



Under the
wing of
SICA
International

YES QUEST 2024

AFTER WORLD CONGRESS @ RUNGAN SARI, KALIMANTAN

ARRIVE AUGUST 1ST - DEPART AUGUST 9TH

The **YES Quest** is a unique opportunity to create the life you want!

Over 7 days, in Kalimantan, reconnect with your life purpose, explore the talents and passions born to you, get clear on what you want to do with your life.

With the support of skilled guides, face your past, your fears and the ways you sabotage yourself.

Together with other young people, develop the confidence and commitment to fully express YOU in all areas of your life and come up with an action plan to make it happen!



SELF EXPLORATION

- Explore everything that has made you who you are – your family, your experiences, your talents and values.
- Create a vision for your future that expresses who you truly are and what you want to do.
- Map how you are going to get there.

CREATIVE EXPRESSION

- Take the inner journey, dig deep and find the answers inside you.
- Explore ways to contact your creative spirit and express you.
 - Move your body - Find your voice - Draw your story - Write your truth - Rehearse for change
- Take the stage that is your life.

INTEGRATION

- Take the outer journey.
- Meet and overcome personal challenges.
- Experience the different and the new.
- Integrate your new awareness and honour the change.

COMMUNITY

- Walk alongside other young people on your journey,
- Make friends, have fun
- Feel safe to open up, share deeply, get support and share your hopes and dreams.
- Receive support from skilled and highly experienced facilitators



OUR TEAM



MARLENA BASSER

LEAD FACILITATOR & PROGRAM DESIGN

Marlena is a facilitator of community building and participation processes with 30 years' experience working with NGOs, government, the public sector, schools and local communities.

Passionate about working with youth, Marlena designs and facilitates creative processes that awaken people's vision, passion, personal power and collaboration.



ALICE NIGHT

LEAD FACILITATOR

Alice Night is an esteemed singer-songwriter, writer and performer. She facilitates creative empowerment for groups and individuals through courses, workshops and retreats. Alice sees all forms of creative expression to be directly linked to healing, aliveness and transformation both for the individual and for culture and society.

Come away with new skills and new friends, confident in who you are and what you want



Christchurch Quest Crew

OUR BACKGROUND

The first Yes Quest program was held in 2001. Since then, Quests have been held in Kalimantan, the Australian desert, the French Pyrenees, the Sierra Nevadas in California, the Austrian Alps, at Akaroa in New Zealand, Puebla in Mexico, the Black Forest Germany, and in Greece.

OUR INSPIRATION

Our vision is for a world where everyone can achieve and share their full human potential. In a complex and confusing world, we recognise the deep need as human beings to connect inwardly and contribute outwardly.

Our mission is to provide the human and physical resources that enable people to engage with their authentic selves and thereby reveal their unique purpose, talents and contribution to the world.

OUR PROGRAM

The Quest program will take you on a journey, it will challenge you, but support you to commit and follow through on what you discover and learn about yourself and your future direction in life.



PETER JENKINS

ELDER AND MENTOR

Peter is a Founding Director of the YES Quest and has been a Facilitator on Quests in many countries since 2001.

He has many years of experience as an educator and trainer, mostly working with young people and those wanting to start their own business.

Peter is a qualified therapeutic counsellor and has wide training in drama techniques including Playback Theatre, Theatre Sports and Improv. He came to these activities after a career in advertising, newspapers, radio and television.



More information....

The **Yes Quest** gives you time, space and support to remember who **YOU** truly are!

Accommodation

All participants will stay in a newly-constructed, Dyak-style long house that provides basic dormitory accommodation (NB not air conditioned.)

Workshop spaces will consist of large, air-conditioned meeting rooms within the Rungan Sari Resort.

Participants

This YQ is for younger people aged 16 - 30.

For this YQ participants must speak English.

Before You Arrive

Stress-free Preparation

Once your application has been received, you will receive all the information you need on what to bring and your transport options to the venue etc. We will also promptly answer any questions you may have by email or phone.

Cost

There is NO fee to attend this YES Quest except for the cost of the meals which will be around \$3 US per day. You will be expected to pay for the meals at the time of the Quest.

We will be fundraising to cover the other costs of the Quest program, so all donations are welcome.

Email offers of financial support to freeman.wyllie@gmail.com

During The Quest

Safety

Every Quest program will have first-aid-qualified staff as part of the team. In the case of serious injury or illness, participants will be taken immediately to the closest medical care/hospital and their emergency contacts advised.

Personal travel insurance is compulsory when travelling to a Quest in another country.

After The Quest

Follow-up Support

All participants have access to follow-up support, by phone, email or in person.

TO APPLY

1. **Request an application form by emailing** Yesquestinternational@gmail.com
2. **Complete the form and return it to** Yesquestinternational@gmail.com
3. **Receive an acceptance email**

"The YES Quest experience began a very important life re-set. The YES Quest facilitators provided a richness of creative approaches for self-discovery that finally got by the strong fortress of beliefs – to what really mattered. I am so grateful to the team for their wonderful combination of caring, fun, and creativity and for this extraordinary program. I am so much happier today, living a life that makes so much more sense. I would recommend this program to anyone without reservation."

– Lusijah - 7 Circles Quest

For more information, contact Marlena at Yesquestinternational@gmail.com

