

# into the wild

hope decisively  
act wisely

FOR THE LAST TIME

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HOPE DECISIVELY  
ACT WISELY

Systemic experiential education adopts the attitudes and basic assumptions of systemic practice and theory and combines them with action learning, learning through experience, metaphorical work and initiatory experience of nature.

With its action-oriented methods, it opens up alternative learning spaces and continuously new fields of learning that encourage people to examine the old, seemingly secure, and to discover hidden abilities and needs.

The special feature of the role of the facilitator is located in the conscious distance to the situation with simultaneous intensive involvement and the use of their own emotional resonance as a source of information. Enduring paradox and uncertainty provides security and stability at a higher level and is the hallmark of professionalism.

This attitude should be put to the test in the face of global crises and gloomy future forecasts with young people's inability to act and hope and, at times, the professionals at the symposium as well.

Systemic experiential education and experience-oriented adult education correspond to our natural constitutions and learning processes and are particularly relevant to the current issues and requirements of a VUCA world.

They appear to be ideal-typical approaches for promoting creativity, communication, cooperation, critical thinking and character, which are required in the life school of the future.

The aim of this symposium is to open up participatory spaces in which process facilitators can develop and reflect on action skills and their own set of values for dealing with uncertainty and the integration of ambiguity.

## Speakers

**Roland Abstreiter** (Hinterzarten), **Janez Alič** (Slovenia),  
**Elisa Böhnisch** (Leipzig), **Dr. Barbara Bous** (Augsburg),  
**Christiane Brosat** (Münster), **Kurt Daschner** (Munich),  
**Scott Eberle** (California), **Aaron Gerwert** (Radolfzell),  
**Uli Imrich** (Heiligenberg), **Pradipta Kadambari** (Katmandu),  
**Sigrid Karnath** (Bad Kreuznach), **Carsten Kuniß** (Chemnitz),  
**Jasper Lemke** (Marburg), **Jacob Lenk** (Dresden),  
**Elke Loepthien-Gerwert** (Radolfzell), **Veronika Merks** (Berlin),  
**Lali Mili** (Cape Town), **Anja Müntzenberg** (Chemnitz),  
**Wiebke Nedel** (Cape Town), **Heike Pourian** (Nuremberg),  
**Carine Roth** (Lausanne), **Andreas Rothe** (Chemnitz),  
**Josef Sözbir** (Hamburg), **Kay Steinbacher-Lodl** (Olbernhau),  
**Silke Stöcker** (Dresden), **Hannah Thompson** (Jump Foundation),  
**Anne Wiebelitz-Saillard** (Bischofswerda),  
**Rafaela & Reinhard Zwerger** (Hinterzarten)

## Facts

**Methods** → theoretical inputs, interactive follow-up work, workshops, large group methods, etc.

**Target group** → social work employees who are specialized in consultation and facilitation and people who take interest in the topic

**Place** → Seminarhotel Gut Froberg, Käbschütztal near Meißen (Saxony)

**Date** → October 21<sup>st</sup> to October 25<sup>th</sup>, 2024

**Kosten** → 400,00 € (incl. accommodation and meals)

### Contact persons

**For registration and organizational questions, please contact AGJF**

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The conference of the AGJF Sachsen e. V. is realized in collaboration with Walden e. V. Chemnitz and with the support of the Netzwerk Erlebnispädagogische Prozessbegleitung Sachsen and the Ziel Publishing House [www.ziel-verlag.de](http://www.ziel-verlag.de).

# Conference schedule

October 21<sup>st</sup> to October 25<sup>th</sup>, 2024

## Monday October 21<sup>st</sup>, 2024

- |           |  |
|-----------|--|
| 3:00 p.m. | Check-in for the conference participants   |
| 5:00 p.m. | <b>Opening and fiery start to the symposium</b>  |
| 6:00 p.m. | Dinner   |
| 7:30 p.m. | Moving impulse – Heike Pourian<br><b>Crisis and paradigm shift – exploring the threshold</b><br>with space for exchange and self-exploration |

