

# Youth Vision Quest & Young Adults



August 3 - 16, 2020

Swiss Mountains, 2000 m

Guided by Brigitte Kaesermann &  
Eberhard Otto



## **Who are you? Are you ready to take the challenges, life has given you?**

The vision quest is a rite of passage into your own life. It is a confrontation with oneself, with solitude and the power of nature. The decision for a youth quest in the Swiss Alps is a very special opportunity to connect on a deep and personal level with life, nature and the spirit of the mountains.

To understand life as an ongoing, constant challenge, asks for an interaction between heart, body, mind, and soul. A vision quest is about clearing the mind and nourishing the heart. It's meeting the unknown, feeding a different kind of hunger and thirst. All cultures have long traditions with these things. This is what many young men and women want to touch: To go beyond the world they know and to become more the person they are!

While you are alone in the heart of nature of the Swiss mountains, without food and a bare minimum of equipment, you might ponder questions like: „Who am I?“ „Where do I come from and where will I go to?“, „What am I going to do about those things that stand between me and full emancipation from childhood?“ „What do I really want in my life?“

Preparation, Solitude, Integration

The youth quest is open to anyone from 16 - 33 years. It lasts 13 days. There are 6 days of preparation, 3 days and nights fasting alone in a wilderness place and 4 days of integration into your everyday life.

For Registration & Information please contact Brigitte Kaesermann

After your registration you will receive further information how to prepare for the youth quest. An early equipment list helps you to collect the things which will keep you warm and save in the mountains.

Costs

Youth seminar fee CHF 780.- to 1020.- (according to your means)

Young adults seminar fee CHF 1250.-

Accommodation & boarding costs, about CHF 470.-

Vision Quest Guides: Brigitte Kaesermann and Eberhard Otto



**Brigitte Kaesermann**

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