



school of youth
FOR SUSTAINABILITY & HUMAN FLOURISHING

www.schoolofyouth.org

19-28 July 2017 @ The Valley, Catalunya, Spain

school of youth

MAGICAL LEARNING ADVENTURES

An initiative of:

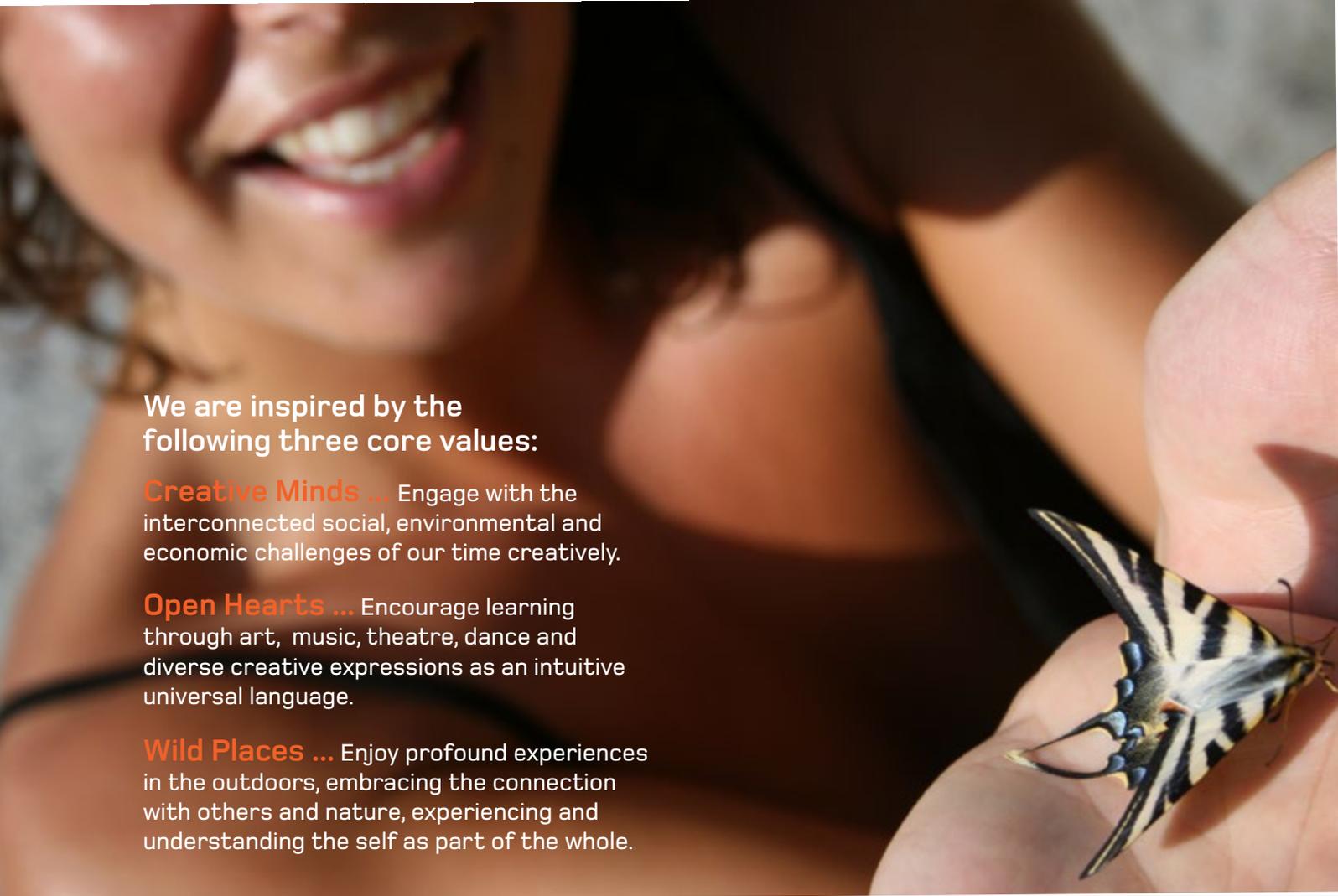


THE VALLEY
adventure education & visitor center

FINDHORN
FOUNDATION



DYNAMISLAB

A close-up photograph of a woman with a joyful expression, her teeth showing as she smiles. She is holding a butterfly with black, yellow, and white wings on her hand. The background is softly blurred, showing more of her face and hair.

We are inspired by the following three core values:

Creative Minds ... Engage with the interconnected social, environmental and economic challenges of our time creatively.

