. Explore social, ecological, economic and spiritual dimensions of life. Come to see that phenomena exist in relationship only. Grasp the implications of this understanding.

Openness to different ideas, beliefs and cultures. Learn to appreciate diversity and different cultural norms, languages and rituals as well as tolerance for other people or views different to your own.

Service Learning. Each programme aims to contributes to the place and community where it is held, for example through eco-building, tree planting, land art or simply taking out some rubbish.

Different Ways Of Knowing. Explore and express themselves more fully, not only through language and theories but also through music, dance, art and adventure experiences.

Sustainability. We understand that sustainable development occurs when individuals, organisations and nations move towards greater harmony within themselves, with others and the more than human world. Such learning then is balanced and enables our students to feel part of a much greater whole. Understood in this way, sustainable development is spiritual at its' core.

Challenge By Choice. None of the activities are obligatory, and the students have the opportunity to influence the program based on their individual learning needs and wishes as well as those of the group.



LEARNING OUTCOMES & SAFETY

PARADIGMS & WORLDVIEWS

ADOC3 Module 2 WS1 23 Sept. 2011

Thomas Kuhn (left):
- Paradigms
- INCOMMENSURABLES
- ALCHYMIST!
- SACREDGE!
- PLAGUE!
- GOD?
- We can overcome!
- Renaissance
- Logos
- Theos
- Enlightenment
- Truth + knowledge
- Mechanos
- Rational
- Modernity
- Disenchantment of the world

Paradigm Shifts:
- Tacit Assumptions HELD OUTSIDE FRAMES
- ISLAMIC SOCIETY CULTURE
- Paradigm shifts within a frame
- The Paradigm of the paradigm
- Crossing paradigm through ART!
- Individualism
- Rationalism
- Freedom
- Democracy

Paradigm Shifts:
- Hunch
- Crisis of understanding
- Complexity theory
- Quantum physics

Ontology: Objective World
Epistemology: Measure Count
Methodology: What's "there"

WITCH BURNING!

Who benefits

Let us assume

Post-modern

Reflection as Affliction ~ SUFI

Help!

GERGEN

BATESON

MADNESS!

Intellectual Wilderness

RIDICULOUS!

WHY DOES THIS MATTER?

MIND + MATTER

LOGICAL PARADOX

POWER! AUTHORITY

We can unlock the secrets of the universe

Oral + Literal Cultures

What kind of real are you talking about?

Industrial Growth Society

Rational economic man

Learning Outcomes Include:

- An understanding and appreciation of the sustainability concept in relation to students area of study.
- Educational tools and practices to meet societal, environmental and economical challenges
- A thorough understanding of outdoor education in theory and practice
- Growth in confidence and the ability to reflect on experiences
- Increased capacity to manage and express difficult emotions and stress
- A capacity to appreciate diversity of ideas, beliefs, cultures and roles
- A deep connection with nature through personal experience and a sense being part of a greater whole
- Improved ability to listen and to communicate in a compassionate way
- Cultivation of a healthy lifestyle
- An increased ability to work in a team

Safety is our Priority

At Easy Day, students physical and emotional well-being is our priority. Hence we operate a comprehensive Safety and Risk Management policy. Our operational backbone is an impeccable safety record and 15 years of experience in safely guiding thousands of participants through learning adventures.

We put greatest care in selecting and training our team of highly qualified and experienced guides and facilitators. On outdoor activities our facilitator-participant ratio is 1:10. All safety equipment is maintained at a top standard. All staff and activities are covered by our professional liability insurance. Students are required to show proof of a health and accident insurance.



Three days expedition style crossing the Pyrenees along a high running ridge-line. Against the backdrop of incredible scenery we begin to form our learning community and explore the huge potential of physical education for positive change.

SAMPLE SCHEDULE



Sample Schedule: 'Into the Wild' for PE students

Themes: Welcome, set frame of week, route planning Activity: Start trekking

Day 1. The group will be welcomed at our starting point high up on a border pass in the Catalan Pyrenees at around mid-day. A quick equipment check and off we go for the first leg. On this day we will only hike for about 3 hours, allowing time to get to frame the learning objectives and to start building a robust learning community based on some simple principles. We will also look at route planning skills, reading maps, weather forecast, and selecting correct outdoor equipment.

Day 2.

Themes: Arriving, setting frame & culture of learning, ecological self concept Activity: Continue Trekking

Day two is about arriving in the place and in the group. We'll continue on our stunning trail along the border ridge separating France and Spain. Throughout the day we will make space to really arrive in the place, the group and in our bodies. Sessions are designed to help us form a 'culture of learning'; giving attention to the art of listening deeply and speaking from the heart. Day two sets the frame by introducing the 'ecological self' as a key concept recognising our interrelated nature. We will also offer a guided meditation on the senses.

Day 3.

