

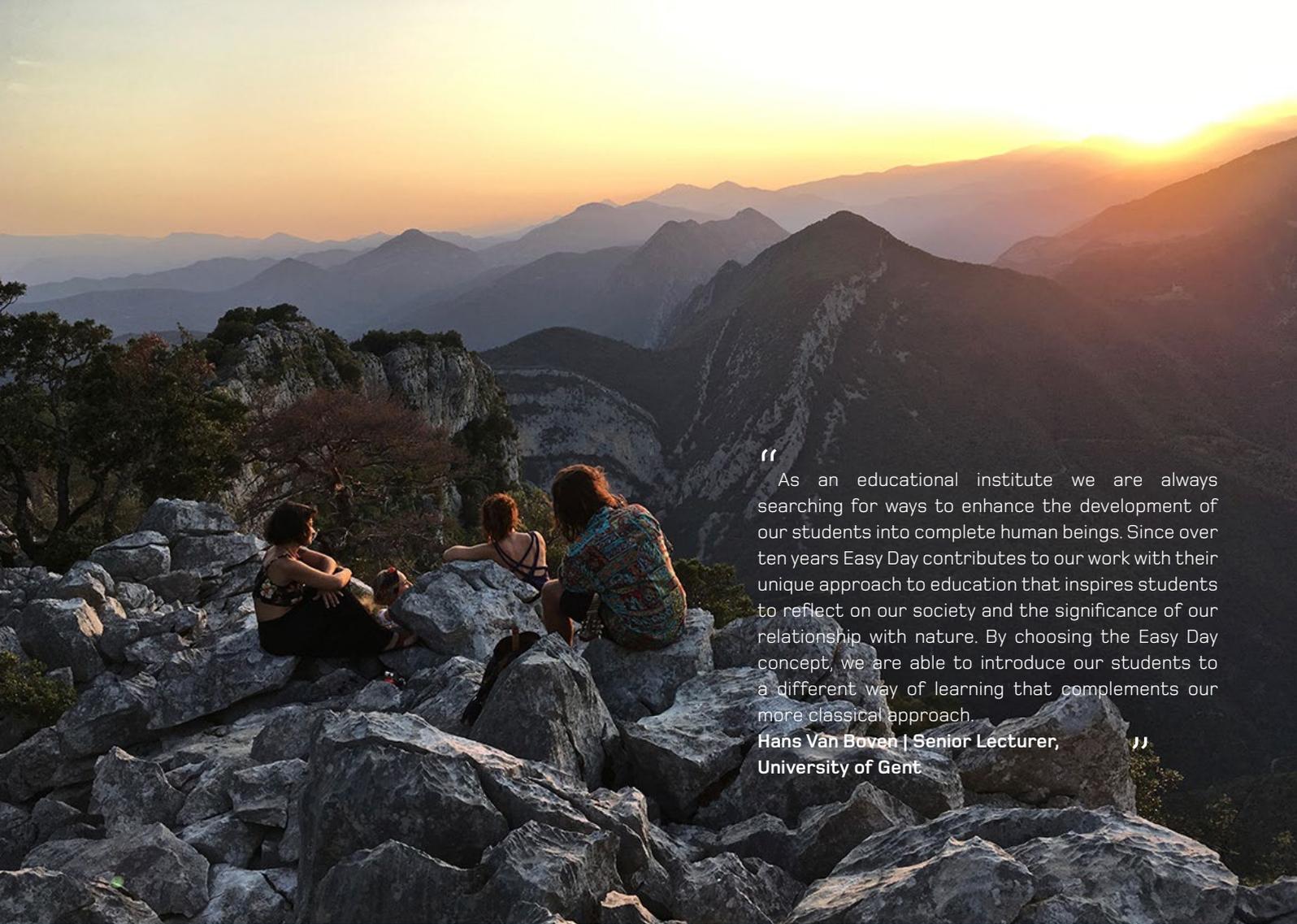


easy day  
LEARNING ADVENTURES



MAGICAL LEARNING ADVENTURES  
FOR HIGH SCHOOLS AND UNIVERSITIES

[www.easy-day.com](http://www.easy-day.com)



“ 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 ”

## WHAT IS EASY DAY?



## What is Easy Day?

Easy Day is a powerful approach to education that complements the more academic approach at school and university. We combine adventure activities with theory, dialogue and creative group work in carefully chosen places of great natural beauty.