Open Hearts ... Encourage learning through art, music, theatre, dance and diverse creative expressions as an intuitive universal language.

Wild Places ... Enjoy profound experiences in the outdoors, embracing the connection with others and nature, experiencing and understanding the self as part of the whole.

Overview



IN A NUTSHELL: The [School Of Youth](#) brings together young people (ages 16–27) from different social, cultural and religious backgrounds to engage in a magical 10-day learning experience. Blending outdoor adventures with music, art and philosophy, the programme is highly innovative, developing life-skills related to peace and sustainability. By meeting on the level of nature and exploring our common humanity, students build bridges of friendship and understanding across political, religious and geographic divides. Past students have reported the programme to be life-changing. The educational approach has been developed over the course of 15 years working with thousands of participants.

This programme is based in the heart of the Sant Aniol nature park, northeast of Barcelona, Spain. It will take place from the 19th – 28th of August 2017 and is camp-based at The Valley Education Center. The programme fee is 850,- €. Participants from economically disadvantaged backgrounds can apply for a bursary. The School of Youth is delivered in close collaboration with [The Valley](#), the [Findhorn Foundation](#) and [Dynamis Lab](#).

What to expect

You will join a vibrant international community of learning and explore how living together joyfully and in harmony with each other and nature is possible. The School of Youth will be both, an unforgettable holiday and a magical learning adventure that complements traditional education at school or university.

Professional facilitators and guides create a safe and caring atmosphere in which students feel inspired to deeply inquire into themes that truly matter to their hearts. Activities include rock climbing, canyoning, song writing, land art, yoga, a 24h wilderness solo, communication & team skills, story-telling and all the magic that emerges in between.

The learning experience is transformative, empowering you to become a more responsible leader in all aspects of your life.

You will make new friends from around the world, and discover many new perspectives, transcending cultural, geographic and religious divides. We believe that your example has the power to inspire your family, your community, your nation and the world!

Sign Up Now!

For more information visit:

web: <https://www.findhorn.org/programmes/245/>

Video: <https://vimeo.com/118982409>

Facebook: www.facebook.com/theschoolofyouth

The Programme's Design is based on the United Nations' four pillars of sustainable development – exploring cultural/social, environmental, spiritual and economic dimensions.



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. Hence, the learning experience offered at the School Of Youth waters the seeds of understanding and awareness and supports students to explore and express themselves more fully, not only through language and theories but also through dance, art and adventure experiences. 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.

Activities bridge action, theory and reflection. The learning process develops students' skills and thinking to meaningfully engage with the complexities of everyday life.

Learning Outcomes Are:

- Growth in confidence and the ability to reflect on experiences
- Increased capacity to manage and express difficult emotions
- 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
- An understanding and appreciation of sustainable development and social entrepreneurship
- Practical tools to meet societal, environmental and economic challenges
- Improved ability to listen and to communicate in a compassionate way
- Cultivation of a healthy lifestyle
- Understanding personal talents and interest through outdoor and community activities





To most the Canyoning is one of the highlights, sliding, jumping, abseiling/rappeling through a timeless world. Canyoning is not just fun and a real adventure but also a effective tool to learn how to deal with emotions.

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. Participants are encouraged to explore their passions, values and beliefs and also spend a night alone in the wilderness as a deep personal journey.

Action & Leadership. The nature of the activities give students opportunities to put into practice the art of acting responsibly towards positive change in and after the camps.

Teamwork. Participants are encouraged to be a part of something bigger than themselves, through living and working in a group of different nationalities and ages.

Interconnectedness. The program incorporates social, ecological, economic and world view dimensions with an appreciation of the complex relationships between the different challenges of our time.

Openness to different ideas, beliefs and cultures. Participants learn to appreciate diversity and different cultural norms, beliefs, languages and rituals as well as tolerance for other individuals or views different to their own.

Service Learning. Each camp contributes to the place and community where the camp is held, for example through eco-building, tree planting, land art or a creative contribution.

Social Entrepreneurship. With the participation of social entrepreneurs, students are exposed to new ideas on how to impact social and environmental problems in today's global economy.

Different Ways Of Knowing. The program provides a blend of experiential, presentational, propositional and theoretical learning to provide a richer, deeper and more useful reflection on life experiences.

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.

Language Immersion. All activities are carried out in English and students of varying language abilities feel encouraged to express themselves in a fun and non-intimidating environment.

Not for the faint hearted: For her 24 hour wilderness solo this girl chose her spot in a cave high up a rock-cliff overlooking the valley. The solo is a rich experience and we take great care to make sure you are well prepared and totally ready for it.



