

# EWES

EUROPEAN WILDERNESS  
EDUCATION SCHOOL

WE ARE NATURE



**ADVANCED SURVIVAL EXPEDITION EXPERIENCE**

**ANDORRA, VALL DE MADRIU**

**8th - 12th May, 2023**

[www.ewes.earth](http://www.ewes.earth)



## ADVANCED SURVIVAL EXPEDITION EXPERIENCE

A one-week full **Wilderness Immersion** in the UNESCO protected area of Valle de Madriu. The week considered as a mini expedition starting with its preparation guided by the Go Prepared protocol. Risk management, Emergency Response Plan, route planning, equipment and nutrition are all part of this process supported by online classes and home study exercises.

During the field week, basic survival skills such as fire making, axe and knife use, shelter building and camp management are combined with personal development exercises that normally take place slightly outside of the participants comfort zone. Meditation, sensing, observation, wildlife tracking, group dynamics and group- and self-care are de fundamentals of the learning journey. The week will end with a personal vision quest in which all the knowledge learned will have to be applied allowing the participants space for profound personal exploration and growth.

By combining the hard skills necessary in the wilderness with the soft skills needed to create memorable experiences for guests, this course offers you insights and training in wilderness expedition, survival practices, wildlife observation, interpretative guiding and hospitality, while also focusing on personal development and (re)connection with nature.

After successfully fulfilling this course you will receive an official certification of the European Wilderness Education School (EWES), a first step towards your way for the Wilderness Guide Certification Level 1 as certified by the Wilderness Guides Association (WGA).





## LEARNING OBJECTIVES

03

- 01** Survival and other outdoor skills relevant to specific environments
- 02** Push your comfort zone and deepen your own connection to nature
- 03** Awareness and consciousness on personal growth
- 04** Natural leadership and self-care
- 05** Transmission of sustainable practices to minimize environmental impacts
- 06** Understanding of participant's behavior and apply leadership techniques efficiently in order to manage group dynamics
- 07** Plan, evaluate risks and execute multi day activities in wilderness areas





## WHERE?



## COURSE DETAILS



**Language of course:**  
English



**Minimum requirements:**  
Strong motivation, physically in shape, level B2 of English



**Minimum/maximum of participants:**  
6/8



**Payment deadline:**  
15th of March 2023



**Part 1. Online preparation :**  
10th of April, 2023

**Part 2. Advanced Survival Expedition**  
8th - 12th of May, 2023




**Part 3. Post online evaluation**  
22nd of May, 2023



**Total Training Time:**  
5 hours online  
8 hours preparation  
60 hours presential



## COURSE STRUCTURE

<b>1</b> PART 1	<b>ONLINE CLASS</b> 1 Online session - remote learning. Introduction, ERP, Risk Management, Route planning, Go Prepared protocol	1 DAY	
<b>2</b> PART 2	<b>ADVANCED SURVIVAL EXPEDITION EXPERIENCE</b> Expedition sleeping in improvised shelter. Madriu Valley, Andorra.	5 DAYS	
<b>3</b> PART 3	<b>ONLINE CHECK OUT</b> 1 Online session - evaluation and check out	1 DAY	

**Course fee:**  
€725 per person

### Services included:

- 1 Online preparational session
- 1 Online post session
- 5 days/4 nights of training on site
- Permits for activities within in the natural protected area of Valley Madriu
- Group safety equipment
- Training material
- 1 EWES Survival Expert
- 1 EWES Instructor
- Accident insurance

### Excluded:

- Food during the course
- Personal equipment
- Personal expenses if any
- Transport to destination





## **SCHEDULE** (in GMT+1 or CET)

### **ONLINE PREPARATIONS**

Monday 10th April, 19:00h – 21:00h

Introduction & Go Prepared Protocol, Route Planning,  
Expedition Nutrition

### **PRACTICAL MODULE IN ANDORRA**

Start activity Andorra:

Monday 8th of May 2023 at 11:00h

End activity Andorra:

12th Friday of May 2023 at 15:00h

### **MEETING POINT**

Parking de les Fonts

Ctra. d'Engolasters AD700

Escaldes-Engordany, Andorra

42.517314, 1.571293





## MATERIAL LIST

### ONLINE CLASES

- Computer or laptop (Word, Google Earth, Garmin Basecamp)
- Pen, paper

### SURVIVAL MODULE

- Backpack (minimum 45 liter)
- Tarp (2x3 meters)
- Sleeping bag (comfort -3 - 0° degrees Celcius)
- Sleeping matrass
- Sun had or Buff
- 2 pair of socks
- (Thermal) underwear
- Thermal 2nd layer
- Waterproof 3th layer (preferably nature colors)
- Paracord (15 m, 3-5 mm)
- Survival knife (no pocket knife)
- Cooking gear (1 pot, 1 stainless steel bottle)
- Compass
- Food for 4 days
- Personal first aid

### IMPORTANT NOTES

- Maximum allowed weight is 10 kilos (all gear, food and water needs to be in the backpack)
- No throw-away plastics allowed (food packages, etc.)

### Provided by EWES

- Fire steel
- Group safety material

Pocket size





## WE ARE

# Creating experiences of Being and learning in nature

We believe all life on earth is connected. We are one. . . we are nature.

We are **co-creating** a world in which all beings are connected to everyone and everything.

We do this by creating experiences of **being and learning** in nature and inspiring to lead and live from that wisdom.

The experience of our guides and experts allow us to explore to the edge within a **caring and empowering environment** and the best safety standards framework.

After fifteen years **learning, growing and evolving** EWES has transformed into an intentional community of purpose driven, committed, passionate individuals who thrive in the knowledge, a continuous pursuit for genuine growth and evolution targeting **health, awareness, and most of all joy for life.**

Dare to join us on that wonderful journey. . .



Association EWES is a trainings institute certified by the Wilderness Guides Association (WGA) and accredited by the Institute of Profesional Education of La Pobla de Segur in Catalunya.







## CONTACT INFORMATION EWES

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