

Discovered Spaces

is inviting you to a 4 day course:

Wilderness Facilitation & Group Dynamics

Certification:
Foundational Training in Experiential & Outdoor Learning

Recognized by Adventure Therapy Institute





Introduction

Step Outside. Step into the wild.

Do you want to make a deeper impact as a coach, therapist, or leader?

Real change doesn't happen in the comfort zone — it happens out there, when people face challenges, listen, and trust each other.

The wilderness isn't just a place. It's a powerful teacher that reveals how we connect, lead, and grow.

Learn how to use nature as your partner to build trust, resilience, and true transformation — even when the fire won't light.

Contents



01/ Self–Awareness

The journey starts with you.

Participants explore their own patterns, emotions, and comfort zones through solo experiences and guided reflection in nature. They learn to observe themselves — physically, emotionally, and mentally — and to connect with nature as a mirror and co-therapist.



02/ Group Dynamics

From “me” to “we”.

Participants experience group processes, roles, and trust-building through experiential activities. They explore communication, cooperation, and conflict as natural learning fields — discovering how groups function and how individuals influence collective outcomes.





03/ Facilitation

From participant to guide.

Participants learn to accompany processes rather than direct them. Through reflection models (Kolb's Cycle, Comfort Zone Model, TZI by Ruth Cohn), they practice facilitating group experiences, creating safe spaces, and leading meaningful debriefs in outdoor contexts.



04/ Leadership

Leading with awareness and responsibility.

Participants take on leadership roles during expeditions and outdoor challenges. They develop practical skills in trip planning, risk management, and group organization — while embodying a mindful, ethical approach to leadership in nature and beyond.

Program Overview

- Day 1

Challenge & Comfort Zone: Arrival, introductions, trust exercises, outdoor skills, reflection

- Day 2

Self & Group Awareness: Group challenges, solo reflection, group dynamics, self-organization

- Day 3

Leadership Awareness: Expedition, leadership rotations, solo experiences, Kolb's experiential learning, reflection

- Day 4

Integration & Facilitation: Trust exercises, conflict management, facilitation tools, final reflection



