



# COWORKATION VAL VENOSTA

Summit 4 Change  
Invitation

IDM Südtirol-Alto Adige/Armin  
Terzer



23. - 30. October



(net]work - [re]connect - [un]learn - [x]change

# BE PART OF THE FIRST COWORKATION VAL VENOSTA!

**Soon we will welcome change practitioners  
from all over the world to a Summit for Change  
in beautiful Val Venosta!**

The Summit consists  
of a coWorkation (23-30.10)  
and a Change Festival (27-29.10)

The coWorkation offers many exciting options  
to learn and connect.

Some community events are open to public.

If you want you to be part of this experience,  
you can register either for  
a coWorkation day or a workshop  
on the [basis event site!](#)

Looking forward to  
welcome you!



brigitta@confluencing.com  
(Montecin farm)



carinamatscher@gmail.com  
(Pension Feldgärtenhof)



# coWorkation Program

## Sunday 23

6.30am: Barn ritual

7.30am: Morning flow

8.30am: Joint breakfast

Sensing the mountain  
& free floating

8pm: Cooking  
& dinner

## Tuesday 25

6.30am: Barn ritual

7.30am: Morning flow

8.30am: Joint breakfast

*Optional 8am:  
Leadership Trail with  
Rutger Bartelsman*

7pm Montecin:  
Pizza & Bonfire  
storytelling

Free coworking @BASIS  
all the time

## Monday 24

6.30am: Barn ritual

7.30am: Morning flow

8.30am: Joint breakfast

10am: **Guided Sonnensteig hike**

*Tour through Italy's  
smallest city: Glurns*

6.30pm: **Dinner Meet-up  
@ Tschengelsburg**

## Wednesday 26

6.30am: Barn ritual

7am: Morning flow

7.30am: Joint breakfast

8.30 Traveling to Schlanders

*Workshop Route - Rig -  
Reel*

12 Yoga in the Basis

*Eigenland Workshop  
with Utz Steiger & Marcus Müller*

6pm: **Wine tasting**

# Festival Program

[www.berlinchangedays.com](http://www.berlinchangedays.com)

## Thursday 27

7.30am: Breakfast

8.30am: Morning flow @BASIS

9am -2pm: **Entrepreneurs Café**

3pm: Landing at the Festival

3.30pm - 7pm: **Overture  
Keynote & Learning Journey**

7pm: **Pizza Party  
& Hoangortn**

## Friday 28

7.30am: Breakfast

8.30am: Morning flow @BASIS

9pm - 11pm:

**Keynote & Learning Journey**

**Workshops am & pm**

Including optional visit  
Escape Room Merano

6.30pm: Dinner (self organized)

8pm: Farmfluencers Movie

Ecstatic Dance

& Party!!!

## Saturday 29

7.30am: Breakfast

8.30am: Morning flow

**Learning Journey &  
Open Space & closure**

1pm: Joint Lunch

**Departures**

6.30pm: **Törggelen 4  
Coworkationists!**



# Monday 24 October

## Hiking

### Hiking the Sonnensteig - with Karin Meister

...

Karin ist geprüfte Wanderleiterin in Südtirol und ein richtiger Naturmensch. Karin wandert am liebsten mit ihrem vierbeinigen Freund und liebt Herausforderungen. Immer wieder testet sie ihre Grenzen bei Sportevents aus. Nebenbei leitet sie als Life- und Mentalcoach Workshop zur Persönlichkeitsentwicklung mit den Schwerpunkten Erkennen, Reflektieren, Transformieren. Ihr Wissen und ihre Erfahrungen bringt sie gerne auch bei den Wanderungen ein. Ihre Wanderungen passt sie immer am Interesse und jeweiligen Fitnesslevel der Gruppe an.

*Karin is a certified hiking guide in South Tyrol and a real nature person. Karin loves to hike with her four-legged friend and loves challenges. She is always testing her limits at sporting events. As a life and mental coach, she also conducts workshops on personal development with a focus on recognizing, reflecting and transforming. She also likes to bring her knowledge and experience to the hikes. She always adapts her hikes to the interest and fitness level of the group.*

### Sonnensteig - on the way at the Upper Venosta Valley's Sun Mountain

Along the theme trail "Sonnensteig" you will learn exciting insider information about the idiosyncratic nature in this valley with its special microclimate, the Venosta Valley's culture and about the popular Waal paths. We hike from the rustic farming village of Burgeis to the upper Waal of Mals, through the forest to Tartsch and then to the archaeological site of Ganglegg above Schluderns - a bit along the Leitenwaal and then down to the historic town of Glurns.

