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Topics and offers

Wildwechsel is a nature school close to the Alps in Bavaria, Germany. Our work and way of thinking is influenced by laws of nature and the heritage of our ancestors. Our backgrounds are nature education, education of sustainable development, social work, health and spirituality. We see these fields in addition to each other, not in competition. The mental and ecological crisis of our time makes us walk new – or rather ancient - paths. We find those paths, when we remember the language of nature. We find them during a night outside. We find them in the spark, which lights a fire. Nature teaches us growing and passing away, strength in the crisis, order in the chaos.

Wildwechsel is the german word for the path of animals in the woods. We want to invite you to walk with us on those paths.





Information in advance:

Prices

Prices are always per group. There is no extra tax.

For children – and youth groups:

Small program (2 hours):	120,-€
Medium program (4 hours):	180,-€
Big program (6 hours):	250,-€
Whole day (more than 6 hours;	
Also with evening- or night event, if desired):	350,-€
(Without costs for food and place for the night)	

Courses according to curriculum of Bavarian elementary school (see page 12):

Fixed rate: 3 hours: 150,-€

For adults and multipliers:

500,-€ / day (with evening / night event, if desired)

350,-€ / half day

We give you written records.

Presentations:

1,5 hours incl. discussion 150,-€ plus travel costs

For associations and social / ecological projects we offer a discount. Talk with us!

Costs for material

For some of the topics there are costs for material. We talk about it as we plan your workshop.

Age of participants

We adapt the contents to the age of the participants. Our topics are differently interpreted for different ages. If you don't find a recommendation of age in the topics, then it is good for each age.

Individual needs of your group

Does your group have a special need? A special interest? Would you like to experience special aspects of group dynamics? Talk to us!

Location to the event

We come to you – if distance and length of the event are in relation to each other. We are looking for a good location for you if you want – as a daylong event or as overnight events in cabins, tents or underneath the stars.

Weather

For us bad weather is no reason to stay indoors, but a possibility for new experiences and personal growth, if we have wet or cold weather, we change some contents, so the first topic is the need of warmth and protection. So maybe we make physical movement, a wilderness tea at the fire or building a rain protection, and other aspects of the event fall away. Only if we have dangerous weather (i.e. storm, thunderstorm) we cancel the event or go in protected rooms, if possible.

Clothing

The most events are outdoors. For that we need clothing adapted to the weather, which can become earthy or dirty. According to the topic we will tell you to bring more equipment.

How to deal with dangers

Children and also adults live today in a world alienated of nature. Our offers often contain fire, working with a knife and walking in pathless nature, depending on the age of the participants. We talk to them about the rules and care for observing these rules. However, we want give also a certain responsibility for their actions to the participants. Dealing with danger is one aspect of nature experience and strengthens awareness und self-responsibility of the participants – even of the young ones.