## Tuesday October 22<sup>nd</sup>, 2024

- |            |   |
|------------|---|
| 9:00 a.m.  | Large group action – Sigrid Karnath<br><b>Contact and Improvisation</b>   |
| 9:30 a.m.  | Practice field – Network for experiential education process support in Saxony<br><b>Action-oriented encouragement</b>   |
| 12:00 p.m. | Lunch   |
| 1:30 p.m.  | Interactive Input – Roland Abstreiter, Rafaela Zwerger, Reinhard Zwerger<br><b>Systemic attitudes in experiential education put to the test</b>   |
| 4:00 p.m.  | Fireside chats – Heike Pourian<br><b>Space for echoes, resonances and reflections on the moving impulse</b><br>Fireside chats – Veronika Mercks<br><b>Holistic experience &amp; learning spaces: attitude, approach and potential for promoting future skills</b><br>Fireside chats<br><b>Communication space for what is underexposed at the symposium and significant in current developments</b> |
| 6:30 p.m.  | Dinner  |
| 8:00 p.m.  | Guest performance Rosina & Babo<br><b>Clown theater interactive</b>   |



Wednesday October 23<sup>rd</sup>, 2024

9:00 a.m.	Collective start of the day
9:30 a.m.	Critical discourse – Jasper Lemke <b>System, Symptom and Sisyphus – On social structure and pedagogy</b> Followed by reflection with head, heart and hand
12:30 p.m.	Lunch
2:00 p.m.	<b>Workshops on the conference theme</b> (incl. break)
6:30 p.m.	Dinner
8:00 p.m.	Musical evening program

Thursday October 24<sup>th</sup>, 2024

9:00 a.m.	Collective start of the day
9:30 a.m.	Impetus for change – Dr. Barbara Bous <b>Transformative skills for a changing world and the potential of experiential education</b> Followed by reflection with head, heart and hand
12:30 p.m.	Lunch
2:00 p.m.	<b>Workshops on the conference theme</b> (incl. break)
6:30 p.m.	Dinner
7:30 p.m.	(online) – Scott Eberle <b>The Soul's Red Thread – Living a More Authentic Life</b>
around 9:00 p.m.	Time for the journey <b>A labyrinth of lights as a space for experience and movement</b>

Friday October 25<sup>th</sup>, 2024

9:00 a.m.	Interactive Impulse – Elke Loepthien-Gerwert & Aaron Gerwert <b>Making farewells life-enhancing</b>
11:15 a.m.	Connection workshop – Veronika Mercks <b>10 »Into the wild« symposiums in 15 years – no end but a new beginning, transformation and opening up spaces for discovering potential</b>
11:15 a.m.	World Cafe – Specialist center Uferlos <b>Swarm intelligence in action – International</b>
following	Gathering around the fire <b>What is my fire burning for – the slightly different transition</b> from the symposium <b>Last chance!</b> – to get in touch with the international participants & topics of the symposium, to make appointments and to initiate projects (Specialist center Uferlos, AGJF Sachsen e. V.)
4:00 p.m.	Estimated end & departure



# Theoretical Impulses & creative digestion with the participants

Monday October 21<sup>st</sup>, 2024 (7:30 p.m.)

## **Crisis and paradigm shift – exploring the threshold** (Heike Pourian)

We humans are in the middle of a comprehensive crisis. This is difficult to deny, because many people feel that things cannot go on like this. Fundamental change is needed and the question of how this is to be achieved is important. We are in the middle of a transformational process and at the same time we are »death attendants for the old and midwives for the new« (Joanna Macy). This lecture opens up an opportunity to perceive ourselves as individuals and collectively at the threshold marked by the current paradigm shift. We turn our attention to the transition, the »space between the stories« (Charles Eisenstein) and in doing so, connect the large social dimension with the very personal experience: What is it like to let go of a system that I recognize is largely hostile to life, but still offers me support, security and structure? I believe it is essential that experiential and wilderness education as well as initiatory nature work carefully scrutinize how we can contribute to supporting the transformation process and where we are »repairing« this irreparable system because we are reproducing the old paradigm without even realizing it.

Tuesday October 22<sup>nd</sup>, 2024 (1:30 p.m.)

## **Systemic attitudes in experiential education put to the test**

(Roland Abstreiter, Rafaela Zwerger, Reinhard Zwerger)

Increasingly, experiential educators are being confronted with systemic perspectives in this field of work in training courses and specialist literature and assume that they can be particularly effective in this way. To this end, the authors of the book present a number of theses that include an attitude towards participants that is as neutral and appreciative as possible. The exciting question will be how they are put into practice. All assumptions will be presented for discussion and critically examined together. Good examples from your own working environment as well as opposing positions and convictions are welcome and can help to deepen our understanding.

