



International Academy of Experiential Education

Advanced workshop on
“Silence”

27th June - 2nd July, 2016
Lithuania



“This time I made only one promise - not to promise anything to myself. To my big surprise I entered silence overwhelmed by tranquillity, which was taking care of me. A fabulous, refreshing, relaxing and sensual feeling.. “

- Participant in a previous silence workshop -

www.viaexperientia.net



WORKSHOP THEMES AND CONTENT

In experiential learning processes silence has various uses, depending on the aims and the context in which it takes place. Silence can be an exercise in alternative communication; it can be a way of acting in the world and listening to yourself and to others; or a way of being and living together in a community. In some cultures they even say that *silence is the door* to yourself.

To sum up, we will experience different facets of silence, but mostly we will wander in it and wonder about it:

First day - to get to know each other and enter silence in various ways;

Two and a half days and nights of no-speaking;

Last day - ending with in depth reflection, professional transfer and personal evaluation.



FOR WHOM and WHY?

It does not matter which professional role you take in your daily life (whether you are a trainer, educator or manager) *as long as you are involved in personal and professional development with individuals or groups* - taking part in the silence workshop can help you strengthen yourself in these areas:

- ✳️ Understanding the role silence plays in group and team work (silence vs. deliberately not speaking)
- ✳️ Reconnecting to your real self - recognising features of your personality and strategies of your behaviour in a group: the borders of freedom and responsibility; your needs and feelings towards others; your capability to open to the experience.
- ✳️ Getting a better understanding of group dynamics (when words are gone, processes among people are seen more clearly).
- ✳️ Developing empathy and understanding interpersonal relationships at a greater depth.
- ✳️ Developing your reflection skills.

For busy bees this silence workshop can be a part of your recovery practice - a place to revive from intense communication with people.



*The quieter you become,
the more you can hear.*

Ram Dass



TRAINERS

Trainers are members of the Via Experientia Partnership: **Björn Vilhjálmsson**, is an outdoor experiential educator, teacher and wilderness therapist since 1989 and he likes active and interactive methods to support learning in training and educational projects in the field of adult education. Silence has been an important field of study for him since 2002.

Monika Kezaite is a trainer and consultant, outdoor educator in personal development for groups, individuals and organisations since 2001. Main areas of interest - learning, mentoring in organisations, training of trainers, leadership and management. A great believer in silence - it is her main reflection and learning source for several years.

Mark E. Taylor, is a freelance trainer and consultant. Main professional interests include: competence development, intercultural learning, international teamwork, human rights education and training for trainers. In addition to being editor of Coyote magazine he is the (co-) author of a range of publications, including the Handbook for Facilitators of Learning to Learn. "Learning in silence" comes next.



*What is your relationship with silence?
Have you ever wondered what silent
moments in groups/ teams and
organisations mean?
What is your own tolerance for
silence?*

CONTEXT AND MORE

The Via Experientia Partnership is at the moment involved in an Erasmus+ Key Action 2 research project involving NGO's and universities from around Europe about the concepts and competences associated with Reflection in Learning processes. Therefore we will be able to experiment and share our findings with participants, looking at what roles silence can take in reflection.

This workshop will explore some essential aspects of silence, building on previous successful events in Iceland by the Via Experientia Partnership.

For an inspirational video from a previous Silence workshop in Iceland visit this link in YouTube:

https://www.youtube.com/watch?v=yRhAr9h9_s



PRACTICALITIES

Dates: Workshop starts at 15:00 on 27th June and ends at approximately 18:00 on 1st July.

Place: Baltic seaside in Lithuania

Deadline for applications: **30th of April, 2016**

Participation fee: € 450

Participation fee for Via Experientia Alumni: € 350

Price for accommodation and food for 4 days of workshop: €130

Additional night in the venue: € 20 per night/per person

The Erasmus+ Educational Programme

Provides *mobility grants* that can help finance your participation in this training, if you are affiliated to a company or organization that is active in the field of adult education (see “Erasmus plus programme guide”). This workshop is in the EPALE databank of training opportunities for adult educators

(Visit: <https://ec.europa.eu/epale>)

Application deadline is:

2nd of February 2016.

It is interesting how everyone has a relationship with silence. Some people don't like it at all; for others it is interesting, but full of hazards; and for some it is strangely fascinating. What is it like to live together in silence? Just imagine: Going for a hike or cooking together without speaking... Why not come to the magical seaside of Lithuania and find out!

Information and reservation:

For additional information please contact:

training@viaexperientia.net

Limited number of places available. Priority is given to those registering first.

Registration procedure

To enrol we kindly ask you to:

1. Fill in application form <http://www.viaexperientia.net/application-form/> or ask for the application form to be sent to you.
2. to transfer 100% participation fee to the following account:

“KITOKIE PROJEKTAI”

IBAN: LT89 7044 0600 0780 2728

SWIFT: CBVILT2X

SEB BANK AB, VILNIUS

Please indicate in the object of the money transfer the title of the advanced workshop you are enrolling in.

Cancelation procedure

The participant is entitled to cancel participation by a written communication to be sent via fax at the number +37052784810 or e-mail training@viaexperientia.net

However a certain amount of the fee will be retained to cover organisational expenses as follows:

- 25% if cancellation is forwarded 3 weeks before workshop commences;
- 50% if cancellation is forwarded 2 weeks before workshop commences;
- 100% if cancellation is forwarded 1 week before workshop commences.