

THRIVAL

&
present

UPPTÄCKK

NURTURE in NORBERG



Are you feeling uncertain about your current job? Craving a fresh start but lacking clarity on where to begin? Longing for a deeper sense of purpose and fulfillment in life?

Well, you're in the right place!

Get ready for an exhilarating and transformative journey through the stunning landscapes of Norberg, Sweden, where adventure and self-discovery await. Surrounded by awe-inspiring nature, you'll embark on a quest to uncover your passions and unleash your full potential.

During our rejuvenating week, we'll immerse ourselves in a blend of calming, creative, and exhilarating experiences amidst the natural wonders around us. From forest bathing to paddleboarding, fire-making to exploring the vibrant flora and fauna, each activity is designed to deepen your understanding of yourself and empower you to pursue your dreams with newfound clarity.

Prepare to be inspired, challenged, and empowered as you tap into your inner creativity and chart a course towards a brighter, more fulfilling, happy future. With practical tips and guidance, you'll carry the lessons learned here into your daily life, transforming ordinary moments into extraordinary ones.

This isn't just a trip; it's a life-changing adventure where you'll emerge as the architect of your own happiness, ready to shine brighter than ever before!

Practical Information

Date Saturday, August 3rd (17 hr) to Saturday, August 10th, 2024 (11 hr)

Participants Minimum 6, maximum 12 participants

Activities

After arriving from the hustle and bustle of everyday life, we'll first get to know each other and gradually unwind in nature. You will create your own booklet which will be your guideline during the week. Through our exercises it will slowly fill with personal insights and beautiful memories.

During the week, nature will be used as a source of inspiration. Step by step, through activities and assignments in nature, you will gain insight into the things that are important to you and what really makes you happy.



The accommodation, our base camp, is located near a lake, allowing us to undertake all kinds of activities in and on the water. This way we can take a refreshing dip in the crystal clear lake, and we can paddle with a mega stand up paddle board - which we can all go on together - to an uninhabited island where we can grill some food on an open fire with a stunning view.

The remote location on the lake is also an ideal spot for a morning yoga session.



We add in peaceful moments of reflection in nature and we'll embark on a two-day hiking expedition where we will camp in a secluded spot, truly immersing ourselves in the Swedish wilderness.

With a bit of luck we may encounter traces of wild animals such as moose, foxes or deer. We will build a fire for cooking,



and do a campfire meditation before going to sleep.

We will also visit the charming town of Norberg where we view various cultural sights.



There will be plenty of opportunities to explore the surroundings by land or water throughout the week. Bicycles, scooters, kayaks, stand-up paddleboards (SUPs), a packraft, and a small sailboat will be available at the accommodation.

On Saturday morning, after an enriching adventure where you've gained valuable insights, we'll bid farewell to each other, and you'll return home with a treasure trove of new experiences and insights to put into practice immediately.

Location

The trip will take place in the surroundings of Norberg. The Norberg area is located in the Bergslagen region and is characterized by a beautiful and varied nature with forests and lakes, but also has cultural attractions due to its mining past, which is also reflected in the charming village of Norberg.

The group accommodation (with 1 and 2 person rooms, mostly bunk beds, and a 4-5 person room) where we will stay is beautifully situated by a lake. The rooms have their own bathroom and there is a shared kitchen. In good weather, we will cook outdoors as much as possible.



Accessibility

Norberg is easily accessible from Stockholm airport (Arlanda Airport). There's a regular direct train from Arlanda to Avesta Krylbo (approximately 1 hour and 15 minutes). From Avesta Krylbo station, you can take a bus to Norberg (25 minutes).



Price: € 995,- when booking before 1 may 2024, thereafter € 1095,-

Included

- A complete and varied program featuring active, creative, and cultural activities, along with various methods to help you discover your own spark.
- 6 nights' accommodation in a vandrarhem in a double room (single room supplement: 100 euros, discount for tent accommodation: 50 euros), 1 night in the wilderness.
- Full-time professional guidance by experienced trainers and wilderness guides.
- An online meeting with all participants (6-12) prior to departure.
- Breakfast, lunch, and dinner from the dinner on the first day to breakfast on the day of departure, as well as coffee/tea.
- Use of canoes, SUPs, bicycles, kickbikes, packraft and a small sailboat.
- Materials used during the activities.

Excluded

- Travel costs to/from Norberg
- Alcoholic beverages
- Travel and cancellation insurance

Bring your own (a detailed packing list will follow once you have signed up):

- Large backpack to carry items for 1 overnight stay
- Tent (if you wish to sleep in a tent on the 2-day hike) or tarp, sleeping mat & sleeping bag (available for rent if needed)

Your trainers

This journey will be led by Giles Vermeire and Katja Kleinveld. They are experts in finding more happiness in life and made a significant change in their lives several years ago to pursue what truly brings them joy and happiness.

Giles is a world traveler, nature enthusiast, and social chameleon. After years of working in cancer research, he transitioned back to nature through trainings as a safari and wilderness guide in Africa and Europe. With his company, Thrival, he offers tailor-made wilderness trips focusing on survival skills and experiential learning to help individuals rediscover themselves. His motto is 'find your nature.'





Katja is an enthusiastic outdoor enthusiast, nature lover, and adventurer. After over 20 years of working as a process improvement manager and trainer, she emigrated to Sweden in 2021 to pursue her dream. Since then, she has experienced many beautiful adventures in Swedish nature. Through her company, UPPTÄCKK, she offers active and creative adventures. Her motto is 'Enjoy life, explore, do, learn, and have fun!'

Frequently Asked Questions

- ***Who is this trip suitable for?***

This trip is suitable for adults over 18 years old who:

- Have a basic level of fitness. During the week, we will move around partly by walking. Daily distances are maximum 15 kilometers (spread over a full day with plenty of rest breaks)
- Are open to discovering themselves and their own dreams, and may want to take concrete steps towards achieving their dream.

- ***I am not creative, can I still join?***

Yes! We believe that every individual is creative and that you only need the right environment to ignite that creativity. You don't have to be an expert in drawing and painting. We use the nature in Norberg and the structured activities to escape the busy digital life while stimulating new creative insights. Whether you're an experienced creative enthusiast or feel little creativity, our trip is suitable for everyone.

- ***Will we have time to do our own things?***

Yes, we provide plenty of time for self-exploration and relaxation. Our program is flexible and allows participants to chart their own path of discovery. We set the stage, but we co-create the experience, which often yields the most beautiful results.

- ***What about mosquitoes in Sweden?***

When people think of Sweden, they often think of mosquitoes. That is not correct. Whether, when and where there are mosquitoes depends very much on the weather and other circumstances. There may be a lot of mosquitoes in one place, while a few hundred meters away there are no mosquitoes to be seen. In practice it turns out that you are often not bothered by mosquitoes. If there are mosquitoes, there are all kinds of ways to avoid them. So don't worry about mosquitoes!

Any questions? Feel free to get in touch at info@upptackk.se