Wednesday October 23<sup>rd</sup>, 2024 (9:30 a.m.)**System, Symptom and Sisyphus – On social structure and pedagogy***(Jasper Lemke)*

We need a historically aware and courageous pedagogy that does not allow itself to be intimidated by »practical constraints« in anticipatory conformism, but dares to say what we already know in our hearts: We must empower people to fight for a better, solidary social order instead of affirmatively continuing previous failures. Otherwise, we will continue to watch the neoliberal project dismantle social achievements and ultimately strengthen authoritarian and right-wing forces as a result. This requires an understanding of social order as an open social practice instead of the mantra of the »end of history« and the naturalization of domination. We need to understand how a structure that is dysfunctional for most people is able to persist so stubbornly. Fortunately, we are not the first and there is no shortage of good ideas. A shared look at the social sciences opens up perspectives on a present that may well become a better future. The question is what role we educators could actually play in writing history. Because, so much in advance: »The educator has the duty of not being neutral.« (Paulo Freire)

Thursday October 24<sup>th</sup>, 2024 (9:30 a.m.)**Transformative skills for a changing world and the potential of experiential education** *(Dr. Barbara Bous)*

The only constant that remains is change—this is often the motto for the development of so-called transformative skills. Due to the current social, economic and ecological crises, which pose urgent and challenging problems for shaping the future, it is important to be able to deal with them. It seems as if the future lies in a cloud of uncertainties and the key to the solution is referred to as transformative competencies or future skills. By exploring what exactly constitutes these skills and competencies, it will explore the question of why experiential education process support or experiential therapy interventions can be particularly effective here as an innovative format. For the professional community, which is competent in this experience-oriented field of work, awareness of this potential can provide new motivation to support people in looking at future with hope and feeling effective again.



Thursday October 24<sup>th</sup>, 2024 (7:30 p.m.)

online

**The Soul's Red Thread – Living a More Authentic Life** (Scott Eberle)

There are many ways to follow your own life thread. A common starting point is conventional talk therapy, which may lead to other, more creative pathways. Meditation. Body movement and bodywork. Artistic expression, such as with writing or art. Dreamwork. Guided medicine journeys. And more, so many more. I'm a wilderness guide at The School of Lost Borders, and so the practice that interests me most is the desert fast. This Into the Wild presentation will explore how this desert ceremony can support people who are following their own life thread, and also how this practice can complement other ways of doing inner work. We often say at The School: This ceremony won't make your life easier; it will make it more authentic. In recent years, I've added two new lines to this. Life never gets easy, but the longer you do this kind of inner work, the easier life becomes. That's what happens when you're living more in alignment with your own true self. Join me as we explore what this might mean: in your life, in my life, in anyone's life.

**Time for the journey – A labyrinth of lights as a space for experience and movement**

For 5,000 years, labyrinths have given people space to encounter themselves. The path of the labyrinth leads inwards by its very design. As we walk, we learn to listen to our soul. Those who walk a labyrinth embark on a path of transformation. An extensive labyrinth of lights under the night sky invites you to look inwards in silence: things that have been taken up in the last few days can be accepted or left behind, moved, cared for or transformed in the center.

Friday October 25<sup>th</sup>, 2024 (9:00 a.m.)**Making farewells life-enhancing** (Elke Loepthien-Gerwert & Aaron Gerwert)

Farewells are an important part of our existence, on a very personal level and when we accompany people individually or in groups for a period of time. Through species extinction, environmental disasters and many other things, we are collectively confronted with serious farewells as well.

In the widespread views in Western culture, shown in literature and film of the last 100+ years for example, very important facets and connections around the topic of parting have been overlooked as blind spots—which in our experience, however, are essential for a life-enhancing approach. In these interactive impulses, we use findings from current grief research and neuropsychology that can open doors to a comprehensive understanding of the human relationship to farewells and allow numerous parallels to the experiences of representatives of indigenous cultures. Together, through exercises and a lot of exchange, we will approach the topic of farewells in a way that can be surprising, depending on socialization, and can bring as much helpful information as possible for our own practice in experiencing and guiding farewells of all kinds.



## Fireside chats

Tuesday October 22<sup>nd</sup>, 2024 (respectively 4:00 p.m.)

