



Inspirational Overseas Learning Experiences

For powerful results personally and professionally

Costa Rica 2012

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From Ken Hames



Hello and thank you for showing interest in our 2012 Farscape Overseas Learning Experience to Costa Rica. We've set up this Experience because we want to inspire you to go on a personal journey that will help you to reflect on your work behaviours and relationships; how you can become the best you can be; and ultimately to help accelerate your development so that you can reach your personal and professional goals faster - all in an amazing location.

My name is Ken Hames and I lead Farscape's team of facilitators. I ensure that our team are highly trained to look after your safety and oversee your personal development on your journey. I have completed over 20 overseas expeditions to mountains, forests and deserts around the globe and I am passionate about giving people the opportunity to achieve extraordinary things. Over the last 4 years I have led 3 expeditions with people with disability, which has been televised in the BBC2 'Beyond Boundaries' series. When not working on expeditions and documentaries I deliver motivational talks and training to businesses. Previously I served for 25 years as an Army Officer and was part of the Special Air Service.

I am incredibly excited about this pioneering Overseas Learning Experience to Costa Rica. During your two-week journey you'll experience its arid, remote mountain ranges, the majestic cloud forests that swathe the mountainsides; its flourishing rainforests and finally the coastline of the Caribbean Sea. During the trip you will be accompanied by members of the indigenous Cabecar Indian tribe, and you have special permission to pass through their reserve. As well as learning some of their survival skills you'll also have an opportunity to discuss their approach to leadership within their community. You will be the first team to complete this 'summit to sea' journey that combines challenging trekking and river-rafting!

It is on this unique journey that you will meet and work alongside other high potential and dynamic delegates; share knowledge and experiences and begin to unpack the personal, team and high performance issues that reveal themselves as you negotiate unfamiliar terrain and situations. Your Farscape leader and facilitator will be the driving force behind the Experience but you, together with your fellow participants, will drive the outcomes.

The Farscape Overseas Learning Experience will give you the chance to re-energise, review your behaviours and motivate yourself through reflection and discussion, away from your workplace and in an environment where decisions have real and immediate consequences. This is your chance to have a life-changing experience that will remind you of what your personal values are and what drives you; and how you can use them to improve work and home-life.

I guarantee that you will not be disappointed in either the location or the experience. In the wilderness - away from the bustle of everyday life - you have the space to think, and you'll arrive at a place where powerful instinct replaces tired processes.

In the following pages you'll find more information on the itinerary, Costa Rica and Farscape Development. If you would like to chat about any aspect of the Overseas Learning Experience, please feel free to contact my colleague Ruth Moody at Farscape Development on 0117 370 1801 or email ruth@farscapedevelopment.co.uk.

I hope you can join us.

Ken Hames - Head of Operations

2. Who is this Overseas Learning Experience for?

When you want to take the next step in your career it's not always easy to find the catalyst or opportunity. You know that you excel in some areas and you want to stretch and develop yourself so that you're ready for that next step. To be successful it's important to know what motivates and inspires high performance in you and others. This Overseas Learning Experience is for high potential employees and new managers who know that people are at the heart of a successful organisation, and who value the importance of personal development.



If you are an individual in business, or you are responsible for finding training opportunities for senior management or promising staff, you may not know how a Farscape Overseas Learning Experience can bring about a return on investment. If this is the case, please read on! We are also happy to talk you through the benefits compared with more traditional training initiatives. Please call Ruth on 0117 370 1801 or email ruth@farscapedevelopment.co.uk.

3. Why join an Overseas Learning Experience?

As dynamic and ambitious employees you'll be full of energy and enthusiasm for your work; you'll always be looking for ways to excel and you'll know how important it is to build trust and respect with the people around you. However it's all too easy to get lost in everyday processes and forget about the importance of relationships in being successful. This Experience is about stretching and inspiring you so that you can reach your goals faster and inspire great things in others.

At Farscape we believe that the best way to develop high performance is by taking individuals out of their comfort zones into more unfamiliar and dynamic environments. It's also an opportunity to reconnect with your instincts as you respond to the landscape and the people in Costa Rica.



A Overseas Learning Experience in a wilderness environment provides the perfect medium to explore areas that are personal to you and that will make a difference to your life. As a result the Experience is combined with facilitated discussions, reflection time and coaching to help you get the most from your time away.