Natural consequences

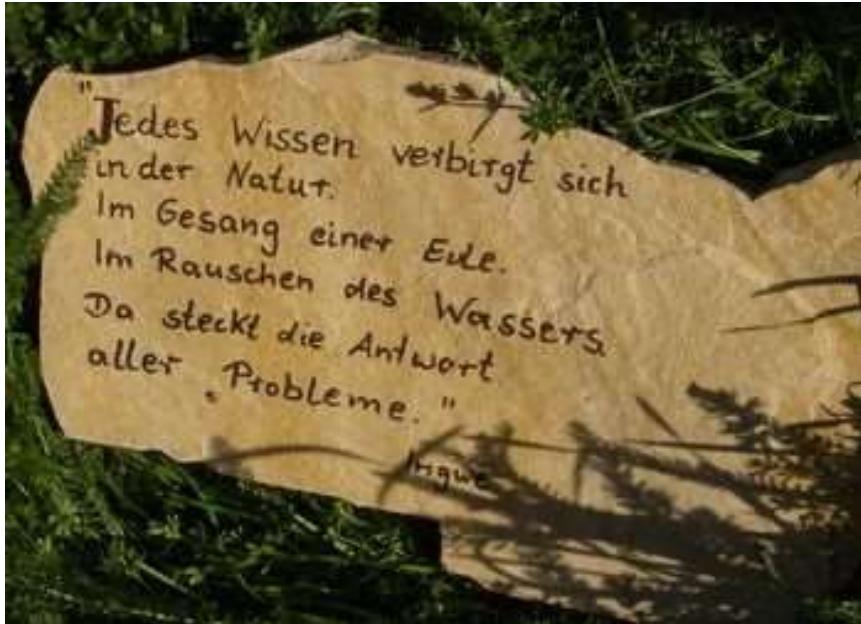
We see nature as a great teacher and make it an ally of us to have the possibility of important experiences. Nature doesn't discuss, so the participants have to learn to accept and deal with nature's laws. This brings sudden abilities of individual participants to the light. It brings theoretical and hands-on knowledge into a new relationship. It encourages different competences and empowers the group. One example: *If the group collects enough dry fire wood, before it starts raining, they can soon have dinner, prepared on fire. If not, then not.*

The longer the event is, the more intense may these experiences be.

Time off for adults

For adults, the time in nature often means strengthening and refreshment. We recommend packing away cell phones and watches, if possible. The common doing here and now creates deceleration. It opens people for certain aspects of life and living together, which don't show up in all day life. I.e. there comes the question „How do I deal with my own and foreign resources?“ This is a great setting for team training (connected with natural consequences, see above), burn-out- prevention and personal time off. If participants are able to give in to those elements, then often there show up important experiences on different levels of life. At least this: You can enjoy latte macchiato even at the fire on a rainy day. Maybe more than before...

Summary:



Translation: *Each knowing is in nature.
In the song of an owl.
In the sound of water.
There is the answer of all problems. (Ingwe, an African elder)*

Topics of living with nature:

Fire workshop

Possible contents:

- Making fire in almost every weather
- Making fire with one match
- How to build a fire
- Collecting the right fire wood
- Making fire without matches
- Making bowls or spoons with charcoal
- Making a tool to carry hot coal
- Meaning of fire for our ancestors
- Songs and stories around the fire

Length of time: 3 hours until one day

Age: 9 – 99 years



Edible and medicinal herbs

Possible contents:

- Learning about edible plants
- How to collect herbs correctly
- Dangers of herb collecting
- Awareness exercises
- Herb games
- Medicinal herbs
- Poisonous plants
- When to collect throughout the year
- Making oils, tinctures, syrup, ointment, tea with medicinal herbs - depending on length of workshop and time of year
- All-day smudging
- Smudging in old European and American tradition
- Making own smudging bundles
- The character of plants
- Mythology of plants

Length of time: 3 hours - 5 days



Ancient cooking on fire

Possible contents:

- Collecting herbs and boil them in a simple way on fire, We collect the firewood and make fire without matches
- Pancakes with wild edible herbs, Chips of stinging nettle, wilderness tea, herb soup, stews, stick bread or latte machinate are boiled on the fire (depending on possibilities and agreement)
- Primitive cooking, i.e. on hot rocks, in hot coal, in loam, in a pit, with a hobo-stove,
- Is a good topic for team training!

Length of time: 3 hours – one day



A roof above my head: debris hut and bivouac

Possible contents:

- Building a primitive shelter in small groups
- Building a debris hut with instructions; this demands different steps and needs 3 hours per hut
- Discuss and try out different options of bivouacs, i.e. with a tarp – this is a good preparation for a night underneath the stars
- Safe and non safe places for bivouac

Length of time: 3 hours – one day

Age: 9 – 99 Years



Orienteering – map, compass and navigation with a thumb

Possible contents:

