



#### Info

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#### Seminar costs for 21 days:

starting from € 980.-  
by self-assessment

discount available  
for young people with  
financial problems

Vegetarian full board and  
infrastructure costs:  
ca. € 420.-

& your family  
contributes to their stay  
detailed info will follow  
after your registration:

[www.creavista.org/en/registration](http://www.creavista.org/en/registration)

# Maturity Challenge in Wilderness

## VisionQuest for Youth

## »Butterfly Time« 2023



### Coming of Age 19.07. - 10.08. 23

### Alpe Meccia, Macugnaga, Italy



#### VisionQuest for young people

A ritual to search for your life's purpose ... Recognize who you really are ... Discover your life's work ... Follow your dream worth living. Since ancient times, it has served humans to mark turning points in life. As a rite of passage on the threshold to adulthood, Vision Quest in wild Nature had a firm place in many cultures. We have transformed the ancient VisionQuest ritual by giving it new life and incorporating a modern structural approach.

**Your path of unfolding as a free and independent adult ...** With courage, a healthy self-esteem and clear focus ... Three special weeks for young people aged ca. 16 - 29 years ... You have already lived through childhood and adolescence, now you are facing the greatest challenge of your young life.



**So many questions are coming your way ... you might ask yourself:**

- What do I want to do with my life?
- Who do I want to be as an adult?
- How do I find my own place in the world?
- What are my strengths and weaknesses and how can I balance them?
- What would I like to learn about myself?



What do courage, freedom and responsibility mean to me?

What do love and sexuality mean to me?

#### Which of this themes resonate with me?

If one of the questions posed above means something to you, you are ready for this Path of the Quest. We invite you to participate in a threshold ceremony, that will help you gain clarity about yourself, your realistic possibilities and your own, original decisions. You will be better equipped and empowered to find your answers, your path and your next steps ...

You will have the chance to become that person, you have always dreamed of. You are about to conquer new spaces, pushing boundaries; overcoming the barriers of your childhood, you are about to be an adult in maturity!







Campus  
CreaVista  
www.creavista.org



## Reflections of some participants

»I have gained self-confidence and enjoy life more intense«, **Valeria, 17**  
 »Now I have become the man who starts his own life anew«, **Antonio, 23**  
 »I felt accepted for who I am«, **Delfina, 19**  
 »It was a concrete chance to meet myself instead of the next drug«, **John, 21**

### Alpe Meccia, our preferred place

Our wilderness camp is an intensive period of preparation for the **VisionQuest**.

We work about 3 hours a day: in the kitchen, chopping wood, fetching water, etc. in service of our community. Every Day we explore the surrounding wilderness, standing in awe, wondering at the miracles we don't know ...

We strengthen our bodies with movement, relax and enliven ourselves with rhythmic games, drumming and singing. Lots of fun and laughter are the spice of life.

In our daily circles around the community-fire, we will share honest conversations. Central themes of becoming an adult - such as frustration, adjustment, school, job choice, relationships with self and others, first love, sex, drugs, relationships with parents, etc. ... will be treated with care and confidentiality in a sensitive way.

We all live there in own tents, a large yurt will be our heart center.

Well prepared and informed about the challenges of the wild land,

... you will live **3 to 4 days/nights** in the **nature**  
 ... **alone** and **fasting** at a **place** of your choice  
 ... in the **wilderness** of the **alpine mountains**.

When you return, over the next 5/6 days of integration, in the »Council of Elders«, you'll find attentive listeners, who'll help you spot the treasure inside what you have experienced - soul-food for your new stage of life.



If you agree, we invite your parents and siblings as your guests, for the 5/6 days of storytelling, to celebrate with them your conscious transition from childhood to adulthood.

The exchange between parents and children can develop in this setting, in ways that are almost impossible in everyday life. The essentials of mutual respect, conflict-resolution and love are easily touched; hidden problems and prejudice can be addressed and dissolved. Your parents see the young adult in you and learn to let you go with confidence: now you can walk into your own life with their support.

Now you are willing to take responsibility for yourself because you know life is not always sweet, and the road will be long and sometimes like an obstacle course: becoming an adult is a process, which gives you the knowledge how to find your own purpose in life, step by step, being truly worthy of being human ...

**When childhood dies, something truly new takes over.**

**»The end of the world for the caterpillar ... the Master calls it a Butterfly«**

Richard Bach



### Your VisionQuest Guides:

**Shanti E. Petschel**  
 Pedagogue, Father/Grandfather Musician, Campus CreaVista Director, Guide of VisionQuest since 1995, inspired by Semu Huaute, Chumash medicine man

**Helen U. Schulz-Heddema**  
 Occupational Therapist, Mother/Grandmother, her VQ tutor: Steven Foster,



School of Lost Borders, VisionQuest for women and youth, mentoring women in crisis

**Carlo Ceria**  
 Italian teamer, main assistant CreaVista, Dad, Musician, Craftsman & Gardener

**Enrico Scheider**  
 IT-specialist, experienced VisionQuest Guide, graduate of CreaVista, a teenager's Dad

**Rubin EiBrich** VisionQuest Guide, CreaVista graduate, Mom;

**Sarah Metzger** Yoga-Teacher, experience in Deep Ecology, Mom

**More about our Teams:**

[www.creavista.org/en/directors](http://www.creavista.org/en/directors) • [www.creavista.org/en/team](http://www.creavista.org/en/team)