EDUCATION • ARTS
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essential

ADVENTURE EDUCATION

for PE students of Ghent University

September 2021, Alta Garrotxa, Spain

www.easy-day.com

During the programme we'll invite you to shift between two perspectives, that of a participant and that of an educational facilitator, reflecting on the process and how you might draw insights and tools from it for your own professional practice.

In the picture: the last double waterfall of the Sant Aniol canyon.

WELCOME & INFORMATION PACK

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Dear Friend,

Only a few weeks to go until your trip to visit Easy Day and the Sant Aniol valley in Spain. We are happy that this is finally happening and we are so looking forward to meeting you and spending a rich and adventurous time together. While FlowTrack is providing camp and catering it is our role to organise and facilitate your adventure education programme in the Sant Aniol valley. With this welcome pack we wish to help you prepare for your visit and finalise your registration with us.

Within these pages you will find a short overview of program and outdoor activities a packing list, a timetable, information about Easy Day and the place, and a link to the online registration and medical forms. If you have any more questions please do not hesitate to contact us.

In happy anticipation,

Korbi & the Easy Day Team

ABOUT THE PROGRAMME

About the Programme

At Easy Day we are grateful for the chance of working with you, because few things are more satisfying to us outdoor educators than teaching PE students, like yourselves, on the subject that we love most: *essentail adventure education*.

Programme Aims Include:

• Learning about Rock Climbing, Canyoning and the Adventure Trail (Via Ferrata) and experiencing the fun and adventure that goes with it

• Explore essential skills and understanding that help us and others live happy and fulfilled lives.

• Inspire you as physical education to be enthusiastic about your subject, to see its' great potential in driving positive social change. We hope to encourage you to be courageous and innovative as educators.

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.

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

SAMPLE SCHEDULE & OUTCOMES

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Please note that this is schedule is an example only to give you an idea on the flow of the days. Of course it also depends on your groups time table.

Every day invites you to work with an over-arching theme:

A) Arriving and setting a culture of learning
B) Working with the seeds in consciousness
C) Reflecting on the challenges of our time

Outcomes Often Include:

• A positive shared experience that feels meaningful and significant

• Growth in confidence and the ability to reflect on and express experiences

• Increased capacity to manage difficult emotions and stress

• Tools and encouragement to meet the challenges of our time through Physical Education

• A revitalised 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

SAMPLE SCHEDULE
SATURDAY, 11 Sept | **Adventure Trail**
Welcome in Sadernes
Meet Guides
Hike through dry River Bed
Check - In, Educational Principles, Hopes, Expectations
Systemic Self Landart Exercise
Lunch, Swimming & Sunbathing at the River
Hike and Climb up the Cliffs
Guided Meditation at the Top
50m Overhanging Abseil & Scree Slope Running
Quick Review + Outlook for next day
Return to Camp
Dinner
Optional Concert evening at Pont de Valenti
Sunday, 12 Sept | **Canyoning**
Leave Early
Check - In
Hike up to start of the Canyon (3h)
Theory Session on the Seeds in Consciousness
Lunch
Canyoning, Jumping, Swimming, Sliding, Abseiling (4h)
Calming an Emotional Storm Exercise
Hike back to Camp (2h)
Dinner
Monday, 13 Sept | **Rock Climbing**
Slow Start to the Day
Short Check-In & Canyoning Review
Explore Dry River Bed in the Back Canyon
Session Reflecting on the Challenges of our Time
Lunch at the River
Rock Climbing Session (3h +)
Deep Relaxation & Beautiful Closing

The ‘running jump’. Canyoning is a highlight for many. On this day we explore how to use sports as a tool to help people in dealing with thoughts and emotions.

TIMETABLE

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39 Students 4 Groups	Sa, 11.09.21	Su, 12.09.21	Mo, 13.09.21
G1	ROCK CLIMBING 10.00	CAYNYONING 8.00	ADVENTRUE TRAIL 9.00
G2	ROCK CLIMBING 10.00	CAYNYONING 8.00	ADVENTRUE TRAIL 9.00
G3	ADVENTRUE TRAIL 10.00	ROCK CLIMBING 9.00	CAYNYONING 8.00
G4	ADVENTRUE TRAIL 10.00	ROCK CLIMBING 9.00	CAYNYONING 8.00

26 Students 3 Groups	Wed, 15.09.21	Th, 16.09.21	Fr, 17.09.21
G1	ROCK CLIMBING 10.00	CAYNYONING 8.00	ADVENTRUE TRAIL 9.00
G2	ADVENTURE TRAIL 10.00	CAYNYONING 8.00	ROCK CLIMBING 9.00
G3	ADVENTRUE TRAIL 10.00	ROCK CLIMBING 9.00	CAYNYONING 8.00

48 Students 5 Groups	Wed, 22.09.21	Th, 23.09.21	Fr, 24.09.21
G1	ROCK CLIMBING 10.00	CAYNYONING 8.00	ADVENTRUE TRAIL 9.00
G2	ROCK CLIMBING 10.00	CAYNYONING 8.00	ADVENTRUE TRAIL 9.00
G3	ADVENTRUE TRAIL 10.00	ROCK CLIMBING 9.00	CAYNYONING 8.00
G4	ADVENTRUE TRAIL 10.00	ROCK CLIMBING 9.00	CAYNYONING 8.00
G5	CAYNYONING 8.00	ROCK CLIMBING 9.00	ADVENTRUE TRAIL 9.00

Starting down the 50m rappel on the adventure trail.

WHAT TO BRING ON ACTIVITIES

Items to bring for our Activities:

- Small backpack
- 2 pairs sports or trekking shoes, one pair to get wet
- Comfortable shoes to change into on campsite
- bathing clothes
- Sun protection (ie. sunscreen, sunglasses, hat)
- Enough food for lunch, extra food on canyon day
- 2 litres of water
- Thick socks that go over the ankle for the adventure trail day (to protect the ankles on the scree slope)
- Various layers of clothing for hot, warm weather conditions and for cold and wet weather conditions
- Waterproof jacket (always)
- Personal medication if needed!

Besides great activities and wonderful nature we invite you to explore various themes related to a happy and fulfilled existence.

Challenge by Choice is one of our fundamental principles. You choose if you wish to participate. We hope that you will do so fully motivated and with all your heart .

REGISTRATION

Registration

If you have not done so yet, please register online at: https://www.easy-day.com/registration/. Here we will ask you for your personal details, any special dietary requirements and medical information and to be familiar with our terms of participation.

Thank You!

With it’s colourful limestone cliffs, valley is a top rock climbing destination. Step by step you’ll learn about belaying and climbing techniques.

SAFETY IS OUR PRIORITY.

Your Safety is our Priority

At Easy Day, your 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 25 years of experience in safely guiding thousands of participants through transformative learning adventures.

We put greatest care in selecting and training our team of qualified and experienced guides and facilitators. All staff and activities are covered by our professional liability insurance.

MADE WITH LOVE BY...

Korbi Hort | LEADING FACILITATOR

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. He works with a carefully selected international 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. In working with people from diverse walks of life, from business executives to teenagers, he has found that experiences in nature can be a powerful catalyst in profound personal and cultural change processes.

Korbi is a director at 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. He lives in his cherished Sant Aniol valley in Catalunya, Spain.

What is Easy Day?

Easy Day is a powerful approach to education that complements academic learning 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.

Easy Day started out with adventure education and tourism in 2001. Today Easy Day includes an outdoor and retreat centre in the Sant Aniol valley, with a campsite, an apartment, a Cafe and spaces for arts and music. Find out more at www.easy-day.com

GET IN TOUCH

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