



## **Inspirational Overseas Learning Experiences**

**For powerful results personally and professionally**

# **Italy 2012**

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## From Ken Hames

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Hello and thank you for showing interest in our 2012 Farscape Overseas Learning Experience to Italy. 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 personal objectives, learn from other business leaders and share best practice – 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 Italy. During your 6-day journey into the remote Toscolano-Maderno region of northern Italy you will explore the majestic mountains which tower over Lake Garda, stay in secluded mountain refugios and experience working alongside and guiding first-class horses who will carry all of your kit and support you on your journey. The local people are amongst the most welcoming I have ever come across in the world and this is a fantastic chance to meet and interact with them.

It is on this unique journey that you will meet and work alongside experienced and inspirational business leaders; 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 this rugged environment - 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, Italy 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](mailto:ruth@farscapedevelopment.co.uk).

I hope you can join us.

A handwritten signature in black ink, appearing to read 'Ken Hames'.

Ken Hames - Head of Operations

## 2. Who is this Overseas Learning Experience for?

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When you've reached the top of your organisation or run your own business, it's important to take some time out for you and to re-connect with what motivates and inspires high performance in you and others. This Overseas Learning Experience is for senior managers and business leaders 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](mailto:ruth@farscapedevelopment.co.uk).

## 3. Why join an Overseas Learning Experience?

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As business leaders you'll be at the top of your game; you'll be highly respected 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 your own needs and the needs of those around you. This Experience is about inspiring you so that you can 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 Italy.



**An 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 other experienced business leaders 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 focused, and happier because you are able to be successful in your role whilst still devoting the time that you want and need to your families

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/casestudies.php](http://www.farscapedevelopment.co.uk/casestudies.php). Alternatively, see the testimonials in **Section 5. About Farscape Development.**



## 4. Your destination and itinerary

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### **Farscape Overseas Learning Experience– Italy Expedition 2012 10<sup>th</sup> – 15<sup>th</sup> April 2012.**

Lake Garda in Northern Italy provides some of the most spectacular scenery in Europe. This area, only a few kilometres south of the high Alps, contains one of the most remote wildernesses in Italy. The terrain is rugged, with steep valleys and castellated ridges up to 7000 feet high. It is infamous for its violent thunderstorms and flash floods. Nestled in the valleys and on the alpine pastures are the refugios used by farmers, hunters and bandits. The mountain tracks take you through virgin forests to the remote high pastures, which are seldom seen by human eyes. It is a place steeped in history and legend and offers an ideal location for adventure and exploration.



Arriving in Milan, Italy's cosmopolitan northern capital, you will begin your Experience by travelling out to spend your first night in the scenic Italian countryside. Approximately 2 hours East of Milan the Toscolano-Maderno region to the north-west of Lago di Garda provides the perfect contrast to the bustle of Milan, set with the backdrop of the tranquil Lake.

The first night will be spent in Gaino; a village presided over by a majestic mountain referred to by locals as the 'Castello'. Over the course of many generations horses have become an integral part of this village's culture and thanks to this tradition, magnificent horses will be provided for the group to use over the trip. Here in Gaino you will be briefed on the challenge which lies ahead of you and will spend the evening in the atmospheric accommodation of the 'Scuderia Castello'.

The following day, you will begin your journey through the foothills of the Italian Alps. You will navigate your way on horseback or on foot to Campé, leading horses which will carry your equipment. Although you will be accompanied by a local guide and instructors, the journey will require leadership and teamwork, logistics and planning; skills which you as a group will provide yourselves. After completing this spectacular and exhilarating trek you will reach your base for the night.

Once there you will begin to learn about and value a landscape packed with natural resources and a way of life which has changed very little over the passage of centuries. By this point you will have had the opportunity to meet with some of the few locals who understand this rough terrain and picked up useful tips about surviving and navigating in such a remote place.



After a peaceful night's sleep in this awe-inspiring environment you will wake up to a morning of careful planning and preparation for the day ahead. In the afternoon the journey continues to take you through landscapes of breath-taking beauty, to remote locations where coming across other people is rare. Instead the place is populated by an abundance of alpine flora and fauna. In the heart of this beautiful landscape you will spend your third night, sleeping beneath the stars, surrounded by the sounds of the Italian wild.

The fourth day will see the completion of your task before you begin the journey to return the horses to Gaino on day 5. Wherever you are over throughout the journey, your nights will be spent around the campfire with the sounds of the forest all around. Italy is a beautiful country and your Farscape Experience will take you truly into the wilderness where you can reflect on the stresses of everyday life; start to feel inspired and reconnect with what is important to you.



The itinerary will be finalised in conjunction with your Experience team and leader during your pre-departure training. The journey 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 Expedition Experience**

This Experience will involve a small group of up to 12 business leaders, an expedition 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 rugged terrain of northern Italy, 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 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 6 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.**

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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](http://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](http://www.farscapedevelopment.co.uk) or call Ruth Moody on 0117 370 1801.

## 6. Programme fees and booking instructions

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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](mailto:ruth@farscapedevelopment.co.uk) indicating a suitable time to contact you.

If you have already decided to join us on our Italy 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 10<sup>th</sup> and the 15<sup>th</sup> April 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 **£2,495 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!**