**Date:** October, 24

**Length:** approx. 15.5 km

**Walking time:** approx. 4:20 h

**Meters in altitude ascent:** approx. 166 m

**Height difference on the way down:** approx. 470 m

**Highest point:** 1231 m

**Lowest point:** 900 m

**Difficulty:** medium





# Sightseein

## Historical guided tour in Glurns



### Historische Stadtführung durch Italiens kleinste Stadt: Glurns

Das historische Glurns im Süden des mystischen Tartscher Bühels ist mit seinen 900 Einwohnern eine der kleinsten Städte weltweit. Erstmals im Jahre 1304 erwähnt, hat Glurns bis heute sein mittelalterliches Flair bewahrt. So besitzt das Obervinschger Kleinod neben einem mittelalterlichen Stadtkern die einzige erhaltene geschlossene Wehranlage der Alpen, vollständig erhaltene Ringmauern und drei malerische Tortürme.

### Historical guided tour through Italy's smallest town: Glurns

*Historic Glurns in the south of the mystical Tartscher Bühel is one of the smallest towns in the world with its 900 inhabitants. First mentioned in 1304, Glurns has preserved its medieval flair to this day. Thus, in addition to a medieval town center, the Upper Venosta Valley gem has the only preserved closed fortification system in the Alps, completely preserved ring walls and three picturesque gate towers.*

**Dates:** MO, 24th Oct, 4.30 pm (following the hike with Karin Meister)

**Meeting place:** Glurns, Rathausplatz 1

**Duration:** 1,5h

**Price:** tbf calculated according to the number of participants



# Dining

## Meeting with Change Maker Karl Perfler and dinner\*\* at Tschengelsburg Castle

*Enjoy a special dinner at a special place.*

*Karl has always been an innkeeper. A few years ago he revived the old castle in Tschengels and runs the village inn there. He is committed to the local culture and cuisine, lives the circular economy and is known for his wisdom, as well as his homemade bread and pasta from 9 different ancient cereals.*

**Date:** MO, 24th Oct, 6.30 pm  
(following guided tour through Glurns)

**Meeting point:** Glurns, after the city tour



# Tuesday 25 October

## Explore your mountain within

### Leadership trail - Explore your mountain within

...

Just before The Summit of Change festival starts, we invite you to climb your own mountain. Join us on the Leadership Trail in the mountains around Schlanders.



On Tuesday 25 October we will reach to our inner selves by hiking a curated trail, together with Rutger Bartelsman. We'll walk to a real summit, dive deep into our own limiting beliefs, habits, freeing up our inner force to embrace the mountain. Embodying our challenges with real steps.

Bring your inner leader in the steady pace of climbing a mountain. Flow on the amazing views, grow by deepening insights into yourself and learn together while hiking with fellow change practitioners.



**You'll never walk alone**  
Rutger Bartelsman is an experienced hiker, leadership trail guide, facilitator and creative spirit. He brings together the forces of nature, creative spirits and opens up experiences of inner views and outer amazement. Because that is where the magic comes in.

### THE LEADERSHIP TRAIL SUMMIT OF CHANGE 2022

**Practical details:**  
Start: 25 October 8:00 at BASIS  
Bring hiking gear for a full day, your own lunch and a book with a pen.  
Investment: €50

Enjoy an extraordinary experience, climbing your own mountain within together with Rutger Bartelsman. Dive deep into your own limiting beliefs, while trying to reach a "real summit". Free up your inner force to embrace the mountain. Embody your challenge with real steps and celebrate when you reach the top.

**Date: 25 Oct, 2022 - 8am**

**Meeting point: BASIS Vinschgau Venosta**

**Price: € 50,00/person to be paid in cash on the spot**

**min. pers.: 5**

**max. pers.: 10**

**More information: [rdbartelsman@gmail.com](mailto:rdbartelsman@gmail.com)**

### Rutger Bartelsman

Rutger Bartelsman MSC is an organizational change expert with a fascination for cooperation, development of communication-patterns and (personal) leadership. Grounded in his experience as a consultant and founder of various social enterprises he works with people to create and sustain positive influence over their teams, organisations and (social) environments. In his work he focusses on development of team configurations, leadership development and personal effectiveness. He carries a well-packed amount of interventions to develop reflection processes, team-effectiveness and to help leaders create more leaders.



### Storytelling at the Bonfire on Montecin farm

...

Standing by the fire has always been a special moment for humankind. Lighting a fire and listening into our stories of hope and fear, creates a bond between us and opens a safe space for learning and growing together.