Here are just some of the ways that you can benefit from a Farscape Overseas Learning Experience in an increasingly challenging market-place:

- **Reflect on your behaviour with the help of a coach and other high calibre delegates** and recognise what you do well, and where you can improve
- **Refresh and re-energise yourself** and take back new ideas and enthusiasm
- **Review your past experiences** and identify personal and professional actions that you would like to take

Why are these things important?

- So that you feel calmer, more confident and focused, and that you are moving towards your professional goals whilst still devoting the time that you want and need to your personal life

Farscape are currently working with a number of high-profile companies such as **Norwich Union, Allianz, Sir Robert McAlpine, Airbus and Stena Drilling**, and you can read our success stories at: www.farscapedevelopment.co.uk. Alternatively, see the testimonials in **Section 5. About Farscape Development.**



4. Your destination and itinerary

Farscape Overseas Learning Experience – Costa Rica 2012
Departs 1st-15th December, 2012



Costa Rica is one of the most bio-diverse countries in the world and we're proud to be the first expedition team to conquer this particular 'Summit to Sea' route. Starting in the Chirripó National Park you'll cross the remote, windswept paramo before ascending the mighty Cerro Uran (3,333m) – part of Costa Rica's southern Talamanca mountain range.

From the summit of Cerro Uran, you'll descend through the majestic cloud forests that swathe the slopes of the mountainsides. Their name comes from the almost constant veil of clouds that envelop this elevated rainforest, collecting moisture to provide a crucial watershed for the areas below.



You'll cross another major ridge before entering the majestic rainforest of the Pacuare Valley in the province of Limón, where you'll trek along the river. The rainforests are home to a spectacular range of beautiful creatures – three different species of monkey; jaguar; the toucan, macaw and quetzal; two-and three-toed sloths; toluquitos; tapirs; snakes and lizards! But don't worry – we will brief you on the precautions you should take with certain wild animals!

Over the course of the Learning Experience, we are honoured to be accompanied by members of the Cabecar Indian tribe. They have granted us special permission to pass through their reservation, and you will spend time with them - building and spending a couple of nights in their traditional shelters, and discussing their approaches to leadership and organisation within their communities. They have also agreed to share with us their rainforest survival-skills.

Numbering around 4000, the Cabecar tribe are the largest indigenous group in Costa Rica. They are a shy and reclusive people who have maintained much of their tradition, whilst adopting those elements of modern culture that has proven helpful to them, such as modern healthcare and education. They do not live in villages, but prefer to live in scattered family units. The Zutkia, or shaman, is a key influence on their culture and is respected as priest, healer and custodian of both folk and forest lore. For them to invite us into their lives is a tremendous honour, and our time with them will give you an amazing insight into the life of these indigenous people.

For those of you who love adrenalin, you'll embrace the next part of the Learning Experience which involves rafting 50 km of grade 3 and 4 river-rapids! You will be running the top sections of the river that no commercial clients are taken to. As the valley opens out into calmer water, you'll stop to build your own rafts and paddle the final leg of the trip all the way to the Caribbean Sea!



This is a truly challenging trip, and there is no record of this trip having ever been completed in a single leg before! You will be the first expedition team to complete this 'summit to sea' journey.

The itinerary will be finalised in conjunction with your team and leader during your pre-departure training. The journey you take will be shaped and moulded by you, and decisions about direction and duration will be made within the team. Where possible we

will provide a number of options and guidelines for you to discuss in order to help you make your final decision.

Personal Development during your Overseas Learning Experience

This Experience will involve a small group of up to 12 high performance delegates, a Farscape leader and an expert facilitator.

This is not a holiday. The Experience will be demanding, both physically and mentally and you will camp out for the majority of nights.

As you trek the dense forests and raft the rivers, you will embark upon a powerful and emotional journey. Although the destination may sound idyllic, the purpose of your journey is to give you the space and time to reflect, learn from others, cope with dynamic and changing situations in a demanding environment and re-connect with your personal values and what drives you. As such you are likely to reach profound conclusions about changes that you want to make in both your personal and professional lives. In these environments, self-leadership and the art of supporting, following and motivating others will all be crucial to your success. Personal learning logs, one to one coaching both during and after the journey, mentoring and facilitated feedback will shape your experiences.

