

1st GATE

Gathering for Adventure Therapy in Europe

1- 4 February 2017

ERASMUS+

2014 – 2020 programme for Education,
Training, Youth, and Sport



You might not want to miss what's to come

Adventure Therapy Europe Network: Erasmus+ Strategic Partnership



ATE Network

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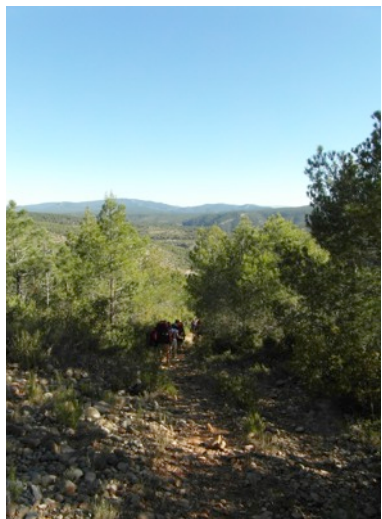
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ATE Network

Adventure Therapy Europe

Erasmus+ Strategic Partnership

The Strategic Partnership has become much more than a means of sharing knowledge. It is a net of trust and support to achieve interna-

In 2015, the Belgian organization NATURE organized a training in Adventure Therapy and four other European organizations joined (Upplifun, Kétté, Asociación Experientia and Create Your Change). They all felt the need to forge a network of trainers, educators, youth workers, mental health professionals and therapists to share knowledge, experiences and resources regarding Adventure Therapy.

In January 2016, three more organizations joined (Kamaleonte, Pressley Ridge Portugal and De Mutsaersstichting). They all decided to apply for a partnership grant from Erasmus+ to fund an 18 month project named *Reaching Further: Exploring the healing effects of Adventure Education and Experiential Learning, a methodology to increase the quality of youth work for European youngsters with fewer opportunities.*

There were so many dreams and plans within this partnership project that we decided to split up into 4 Action Groups: Research, Training & Intervision, Webpage and Gathering. Every one of them is composed by at least three countries and every country has two participants in the partnership. All these participants share their passion for AT.



Each meeting is an opportunity for participants to learn from others and the partnership has already spawned training programs for both youth and trainers.

Most of us carry out programs using an experiential learning approach in non formal education programs, some use outdoor and adventure activities on a regular base, although we use different activities and some work a bit more on a therapeutic level than others.

What we have in common is the belief that nature has a strong healing power and that it can easily

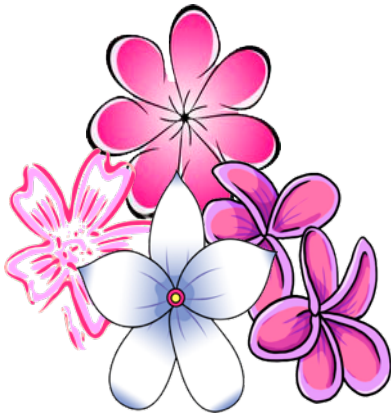
support our work in dealing with behavioural and psychological problems of youngsters.

After the partnership has finished, we would love to keep the network alive and include more European countries and AT practitioners.

At the end of this process, we should have built a website, have hosted the first European Gathering and have published some “guidelines” or ideas about AT in Europe. So there is a lot of work to do in the months to come.

AT practitioners will be able to

participate in all announced trainings on the website, share information and experiences with each other and keep broadening our knowledge of AT in youth work.



Partners

The bollards for a bigger European AT network



Asociación
Experientia

As a new born organization, Experientia aims to develop and implement therapeutic programs in Spain based on Adventure Therapy and Experiential Learning for youth and adults, with a special emphasis on Wilderness Therapy programs.

<http://www.asociacionexperientia.org>



Based on experiential, nature based and sustainability learning theories CREATE YOUR CHANGE is offering seminars, courses and individual settings for professionals in developing their own resilience and empowering them to develop concepts for programs for resilience learning.