- Practice working with map and compass
- Orienteering with landmarks
- Orienteering with sun and moon
- Orienteering with stars at night
- Bearing with map and compass
- The „rules of thumb“ of our ancestors
- Determine the width of a river
- Determine the altitude of a tree

Length of time: 3 hours

Age: 12 – 99 years



Cross country tour with Jonny

„If you want to make God laugh, tell him your plans.“ (Speech)

Possible contents:

- Wander through woods without paths and plan and get involved with the life that meets you there.
- Map, compass and other aid of orienteering help us, participants decide and carry the consequences of their actions.
- On our way we discuss tracks, herbs, rocks and whatever we find
- Participants have to be secure in walking pathless nature
- We discuss possible dangers
- Scratches and stinging nettle burns included
- A time in the here and now!



Length of time: ½ - 1 day

Participants: at most 10 persons

Age: 10 – 99 years

Tracking– the language of nature

Possible contents:

- Experience the Wildwechsel nature museum
- We search and explain bones, feathers, and other tracks
- Distinction of meat eater and plant eater, male and female, nocturnal and dayurnal animals, air- and ground hunting animals
- Basics of tracks
- Different gaits of animals
- Making plaster tracks
- Human tracks
- Awareness and tracking



Length of time: 2 hours – 2 days

Age: concept for children 5 and older;
for adults more complex concepts

The language of birds

Possible contents:

- Awareness exercises
- Base line of birds
- The five kinds of bird songs
- Bird language and dangers
- Birds tell us something
- Sentinels
- Potential enemies of birds
- Secret spot exercises
- Reading feathers



Length of time: 1 – 3 days

Age: adults

Dangers in nature

Possible contents:

- Tick diseases and prevention
- Ecology and range of ticks
- Fox tapeworm: spreading, prevention, behavior
- Other diseases spread by animals
- Dealing with dangers made by fire and thunderstorm
- Other dangers in nature
- Strengthen the „sense of danger“
- Weight advantage and danger
- Advantage of dangers: sharpening awareness and strengthen community



Length of time: 2 – 4 hours

Age: adults

„Dangers of nature“ can be booked as presentation or as nature walk. At nature walk we enter the home territory of foxes and ticks.

Native Americans

Possible contents:

History and stories of Native Americans

- Songs and rituals
- The relationship to nature of Native Americans
- Cooking „wilderness tea“
- Baking bread on hot rocks
- Handicrafts from the Native American world
- Personal experiences

Length of time: 3 hours - 1 day

Age: 6 – 99 years



Live and survival in nature

A course with a little bit of all

Possible contents:

- Making fire
- Orienteering
- Building shelter
- How tracking can help us
- Edible and poisonous plants and animals
- Inner attitude in a survival situation
- Finding water

The subjects are just touched on the surface on this course because of an overall view

Length of time: 3 hours

Age: 10 – 99 years



Fairytales and nature

Possible contents:

- We tell a fairytale at a mysterious place in nature.
- Links from fairytales to mythology of our ancestors
- Awareness exercises with fairytale aspects
- Exercises with trees and animals who are subject in fairytales
- Handicraft or cooking on fire with elements from the fairytales.

Length of time: 2 - 6 hours

Age: 4 – 99 years



Life in Middle age

Possible contents:

- Making fire like in middle age
- Cooking together like in middle age
- Belief and superstition – which tracks are pre-christian, which are still to find today?
- Healing in middle age: We make a healing herb salve
- Professions at middle age
- Sayings from middle age and what they originally meant
- Sewing middle age clothes
- Knight games

Length of time: 2 hours 1 day

Age: 16 – 99 years; Parts from 6 years

Crafts in Nature – Working like our ancestors

Nature workshop # 1 – Cordage with plant fibers

Possible contents:

- Collecting fibers from plants and animals
- Preparing fibers
- Differences of seasons for the quality of fibers
- History of different fibers
- Making cordage and bracelets
- Plant fibers: i.e. stinging nettle, tree bark fibers, flax