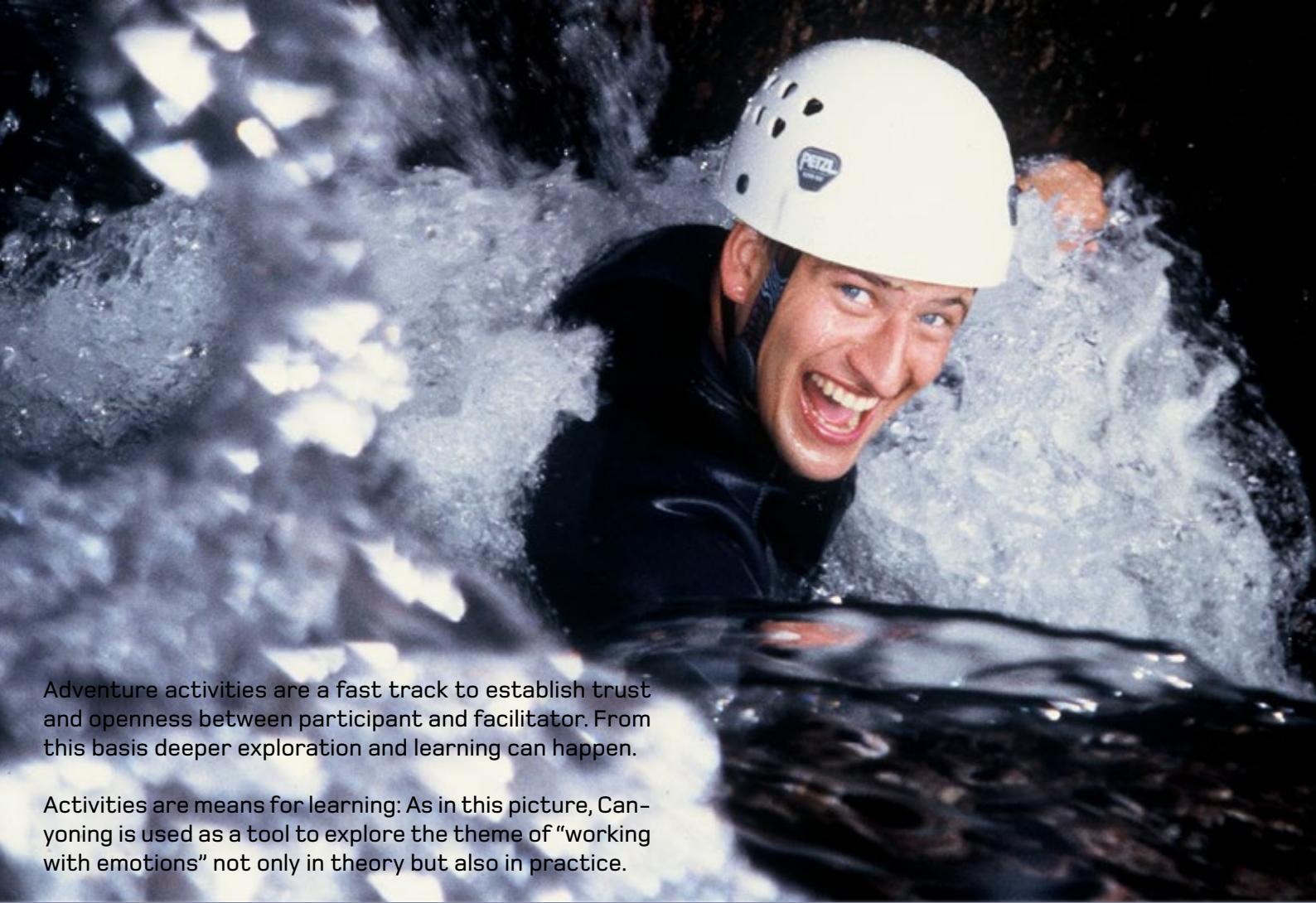
Themes: Sustainability concept, personal and professional aspects Activity: Continue Trekking

Today we will drop down from the high ridge line into the lush Sant Aniol valley. It's colourful limestone cliffs and crystal clear mountain creek invite us to swim and relax for a bit. We will begin to reflect on the challenges of our time, introduce the sustainability concept and explore the potential role of physical education in it (ie. introducing innovative learning theories). In the afternoon we will bring those big challenges down to the individual level by exploring personal challenges, hopes, wishes and aspirations. In the late afternoon we will arrive at either the Pont de Valenti Education Center or Camping Sadernes (to be decided) and set-up camp. Here we will have our kitchen team awaiting us ready to serve a delicious meal to celebrate our arrival.

Day 4.