### **Room for echoes, resonances and reflections** (Heike Pourian)

on the moving impulse: Crisis and paradigm shift – exploring the threshold

### **Holistic experience and learning spaces: attitude, approach and potential for promoting future skills** (Veronika Mercks)

In this fireside chat, our focus is on an experience-based and holistic approach that appeals to the head, heart, hands and body. Together, we will reflect on the necessary attitude for holistic learning settings and discuss the challenges it involves. We will also look at how we, as process and learning facilitators, can integrate this type of space more into our lives so that our attitude is authentically reflected in our actions – according to the motto »walk the talk«. We will also explore and discuss ideas for spreading this form of learning in traditional educational institutions. Within this framework, there will be opportunities for your questions, concerns and ideas in an inspiring exchange.

### **Communication space for what is underexposed at the symposium and significant in current developments**

In this fireside chat, the participating process facilitators can look over their own shoulders to clarify what is currently on their minds and what common current issues they would like to address with each other.



## Connection workshop to discover potential

Friday October 25<sup>th</sup>, 2024 (11:15 a.m.)

### **10 »Into the wild « symposiums in 15 years – Not the end but a new beginning, transformation and opening up spaces** (Veronika Mercks)

Join us on an interactive connecting workshop to shape the future of experiential process facilitation and experience-based approaches. Together, we will explore what a connecting future can look like after 10 years of »Into the Wild«. Based on approaches such as the Art of Hosting and innovative brainstorming methods, we develop concrete steps for what can come next. Our goal: to strengthen cooperation between experiential educators and process facilitators, to use synergies and to build a supportive and connecting network. Together, we develop new potential and ideas on how we can pull together and contribute our expertise to different areas of society.

## World Café – International

Friday October 25<sup>th</sup>, 2024 (11:15 a.m.)

### **Swarm intelligence in action** (Specialist center Uferlos, AGJF Sachsen e. V.)

After stimulating expert input and intensive workshop days, the World Cafe invites the conference community to a joint creative process. National and international impulses and perspectives can become visible in the spirit of networking, new beginnings and confidence. Together, we open up a creative space in which the potential of the participants can be included through different methods to generate powerful ideas. The swarm intelligence of all participants, which can sprout in this creative process, brings forth new, sometimes even wonderfully unusual approaches, while global contacts are made and networking is promoted.



# Workshops

Wednesday October 23<sup>rd</sup>, 2024 (2:00 p.m. – 6:30 p.m.)

WS1

## **The attitude of active hope in an unstable time** (Christiane Brosat)

People who perceive a lot and open themselves up to the state of the world are very challenged in these times. They feel pain about the destruction of our resources, about the (political) state of our world, and ultimately about the feeling of separateness. In our nature-based work, we often accompany people into this opening up, knowing full well that it brings many challenges with it. The question is what attitude is needed to be open and sensitive in this world.

This experience-based workshop opens a door into the attitude of deep ecology. In her life's work, Joanna Macy encourages an ecological-spiritual revolution that involves not closing our eyes and hearts to the state of the world. The essence of one of her core messages goes something like this: make your heart wide enough to contain all the contradictions of this world. The key to this is to feel the pain and connect. In this way, we can tell a new story, one that is not characterized by separation, but by connection.

## **Trauma-pedagogical work with children and young people in nature**

(Silke Stöcker)

In youth centers, residential projects, day-care centers, and social training courses, we meet children and young people who have been exposed to high levels of biographical stress and live under traumatic stress. First and foremost, these adolescents need relationships, a framework, and places where they can feel safe and gain confidence in themselves and the world around them. Nature offers a unique environment in which children and young people can regain access to their sensory and physical perceptions in a safe and stress-free space, feel self-efficacy and experience themselves positively in the here and now. After a brief introduction to the fundamentals and attitudes of trauma pedagogy, the workshop will explore tried-and-tested methods and approaches that can help to create »nature reserves for the soul« (Lutz Besser) for children and young people with biographical burdens.