Our tailor-made learning adventures empower students to build healthy relationships with others and the Earth in both their personal lives, and present or future careers.

Whatever students study - whether history, business management, physical education or art - the Easy Day approach helps to bring that subject alive, makes it real and applicable to the many challenges we face as human beings now.

Easy Day is the student brand of Active Earth an education provider based in Spain. Our operational backbone is build on 20 years of experience working with over 5000 participants. We work with a international team of higly qualified and experienced guides and facilitators.

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

“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



WHY EASY DAY ?



## Why Easy Day?

The words of thought leaders in research, philosophy, spirituality and business, paint a picture, which we believe to be a robust rationale 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 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 ...** Experience how well and satisfied you feel when your attention to your natural sense of being = your heart.

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

## GUIDING PRINCIPLES



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**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.

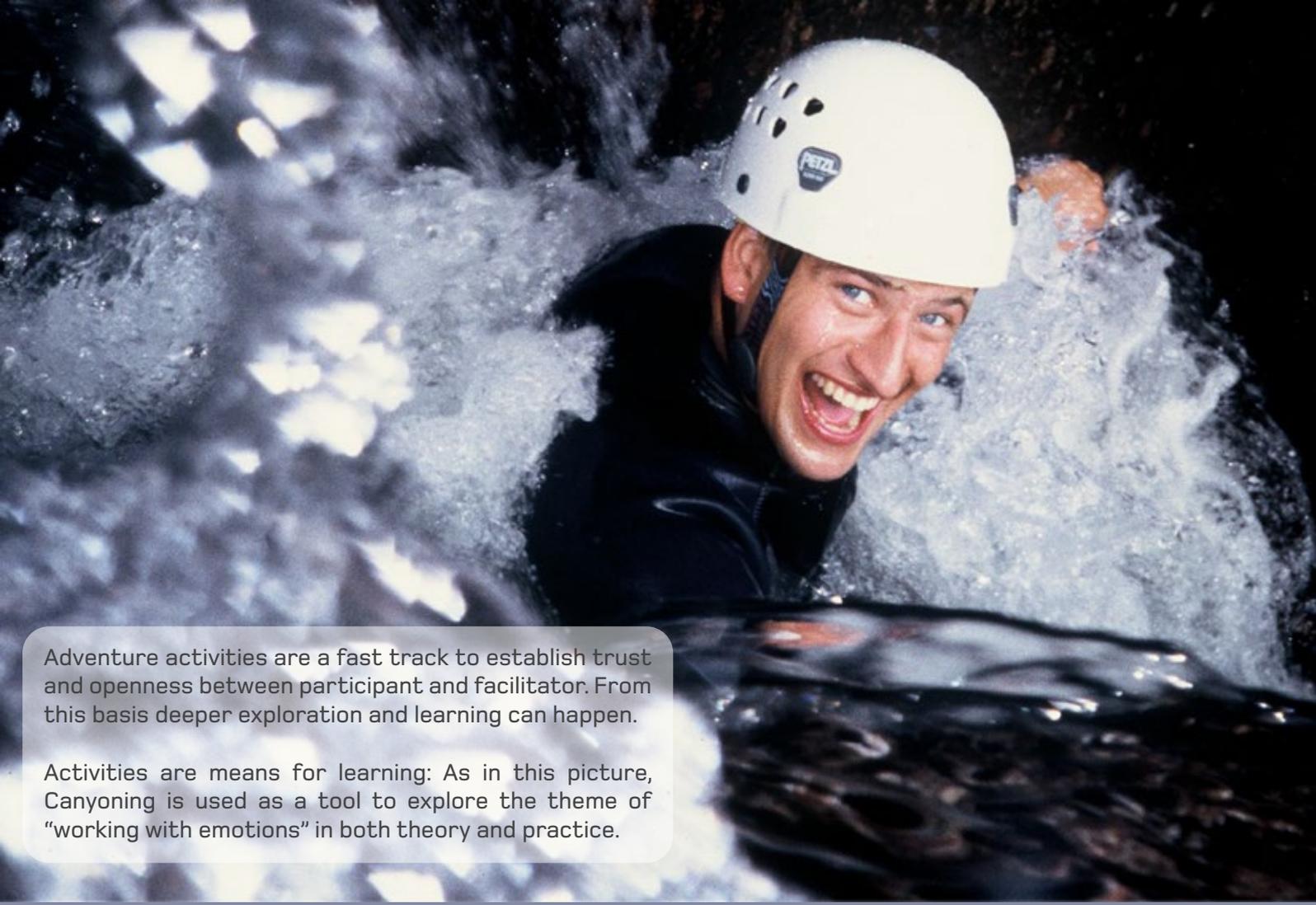
**Openness** to different ideas, beliefs and cultures. Learn to appreciate diversity and different cultural norms, languages and rituals as well as tolerance for other people or views different to your own.