Theme: Rest-day at the coast

Today we will take a bus to Cadaques and the Cap de Creus Nature Park. Students have free time to explore the beautiful artists and fishing town Cadaques. Together we will visit the extravagant house and now museum of Salvador Dali. In the afternoon students have time to explore the most easterly cape of Spain, swim and relax at the seaside. We will meet at 19.00 at the lighthouse restaurant to enjoy a meal together before heading back home. Our guide team will also enjoy a day off.



Adventure activities are a fast track to establish trust and openness between participant and facilitator. From this basis deeper exploration and learning can happen.

Activities are means for learning: As in this picture, Canyoning is used as a tool to explore the theme of "working with emotions" not only in theory but also in practice.

SAMPLE SCHEDULE

Day 5.

Theme: Emotional Development

Activity: Canyoning

The Sant Aniol canyon is a solid 10-hour day. Jumping, sliding and abseiling down this magnificent steep gorge is an experience packed with emotion - ideal to explore our theme of the day: How to use physical education for emotional development and transformation. Learning how to work with feelings is essential for happiness; - and also how can we help others, if we do not know how to deal with our own feelings and emotions in the first place? Typically participants rate the canyoning-day as the highlight of their stay.

Day 6

Theme: Peace and non-violent communication

Activity: Rock Climbing

The valley is a famous climbing destination and it is here that we will have the introduction to Rock Climbing. We will learn about belay and climbing techniques and climb bolted sport routes. Students actively support each other and take responsibility for each others lives. Sessions will explore the subject of peace and non-violence by introducing techniques and by creating space to reflect on the subject artfully through painting and landart. We will explore three

levels: personal inner peace, how to restore open communication and reconcile with one-another and gain an understand of the importance of education in moving towards a peaceful world. Again sports and PE are a largely untaped yet hugely powerful resource to learn about this subject.

Day 7. Theme: Programme Review, Learning Transfer, Closing. Activity: Rock Climbing

On our last day we will climb the 'fin' - a narrow rock-ridge with sheer drops on both sides. It is an easy yet amazing scramble. We will decent on a via ferrata and conclude with an abseil/rapell. Along the way we explore a beautifully carved-out dry riverbed and review the time spent together. Sharing insights and stories, using a special and powerful review technique, will help students bringing the gifts they received into daily life. After dinner we will close INTO THE WILD in a beautiful way.

Enjoying the celebratory meal on our last evening together.



LOGISTICS & COST



Location Sant Aniol Nature Park

The programme is based in and around the Alta Garrotxa Nature Park, an hour's drive from the coast and 45 minutes drive from Girona Airport. Following the bare crests of the high Pyrenees we arrive in the Alta Garrotxa mountain range which flows softly into the wide plains of the Costa Brava. It's an old land, rich in culture and with a history moulded by Greeks, Romans, and Arabs.

Sant Aniol valley, our base for the second half of the trip, is carved deep into colourful limestone cliffs by a clear mountain stream - a place of great natural beauty and power. In just a matter of kilometres, the meandering valley offers stunning views of steep cliffs, crystal-clear pools and shady tracks through deep forests, dry canyons and cascading waterfalls. Spending time in the valley is deeply relaxing. Participants often tell us how the atmosphere helped them to regain mental peace and clarity. The Sant Aniol valley has been our primary location of choice since 2001 and has revealed its magic to thousands of participants.

Accommodation & Catering

The first days on expedition would require students to bring their own tent, sleeping-, trekking-gear and food. Students should carry two-man tents and share. (We will provide a detailed packing list).

On days 4-8 we propose to be based at Camping Sadernes (to be confirmed) or at Pont de Valenti Education Center. Personal tents will then also be used once at

camp, keeping your costs low.

Students should arrive with their bags packed and ready to go. This includes food for two and a half days. We will advise what and how much to bring.

Once at camp we will arrange catering and enjoy a healthy and delicious diet of organic and locally sourced ingredients where possible.

Travel & transfers

We understand that you will organise your own travel and transfers by bus.



A break on the last day during our programme review is used wisely for sunbathing and a dip in the crystal clear rock pools of the Sant Aniol mountain creek.

MADE WITH LOVE BY...



Korbi Hort | Founder & Director



As a qualified guide and facilitator Korbi draws on over 18 years of experience and has safely led thousands of people through inspirational learning experiences. He works with a carefully selected team of guides and facilitators.

Korbi is passionate about creating atmospheres in which people feel at ease and inspired to explore what truly matters to their hearts. He believes that wild nature is a great teacher. If combined skilfully with music, art and intellectual inquiry it can help people to expand boundaries and to express themselves more fully.

Korbi is a director at Active Earth Learning and initiated Easy Day, the Active Earth Foundation and the School of Youth. He holds a Masters degree in Sustainability and Responsibility from Ashridge Business School and a BSc in Outdoor Education from Edinburgh University. Korbi lives in his cherished Sant Aniol valley in Catalonia, Spain.



And above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it.

Roald Dahl

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