Length of time: 3 hours

Age: 10 – 99 years



Nature workshop # 2 – Weaving baskets with blackberry twigs

Possible contents:

- Understanding pants: why are blackberry twigs flexible?
- Collecting plant material for basket weaving
- Preparing weaving material
- Making different types of baskets – tea strainer, bread basket or arrow case
- If there is not blackberry growing: Weaving baskets with grass or other material
- We always first collect the material in the course

Length of time: 4 – 7 hours

Age: 12 – 99 years



Nature workshop # 3 – Coal burning bowls and spoons

Possible contents:

- Collecting fire wood
- Making fire, making coal
- Finding right wood for coal burning
- Advantages and disadvantages of different types of wood
- Preparing and sawing the wood
- Making a wooden tong and other useful tools for coal burning
- Safety
- Coal burning
- Carving and grinding the bowl or spoon until it is ready



Length of time: at least one day

Age: 9 – 99 years

Nature workshop # 4 – Sewing containers of tree bark

Possible contents:

- Collecting useful bark
- How to get bark right from the trees
- Preparing bark
- Sewing bark containers – like Otzi 5000 years ago

We only can do this workshop if bark is available or bark can be used from broken trees.

Length of time: 3 – 4 hours
Age: 12 – 99 years



Nature workshop # 5 – Sewing container of rawhide

Possible contents:

- Rawhide cutting, preparing and sewing
- With sand and warmth it gets its shape
- Carving a plug for the rawhide bottle

Length of time: 2 – 3 hours
Age: 10 – 99 years
 We bring the rawhide material. Costs of material!

Nature workshop # 6 – Loam work

Possible contents:

- We make figures and artwork of loam and put it on nice places in the woods
- We make little figures and containers of loam and burn them in the fire coal

Length of time: 1 – 2 hours if loam work only;
 3 – 4 hours, if loam should be burned
Age: 4 – 99 years



Nature workshop # 7 – Working with leather

Possible contents:

- We sew bags of leather
- We decorate it with nature material
- The bags are used to collect things in nature – like our ancestors
- Simple or demanding work possible
- Costs of material – we bring the leather

Length of time: 1 – 3 hours
Age: 10 – 99 years



Nature workshop #8 – Felting

Possible contents:

- Felting the wool of sheep is an old technique of making warm clothing, which helps people since thousands of years of keeping warm
- We felt with water and soap
- We make simple things like balls or strings
- Simple, but time consuming things: felt pads to sit in nature:
- Difficult things: house shoes, bags or vests

Length of time: 2 hours (simple things), - 1 day (difficult things)

Age: from 6 years for balls and strings;
10 – 99 years for all else

Costs of material for felting wool!



Nature workshop # 9 – Dream catcher

Possible contents:

- We collect flexible twigs in nature.
- With that we make a frame for the dream catcher
- With a certain technique we make the knots of the dream catchers
- With things we found in nature we decorate it (Feathers, cones, snail houses...)
- We tell about Native Americans and how they used the dream catcher



Length of time: 3 hours

Age: 10 – 99 years

Nature workshop # 10 – Making track- t-shirts / Camouflage t-shirts

Possible contents:

- With track stamps and fabric paint we print animal tracks in original size on t-shirts
- With the same technique we make camouflage shirts.

Length of time: 2 – 3 hours

Age: 6 – 99 years

Please bring your own shirt.



Nature based culture:

Art of Mentoring

„You need a whole village to raise a child“ (from Africa)

Possible contents:

- The circle of life in the 8 directions
- The power of community
- Body language of children
- The importance of phases of life
- Holistic elements of learning
- How to deal with mental blocks and crisis
- The power of rituals
- The power of elders
- Nature as a school of life

It is hard to describe this workshop with words, but participants will just love it and grow with it!