WS2

## **When conflicts no longer get on your nerves – nervous system-based conflict transformation** (Anne Wiebelitz-Saillard)

Dealing with conflicts is a difficult terrain for professionals too. Those affected quickly fall into seemingly protective patterns that make it difficult to connect with themselves and the other person. In this workshop, it is possible to expand your own comfort zone in relation to conflicts with exercises, reflections and input: We explore how conflicts can truly be transformed by looking at them and taking them seriously. The workshop offers insights into the role our nervous system plays in this and how the connection to our own inner and outer nature can reveal new paths in conflicts that have resulted in deadlock. These impulses and suggestions also serve to stay in touch with people in difficult situations without agreeing with their opinions and values. This makes it easier to overcome polarization and exclusion and enter into a meaningful dialogue.

WS3

WS4

**Clown Method - Humor and paradoxical intervention** (Sigrid Karnath)

The nature of the clown is determined entirely by the here and now. Developing humor in crisis situations is a paradox, an outlet and a vital post. Clowns are experts in crisis, because it is the moment when everything can be felt. Their childlike curiosity and their status as fools allow them to develop ever new forms of crisis and conflict intervention. Humor is communicative, strengthens emotional intelligence and social competence, generates empathy, works with paradoxical interventions, can de-escalate conflicts, and is simply fun. Backwards instead of forwards, from form to chaos and back to form, creativity lies in between, in the best sense of the word: Saying yes and thus setting something in motion, feeling with the head and thinking with the heart. In this seminar, we will play and improvise our way into the world of clowns. Benevolence, perception and improvisation are the cornerstones of our work.

WS5

**Grief, comfort, and consolation in events and process support**

(Elke Loepthien-Gerwert)

Being able to guide people through the grieving process is an enormously important part of grief counseling. Many people know that suppressing negatively experienced emotions can even have harmful effects on health. But in Western culture, grieving is a taboo and is often nipped in the bud by shame or excessive demands. Yet tears are a sign that the soul's self-healing powers are just about to kick in. After all, grieving can be enormously relieving and transformative, especially when we are witnessed and feel welcome. The waves of a grieving process sometimes seem like miracles: at the beginning, they often feel as if they are bottomless and would last an eternity. In reality, they usually only take a few minutes – and can change many things permanently. We are living in a time of great loss, including collective loss. Facing this can be overwhelming and lead to inner paralysis or hardening. Grieving, especially in community with others, can help us to remain capable of acting despite everything and to continue to find courage and even joy in life. In the workshop, we will explore principles, patterns, and methods from Circles grief counseling that can be easily integrated into many contexts.

WS6

**My hope and its adversaries** (Ulrich Imrich)

A confident attitude in educational support always has one or more counterparts in our personal structure. We can call them doubters, pessimists, reluctant, complainers... These inner parts influence and control our actions or prevent us from coming into our power. They become particularly visible in crises and become prominent. Otherwise, they often react and act on unconscious levels, hide or lead an accepted life in our beliefs. Initiatory nature work means recognizing, acknowledging, and integrating these personal parts in their inherent polarity. For the pedagogical decision to accompany crises in a credibly hopeful attitude, we need inner clarity. Otherwise, we and the people entrusted to our care are the plaything of our emotions. For the workshop, keeping an open heart for surprises and a portion of courage for the inner journey in being outside is helpful.

**Grass roots for winds of uncertainty** (Carine Roth)

In ancient cross-cultural nature based philosophy, nature based spirituality or some native deep ecology traditions, humans have the capacity to extend perceptions to call ancestors and nature helping spirits for support during threshold times. It might be useful to recall such gift in times like ours, a modern time of great uncertainty where trust can be hard to sustain. When we allow our senses to open up and we remember our native belonging to the web of life, we are able to listen to silent conversations happening at the periphery, where new models and possibilities are birthing. This explorative experimental short journey outdoor will invite us to dive into great mystery and let it hold us. How can we invite sacredness in our conversation with youth? How can nature-based spirituality support us to grow and explore new possibilities in challenging time? Come dream into the collective memories of the future.

WS7

**Educo Africa – »Concept of Hope«** (Lali Mili)

Bringing hope to the Youth of South Africa and to the World, using Experiential Education in the Wilderness and Outdoors – through learning from our past experiences and being divided through races, geographically, languages, cultures and many other aspects. The African social value of »UBUNTU« offers hope for transformation for the South African society and fostering social cohesion. And this has resulted in Hope continuous healing and transforming South Africa since 1994. Educo Africa was established in 1994 in a time South Africa needed to transition and reconcile so that people can not lose hope from where we come from. Educo Africa programmes played a pivotal in fostering hope through various wilderness based programmes and still continue doing in bringing young people together.

