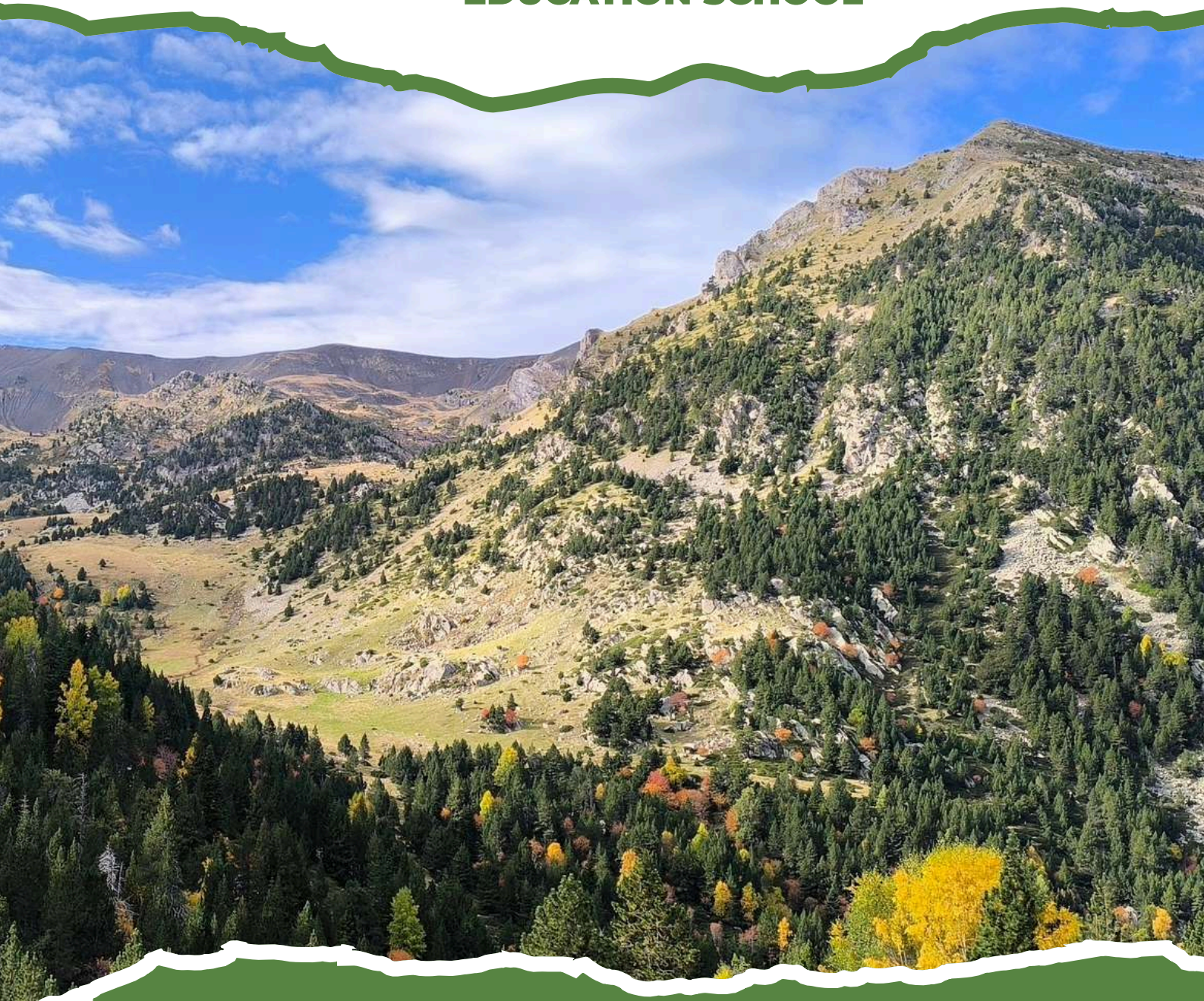




EWES

**EUROPEAN WILDERNESS
EDUCATION SCHOOL**



EWES WILDERNESS TRAINING Nature & Outdoors Foundations

April 25th–May 3rd, 2026 — Catalan Pyrenees, Spain

www.ewes.earth



ABOUT EWES

We are a wilderness guide training school led by a passionate team of highly experienced and qualified instructors. Our core values include personal growth, respect for people and nature, self-awareness, proactivity and learning through experience.