... AND HOW IT'S DONE



Every day unfolds as a journey where action and adventure are interwoven with deep silence, intellectual exploration of themes, attentive listening and personal reflection. While no single activity is compulsory, students are encouraged to take part in a variety of different options and experiment with new challenges. Activities may include:

Canyoning & Water Trekking. A journey led by professional canyoning 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.

Archery & Meditation. Exercises for calming body and mind prepare participants to practice the art of sport-archery based on the ancient Samurai techniques of medieval Japan. Archery is used to help participants find focus, be present and at one with their environment.

Eco-building & Land Art. Using mud, sand, clay, bamboo, straw and other materials at hand we combine age-old technologies with functional, artistic and decorative concepts to create something both useful and beautiful following the principles of permaculture design.

Project Building Towards Change. Visiting social entrepreneurs will explain their innovative projects and impact on environmental and social issues, inspiring students with ways on how they can concretely act in the world.

Music & Dance. With the support of experienced artists, participants are given the space to find expression through music, dance and performance. They may learn a new instrument, create a song, a rap, write a poem or simply feel the beat of a drum.

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 12 hours, followed by a celebratory return to base, and sharing of the experience.

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



Different Ways of Knowing

Knowing will be more valid—richer, deeper, more true to life and more useful— if these four ways of knowing are congruent with each other: if our knowing is grounded in our experience, expressed through our stories and images, understood through theories which make sense to us, and expressed in worthwhile action in our lives.

-  **Experiential knowing** is by being present with, by direct face-to-face encounter with, a person, place or thing. Knowing through the immediacy of perceiving, through empathy and resonance.
-  **Presentational knowing** emerges from the encounters of experiential knowing, by intuiting significant form and process in that which is met. Its product reveals this significance through the expressive imagery of movement, dance, sound, music, drawing, painting, sculpture, poetry, story and drama.
-  **Propositional knowing** 'about' something is intellectual knowing of ideas and theories. Its product is the informative spoken or written statement.
-  **Practical knowing** is knowing how-to do something. Its' product is a skill, knack or competence-interpersonal, manual, political, technical, transpersonal. (Heron and Reason, 2008)

Leila (18, Spain) focusing. The art of archery is explored in theory and practice - one of our youths favourites.

A TYPICAL WEEK



Typical Week, Sessions & Ways of Knowing at the School Of Youth

■ Propositional Knowing
■ Experiential Knowing

■ Presentational Knowing
■ Practical Knowing

Day 1 - World vision & Social Dimension	
At Camp	
Saying bye to the parents	■
Welcome, setting the culture	■ ■
Orientation on camp	■
Dinner	■
Mandala of Personal Objects	■
Day 2 - Deep Ecology & Social Dimension	
Morning circle	■
Dry canyon hike	■ ■
Learning objectives	■
Rock climbing session	■ ■
Swim in river, relax, sunbathe	■
Diagram of systemic self	■ ■
Daily review session	■ ■
Jam Session - Songwriting	■ ■
Day 3 - Economic & Social Dimension	
Adventure trail - climbing trial	■ ■
Guided meditation on top of mountain	■
Abseil from top of mountain	■ ■
Swim and sunbathe	
Back to Camp	
Leaving for mountain retreat	
Intro on principles of social entrepreneurship	■
Creative sessions with entrepreneur	■ ■
Enjoying the place	■
Dinner	
Dancing	■
Sleeping under the stars	■
Day 4 - Economic Dimension	
Wake up at mountain retreat	■
Designing projects social entrepreneur	■
Trekking into the valley	■
Swim & jumping at zen pool	■
Back home to camp	
Storytelling	
Movie night - Into the wild	

Day 5 - Deep Ecology & Social Dimension	
Social entrepreneurship review session	■
Chat about the overnight solo	
Yoga session	■ ■
Deep relaxation & massage	■
Into the valley for 24 h wilderness solo	
Special dinner in valley	■
Safety brief - emotional, physical	■
Overnight solo	■ ■
Day 6 - World Vision & Social Dimension	
Return from solo	
Big celebratory brunch at the river with music & swimming	■ ■
Solo review:	
Land art describing our stories	■
Verbal process: I hear the story...	■ ■
Back home to camp	
Community cooking	■ ■
Day 7 - Economic & Social Dimension	
Ribbon game on the ecology of economy	■ ■
Blind square	■
Team building theory	■
Consensus decision making process	■ ■
Trip to the beach	
Celebration of week one at beach	■
Week Review, Freefall writing, reexperience week	■ ■
Group performance to express their week	■ ■
Night under the stars at the beach	■
Day - 8 Lazy Day	
Return from beach	
Chill out at camp	
Trip to roman bridge for a swim	
Free evening at camp	

... Days 9 & 10 focus on closing, transfer & transition.