**Service Learning.** Each programme aims to contribute 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 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.



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” in both theory and practice.

# ACTIVITIES & ADVENTURE



## ACTIVITIES & ADVENTURE

Programmes mix outdoor adventures with art and group-based activities that encouraged students to experiment with new challenges, explore different ways of looking and being in the world.

**Canioning & Water Trekking.** A journey led by professional canioning guides through an awe-inspiring and otherworldly landscape. Equipped with wetsuit, helmet and harness students take on abseils down beautiful waterfalls, jump into crystal clear pools and slide down smooth rocks.

**Rock Climbing & Trekking.** A gentle introduction to rock climbing with experienced guides and climbers lead a journey through dry riverbeds, up colourful limestone cliffs and through ancient archways and caves. Participants learn how to belay and trust each other to safely move up vertical cliffs in one of Europe's most beautiful climbing areas.

**Guided Meditation.** Help students feel the benefits of a calm body and mind. They introduce students to discover and appreciate the most natural and universal aspect of ourselves: The dimension of Being.

**Music & Dance.** With the support of experienced artists, participants are given the space to find expression through music, dance and performance.

**Yoga & Massage.** Participants learn yoga postures and simple breathing exercises to energize the body and calm the mind. They also have the chance to give and receive massages, learn techniques such as Indian head massage, reflexology and how to make natural remedies.

**24h Wilderness Solo.** The solo is about making space to slow down, reflect and reenergize; a magical and potentially transformative experience. After days of preparation, participants are alone in the wild for 24 hours, followed by a celebratory return to base, and sharing of the experience.

**Learning Spaces.** A variety of games, films, theory sessions and group exercises are carried out in a variety of beautiful indoor and outdoor venues.