Length of time: 1 – 3 days

Age: adults



Ancient European tradition of celebration around the seasons

„Tradition doesn't mean to pick up the ash, but to pass along the flame“ (Ricarda Huch)

Possible contents:

- Traditions and rituals in Europe and pre-christian roots
- Celebration of seasons
- The connection of tradition and nature in ancient Europe rituals
- ...to pass along the flame: celebrate tradition today as a help for life
- It is possible as a presentation, workshop or celebration

Length of time: 1 hour – 1 day

Age: children, youth and adults



Presentations:

Children into nature!

The meaning of nature for the mental, emotional, social and physical development of our children in die 21 st century.

This is good for parent-teacher-conferences of schools and kindergartens.

Dangers of nature

How to deal with ticks, fox tape worm and other dangers in nature and how we can anyway live outdoors without fear. Information and discussion.

This is good for parent-teacher-conferences of schools and kindergartens

Nature and tradition in ancient Europe

The circle of nature, traditions and how both can give us power.

Nature topics based on the curriculum of Bavarian elementary school

Life in the meadow (1. grade)

Possible contents:

- Insects in the meadow
- Bloom colors and insects
- How to get to know meadow flowers
- Butterflies and caterpillars
- Edible herbs: We cook meadow pancakes – children love it!
- Experiments and games

Length of time: 3 hours



Who lives in a hedge? (2. grade)

Possible contents:

- Animals and plants in hedges
- Spiders and their art of net weaving
- Seeds and how they spread
- Fruits of hedges
- Poisonous and edible parts of shrubs
- Animal tracks in the hedges
- Depending on the season we prepare something to eat or drink with hedge fruits
- **Length of time:** 3 hours

Forest studies (3. grade)

Possible contents:

- Forest animals and their tracks
- Photosynthesis game
- Which tree is it?
- Forest and mythology
- Food and tools from the forest
- Camouflage and warning in the woods
- Function of the woods
- Birds and their nests

Length of time: 3 hours



Water studies (4. grade)

Possible contents:

- Water circle game
- Games and experiments with water
- Building a hand net
- Creek- and lake studies, like the scientists!
- Water animals and what they tell us about water quality
- Water consumption at home and worldwide
- Parts of water
- Building a water filter

Length of time: 3 hours



*** Fix rate of costs for Meadow, Hedge, Forest, Water: 150,-€ each***
*** We come to you, if you want ***

Nature hikes

Tree hike

Possible contents:

- Mythology of tree species
- Awareness exercises with trees
- Medicine of trees
- Hiking to special trees
- Edible parts of trees
- Making tools of certain trees
- Philosophy path with sayings from tree to tree

Age: adults, some elements for children, too

General nature hike

Possible contents:

- Hike in beautiful landscape.
- Talking about interest things along the path about plants, animals, tracks, water, geology, geography

Age: 10 – 99 years

Geological hike

Possible contents:

- How our planet came to be - exercise
- Hike to geological specials in the landscape
- Exercise about how the Alps came to be (and other mountain ranges on the planet)
- Ice age and its impact on our landscape today
- Collecting different rocks
- Explaining different species of rocks
- Influence of different rocks on plants and soil

Age: 8 – 99 years

Night hike

Possible contents:

- Animals at night
- Bats – hunter of the night
- Bat Game and search with the bat detector
- Stars at night
- Hike without flashlight
- Our sensory awareness at night
- Listening animal voices
- Eventually camp fire

Age: 6 – 99 years

Astronomy

Possible contents:

- Phases of the moon
- Orienteering with stars at night
- Find your own sign at night sky
- Making a lantern of your own star sign
- Planet game
- Explaining the night sky
- How to deal with a star chart
- Stars and mythology

Age: 8 – 99 years

Education of sustainable development

Ecological footprint

Possible contents:

- Simulation game to global economy
- Poor countries – rich countries
- Exercise of contribution of goods on earth
- What is an ecological footprint?
- Ecological footprint of different countries
- My own ecological footprint
- Ecological footprint of a house
- Small groups research energy, water, and heater
- Presentation und discussion

Length of time: 1 – 2 days

Age: 15 – 99 years



Food – You are what you eat

Possible contents:

- Food styles worldwide
- Climate breakfast
- We prepare breakfast without electricity
- Research in small groups
- Survey of food styles
- Pesticides in supermarkets
- How far does food travel?
- Self-made of convenience food
- Food and global warming
- Preparing and eating together a sustainable meal

Length of time: 1 – 3 days

Age: 12 – 99 years; Simple concept for younger children possible.