At EWES, we believe that learning is a lifelong journey for both instructors and students. We value progressive improvement over rigid evaluations, focusing on cultivating awareness and a positive attitude as the true foundations of success.

Our training blends the hard skills needed to live and work in the wilderness with the soft skills required to create meaningful and memorable experiences for others. Participants develop competencies in wilderness expeditions, survival techniques, wildlife observation, interpretive guiding, and hospitality, while also fostering personal growth and a deeper reconnection with nature.

We are part of a growing international network built on professional collaboration and genuine human connections. Would you like to join us on this exciting journey?

The EWES Team





NATURE & OUTDOORS FOUNDATIONS PROGRAM

The **Nature and Outdoors Foundations (NOF)** program is EWES's introductory training, designed for individuals who want to build confidence, autonomy, and awareness while spending time in natural environments. It is ideal for those seeking a meaningful outdoor experience, whether for personal development or as a first step toward future guiding or nature-based work. Training takes place in accessible mountain and forest areas that offer both comfort and challenge.

Delivered over **9 days of immersive field training**, the program combines essential outdoor skills with personal growth, reflection, and group connection. This structure allows participants to learn by doing, gaining practical experience while exploring their own relationship with nature.

Upon successfully completing all program requirements, participants receive the **Nature and Outdoors Foundations Certificate**, issued by EWES. This certificate recognises the completion of the training and the essential skills acquired during the experience.

Throughout the program, you will be invited to explore new levels of self-awareness, cooperation and outdoor competence. You will learn to manage discomfort, navigate natural terrain, set up and live in a basecamp, cook outdoors, and contribute to a supportive group environment while deepening your connection with the natural world.

Expect to spend full days outdoors, **walk between 5 and 10 kilometres on mountain terrain**, carry a day backpack, sleep in tents and adapt to changing weather, basic hygiene and shared living conditions. Although physically accessible, the experience can be personally and emotionally transformative.

At EWES, we believe that the foundations of outdoor confidence come from curiosity, presence, and a willingness to step into the unknown. This program will strengthen your autonomy, your relationship with nature and your ability to take care of yourself and others. These qualities will accompany you long after the training ends.





LEARNING OBJECTIVES


- 1 Build personal confidence and comfort in natural environments through immersive, hands-on experience.
- 2 Strengthen the ability to live outdoors by learning basic camp routines, equipment use, and essential self-care.
- 3 Develop safe movement in nature through pacing, terrain awareness and personal risk management.
- 4 Explore and observe the natural environment to foster curiosity, presence and a deeper connection with nature.
- 5 Learn and apply basic first aid and introductory survival skills relevant to non-remote outdoor settings.
- 6 Understand the fundamentals of navigation, including map reading, waymarks and compass use.
- 7 Prepare and organise simple outdoor activities using basic planning and route-design tools.
- 8 Experience group hiking and shared decision-making, contributing positively to a supportive group environment.
- 9 Apply responsible outdoor ethics, including Leave No Trace principles, environmental awareness and respectful behaviour.
- 10 Integrate personal insights through reflection to grow in autonomy, resilience and connection with nature.






TRAINING LOCATION

PLA DE CAMPLLONG CAMP

 Meranges, Catalan Pyrenees, Spain

The training takes place in a remote mountain camp at 1,740 meters above sea level, surrounded by beautiful natural scenery. The camp is equipped with hot showers, toilets, and fresh mountain water. Living in this environment is part of the experience: you'll get to enjoy nature, organize your own space, and settle into the outdoor lifestyle with the support of the team. ([website](#)).