# LEARNING OUTCOMES



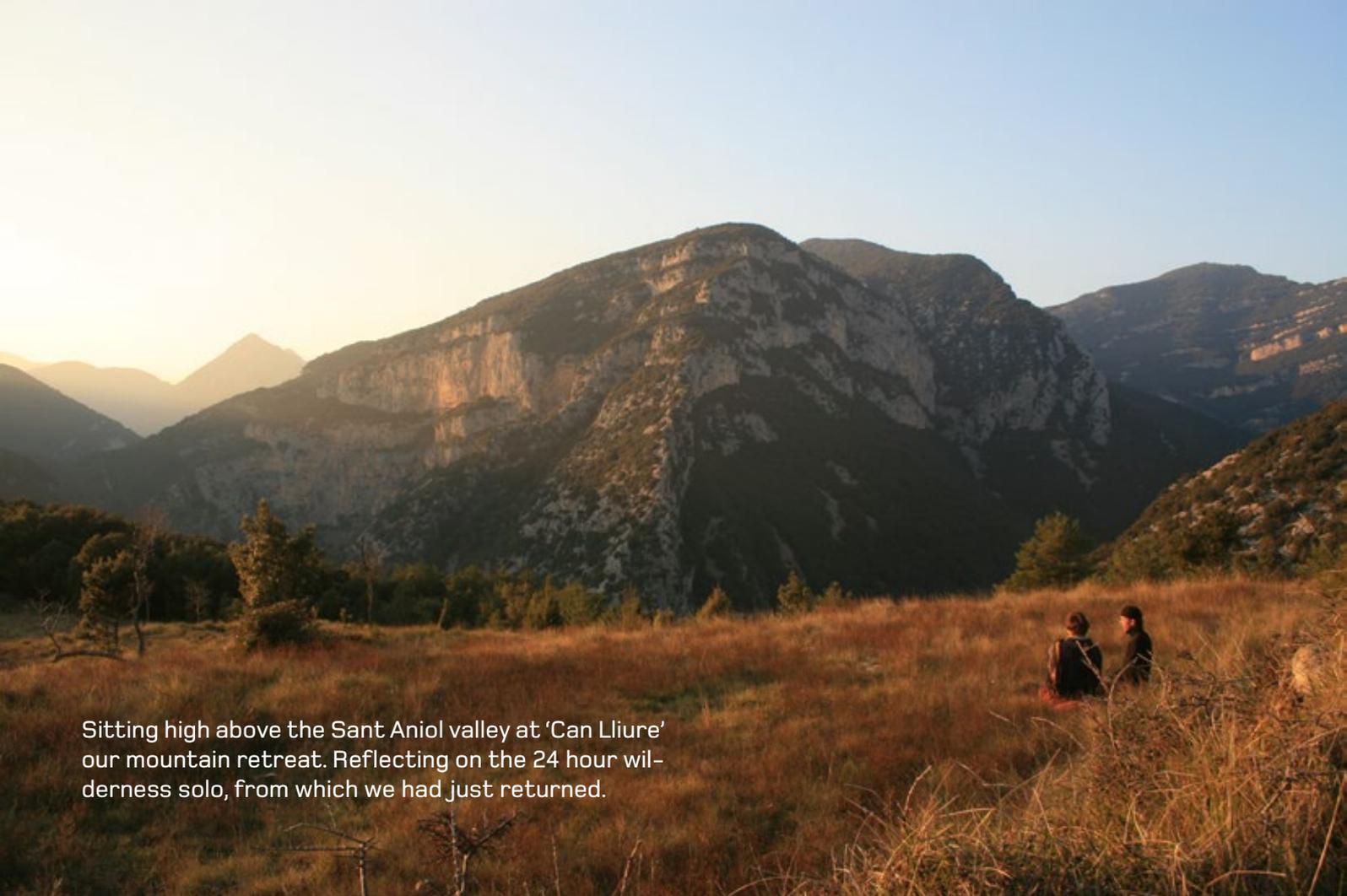
Easy Day is complementary to classroom-based education, engaging the whole human being - body, mind and the world around us. The learning experiences enable students connect with and explore the themes that truly matter to their hearts.

The time at Easy Day helps students reflect on their gifts and talents, and fuels their motivation and commitment to use them for the greater good of the world, the well being of all.

The programmes are designed in close collaboration with faculty staff and ensure a high relevance to students area of study.

## Learning Outcomes Typically Include:

- Leadership tools to meet societal, environmental and economical challenges
- Growth in confidence and the ability to reflect on and express experiences
- Increased capacity to manage 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



Sitting high above the Sant Aniol valley at 'Can Lliure' our mountain retreat. Reflecting on the 24 hour wilderness solo, from which we had just returned.

## SAMPLE SCHEDULE



## Sample Schedule: 'Into the Wild' for business students

**Arrival Day.** Pick-up at the airport and arrive in the afternoon or early evening at our beautiful house in the mountains. Welcome and a light dinner.

### Day 1.

**Themes:** Arriving, setting frame & culture of learning, ecological self concept **Activity:** Adventure Trial

Day one is about arriving in the place and in the group. We'll explore the valley on stunning walks, through canyons, forest areas and adventure trails. Throughout the day we will make space for introductions, shared questions and personal stories. 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 one sets the frame by introducing the ecological self as a key concept.

### Day 2.

**Themes:** Sustainability concept, personal and professional aspects  
**Activity:** A beautiful hike offering spectacular views

Day two will start with deep presencing and relaxation work. We will then reflect on the challenges of our time and introduce the sustainability concept and explore the role of business and leadership in it (ie. by introducing Theory U). In the afternoon we will bring those big challenges down to the individual level by exploring personal journeys, talents and gifts, hopes, wishes and aspirations. After dinner an exercise creates space for participants to express how they feel about the challenges facing humanity.

