



CARIBOU AZORES

Testimonial Elisabeth and Nadja

It was before Christmas when my niece Nadja and I spontaneously decided to take part in the experiential week 'The co(s)mic human' at the beginning of July. Nadja in particular has been following the exciting activities of Caribou Azores for quite some time and always reads the inspiring newsletter with great interest and curiosity. Her enthusiasm was contagious, and the offer spoke to both of us, immediately capturing our imagination! The title alone is an invitation to participate, after all, aren't we all a little 'cosmic' and 'comical' as earthly beings from time to time? So it felt good to move a little closer to this shared feeling, and that's how we found ourselves drawn in.

The week lives up to its title! The organisation was almost 'cosmically' good – a harmonious balance between Regula's drive and Urban's open, creative energy. From the very beginning, we felt warmly welcomed, and the informal and relaxed atmosphere within the group allowed everyone to show their serious and 'comical' sides. There was a lot of laughter...

Urban's broad and comprehensive knowledge of the demanding path of development and becoming human is remarkable. He brings so many threads together and reveals parallels between different perspectives (both Eastern and Western), making us aware, time and again, of deeper connections. At times, we were a little overwhelmed by his morning Impulses – bringing together all the new knowledge and insight. However, questions were always welcome, and Regula's real-life examples as well as the open exchange that followed invited discussion and shared reflection.

The daily excursions also provide an opportunity to let the new seeds take root. In fact, the island of São Miguel is every bit as good as the experiential week. The lush greenery, the bright hydrangeas, the Atlantic, the dolphins and whales – it's paradise! Regula and Urban know 'their' island inside out, accompanying confidently to the most stunning 'miradouros' (viewpoints) and enriching the experience with fascinating stories. Another highlight was the selection of charming restaurants, handpicked by the well-travelled Regula, for the evenings. One place opened its doors just for us, so to speak, in others, we might not have ventured in on our own. Not to be forgotten: breakfast at the incomparable Convento: bolos lêvedos with island cheese and fresh pineapple from the plantation next door. The experiential week was a delight for us from morning to night and an enrichment for all the senses!

We highly recommend extending the experiential week with an additional vacation week – just as we did – on one of the other Azorean islands. As Urban has [visited all nine islands](#), he is happy to share tips in advance.

A heartfelt thank you, Regula and Urban! See you soon – até logo!

Elisabeth Schwegler and Nadja Stöckli, Switzerland



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