Dates

June 17-21, 2026

Rhodope Mountains / Chatama

Arrival: Wednesday afternoon

Return: Sunday afternoon

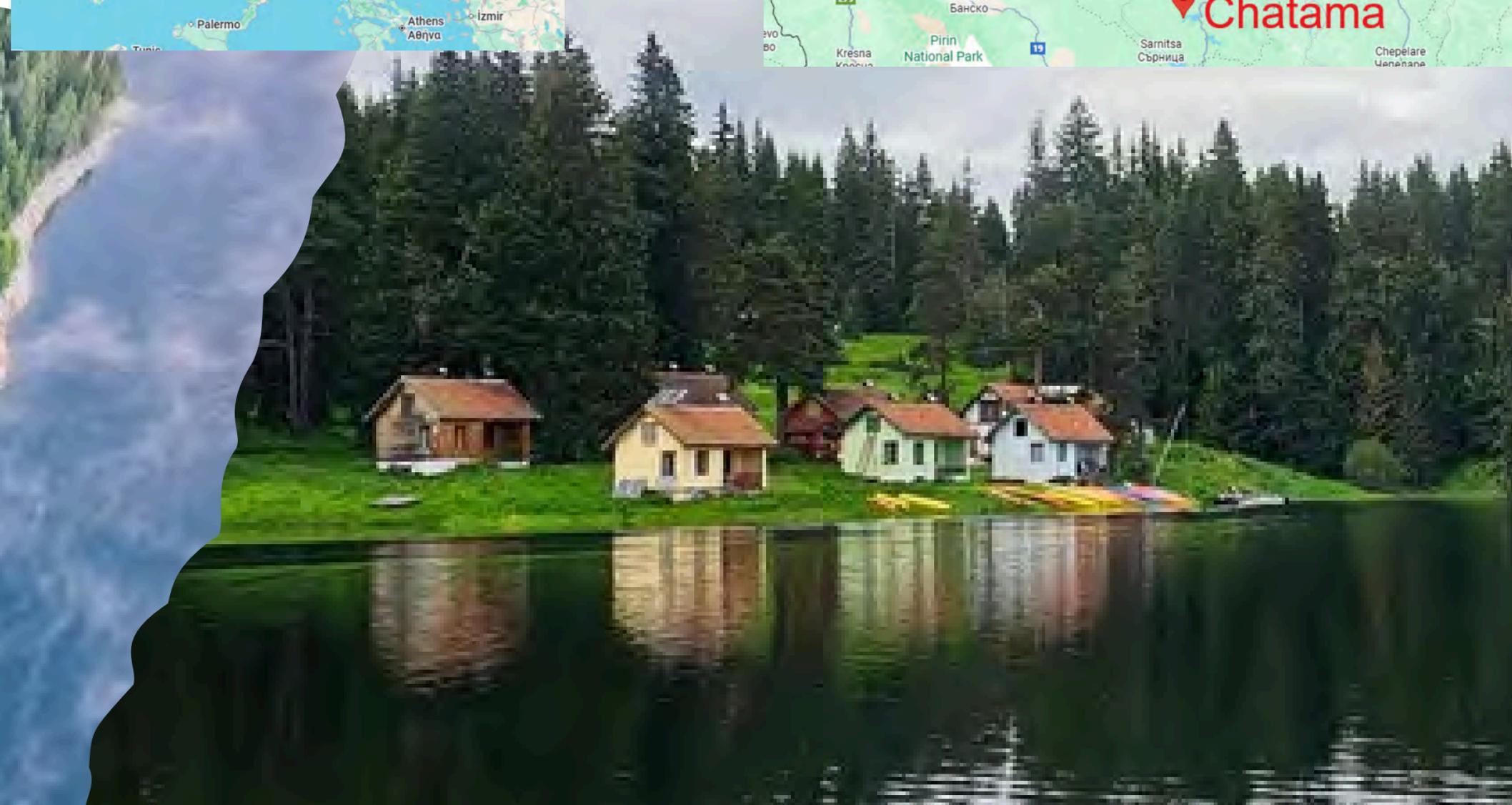
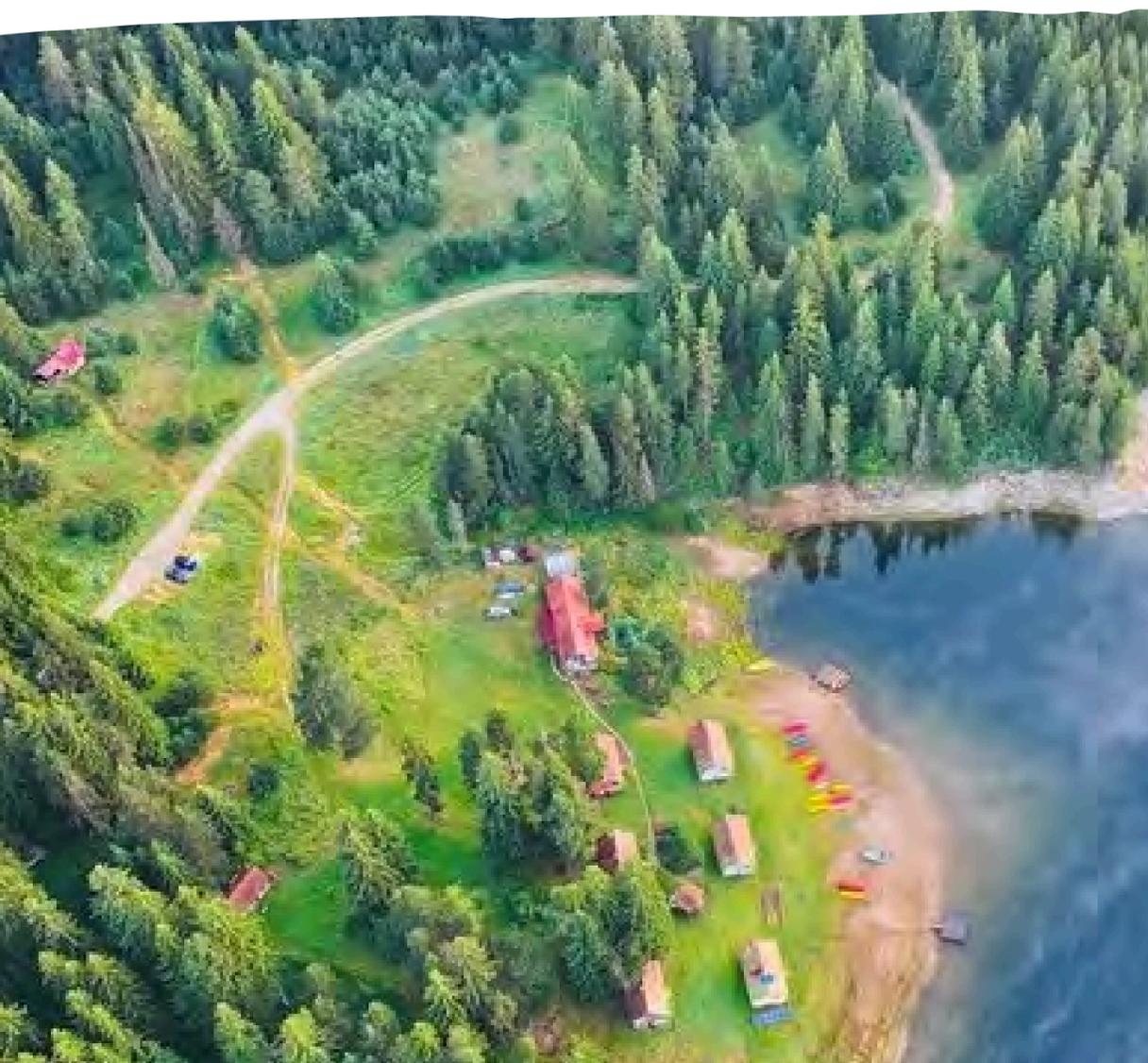
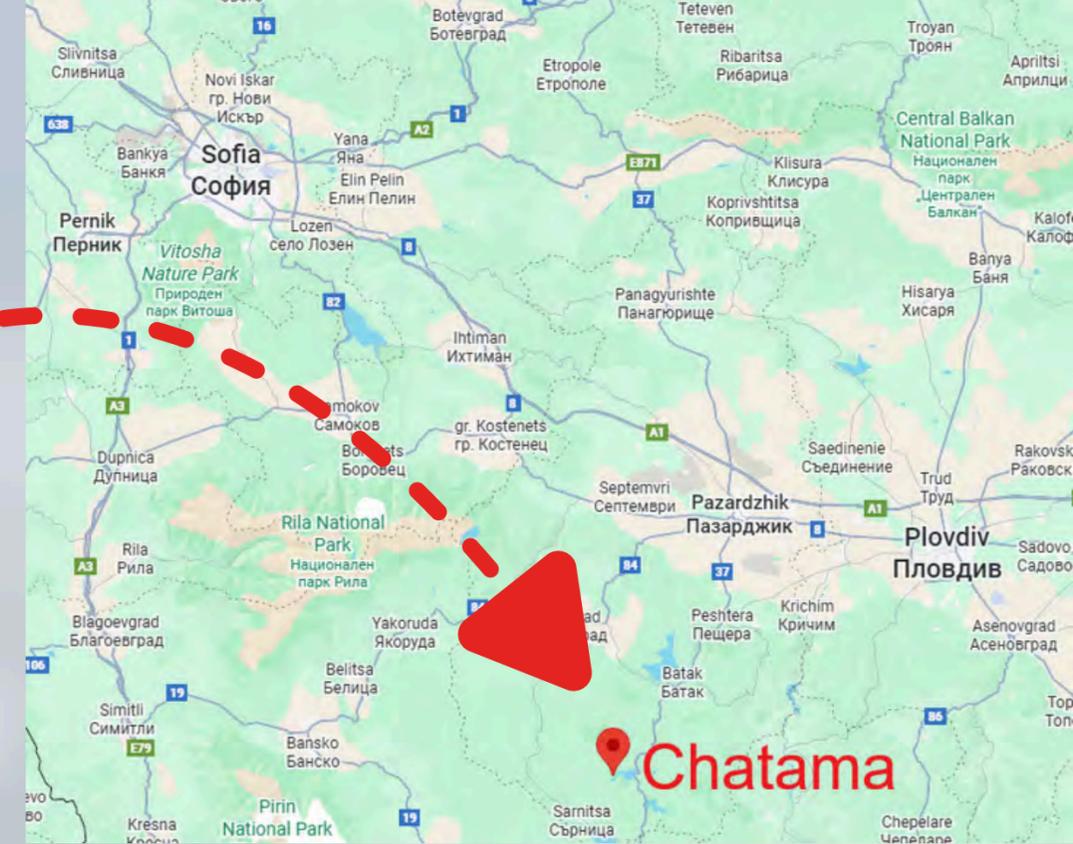
