

# CARIBOU AZORES



***Atlantic Perspectives:***  
**Beyond Boundaries**  
Experiential week for  
curious explorers

**8-15 August 2026**

*The adventure of life is to learn, the purpose of life is to grow.  
The nature of life is to change, the challenge of life is to overcome.  
The essence of life is to care, the opportunity in life is to serve.  
The secret of life is to dare, the spice of life is to befriend.  
The beauty of life is to give.*

*William Arthur Ward*

**Creative explorers!**  
[www.caribou-azores.ch](http://www.caribou-azores.ch)

The goal of **Caribou Azores** as a not-for-profit association is to support fellow human beings in the same life situation during challenging transitions on their journey with an **experiential week based on a holistic approach** on the Azores island São Miguel (*those navigating retirement, grief or illness*). The objective of the experiential week for curious explorers is to expand horizons of those where pausing in a different way can be beneficial.

**Atlantic Perspectives: Beyond Boundaries** brings curious **explorers** together in a historic guest house, a monument from the 17<sup>th</sup> century full of symbolism in Vila Franca do Campo (schedule available on the *Caribou Azores* website). Through daily "Impulses" as a basis for exploration, we address concepts one may not yet have considered:

- life purpose according to Pythagoras
- spiral dynamics
- colours of mind
- earthing
- universal healing codes
- serendipity and other coincidences
- the autumn of life



*It is an attempt to say and express things that go beyond ordinary words, to "see" with the heart, as Antoine de Saint-Exupéry put it in the **Petit Prince**.*

## Why the Azores?

Here on São Miguel, the physical remoteness from other continents allows a certain "headspace" for inspiring experiences. This island, where the power of the earth is tangible and palpable, offers an impressive backdrop for deepening the understanding of connections and achieving aha-effects; this thanks to a holistic approach through the five core capacities.

## Why is the not-for-profit association called *Caribou Azores*?

The native Americans held the *Caribou*, a reindeer, sacred. And when they hunted a Caribou, they used every part of it because they felt obliged to Mother Earth. They could make something out of every part that was important and valuable to them and the community.

Would it make sense, if we humans would do the same and also use ALL our *five core capacities*?



## What are the five core capacities?

Our holistic approach:

- to **physically** and **creatively** discover the multi-facted main island of São Miguel in the middle of the Atlantic Ocean with its picturesque cliffs, waterfalls, misty volcanoes and impressive crater lakes as well as warm springs and to feel and experience the power of the earth – and thereby
- creating **emotional** memories so vivid you will be able to smell the sea breeze for a long time to come, recapturing parts of your **creative** inner child
- to **mentally** enter deep conversations with other guests and during daily "Impulses" reflect on new ideas – a **creative**, joyful and **conscious** learning process
- to become increasingly **spiritually** aware of the "*here and now*", in the elements of nature, the other guests, one's own self as well as the "universal/divine" and through deep **creative** connection to open new gates and spaces
- ...because **creativity** is in **everything**...

*You don't want a million answers  
as you want a few forever questions.  
The questions are diamonds you hold in the light.  
Study a lifetime,  
and see different colours from the same jewel.*  
Richard Bach



### Direct flights to Ponta Delgada from

- ✈ Zürich: Fridays and Sundays
- ✈ London: Saturdays
- ✈ Boston: several days a week
- ✈ New York: several days a week

## Hosts

Caribou Azores was founded by us as siblings. After five decades, as brother and sister we launched the second half of our lives during a stay in the Azores. Reflecting on the way forward, it seemed natural that we should widen our lifelong quest by offering others in a meaningful setting the opportunity to find closer to themselves and to each other. Bringing people together is in our DNA.



We invite you to connect with us and look forward to hearing from you:  
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