WS8

**The labyrinth of life** (Janez Alič)

Nature provides an ideal environment for self-discovery, understanding our emotions and our responses to the world. We can utilize nature as a medium that encourages us to move, relax, be creative, as well as explore ourselves, face conflicts and find our role in the community. Outside in the grounds, we will set up a labyrinth that symbolizes life's many paths. Participants will walk through the labyrinth, and through activities they will reflect on differences between us, decision-making, ups and downs, laughter, joy, frustrations, and emotions, associated with different choices. Activities will be directed towards self-awareness and one's responses, as well as collaboration with others for achieving a common goal.

WS9

**Change your mind – Feminist attitude in process support** (Elisa Böhnisch)

Our everyday life, our social fabric, and our social, global order are permeated by patriarchal structures and behavior that is connoted as feminine and masculine. Often in a rather subtle way, the role behavior and attitude of the professional facilitators can also be influenced by this, thereby interfering with the learning process of our participants. In experiential group work in particular, structural inequality can be unconsciously reproduced if, for example, speaking parts and the distribution of tasks such as making a fire, chopping wood and washing up remain unreflected. In such situations, the leaders sometimes lack the courage and arguments to make this the focus of the evaluation, especially as incomprehension and resistance can be expected from all age groups. This necessary change of perspective in process support towards a gender-sensitive way of working can enrich the joint learning processes of children, young people, adults, and the facilitators by making them aware of the diversity of feelings,

WS10

sensitivities and needs. The workshop uses definitions of terms and sensitive self-exploration to offer an approach to a basic feminist attitude in order to sharpen our awareness of patriarchal structures in our (experiential) educational activities.

WS11 **Hope and spirituality in experience-oriented coaching** (Carsten Kuniß)

Brain research emphasizes that experience is recreated second by second and that the direction of our attention is important. In difficult situations, people are understandably closely connected to the experience of suffering and generally tend to focus on one side. They often experience relief when they realize that one side of them is suffering, other sides have hope, that other sides sometimes reinforce the problematic experience through internal devaluation processes, and that all sides are ambassadors of needs that are worthy of respect. In the workshop, we will explore together how creative methods in the room, which strongly involve experiences, can be used in coaching to bring the inner spiritual and hopeful parts into contact with the skeptical parts in order to promote the path to constructive inner dialogues and sustainable inner balance. Its backgrounds are approaches from Ericksonian hypnotherapy, various multiplicity models (e.g. side model, ego states) combined with systemic solution-focused strategies, psychodrama and embodiment elements and narrative approaches.

## Workshops

Thursday October 24<sup>th</sup>, 2024 (2:00 p.m. – 6:30 p.m.)

WS12 **Hope as a helper for traumatic experiences** (Andreas Rothe)

Hope is the oldest remedy in the world. However, in an age characterized by knowledge and feasibility, it is increasingly considered dispensable. Only in the horror scenario of a loss of control does it turn into an altar for deeply rooted and repressed fears. Trusting in the belief that things will turn out well, that we are protected, that there is a deeper meaning in the interplay of coming into being and passing away, an invitation to growth, is only possible for those who carry hope within them. Where hope is lacking and people are alienated from it, difficult experiences with other people, themselves, and the world are hidden. Instead, mistrust forms survival strategies that can potentially make people ill in body and soul. Placed in these relationships, understanding for oneself and others can gradually mature and more peace can come both internally and externally. In such a process, experiences of nature can be particularly stabilizing and supportive as a bridge with railings, especially for those who are more severely affected. In the workshop, we want to shed some light on this area of tension and awaken and strengthen curiosity as a form of hope for inclusion in our own work.

WS13 **City Bound made queer – experimenting with identity variations**

(Kurt Daschner)

If we understand experiential education as a method to open up space and development opportunities for people and to overcome limitations imposed from outside, we cannot avoid dealing with our gender identity. City Bound activities often have an educational impact when participants face social challenges by behaving in ways that are unfamiliar to them in their everyday environment. Sometimes the unfamiliarity consists of confronting the familiar living



environment with an altered identity. For example, when exploring a habitat in a wheelchair or blindfolded. These other new experiences are not part of our comfort zone and sometimes trigger fierce resistance. The exciting question is what it costs people and what they can gain from engaging in such an irritating experience and experimenting with their own image of themselves, fundamentally throwing it overboard in order to rediscover it.