Water is life!

Possible contents:

- Water consumption in single countries and the world
- Experiments with water
- Water in poor countries
- Water music
- Researching and improving water consumption in the house and
- Biological water quality of creeks and rivers
- Development of water quality in the last decades
- Virtual water
- Building a water filter – cleaning quality of soil
- Floods and where they come from
- Water in the area – Building a model of landscape former and today



Length of time: 1 – 3 days

Age: 9 – 99 years

Energy and global warming

Possible contents:

- Energy consumption then and now
- Energy of plants, animals, people
- Building a solar cooking box
- Experiments with sun and shadow
- Experiments with solar energy
- Energy check in the house
- Fossil and regenerative energy sources
- Money saving by energy saving in the own house
- Building an wind power plant
- Energy rally – good for big groups
- One day without electricity - experiment
- Energy consumption worldwide
- Experiments to global warming


Length of time: 1 – 3 days

Age: different concepts for kindergarten-, school- and youth-age

Lifestyle and happiness

Possible contents:

- How do people live and consume worldwide?
- Research of happiness: How does money and consumption influence happiness??
- Live well... Own satisfaction of life
- ...Instead of possessing a lot: How does "less" make my life easier?
- Making a market of exchange goods
- Fashion and who gains money with it
- The journey of a jeans – from production to the shop
- Test yourself with children's work in India

Length of time: ½ - 2 days

Age: 15 – 99 years


Children in the One world

Possible contents:

- How children grow up in different countries?
- This is different...this is the same at children of the earth Poor countries – rich countries
- Our names are international
- Diversity of language – „hello means...“
- How children in different countries play
- We cook a meal of different countries
- Schools in different countries
- Community and family
- This is my life...


Length of time: 1 – 3 days

Age: 6 – 99 years



Offers for kindergartens

- ♣ Nature days for Kindergartens
- ♣ Trainings for kindergarten staff
- ♣ Trainings and presentations for parents
- ♣ Consultation and mentoring of new forest kindergartens

Offers for all children

- ♣ Children's birthdays in nature
- ♣ Wild week – see actual program
- ♣ Children's university – see actual program

Offers for school classes

- ♣ School camps
- ♣ Project days or weeks
- ♣ Nature education and education of sustainable development – topics according to the Bavarian elementary curriculum

Offers for teachers

- ♣ Presentations "Children to nature!", "Dangers of nature",
- ♣ Teacher workshops
- ♣ Consultation for nature days
- ♣ Health care in nature

Offers for educators and therapists

- ♣ Trainings – nature education according to social processes like communication, conflict training, group dynamics, personal growth, experience of limits etc. – always outdoors
- ♣ Training in wilderness education; yearlong course
- ♣ Personal day in nature; Preserve burn-out
- ♣ Presentation "nature rituals and development of human", "Art of Mentoring"

Offers for companies

- ♣ Nature hikes for companies
- ♣ Team training in nature
- ♣ Health care in nature

Offers for all nature friends

- ♣ Nature hikes
- ♣ Ceremonies in nature throughout the seasons
- ♣ Nature experience throughout the year
- ♣ Preserve and regain health in nature

We design your workshop or event for the individual purpose of your group. We are happy to advise you!

Photos: J. Hofmann (13), K. Fichtner (13) Jukas Brixen (7), Kiga Wilde Wiese Hundham (2), C. Becker (1), B. Pöhlmann (1)