<http://www.create-your-change.org>

<http://www.create-your-change.com>



KAMALEONTE

Kamaleonte is an eco-sport organization that promotes wellness, individual and group development. Through outdoor sport and adventure activities Kamaleonte offers different Experiential Learning programmes to school classrooms and teachers, to young people and adults and to organizations. The focus of the project is: group dynamics, team work, diversity, communication, personal development and wellness.

<http://www.kamaleonte.org>



The Hungarian Foundation for Experiential Learning "kÉTTÉ" was the first NGO in Hungary for experiential learning, experiential education, adventure-therapy and wilderness-therapy. Established in 2004 the foundation creates opportunities of development to people to grow and develop with the pedagogical and psychological background of the experiential learning method – in Hungary as well as in other European environments.

<http://www.kettealapitvany.hu>



Mutsaersstichting

The Mutsaersstichting is a youth care service center that offers professional mental health and care services to children and youth. In addition, we give social support and counselling to women and children.

<http://www.mutsaersstichting.nl>



NATURE is a youth organization recognized and supported by the Government of Flanders (Belgium). Through an experiential and adventure based approach within a non-formal educational context, the organization aims to actively contribute to the personal and social development of kids, youngsters and young adults between the ages of 10 and 30 years old. The organization has developed a special affinity with socially disadvantaged youth and with youngsters who are suffering from mental disabilities.

<http://www.nature.be>



Pressley Ridge Portugal provides services through community-based programs, involving kids at risk and their families. The Surf Art Program is the one that pretends to promote success in the life of children and youth through surf and contact with nature. Our mission is to develop the kids' potential and autonomy.

<http://www.pressleyridge.pt>



1st GATE “Back to the roots”

Gathering for Adventure Therapy in Europe

Within the Erasmus+ Strategic Partnership “Reaching further: Exploring the healing effects of Adventure Education and Experiential Learning, a methodology to increase the quality of youth work for European young-

The 1st GATE - Gathering for Adventure Therapy in Europe - will provide a platform to gather practitioners, organizations, researchers and people interested in the field of Adventure therapy and Experiential learning working with youth at risk. This event will connect to our European community of elders through our Keynote speakers and enhance national Adventure therapy structures and actions. Round tables and workshops will provide a room to share knowledge and experiences. The 1- GATE will also be a space to dream about the consolidation of The European Network of Adventure Therapy thanks to our fire circles and other activities that will allow professionals to network.

The 1st GATE is a call to join for adventure therapists, adventure therapy programs, psychosomatic clinics, rehabilitation hospitals, child and youth mental health units and hospitals, or any other resources or professionals that offers nature and outdoor based treatment programs.

“Back to the roots” is a celebration and commemoration of the quality of Adventure therapy which also serves to



honor and recognize the European history of this methodology. This and following GATEs will be lighthouses that enlightens our future path in the European Adventure Therapy field.

Dates: 1 - 4 February 2017

Venue: Lliria Valencia (Spain)
www.llometadellavata.com

Starting: Wednesday, 1 February, 2017 – 14:00h.

Ending: Saturday, 4 February, 2017 – 15:30h.

Registration: Just in case you don't want to miss

Early registration (01.05.16 – 31.08.2016): 185€

Late registration (01.09.16 – 31.01.2017): 225€

Registration fee includes full attendance at the Gathering, accommodation in shared rooms, 3 meals per day (vegetarian or Mediterranean), snacks and social evenings.



Keynote

Speakers



Luk Peeters
(Belgium)



Anat Raphael
(Israel)



Martin Ringer
(New Zealand, Australia & France)



An overview

to the gears



Once you met our great keynote speakers you might think that that's pretty much it. But this is only the beginning of a breathtaking journey.

You might wonder what makes this 1st GATE "Back to the roots" so special about it. Let's take a peek at the gears that smoothly set the GATE in motion:

Workshops: some outstanding practicants will introduce us some insights about their expertise. This is a space for participants to exchange their know-hows and discover new viewpoints through experiential learning.