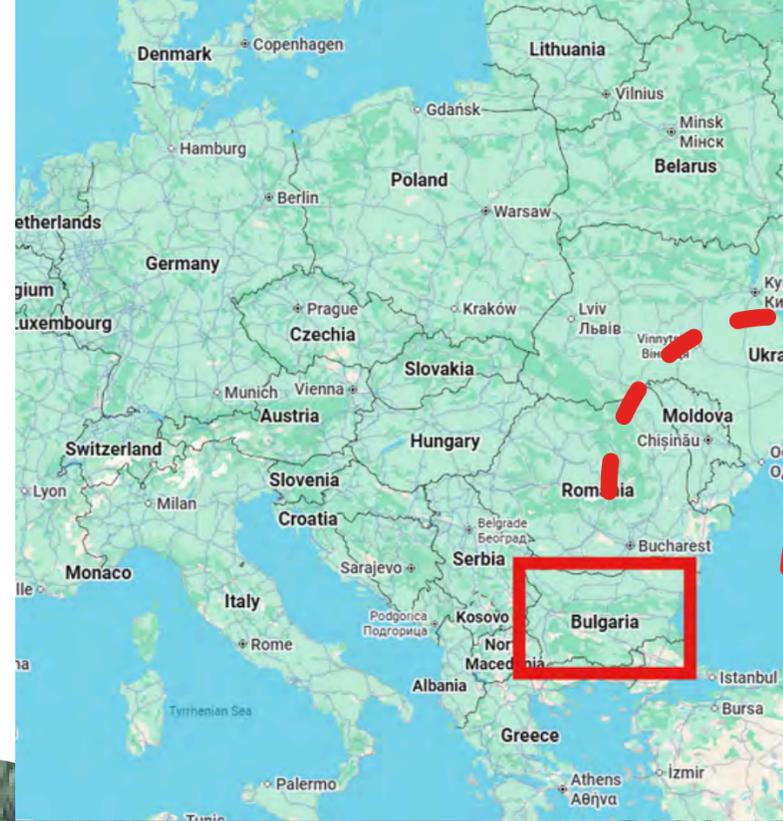
June 2026						
Rhodope Mountains / Chatama						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 Arrival WED	18 THU	19 FRI	20 SAT	21 Return SUN
22	23	24	25	26	27	28
29	30	1	2	3	4	5