**»Time to Think« – an antidote to our increasingly polarized world (Wiebke Nedel)**

Nancy Kline, the founder of »Time to Think«, asked herself »What is the one thing that would change the world for the better?« and concluded: »If we could think independently and learn how to be Thinking Environments for each other.« In today's world of digital distractions and increasing polarization on so many issues, this is more important than ever. »Polarisation is not an act of disagreement. It is an act of disconnection.« This workshop is a response to this complex world we live in. It looks at exploring how »Time to Think« can reconnect us – with ourselves and with each other. The workshop is highly experiential and practical. We will reconnect with our own inherent ability to think independently and will learn how to create and be Thinking Environments for each other with the 10 components that enable such environments. We will engage with the challenge of leaning into difference and practicing deep generative listening while heightening our self-awareness. You will walk away from this workshop with new »tools« of how to handle complexity and polarized viewpoints. And how you can facilitate collective intelligence in a group. You will – is my hope – be hopeful and re-inspired by what you are capable of.

**Hope resides in the body – finding a good (working) posture with authentic movement (Jacob Lenk)**

As people and educators, we face a variety of challenges every day in our professional, personal, and social lives. When we sometimes feel stressed and overwhelmed or question the meaningfulness of our lives, this is always a physical experience. However, it is precisely then that we often lose our connection to our body, our awareness of its needs and the feeling of joyfully going about our everyday lives. Based on methods of improvisational dance and clown play, I would like to offer possible approaches to consciously turn to our own body in its current state and our personal emotional sensations. The aim is to capture our current state and develop a playful way of dealing with it. Based on my experiences from various movement and mindfulness practices, I assert that a hopeful everyday attitude is a physical matter. This also means that when we move in an attentive and alert body, creative solutions to various challenges are much easier to discover. This can be experienced in the workshop through mindful movement and playful self-exploration, supported by a gender-sensitive and queer-friendly atmosphere.

**WS16** **Crises within me – being able to hold myself and the group** (Josef Sözbir)

First aid, emergency management, and crisis interventions should be known and repeatedly made aware of in the field of process support in nature. This is primarily about injured participants and the group. However, there are various, sometimes complex requirements in such special cases that trainers and facilitators have to meet during and after challenging situations. In the understanding of both colleagues and themselves, a caring and protective attitude is needed to support the processing of the event. The self-image of leadership perhaps does not foresee this need at first glance, but is nourished by enthusiastic feedback on successful processes and good external orientation. Nevertheless, social crises and personally stressful thoughts and moods naturally also influence the behavior of leaders. In this workshop, I would like to invite you to be open with yourself, to engage in a dialog with the strengths and weaknesses within you and to get to know yourself and previously effective beliefs better. Demonstrations and tasks from mindfulness research, positive psychology and knowledge from bilateral stimulation will be used for this purpose.

**WS17** **Pedagogical approaches to Sustainability and Global Citizenship** (Hannah Thompson)

General Overview: An interactive workshop focused on exploring pedagogical approaches to sustainability and global citizenship – with a strong focus on empowering younger generations to become impactful change makers. JUMP!'s drive is to nurture critical thinking and collaboration among participants, emphasizing strategies for fostering agency and empathy. Through the JUMP! model of experiential education, attendees will gain practical insights into designing transformative learning experiences. Participants will be equipped with tools, resources, and inspiration to effectively engage young learners in building a more sustainable and inclusive world.

**WS18** **Who am I to know what is good for you?** (Rafaela & Reinhard Zwerger)

»People tend to judge themselves by their intentions and others by their actions. The others always tend to come off worse« (astronaut Alexander Gerst). As process facilitators, we can fall into a number of traps if we don't keep critically questioning our attitudes. Systemic therapist and coach Manuel Barthelme helped us with his analysis of the hubris of people providing advice. The perspectives he lists can be transferred perfectly to the work of experiential educators. He describes that the (egotistical) basic motivation to enter the counseling profession can lie in overestimating oneself, such as »I know better than you« or »I understand you better than you understand yourself« or »I have nothing to do with you and your problems« or »You can't do it without my help«. In the workshop, we want to explore these perspectives in more detail and try to use them to develop the professional approaches of not knowing, not understanding, being involved, and trusting.