 NATURE & OUTDOORS FOUNDATIONS

IMPORTANT NOTE: Please also note that training locations may be subject to change due to weather conditions, local regulations, permits, or unforeseen circumstances. In such cases, we will always strive to provide the best possible experience, ensuring safety and quality throughout the training.



TRAINING CONTENT



Online Sessions



Field Training

- Kick-off - February 9th, 2026
- Gear & Field Logistics - (Date TBD)
- Q&A - (Date TBD)

- April 25st - May 3rd, 2026
- From Saturday to Sunday (9 days)

Camp organisation & routines



First aid basics



Outdoor equipment



Map reading and orientation basics



Introductory survival skills



Wilderness camping

...and much more! learn to hike safely in wilderness environments!





TRAINING DETAILS



Language of course:
English



Minimum requirements:
Interest in learning, comfort spending time outdoors, moderate fitness and B2 English level.



Minimum/maximum of participants:
6/12



Total Training Time:
9 days on the field + Online sessions



Inscription deadline:
30 of January, 2026



Included:

- Highly qualified and experienced instructors
- Online learning environment
- Lodging (8 nights)
- Training equipment (See next page)
- Liability Insurance



Not included:

- Personal equipment (see next two pages)
- Personal expenses if any
- Travel and local transport (Flights, car rental, transfers, etc.)
- Food
- Health insurance (MANDATORY)
- Personal accident insurance (HIGHLY RECOMENDED)



Training investment:
1.490€

(We offer 3 subsidized spots at €990 for those with limited resources or contributing to community, educational, or non-profit projects)

Training requirements

During the course, you will spend full days outdoors, walking through natural terrain, learning new skills and sharing daily routines in a group setting. You will be invited to step gently outside your comfort zone, adapt to changing conditions and learn through direct, hands-on experience.

You should feel comfortable walking 5 to 10 kilometres per day with a day backpack, cooking and eating outdoors, and sleeping in a tent for several nights. Adapting to basic hygiene, variable weather, simple camp life and shared spaces is an important part of the training.

At EWES, we believe that mindset and openness to learning are more important than physical performance. Curiosity, respect and a willingness to participate fully in group activities are the foundations for a meaningful experience. Being generally healthy, having basic fitness and taking care of your body and mind will help you get the most out of the program.



TRAINING EQUIPMENT

Personal equipment required:

- Personal gear and clothing (To be dry, comfortable and warm during outdoor living)
- Swimming Set (Swimsuit, towel and Sandals)
- Hiking clothing (comfortable trousers, T-shirts, fleece, etc.)
 - Outer layer: Windproof/waterproof trousers and jacket
 - Insulation layer: Down/Synthetic jacket
 - Thermal layer: Synthetic/wool top and pants
 - Base layer: Synthetic/wool clothes top and pants
 - Head: Synthetic/wool beanie, buff and sunglasses
 - Hands: Synthetic/wool gloves (Thin and thick)
 - Feet: Synthetic/wool-thin/tick socks
- Hiking boots (High cut, vibram sole & goretex membrane or similar)
- Hiking poles
- Backpack with cover (minimum 45 liters) and dry bags
- Drinks containers: Water bottles (min 1.5-2L) and thermo flask.
- Eating set: Plate, mug, cutlery.
- Electronics: Headlight, powerbank and spare batteries
- Personal care & hygiene: personal medication, sunscreen, lip balm, toothbrush, biodegradable soap, small first aid items, towel and toiletries (showers available at the camp).

Optional equipment (if already owned, otherwise provided by EWES):

- Tent
- Sleeping bag and mat (According to expected temperatures)
- Cooking gear (Stove and gas)



MEET THE TRIBE



Bram von Blomberg

**EWES Director &
Ecology specialist**

"I love diversity,
movement, nature,
wilderness, family."

"I love being in nature,
share with others, feel
connected with something
bigger than us."

