**Passages: A Narrative Retreat-Adventure to the Islands of the Azores**   
  
From Sunday 8 June, 2025 (evening) to Sunday 15 June, 2025 (morning).  
A week of adventure, discovery and exploration...  
This workshop-retreat is designed to recharge your batteries, while exploring the Azores and Narrative Practices, as well as developing your own visions and aspirations.  
  
The days will be divided between creative and narrative workshops and excursions to explore the natural resources of the Island of Sao Miguel ...  
We will be staying in a natural site near an old mill.   
No knowledge of Narrative Practices is required.  
  
**A few logistical details.**  
  
We will be sharing meals created with local produce (except for meals in local restaurants).  
  
Don’t forget to bring a beach towel, 2 bathing suits (an old one for the hot springs, and one for the ocean), a diary and writing and/or drawing materials.   
Evenings can be chilly, so remember to bring warm clothes and rain gear, as well as sunscreen, sunglasses and other equipment for outings in nature. We also care for special dietary requirements, please let us know in advance.  
Access to the Azores is via TAP Portuguese Airlines, or other airlines, from Europe and the USA to Ponta Delgada Airport, Portugal.  
It’s a good idea to book as far in advance as possible as flights tend to fill up.   
If you can, give yourself some time before or after the workshop in order to visit the islands more fully. We can assist you with links and suggestions for visits. We will arrange airport or Ponta Delgada pick-ups where possible, and all transport during the workshop will be in rental cars.  
  
Equipment:  
Rainwear  
2 swimming costumes  
Towel and bath towel  
Fleece or warm clothing  
Diary  
Pen and pencils (felt-tip or coloured pencils)  
Hiking shoes or good sneakers for walking  
Sunglasses  
Sunscreen  
  
The workshop fee includes accommodation during the workshop and all travel within Sao Miguel during the workshop.  
Travel expenses for arrival and departure, shuttle and/or taxis, if necessary), restaurant outings and alcoholic beverages will not be included, as well as a possible boat trip to a nearby island.  
  
A telephone conversation will be required prior to enrolment, in order to make sure that your expectations and what is being offered are a match. Please send an e-mail to arrange this: narraventures@gmail.com   
Maximum: 10 participants.  
***If you have any questions please contact etfeld.27@gmail.com***