



Summer course wilderness & adventure therapy  
PXL University of Applied Sciences, Hasselt, Belgium  
September 4 to 8, 2023

## Practical information

### LOCATION

We will stay in Comblain-au-Pont (Belgian Ardennes), in a hamlet called Mont in a very simple 'gîte'. Enough comfort for a 'survival course' but no luxury. The gîte is called 'Gîte As-Beyoles' (address: Rue des Béolles 30, 4170 Mont - Comblain-au-Pont, website: [https://votrecamp.be/endroit\\_de\\_camp/beyoles](https://votrecamp.be/endroit_de_camp/beyoles)). Comblain-au-Pont is located near a lot of adventure and wilderness facilities, near a train station and near big cities like Liège. Even Hasselt, Brussels, Maastricht, Luxembourg and Aachen are not that far.

We will use cars and public transport to get around.

Since we will be using 'daily life' as a therapeutic exercise all the cooking will be done by ourselves. Cooking on a campfire is one of the possibilities. Outdoor cooking will be the standard.

### PROGRAM OF THE SUMMER COURSE

We will start the summer course on **Monday the 4th of September 2023 at 9 a.m.** The group will gather at the **Parc Communal Louis Thiry, Rue de la Heid, 4920 Aywaille**. We will end the course in Comblain-au-Pont, on **Friday the 8th of September 2023 at 5 p.m.** Travel arrangements on how to get there (and come back) will be made later on. Information will follow.

All sport activities will be guided by trained and official licensed professionals. These activities will be supervised by therapists with experience in wilderness & adventure therapy. Activities may include: rope course, hiking, rafting, cave exploring and 'city survival' trips. Between activities we will have group discussions and talk about the theoretical background.

Students will participate as co-leaders and co-guides during the activities and discussions. No real clients will be participating.

In preparation of the summer course we would like you to read these 3 articles about wilderness & adventure therapy (which we will provide you after subscription to the course) that will be discussed during the course:

- Fernee, C. (2015). Therapy in the open air: Introducing wilderness therapy to adolescent mental health services in Scandinavia. In: *Scandinavian Psychologist*, 2, e14.
- Newes, S. (2004). What is Adventure Therapy? In: *Coming of Age: The Evolving Field of Adventure Therapy*. Boulder: Association for Experiential Education.
- Rutko, E. (2013). Where's the Wilderness in Wilderness Therapy? In: *Journal of Experiential Education*, 36, e3.

### INSURANCE

Every participant is insured by the insurance from the PXL University of Applied Sciences as long as he/she is registered for the summer course. International students are asked to bring their **European health insurance card** and other documents related to their own health and travel insurance.





## WHAT TO PACK?

This is a non-exhaustive list of things you might need during the summer course. Note that there are no closets in the gîte and that the space in the rooms is limited. Weather conditions may vary from very warm and sunny (20°C) to rain and windy weather (10°C and less).

- a hiking backpack, to pack **all your items**; we will carry the backpack during the hike on the first day
- a sleeping bag
- a bottom sheet to cover the mattress of the bed
- a pillow and a pillowcase
- a raincoat (the weather might not be that good in Belgium) and/or a warm coat that protects you against rain and wind
- clothing you can wear during the rafting trip, including shoes that might get (very) wet
- warm sweaters
- socks, t-shirts, pants, sweaters,... that may get dirty (f.i.: some of the clay from the caves might not easily get washed off again)
- handkerchiefs, underwear, towels, toilet bag for personal hygiene
- mountain shoes or walking shoes and some extra shoes (just in case)
- slippers for inside the gîte
- kitchen towels
- flashlight (the one from your cell phone will not be suitable or handy enough)
- a pocket knife if you have one
- first aid medication

The international students who might have more luggage than just for the summer course, can leave the surplus at the Hogeschool PXL in Hasselt the moment we leave for the Ardennes on Monday morning. They can pick it up at the end of the course.

It is permitted to bring a camera, laptop, cell phone, ... Although the insurance will not cover any of these devices. There is WIFI in the gîte but internet connection through mobile phone is difficult since the operating networks have difficulties in covering the area.

## SOME EXTRAS FOR THE INTERNATIONAL STUDENTS

If you travel to Belgium, note that Brussels South Airport is not really in Brussels but in Charleroi. It is rather complicated to go from Charleroi to Hasselt using public transport. Traveling from Brussels National Airport (Zaventem) to Hasselt is easy.

You can find information about the trains on: <https://www.belgiantrain.be/en>.

We would really recommend you to arrive in Hasselt the latest on Sunday evening, the 3th of September 2023.

If you look for a place to stay in Hasselt before or after the summer course, you can find a youth hostel in the city, next to the train station (<https://www.jeugdherbergen.be/en/hasselt>). Other tourist information about Hasselt can be found on <http://visithasselt.be/en>.

In Belgium we use Euros. In Aywaille (near Comblain-au-Pont) is an ATM, but it is convenient to have some cash with you, just in case. All the common expenses during the summer course, like food and drinks, will be paid for by the PXL University of Applied Sciences.