### Day 3.

**Themes:** Prepare for solos, emotional development & transformation **Activity:** Wilderness Solo

Day three has the objective to help participants prepare for the 24 hour wilderness solo and leave for their solos in the evening. By this time participants will feel the power of nature as a teacher and understand the educational rationale behind the wilderness solo. There will be time to explore and set personal intentions for the solo time. Come early afternoon we will have chosen our individual 'solo' spots. We'll enjoy a wonderful pre-solo lunch together. With backpacks ready to go we meet for a last safety brief including a session on working with emotions - a valuable tool for their time alone. With a small ritual we step into silence and are guided to our solo spots. We can support with setting up and preparing solo spots if needed. No previous experience of wild camping or exploring is necessary.

### Day 4

**Theme:** Return from solo, celebratory dinner.

On Day 4 we return from our solos, have a celebratory return dinner and a camp fire.

### Day 5

**Theme:** Solo Review, Learning Transfer, Closing.

**Activity:** Sunbathing & swimming in crystal clear rock pools

Day five will give space for an amazing day, reviewing the solo and sharing insights, ideas, and stories, using a special and powerful review technique. We will then help students bringing the gifts they received into daily life. After dinner we will close INTO THE WILD in a beautiful way.

**Leaving Day.** Transfer to Girona airport or alternatively to Barcelona for sight seeing.

Our home will be the magical Pont de Valenti Outdoor Center, in the heart of the Sant Aniol Nature Reserve, right next to a beautiful mountain creek. The house is our home during the days, at night participants sleep in comfortable tents right next to the house.



## LOGISTICS & COST



## Location Sant Aniol Nature Park

Our programmes are based near Barcelona in the Alta Garrotxa Nature Park, an hour's drive from Girona Airport. Framed by the bare crests of the high Pyrenees, the Alta Garrotxa mountain range 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.

The Sant Aniol valley 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.

**Venue** Our programmes are based at our Outdoor Center 'Pont de Valenti' right in the heart of the Valley. The center is geared towards making groups feel at home here. It offers a great variety of beautiful indoor and outdoor spaces that support the overall atmosphere and efficiency of a programme.

Groups sleep in single cabin tents on our private campsite next to the house. Teaching staff can stay in our tastefully decorated mountain retreat apartment.

We offer a rich variety of tasty vegetarian meals.

**Travel** The location is reached easily by rail, road or plane. There are good and cheap flight connections to Girona airport ([www.ryanair.com](http://www.ryanair.com)), or Barcelona airport (and on Girona via a 1,5 h train journey). Getting to Girona by train is also very convenient.

We offer a pick-up and drop-off service from airport or train or bus stations.

**Prices** The price slides with the number of participants and includes, food & catering, camp-based accommodation, guiding & programme facilitation, special outdoor equipment and professional third party liability insurance. Facilitator-student ratio is 1:8. One accompanying teacher per 10 students may join free of cost.

To give you an idea of pricing for a 5-day programme:

8-16 participants = 700,- € per person

17-24 participants = 600,- € p.p (camp based)

25-33 participants = 550,- € p.p (camp based)

34-42 participants = 500,- € p.p. (camp based)



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.

SAFETY IS OUR PRIORITY.



## 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 are an impeccable safety record and 20 years of experience in safely guiding thousands of participants through challenging 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.



# MADE WITH LOVE BY...

## Korbi Hort | Founder & Director



As a qualified guide and facilitator Korbi draws on over 20 years of experience and has safely led thousands of people through inspirational learning experiences.

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 and initiated Easy Day 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 Catalunya, Spain.

## Anna Carceller Roca | Marketing & Hosting



Anna lives here at Pont de Valenti and supports the project in marketing, booking and hands-on hosting of guests. In our School of Youth programme she is also part of the facilitation team.

In her work she loves to create emotionally safe spaces, since she sees them as essential for people to express themselves openly. It is in such authentic encounters, that she herself feels uplifted, nourished and inspired. It is from this place of caring that Anna supports our groups during programmes.

As a practicing ceramist and lover of music she is a fountain for creative inspiration and artful expression.