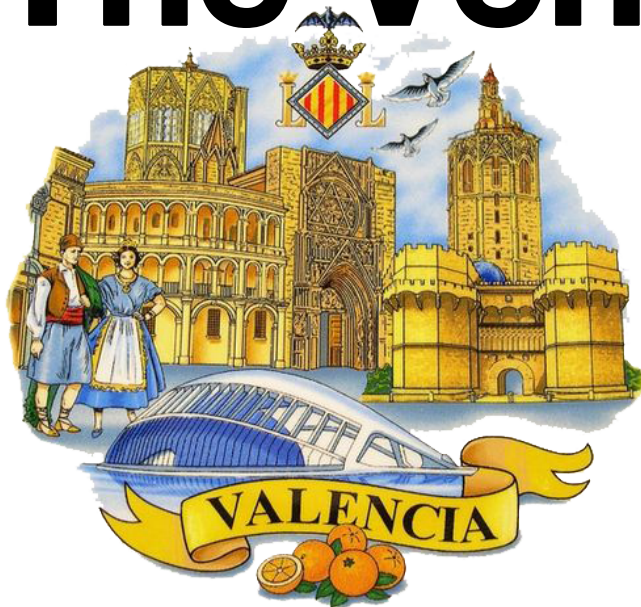
International roundtable: wouldn't you be thrilled to witness an exchange of views and ideas from representatives from some of the most important international AT networks in the world? They'll enlighten us with their experience and explain also how their setting influences their practice at their countries.

Communications: we can't stop thinking how investigation guarantees rigourness and professionalism. It can't be put aside in our plan. The format will be of 10 min exposition and 5 min Q&A.

Open space: what's life without a gentle touch? This space will allow participants to connect in parallel activities. After all, not everything has to be food for thought!

Social program: we believe that a healthy soul and body produces healthy interactions. That's why we place a great deal of care to some details like providing ecologic food and excellent quality spare time to the participants. You might not want to miss it for the world.

The Venue



&



Valencia (Spain)

Valencia, located in the mediterranean coast, has become one of the most important tourist destinations in Spain because of its good weather, attractive and picturesque landscapes, tasty food, lively night atmosphere and charming people.

There you'll find much more information about Valencia:

<http://www.visitvalencia.com/en>

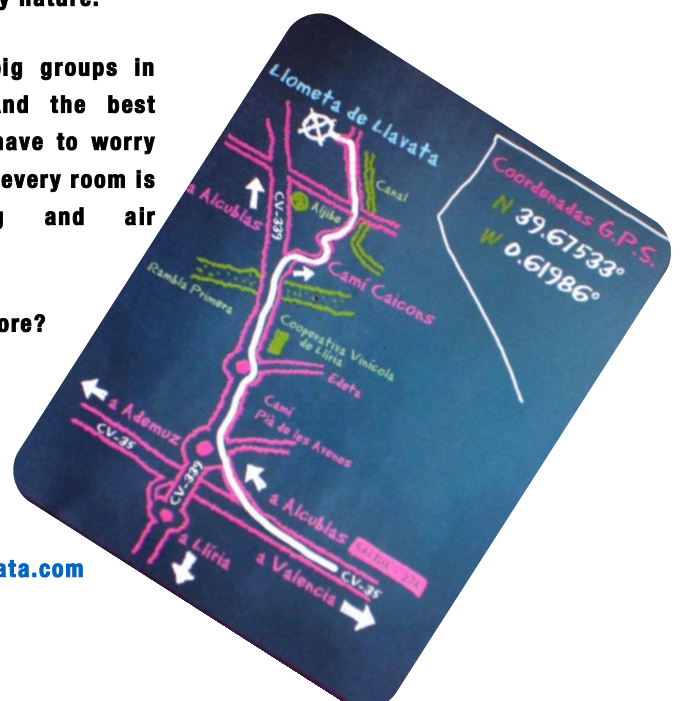
Llomet de Llavata (Lliria)

The Venue. The perfect place to enjoy beautiful views and meaningful experiences surrounded by nature.

The lodging welcomes big groups in different room sizes. And the best thing is that you won't have to worry about the temperature as every room is equipped with heating and air conditioning.