We provide a full 14 day itinerary, which is circulated to delegates prior to the Experience, along with a handbook, kit-list, your insurance documents and health and safety advice. We also schedule a training course in Herefordshire at a convenient time prior to departure.



5. About Farscape Development Ltd.

Farscape Development Ltd. specialise in high impact, experiential training that has powerful results in the work-place. We run tailored, UK-based courses and experiences for companies who want to drive business results and people performance – and Overseas Learning Experiences for individuals in the business world who need a fresh perspective to improve their skills and take their companies forward.



We guarantee outcomes that are aligned with your personal and business needs and we work alongside some of the world's leading facilitators to achieve this. Our facilitators include inspirational expedition leaders such as **Ken Hames** (*Beyond Boundaries* BBC2 and *Mission Africa* BBC1, www.kenhames.com); **Justin Featherstone**, who has been instrumental in training leaders from military, public sector and corporate backgrounds at the Royal Military Academy Sandhurst, and **Mac Mackay**, a highly qualified facilitator who is a member of the British Safety Council and who has achieved the coveted *Union International Association Guide Montagne* (UIAGM).

Farscape was founded and is run by **Ruth Moody**, who has worked in the training industry for 10 years and is passionate about giving people the opportunity to learn through experience. She has pioneered the 'values-based' learning ethos that forms the foundations of Farscape's approach to training. Ruth is a trained and qualified as a facilitator and expedition leader, and has led expeditions to Morocco, India, Kenya and Peru.



What companies have said about Farscape Development courses:

"The programme that Farscape designed exactly matched our needs and addressed all of our issues and more...Feedback from everyone has been excellent. Norwich Union is committed to training and we are planning more training with Farscape to build upon this success."

Liz Timms, Head of Key Accounts, Norwich Union Life

“Not only was the course put together very well, but the instruction was some of the best I have come across, with every subject delivered not only with the confidence of knowledge and experience but also with a fair bit of "dynamism". Thank you for providing the best SRM course I have attended in my years with the company.”

Richard Lewis, Sir Robert McAlpine

“I learned so much about myself and my team, working with a group at the forefront of my mind rather than myself! I will take this lesson back to my business and my new leadership skills will help not only my employees but my business succeed.”

Debbie Kleiner-Gaines, Managing Director, Best Health UK

"This was the fifth in a series of teambuilding/motivational events which I have organised, and Farscape is the only one that delivered all our objectives and more".

Hugh Price, Professional Development Manager, Sir Robert McAlpine

“I didn't realise how much the trip had helped me until I came back home, to put it simply it was an amazing journey both physically and mentally.” *Christine Bellenger, Allianz Insurance, Expedition Delegate*

To find out more about our UK-based courses and overseas expeditions, please visit www.farscapedevelopment.co.uk or call Ruth Moody on 0117 370 1801.



6. Programme fees and booking instructions

Please don't hesitate to call if you are interested in our Inspirational Overseas Learning Experiences, or our UK-based courses. We are happy to talk you through the benefits of this type of experiential training compared with classroom-based approaches, and to explain how the outcomes can benefit you. You have no obligation to proceed with a booking.

- Call Ruth Moody on **0117 370 1801**
- Email ruth@farscapedevelopment.co.uk indicating a suitable time to contact you.

If you have already decided to join us on our Costa Rica Experience, please request a Booking Form using the contact details above. Please note that places are limited. Please remember that you must be free to travel between the 1st and the 15th of December 2012. If you cannot make this date, please enquire about other Farscape Overseas Learning Experiences. Your pre-departure training course and post Overseas Experience

coaching dates will be confirmed later in the year. Both of these are an essential part of the Learning Experience. Your leader and facilitator will also be confirmed later in the year and you will have the opportunity to meet with them prior to departure.

Programme Fees

The cost for this programme is **£5,495 per person** and is **inclusive of flights, insurance and all in-country costs**. You will be required to bring basic kit which you may not own and which is not included in the price. Prior to the Experience we will provide you with a training course, a kit-list (with a 15% discount at Nomad Travel Stores), insurance, health and safety advice and a handbook.

We look forward to welcoming you on this fantastic journey!