OUTWARD BOUND ROMANIA

CATCH THE VIBE

Outward Bound Romania



indoors | outdoors

1 hour

N° of pax 6-12 group

art expression (photography, creative writing)

creative thinking

PURPOSE

- To raise awareness about how different/similar we sense vibe of places/objects/nature elements
- Self-awareness
- Creative expression

MATERIALS

- A smartphone or camera
- 3 post-its pers person
- Pencil

PREPARATION

This activity can take place outdoors or indoors and need no preparation. Is just a way to connect with the place and observe the differences of perceiving places by different people.

MY BLINDFOLDED WALK

INTRO

Everything circulates, pulses, surges on the nature of vibe — the frequency and rhythm of connection; the vibration works at the center of holism and sensuality.
Vibe = place - You go somewhere, and it feels right, the sensations are good
Vibe = person - You meet someone, and instantly, there is comfort, recognition, right warmth, balance
Vibe = rightfulness - You start a project, a process, and
it all seems to be linking up in your mind
Finding a vibe is about finding the right way to tell a story in a manner that a guest, audience, recipient, visitor, and experiencer syncs with the moment.

STEPS

20 minutes – Each participant walks around the place indoors and outdoors with all the senses open and tries to find vibes that seem important for him/her. Takes a picture of the place, object, person, process, etc. and writes down on a post it the experienced sensations. This is repeated until everyone finds at least 3 vibes or the time is up.

20 minutes - The facilitator calls back all the participants and they sit down in a circle. Participants show around their pictures and talk about the sensed vibes.

REFLECTION

- How did you feel while walking around, connecting with the place and looking for vibes?
- How do you connect generally with places, people and processes?

COMMENTS

NA