



CARIBOU AZORES

Testimonial Renata

Aufwind im Atlantik

1-8 August 2026

During my bereavement week on São Miguel, many things came together: time to pause and reflect, fresh impulses, space for personal conversations, and an island in the middle of the Atlantic which, with all its sights and sounds, invited me to explore my own thoughts and feelings.

The Convento, a former monastery where we stayed and gathered for our daily 'Impulses' and conversations, was a very special place. The themes explored during this week devoted to grief helped me to move forward, step by step. The exchanges were stimulating and enriching; they broadened my horizons and encouraged me to look at certain things in a different light.

The surroundings, the natural environment and the atmosphere played a big part in helping me to open myself up to the experience of this week. The afternoon excursions were all very well chosen and the food was delicious. I found it particularly relaxing not having to worry about a thing. I was simply able to open myself up to the diverse experiences and get to know this beautiful landscape better. The yellow-billed Cory's shearwater in particular has stayed with me. It was the metaphor for our week – and for me, far more than just a beautiful image. I will never forget it. Even today, it continues to accompany me in my everyday life. I also keep returning to the notes from the final Impulse, which were written down especially for me and sent to me at the end of the week. They remind me of the path I want to take and what I want to remain mindful of, so that I don't lose sight of what is essential and important.

I particularly appreciated the personalised support provided by Urban and Regula. Both have a very keen sense of how people are feeling and what they need any given moment. This created a space for me where I felt cared for, without anything being imposed on me.

Looking back, I am particularly struck by how well thought out the whole week was. The individual elements – the setting, the Impulses, the conversations, the meditations, the natural surroundings, the excursions and the evenings spent in each other's company – came together to form a harmonious experience, which exceeded my expectations and helped me make significant progress in my grieving process. You can tell that Urban and Regula have designed this experiential week with great care and a keen understanding of people.

I returned home with many impressions and thoughts. Some belong to this special week in the Azores, whilst others continue to accompany me in my everyday life.

Renata Güdel, Zurich, Switzerland

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