Would you like to know more?
There you are!

<http://www.llometadellavata.com>



How to arrive

Safe & sound

To Liria (Valencia)



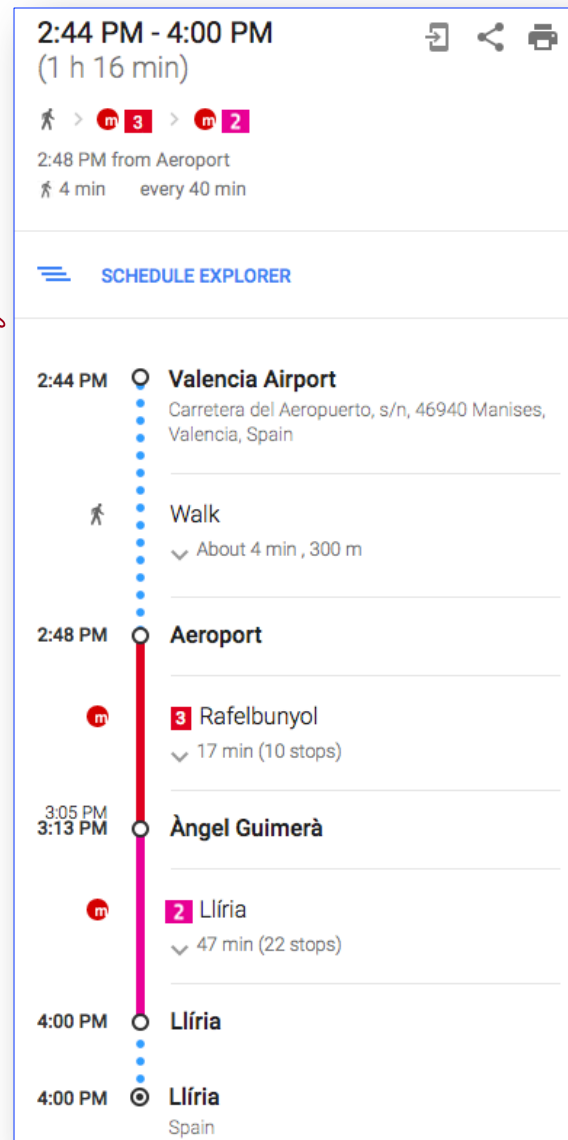
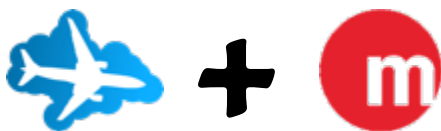
1st combination: Valencia's Airport + metro

The best option if you can find a combination that suits your flight dates. Here you can check the airlines that flight to Valencia airport (VLC):

<http://shop.visitvalencia.com/en/transport/air-tickets>

Once you arrived in Valencia airport you can go to Liria by metro. Whether you take lines 3 or 5 you'll have to make a transfer in À. Guimerà to take line 2 until the end of the line (Liria). Here you can check the line's timetable:

<http://www.metrovalencia.es/planificador.php?page=142>



2nd combination: Alicante's Airport + train + metro

8:11 AM (Monday) - 10:43 AM (2 h 32 min)

✈ > 🚗 C-6 > 🚌 06 > 🚆 EUROMED

8:20 AM from Aeropuerto - Airport
🚶 11 min

SCHEDULE EXPLORER

- 8:11 AM ○ Alicante Airport
03195 L'Altet, Alicante, Spain
- 🚶 Walk
About 9 min, 700 m
- 8:20 AM ○ Aeropuerto - Airport
- 🚗 C-6 Alicante
17 min (4 stops) · Stop ID: 3669
- 8:37 AM ○ Loring-Estación Autobuses
- 🚶 Walk
About 1 min
- 8:52 AM ○ Estación Central de Autobuses
- 🚌 06 Juan XXiii (2º S)
5 min (2 stops) · Stop ID: 4450
- 8:57 AM ○ Salamanca 12
- 🚶 Walk
About 1 min
- 9:13 AM ○ Alacant Terminal
- 🚆 EUROMED 01112 Barcelona-Estacio de França
1 h 30 min (non-stop)
- 10:43 AM ○ Valencia Joaquin Sorolla
- 10:43 AM ○ Valencia Spain