Location

Bulgaria, Beglika dam / Chatama

3 hours driving from Sofia



Certification & Next Steps

Upon completion of the course, the hours and course days will be certified. These are recognized by the Adventure Therapy Institute as training/experience hours counting towards the participation requirements for Level 1 - Adventure & Nature Therapy Practitioner.

Participants will receive a certificate of participation that is recognized by the ATI (Adventure Therapy Institute) and partner organizations.

Practical Information

- Group size: limited to 20 participants
- Language: English
- Hours: 4 days training course + self organized learning (60 hrs recognized by ATI)
- Equipment: List of required personal gear (backpack, tent, sleeping bag, hiking boots, etc.) will be shared upon apply.



Certification & Recognition



Upon successful completion of the course, all training hours and course days will be officially certified.

These hours are fully recognized by the **Adventure Therapy Institute (ATI)** as accredited training and experience hours, contributing toward the participation requirements for **Level 1 – Adventure & Nature Therapy Practitioner**.

Participants will receive an **ATI-endorsed Certificate of Participation**, acknowledged by the **Adventure Therapy Institute** and its international partner organizations.

Recognised by ATI



Price & Registration

What's included: facilitation, materials, accommodation, vegetarian meals, boat ride to the place and back.

What's not included: travel to/from Sofia

Registration deadline: 01 June 2026

Discount:

Bundle of Level 0 & 1

(10% of the price of Level 0 and 5% of the price of Level 1)

	Balkans & Eastern Europe	Central & Eastern Europe	Western Europe	Northern Europe
Course	530€	646€	820€	1.310€
Accommodation	250€	250€	250€	250€
	Bulgaria, Romania, Serbia, North Macedonia, Albania, Bosnia & Herzegovina, Montenegro, Kosovo, Moldova, Ukraine	Greece, Poland, Czechia, Slovakia, Hungary, Slovenia, Estonia, Latvia, Lithuania, Turkey	Austria, Germany, Belgium, The Netherlands, France, Ireland, UK, Italy, Spain, Portugal, Finland, Iceland	Switzerland, Norway, Luxembourg, Denmark, Sweden

*Prices are calculated based on gross domestic product (GDP). What counts is the country where you earn your living, not necessarily your citizenship.



**DISCOVERED
SPACES**

**A social endeavour with many
successful multinational
projects.**

- To support the personal and professional growth of individuals and groups by creating spaces for encounters, collaboration, and dialogue.
- To broaden inner and outer horizons through creativity, community work, cultural, educational, and environmental activities.
- To explore new forms of creative expression that engage diverse audiences in creating art and meaning.



Adventure Therapy Institute (ATI)



The Adventure Therapy Institute (ATI) is a European organisation for professional training and innovation in Adventure & Nature Therapy.

We offer advanced qualification programs, digital publications, and international exchange to strengthen quality and professional standards in the field.

Since 2010, ATI has provided training across Europe and Latin America, actively contributing to global networks such as Adventure Therapy Europe (ATE) and the Adventure Therapy International Committee (ATIC).

As a Think Tank and training hub, ATI connects research, practice, and people who share the vision of using nature as a catalyst for human growth and healing.

Institute for Adventure, Outdoor & Nature Therapy GmbH & Co. KG

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Contact & Registration



Ready to start your journey?

Register here:



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discovered-spaces.org