Anna Gili

**EWES Admissions &
Learner support**



Gerard van der Berg

**EWES Founder &
Leadership specialist**

"I love to learn & evolve,
serve, live in the now,
to enjoy,
being challenged."

"I love to help others,
share, travel, enjoy
family and friends, I
love nature."

Ester Giménez

EWES Finance



Rafa Carrasco

**EWES Lead Learning Coordinator &
EWES Instructor**

"I love nature & challenges,
being out of my comfort
zone, learning,
to share my passion,
listening & supporting
others."

"I love nature, real connections,
family, travelling and creating
communication that inspires,
feels and connects deeply."

Iris Nebot

**EWES Marketing &
Communications**





MEET THE TRIBE



Peter Blokland
EWES Instructor
Leadership Specialist

"I love being in the wilderness, music, live in the now, travel, learn, and make a positive impact on the people and the world."

"I love nature in all seasons, discover places and feel calm alone. learning everyday from observations, Share experiences and improve, helping hand."

Eduard Lopéz
EWES Instructor
Mountain Guiding
Specialist



Kike Gallardo
EWES Instructor
Cooking & nutrition
specialist

"I love eating from what we find in nature, I believe cooking is the perfect excuse to share quality time with people"

"I love challenges, nature-connection, wilderness, team-work, a good laugh."

Georg Messerer
EWES Instructor
Wildlife & Tracking
specialist



Josetxu Estebanez
EWES Instructor
Mountain Rescue
specialist

"I love going to remote places on my own, also sharing a good laugh."

"I love to learn, the wild nature, meet interesting people, to teach others, new challenges, & to feel nature."

Jose Maria Galán
EWES Instructor
Tracking & Wildlife
specialist





MEET THE TRIBE



Albert Vila

**EWES Instructor
Bushcraft & Survival
specialist**

"I love to be, live and work in the outdoors, share and teach with other my survival skills, learn new things every day."

"I love being happy, have good friends, grow every day, be connected with nature, share my life."

David Boix

**EWES Instructor
Navigation specialist**



Cristian Perez

**EWES Instructor
Navigation specialist**

"I love nature & challenges, being out of my comfort zone & learning, to share my passion, listening & helping."

"I love being with nature, learn from and about her, share my knowledge in a way that challenges the brain and body."

Miro Helmers

**EWES Instructor
Navigation specialist**



Hector Simon

**EWES Instructor
Wilderness First Aid
specialist**

"I love to adapt and learn, help and serve.
Enjoying a life participating in nature."

"I love the nature of the wild and unexpected challenges that come from adventure."


John Carr

**EWES Instructor
Emergency Remote Rescue
Specialist**





WE ARE



Creating experiences of
Being and
learning in
nature

We believe all life on earth is connected.

We are one. . . we are nature.

We are **co-creating** a world in which all beings are connected to everyone and everything.

We do this by creating experiences of **being and learning** in nature and inspiring to lead and live from that wisdom.

The experience of our guides and experts allow us to explore to the edge within a **caring and empowering environment** and the best safety standards framework.

After fifteen years **learning, growing and evolving**,
EWES has transformed into an intentional community of purpose driven, committed, passionate individuals who thrive in the knowledge, a continuous pursuit for genuine growth and evolution targeting **health, awareness**, and most of all joy for life.

Dare to join us on that wonderful journey



www.ewes.earth



CONTACT INFORMATION EWES

www.ewes.earth

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 [ewes.earth](https://www.instagram.com/ewes.earth)

The EWES Wilderness Guide Training program is accredited by the Wilderness Guides Association (WGA) and is supported by ETEVA and ICEMP, professional mountain sports schools accredited by Spain's Ministry of Education, as complementary training for professional mountain guides.



www.wildernessguidesassociation.com



ESCOLA DE TECNICS ESPORTIUS VAL D'ARAN

www.eteva.org



Institut Centre d'Esports de Muntanya del Pallars

www.icempallars.net

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