This is another combination if you can't find an airline that suits your dates directly to Valencia by arriving in Alicante. But you should be aware that you'll have to take a train and then a bus from the Airport to Alicante train station, then take the train to Valencia and, finally, take a metro to get to Llíria. Anyhow, if you need to choose this combination, here you can check the airlines that fly to Alicante-Elche Airport (ALC):

<http://www.aena-aeropuertos.es/en/allcante-airport/airlines.html>

Once you arrived in Alicante Airport you'll have to get to Alacant Terminal train station. To get there you'll have to take the train line C-6 to the bus station, then walk to get the bus line 06 and go off the bus at the 2nd stop in Salamanca 12 so you arrive in Alacant Terminal train station.

Here you can buy the train tickets by choosing Departure: ALICANTE/ALACANT and Destination: Valencia (TODAS). The journey takes approximately 2 hours. The combination that might suit you best is the EUROMED as it arrives in Joaquin Sorolla train station. That's because it has direct link with Jesus metro station to go to Llíria without transfers.

Now that you arrived in Joaquin Sorolla train station, you'll have to go to Jesus metro station (there's direct entry from the station) and take the line 2 to Llíria. The journey should take no more than an hour. Here you can check the train's timetable.

<http://www.metrovalencia.es/planificador.php?page=142>

If the EUROMED's timetable doesn't fit your need and you have to book the TALGO train or another option then you'll arrive in Valencia in Estació del Nord train station and you'll have to walk 5 minutes by going from Carrer del Matemàtic Marzal to Plaza España metro station to go to Llíria without doing any more transfers. Be sure of taking the line 2 to Llíria. The journey should take no more than an hour. Here you can check the train's timetable.

<http://www.metrovalencia.es/planificador.php?page=142>

11:00 AM (Monday) - 11:58 AM (58 min)

✈ > 🚆 2

11:04 AM from Joaquín Sorolla-Jesús
🚶 4 min

SCHEDULE EXPLORER

- 11:00 AM ○ Joaquín Sorolla Train Station
Carrer de Sant Vicent Màrtir, 171, 46007 València, Spain
- 🚶 Walk
About 4 min, 350 m
- 11:04 AM ○ Joaquín Sorolla-Jesús
- 🚆 2 Llíria
54 min (24 stops)
- 11:58 AM ○ Llíria
- 11:58 AM ○ Llíria Spain

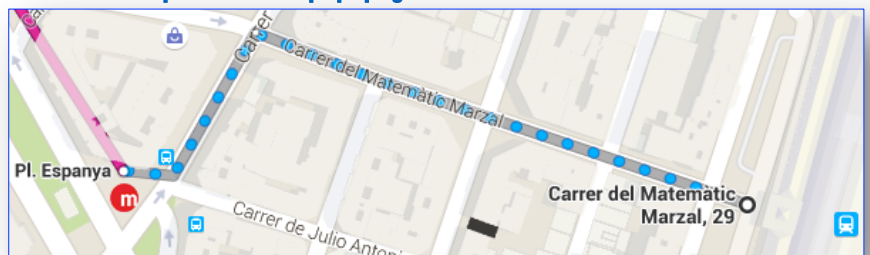
11:02 AM (Monday) - 11:58 AM (56 min)

✈ > 🚆 2

11:07 AM from Pl. Espanya
🚶 5 min

SCHEDULE EXPLORER

- 11:02 AM ○ Carrer del Matemàtic Marzal, 29
46007 València, Valencia, Spain
- 🚶 Walk
About 5 min, 350 m
- 11:07 AM ○ Pl. Espanya
- 🚆 2 Llíria
51 min (23 stops)
- 11:58 AM ○ Llíria
- 11:58 AM ○ Llíria Spain