**Sexual education perspectives on experiential education settings***(Anja Müntzenberg)*

In experience-oriented outings in nature with people of all ages, the head, heart and hand, language, the senses and the body are addressed to a greater or lesser extent. People are sexual beings from the very beginning of their existence. The perceptions and awareness of this in (experiential) educational activities are often very different for leaders and group participants, and yet sensual experiences and feelings about the sexes have an effect on different levels in groups. The workshop offers a space to experience sex education methods, let them take effect and connect them with your own work practice. The combination of impulses for language skills, sensory experiences and biography work form facets of a possible holistic self-exploration of the topic. The benefit for your own practice can be a conscious inclusion of sexual pedagogical perspectives in the interventions and reflections in the learning process with the participants.

**'Let's Create Space Within to lead ourselves in the VUCA world' (Volatile, Uncertain, Complex, Ambiguous) (Pradipta Kadambari)**

Our persona now has numerous layers added to it, which are dominant and have obstructed the natural flow of our existence and we are facing more challenges in the VUCA world. We have to work to bring back our natural flow of life. The process is similar to peeling off the layers of onion, creating space within and touching the core by cultivating a deeper connection to our inner world. The workshop will be interactive and engaging, allowing attendees to fully engage with eastern wisdom from Nepal through activities that use natural elements such as sound, water, and contemplation.

**Hypnosystemic counseling in nature (Kay Steinbacher-Lodl)**

The workshop aims to demonstrate the possibilities inherent in counseling in nature using a hypnosystemic approach. Counseling clients outdoors uses the positive effects of nature on the psyche and body as a supportive resource for processes of change and development. In combination with the hypnosystemic approach, nature is part of the procedure to experience trance-like states of consciousness in the sense of a developed target vision by focusing attention. As part of my counseling concept, nature is a working space in which I offer my support as a counselor and therapist. Accordingly, I will introduce my working methods with a technical-theoretical overview in the form of a presentation and then invite you to apply selected methods in exercises and thus gain practical experience. Finally, there will be an opportunity to reflect on the observations and impressions of the workshop and, if necessary, to classify them for your own professional development. The workshop is particularly suitable for participants who have already completed systemic training or who work in an advisory capacity.

+++ **SAVE THE DATE** +++ [www.agjf-sachsen.de](http://www.agjf-sachsen.de)

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**21. August 2024** **Im Leuchtfeuer der IJA**

*Verankerung der Internationalen Jugendarbeit  
in Sachsen*

**19. September 2024** **Die Kraft des Abhängens**

*Machtverhältnisse zwischen Erwachsenen und  
Jugendlichen (Seminar)*

**24. September 2024** **Kommt zusammen**

*Nachhaltige Bildung mittels Kochen (Seminar)*

## **Zusatzausbildung Erlebnispädagogische Prozessbegleitung in der Natur**

Die Zusatzqualifikation vermittelt theoretische Grundlagen des prozessorientierten Arbeitens aus verschiedenen Bereichen der Prozessbegleitung (erlebnispädagogisch, systemisch, initiatisch), passende Methoden, Selbsterfahrung und hinreichende Praxiserfahrungen.

**Information und Anmeldung →**

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Website: <https://abenteuer-walden.de/zqep>



Diese Zusatzausbildung basiert auf einer Kooperationsvereinbarung  
zwischen Walden e. V. und AGJF Sachsen e. V.



# uferlos

WIR MACHEN  
ES EINFACH.

## Uferlos – Specialist center for international youth work in Saxony

Uferlos is a state-wide effective professional and service offer to strengthen international youth service in Saxony. Uferlos draws on the experience of Saxon professionals and aims to support and qualify them in and for international youth work measures through further training and consulting.

### Offers

- Process-oriented consulting of supporting organizations and specialists
- Lobbying, networking of national and international actors
- Digital platform for international youth work
- Needs-oriented educational offers
- Project work in the international field

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# INTO THE WILD

## International



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Die Fachtagung wird mitfinanziert mit Steuermitteln auf Grundlage des vom Sächsischen Landtag beschlossenen Haushalts.

The conference of the AGJF Sachsen e. V. is realized in collaboration with Walden e. V. Chemnitz and with the support of the Netzwerk Erlebnispädagogische Prozessbegleitung Sachsen and the Ziel Publishing House [www.ziel-verlag.de](http://www.ziel-verlag.de).



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