Breakfast: Food is important and students participate in preparing meals and making their accommodation into a beautiful home. We take great care that food is tasty, healthy and organic where possible.

A TYPICAL DAY



Before The Camp, we ask you to send us a letter of introduction to share about yourself and what motivates you to join. At the beginning we check-in with each other to clarify learning needs, interests and expectations.

Each Day is a unique learning journey, tailored around your needs and wishes, combining a balanced mix of physical activities, disclosure of theory, silence, relaxation and creative group work. None of the activities are compulsory but we encouraged your full participation very much because we know that like this you will get the most out of it all. In the end though it is you who chooses how your time on the programme unfolds.

At The End of each day you have the chance to reflect on your actions, explore abstract concepts and experiment with your own ideas. Participants are also directly involved in running the programme, contributing by sharing your special skills and participating in tasks around cooking, working in the gardens and keeping things tidy and beautiful.

The Community Of Learning at the School of Youth is made up of students, staff and volunteers from a great diversity of countries. You will find that the atmosphere is very special, full of kindness and that you will feel at home here super quickly. You have access to magnificent communal spaces.

Accommodation The Camp is based around the education center, a stone-throw away from the Sant Aniol mountain creek with it's turquoise pools. We ask you to bring your own tent and camping gear, unless you prefer to hire some from us. The camping area has nice compost toilets and showers.

Our chef will prepare delicious healthy and locally sourced foods where possible. We offer a vegetarian diet, yet if you do need meat now and again, this is no problem at all.

A Typical Day Schedule

08:00 Energetic wake-up activity, ie. yoga

09:00 Breakfast

10:00 Activity time, ie. canyoning; exploring the theme of emotional development experientially and through theory sessions along the way

13:00 Lunch en route

17:30 Return to Findhorn

18:00 Reflection of the day

19:00 Free time

20:00 Dinner

21:00 Free time, optional film, music or workshops

23:30 Silence



"The hope and renewal of our societies begins with the voices of youth."

Barack Obama

SAFETY & PARTICIPANT SELECTION



Safety First

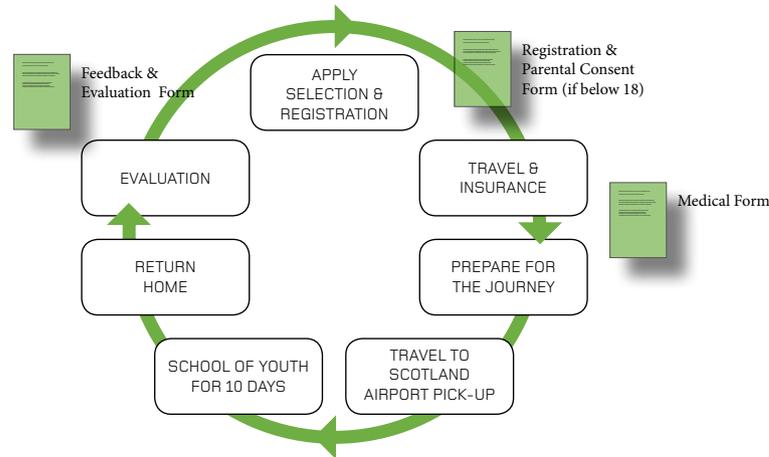
At the School of Youth, your physical and emotional well-being is our priority. Hence we operate a comprehensive Safety and Risk Management policy. Our operational backbone is an impeccable safety record and 15 years of experience in safely guiding thousands of participants through learning adventures.

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 2:10. 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.

Youth Selection Process

Besides self/family-funded participants, the School of Youth seeks out private sponsors and foundations to provide scholarships/bursaries to young leaders from diverse regions of the world, who greatly benefit from such intercultural learning. Based on a number of criteria, the youth selection process is managed in partnership with charities and NGOs who run youth programmes locally such as Mercy Corps or Save the Children. Hence, a close relationship between NGO, student and their family is characteristic. NGOs support communication with student's families and help with organising visa and travel. Affiliation with a local programme enables students to receive ongoing guidance and mentoring upon return.

*To apply for a scholarship, please email:
schoolofyouth@findhorn.org*





Amara and Emerson
from Spain and Brasil

WHAT STUDENTS SAY





Samuel Gibba, 26, Gambia.

"Every youth should attend this, amazing and life changing and inspirational programme which welcomes people from different parts of the world."