3rd combination: Madrid's Airport + AVE + metro

This is another combination if you can't find an airline that suits your dates directly to Valencia by arriving in Madrid. But you should be aware that you'll have to take another train from the Airport to the AVE's train station, then take the AVE to Valencia and, finally, take a metro to get to Llíria. Anyhow, if you need to choose this combination, here you can check the airlines that fly to Adolfo Suárez Madrid-Barajas' Airport (MAD):

<http://www.aena-aeropuertos.es/en/madrid-barajas-airport/airlines.html>

Once you arrived in Madrid's airport you'll have to get to Puerta de Atocha's station to take the AVE. Here you can buy the AVE tickets by choosing Departure: Madrid-PUERTA DE ATOCHA and Destination: Valencia (TODAS). Be sure of choosing the AVE train that should take no more than 2 hours, but not AVE-MD or other trains that would take much longer:

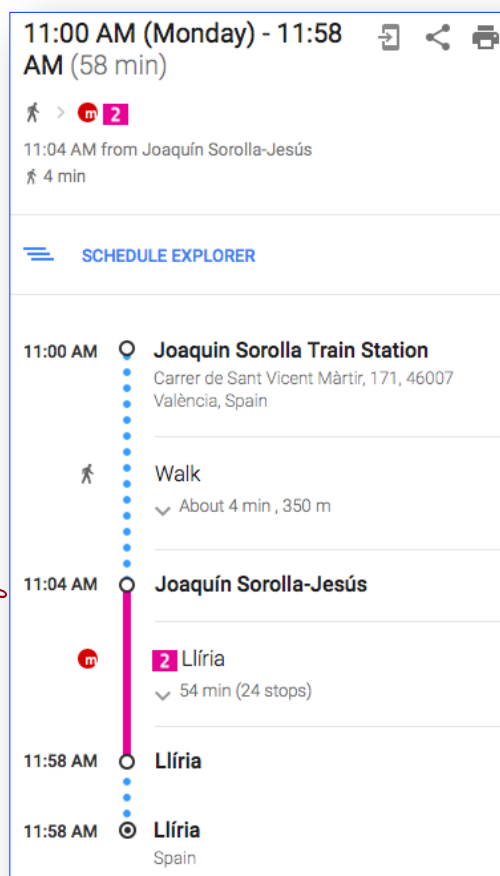
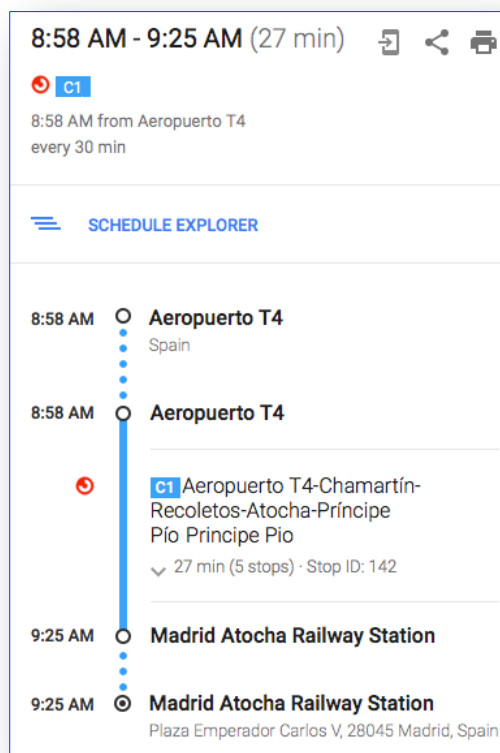
https://venta.renfe.com/vol/home.do?c=_yiqQ

You'll have to get to the Terminal T4 (there are 4 terminals in the airport) and take the C-1 line of the "tren de cercanías" (local train) to Atocha train station. Trains depart every half hour and the journey should take 30 min approximately. A good thing is that AVE ticket holders can travel from the airport to the train station free of charge. It's important not to be confused by taking the metro that gets to the same Atocha's station but takes longer, you'll have to pay for it and make at least two transfers.