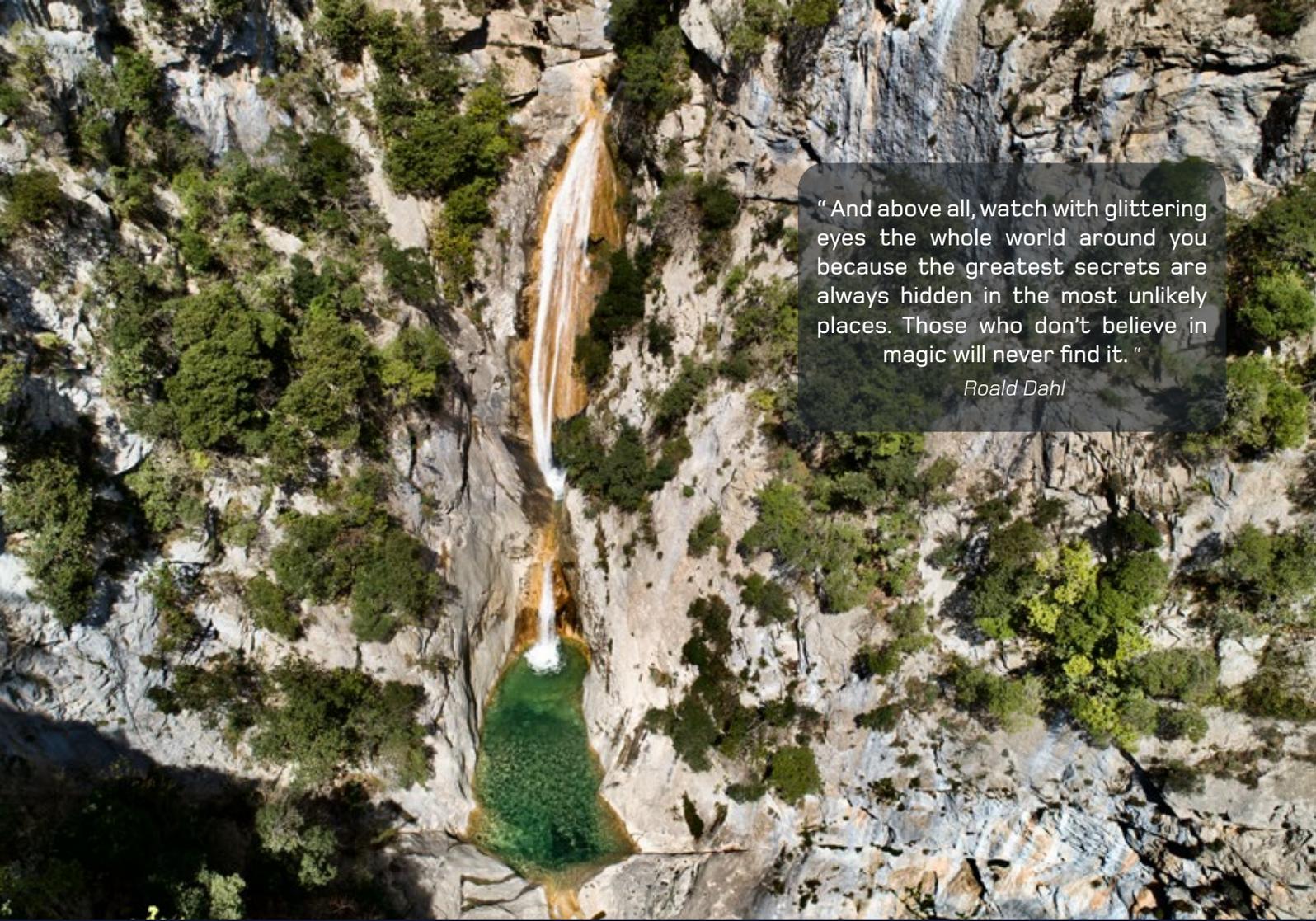
## Luciano Gutierrez | Catering & Facilitation



In 2017 Luciano arrived at Pont de Valenti, and feels at home in these mountains ever since. Here, all the experiences and skills acquired along the way of life have found their purpose: from studying performing arts at University, his love for curating music and dance events, facilitating educational programmes, to being a chef – following in the footsteps of a long family tradition of gastronomy and hospitality.

His artistic work both, as actor and dancer, was always related to body awareness and movement – learning how playful interaction with others allows us to flourish in dance and song naturally.

As a lover of this valley, its silence, stability and beauty, is an ever present experience here. Luciano feels grateful to share and accompany people experiencing this here.



“ 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*

## GET IN TOUCH

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