Kevaughn Campbell, aged 18, from Jamaica

"Words can't express the joy, love and knowledge I gained in such a short time. At the School of Youth a shell of mine was broken unlocking creative thoughts I didn't know I possessed. The summer was like the stars in the sky, it showed me you can be whatever you put your mind to. AHOO!"



Ghayda Hamoudeh, aged 16, from Palestine

"Nothing can stop you from achieving your dreams! At the School Of Youth you are accepted for who you are. Although we came from different backgrounds and cultures, we shared the same goal – to learn from each other – because we need many hands to make big changes in the world."



Alice Hill-Woods, 19, UK

"An entirely refreshing experience. Opened my eyes but (more importantly) opened my heart like never before."



Belal Dalas, aged 18, from Palestine

"I asked God to give me water, he gave me rivers, I asked God to give me a tree, he gave me woods, I asked God to give me light, he gave me the sun, I asked God to give me friends, he gave me you ... thank you School Of Youth!"



Teodora Demetra Radulescu, 24, Romania.

"Amazing, connective, relaxing process with a beautiful support from the facilitators. Develops leadership, mostly personal empowerment. It is just great!"

Home to the School of Youth camp is our Education Center in the heart of the Sant Aniol Valley with a Cafe and Visitor Center, guest apartment and camping area.



MADE WITH LOVE BY...



Korbi Hort | Founder & Programme Director



As a qualified guide and group facilitator Korbi draws on over 18 years of experience and has safely led thousands of people through transformative 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 nature and adventure experiences can be so much fun and really powerful in helping people to expand boundaries and express themselves more fully.

Korbi is a director at The Valley (www.valleyspirit.org) 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 Catalunya, Spain.

Jed Milroy | Creative Director



Jed is a group facilitator and an Edinburgh based folk musician, philosopher and mountain leader. He brings these passions together in his group work. Drumming, dancing, singing, song-writing, story telling, rock climbing, mountaineering and wilderness solos are just

some of the possibilities when Jed is with a group. As an experienced facilitator of all age groups and backgrounds, Jed brings an extraordinary passion to his work, a passion that is just as evident in the musical performances he gives. Jed is a director at Emotive Arts and lives with his wife Jo in Edinburgh, Scotland.

Angela Azorin | Facilitator

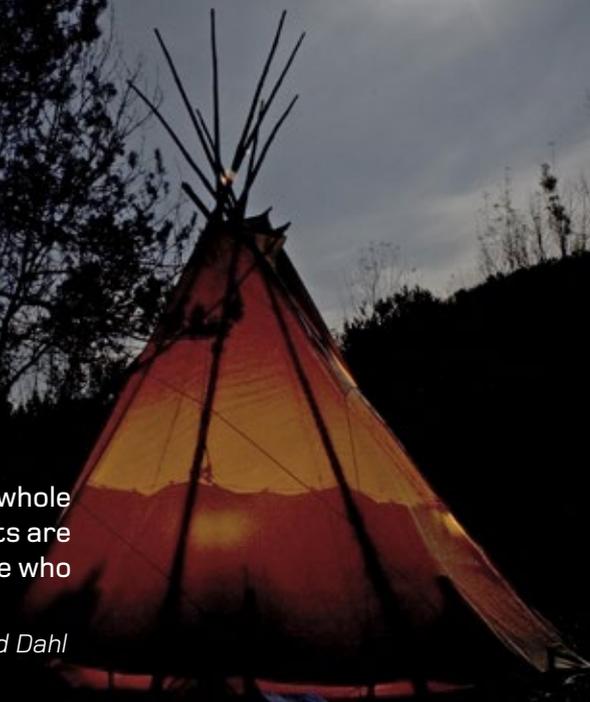


A life-long student, group facilitator, trainer and coach. Angela has worked extensively with people from all over the world in educational and outdoor residential settings, to journey with them through rediscovering their true whole nature. She is a traveller, a woman of versatility and passion, focus on inspiring young people towards self-empowerment. She brings to her work the importance of nurturing body, mind and spirit, a love of human beings inner and outer diversity, and teaches from the experience of a life full of rich adventures. Angela is committed to supporting vulnerable young adults and people in transitions. Working at The Findhorn Foundation leading the Youth Empower Programme, The School of Youth and studying Process Work Psychology have been her primary focus and attention lately. Today, she is also involved in "Profuturo Programme" training teachers from all over Africa and South America, in alternative methodologies and different ways of learning.



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



CONTACT US

www.findhorn.org/programmes/245

Booking and Payment
Findhorn Foundation
schoolofyouth@findhorn.org
phone: +44 (0)1309 691653

For Programme Inquiries
email: korbihort@gmail.com
phone: +34.699 960 134