Once you arrived to Atocha train station you'll have to walk 5 minutes to Puerta de Atocha AVE train station. The control point that allows access to the train closes 2 minutes before train's departure. However, because of baggage scanner, is advisable to arrive at least 15 minutes prior.

Finally you'll arrive in Joaquin Sorolla AVE train station. Then, you'll have to go to Jesus metro station (there's direct entry from the station) and take the line 2 to Llíria. The journey should take no more than an hour. Here you can check the train's timetable.

<http://www.metrovalencia.es/planificador.php?page=142>





Post gathering



The cherry on top



Dates: 5, 6 & 7 February 2017

Venue: Liria Valencia (Spain)

www.lometadellavata.com

Participant requirements

- ✔ Experience with groups in outdoors settings and experiential approach.
- ✔ Fluency in English is required since the workshop will be provided in this language.
- ✔ Only 15 people can participate. "First come first served" policy will be applied.

Workshop purpose

- ✔ To provide stimulus for people who want to develop their understanding of adventure therapy and who want to develop their capacity to facilitate therapeutic processes using adventure and group processes.
- ✔ To deepen participants' understanding of the interdependencies between adventure activities, group processes, therapeutic interventions and their own personal style as facilitators.



Workshop description

Adventure therapy is not a set of techniques that provides pre-determined outcomes. Rather, it is what emerges in the interplay between the physical setting, the activities, the group itself and the 'animation' provided by the facilitators.

The workshop is an interactive exploration of the rich interdependencies between adventure activities, the ways in which groups interact and the living being of the facilitator – in the setting of therapeutic intent.

This is an opportunity for those with an interest in and/or a passion for adventure therapy to interact with each other and the facilitators to enrich their practice as leaders of groups that utilize adventure for therapeutic purposes. The workshop will locate the 'person' of the practitioner as the central factor and will enable participants to explore how their own world views, personalities and characters emerge in their work as facilitators of adventure-based interventions.

The workshop will consist of a series of mini-seminars and hands on skill-training that will be integrated with experiential events in the whole group and in sub-groups. Some pre-reading will be offered to participants.

Post gathering

The facilitators



Luk Peeters
(Belgium)



Luk has been working in the Experiential Outdoors since 1985.

He holds a master in educational sciences and is a Gestalttrainer, -supervisor and -therapist and person-centred therapist with specialisations in Existential and in Group Psychotherapy. He currently is a self-employed Process Facilitator and consultant, staff member of an Emotion Focused Therapy training program and of a Group Psychotherapy specialization. He is one of the co-chairs of the Adventure Therapy International Committee and has been an Outward Bound trainer for more than 30 years, facilitating various target groups. He was the co-founder of Exponent, a European Challenge Course Construction and Training Company.

He presented at several international conferences and is the author of a number of articles addressing the use of adventure and nature in supporting psychotherapeutic processes.

Luk is still passionate about the 'vertical dance', gardening, wild mushroom picking and mountains.

(He can be reached at luk@lukpeeters.be)



Martin Ringer
(New Zealand, Australia & France)



Martin has an extensive history of involvement in adventure education and adventure therapy. For most of the '80's he ran bicultural programs for youth (in NZ), initially with a developmental focus and then for four years he was Director of a national pilot research adventure therapy program. During the 90's Martin moved to Perth and in 1997 he was the convenor of the first international adventure therapy conference (IATC) at UWA in Perth.

Since that time Martin has continued to deliver workshops on adventure-based learning and group dynamics in a wide range of countries around the world, as well as teaching on the Masters of Psychodynamic Counselling & Psychotherapy course at Edith Cowan University in Perth, Western Australia. He has published many papers on experiential learning and on working with groups. His book "Group action: The dynamics of groups in therapeutic, educational and corporate settings" which is largely based on adventure-based learning, was published in 2002 and is still in print.

Martin's other passions are sculpting in stone, renovating his summer home in France and collecting forest mushrooms.

(See www.groupinstitute.com for more information).





www.adventuretherapy.eu

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