



**school of youth**  
FOR SUSTAINABILITY & HUMAN FLOURISHING

[www.schoolofyouth.org](http://www.schoolofyouth.org)

18-27 July 2018 @ Pont de Valenti, Catalunya, Spain

# school of youth


MAGICAL LEARNING ADVENTURES

An initiative of:



**Pont de Valenti**  
EDUCATION & VISITOR CENTER



A close-up photograph of a woman with curly hair, smiling warmly. She is holding a yellow and black striped butterfly 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 18th – 27th of July 2018 and is camp-based at Pont de Valenti Education Center. The programme fee is 900,- €. Participants from economically disadvantaged backgrounds can apply for a bursary. In Spain the School of Youth is delivered in close collaboration between [Active Earth](#) 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:** [www.schoolofyouth.org](http://www.schoolofyouth.org)

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

**Email:** [booking@schoolofyouth.org](mailto:booking@schoolofyouth.org)





# WHAT WE DO ...



**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 Include:

- 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
- Improved ability to listen and to communicate in a compassionate way
- Cultivation of a healthy lifestyle



REGIONAL CENTRE OF EXPERTISE  
ON EDUCATION FOR  
SUSTAINABLE DEVELOPMENT

ACKNOWLEDGED BY



UNITED NATIONS  
UNIVERSITY





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."*



**Kevaghn 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!"*



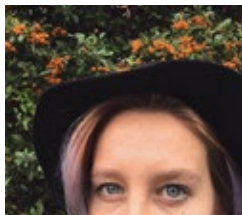
**Ghayda Hamoudeh, aged 16, from Palestine**

*"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."*



**Rhea Warner, 19 UK**

*"I've never felt more accepted, appreciated and cared for by a community or group of people my age before. The mutual openness and honesty that we shared was so refreshing and healing. Healing, that's the word I would use to describe the whole experience. My heart and mind feel open again. My past feels free and my future feels less daunting, because I'm focussing on living in the moment and trusting that what is meant to be, will be, and that when it is the right moment to decide, I will know what to do."*





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 to spend a night alone in the wilderness as a deep personal adventure.

**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.

**Silence & Meditation.** We have found that students hugely appreciate exercises and activities that help to find rest and peace, both physically and mentally. Also enough free time and space to let life unfold and flow naturally is valued.

**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 thorough preparation, participants are alone in the wild for 24 hours, followed by a celebratory return to base, and the sharing of experiences.

**Learning Spaces.** A variety of games, films, dances, theory sessions and group exercises are carried out in a variety of beautiful indoor and outdoor spaces 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 trail               |  |
| 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, dialogue and theory, silence, relaxation and creative group work. None of the activities are compulsory but we encourage your full participation very much because we believe 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, literally a stone-throw away from the Sant Aniol mountain creek with its 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**

**17:00 Return to Camp**

**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."*

**Barrak Obama**

# SAFETY & PARTICIPANT SELECTION



# Safety First

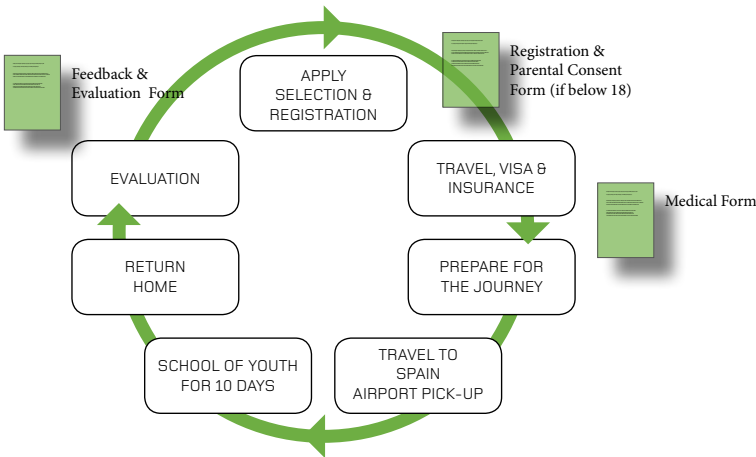
At the School of Youth, your physical and emotional well-being is our priority. Hence we operate a comprehensive Safety and Risk Management policy. Our operational backbone is an impeccable safety record and 15 years of experience in safely guiding thousands of participants through learning adventures.

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.

# Scholarships

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. 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:  
[booking@schoolofyouth.org](mailto:booking@schoolofyouth.org)





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 qualified guide and group facilitator Korbi draws on over 18 years of experience and has safely led thousands of people through transformative learning adventures. Korbi is passionate about creating atmospheres in which people feel at ease and inspired to explore what truly matters to their hearts. Korbi is a director of the Pont de Valenti Center for Nature-Based 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 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. Drawing on a life full of rich adventures, she brings to her work the importance of nurturing body, mind and spirit, and a deep love of peoples diversity. 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. She is also involved in the “Profuturo Programme”, training teachers from all over Africa and South America, in alternative methodologies and different ways of learning.

### **Oriol Costa Lechuga | Producer & Facilitator**



For the past 15 years Oriol has been deeply engaged with communities throughout Spain, driving social innovation for more sustainable ways of living. This work has led him to discover effective ways and powerful tools for social change, which he now shares with people and projects throughout Europe and the Middle East. With Oriol we will learn about designing and building ‘EcoRegio’ - the joys and challenges of organising a community to embrace the great social and economic opportunities of organic and bio-regional food production. Oriol is president of DynamisLab and lives with his wife Marta and his three children in Girona.





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

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