

**A Collaboration Between
GNH Youth Program
And Wake Up**



**// THE
WORLD**

**WE
ARE //**

**PROJECT -
BASED
RETREAT**

**IN
BUMTHANG
BHUTAN**

**SEPT 14
UNTIL OCT 13
2013**

The price of anything
is the amount of life
you exchange for it.

// Henry David Thoreau

Dear Friends,

we would like to share with you about this special opportunity to participate in the first GNH Youth Program in collaboration with Wake Up: a project-based retreat in the wild nature of Bhutan. This program is born out of the awareness that our generation grows up in a time of tremendous changes and challenges, things shifting all around and within us. Our Earth faces enormous ecological destruction, and our economic and social systems are slowly disintegrating, as they do not respond to our contemporary needs anymore.

Being at the threshold, our generation needs to develop new paradigms in order to respond to the complexity and challenges of living in times of transition. How can we respond to the situation of our planet by the way we think, live and work in our daily lives? How does our being in this world effect our doing, and vice versa? How do we find a balance between mental and material wealth, human needs and the needs of nature, and create new conditions for a meaningful and happy future to be possible?

If you feel called to join this program, please fill out the application form and send it to us by the 10th of July. Please feel free to contact us at bas.gnh@gmail.com for further questions.

// What is the program?

The practice of mindfulness in the tradition of Zen Master Thich Nhat Hanh will be the foundation of this program, cultivating the collective wisdom and action that is so needed in these times.

Over the course of three weeks we will retreat into nature to live and work together, and share our aspirations, reflect and inspire each other. We will raise questions about the changes and challenges of our time. We will contemplate how the philosophy of Gross National Happiness can be of value to our lives as we will explore the relation between inner and social transformation. Can we be the change we want to see in the world?

Furthermore, we aspire to explore the meaning of making and the making of meaning; i.e. finding ways to create a healthy livelihood by learning practical skills, tools and techniques of how to be self-sufficient and do things in harmony with our living environment. We will learn to take better care of our ecosystems, gardens and food through practicing the principles of permaculture and organic agriculture, and learn how to build in sustainable ways. At the site we will e.g. prepare a vegetable garden, plant trees, build a wood-lodge cabin and green roof, learn bush- and woodcraft skills, and cook on fire.

// Who is it suitable for?

This program is a call to all the young people who want to be part of a mutual process of learning and innovating; collectively finding ways to translate their aspirations into concrete actions. We expect you to pick up the experience of living in a mindful community as well as of how to create a sustainable livelihood based on diverse hands-on skills. Be aware that the living conditions will be basic and simple, as we will camp and cook in nature - this is for adventurous minds and hearts!

// Schedule and practicalities

The full program runs from the 14th of September until the 13th of October. The global outline of the program is as follows:

- Two days of introduction and cultural festival in Thimphu
- Three weeks in Bumthang, the future site of the GNH Centre
- Two concluding days in Thimphu and a visit to Tiger's Nest.

Travel costs to and from Bhutan need to be covered individually. Depending on your point of departure the expenses will be between 900€ (Asia) and 1500€ (outside of Asia). The costs of this program will only cover the basic expenses of food, transport and lodging and will be kept as low as possible (ca. 100€ per week). The number of participants is limited.

Smiling,
The Wake Up GNH Team

gnhcentrebhutan.org // wkup.org
theworldweare.org