**Date: 25. Oct, 2022 - 8pm**

**Warm clothing required!**

**Meeting place: Montecin farm**





# Wednesday 26 October

## Morning Workshop

### Route - Rig - Reel - Session with Nik Beeson

#### The Route-Rig-Reel & Roll Sessions

The ROUTE-RIG-REEL & ROLL Sessions are unique, very simple yet very deep, processes designed to spark fresh perspectives and powerful insights into the core question 'Where are you going?' by 'rooting' it in an even more fundamental question, 'Who Are You?'. The sessions further connect these perspectives and insights to aspirations related to values, purpose and true self.

'ROUTE' ('Root') approaches the question of 'Who Are You?' through the lens of time:

What is your perception of your past, and what can you expect in your future, given your immediate present... right now?

'RIG' approaches the question of 'Who Are You?' through the lens of a network or web:

What is the economy and ecosystem of relationships that enable you to be who and where you are... right now?

'REEL' ('Real') approaches the question of 'Who Are You?' through the lens of the cycles of thoughts, emotions and behaviours which sustain and confirm your identity:

What are your practices (virtuous cycles), habits (rote cycles) and addictions (harmful cycles)... right now?

'ROLL' re-applies the ROUTE-RIG-REEL inquiries through the lense of values, purpose and self:

What changes in your ROUTE-RIG-REEL are required to enable your deeper values, your deeper purpose, and your deeper self to emerge... in the future?

Especially useful in times of disruption and uncertainty – and applicable to individuals, teams or organisations – the ROUTE-RIG-REEL & ROLL Sessions viscerally reveal how our present state of being is conditioned and constructed by our perception of our past and future, our network, and our habits. It initiates transformative processes based on those revelations, and further connects them to aspirations related to values, purpose and true self.

The ROUTE-RIG-REEL & ROLL Sessions are presented in a series of highly interactive and engaging workshops which use any combination of research, storytelling, interactive games, music, arts & crafts as well as breakout groups and open discussions.

**Date:** 26 Oct, 2022 - 9am - 12m

**Meeting point:** BASIS Vinschgau Venosta

**Price:** Included in the coWorkation package and EUR 50 for guests to be paid on the spot

### About Nik

Nik is a skilled and empathetic facilitator, known for creating safe spaces – with an abundance of curiosity, open-heartedness and good humour – to explore big questions.



### More...

As an insight facilitator he is offering workshops, coaching and consulting focusing on meaning, curiosity, creativity, disruption, addiction and resilience. He is also a composer/musician and a writer of essays, prose and poetry.

Nik has formal educations in Theology (U of T), Professional Coaching (Adler), Team Coaching Supervision (Velleman/Gestalt), Spiritual Care (CAPPE), Dialectical Behaviour Therapy, and is a Certified Change Agent (CCA) with experience in organisational development. He is the director of the Curiosity Culture Project, and is a core member of the Toronto, Berlin & Australasian Change Days festival/conferences.

Nik studied Theology at the University of Toronto with a focus on consciousness, addiction, ecology and love, was a Spiritual Care resident on the ICU, Emergency and Neuro Wards at the Toronto Western hospital, worked in Palliative Care, and was a live-in staff person in homes for the homeless and for people with mental health challenges.

As a performance artist Nik has written and performed works of 'sonic theatre', music for contemporary dance and art installations, and recorded and performed in the genres of folk, alt-rock, punk-funk, 'sub-jazz-world', ambient/electro-acoustic and sound art.

Nik posts a wide range of poems, prose, 'pensees' and essays on his blog 'Sheddings', and elsewhere.

**Questions?** [translibrium@gmail.com](mailto:translibrium@gmail.com)



# Afternoon Workshop

## Eigenland Workshop

**eigenland® - Befähiger, Denker, Beschleuniger für menschenzentrierte Transformation.**

Wir wissen, dass in Organisationen bereits alles vorhanden ist, was benötigt wird, um erfolgreich zu sein.

Der entscheidende Unterschied wird genau dann erzielt, wenn Teams sich mit ihrer Erfahrung und ihrem Wissen direkt einbringen können.

Wie ihr Change- und Transformationsthemen von innen heraus mit Freude und Leichtigkeit gestaltet, das könnt ihr mit uns erleben. Auf den Change Days goes Alpine werdet ihr zu den Akteur\*innen.

Mit dem auf den Menschen ausgerichteten Ansatz bieten wir Euch beim Summit for Change für Euch zwei Workshops im innovativen Format an. Spielerisch werden alle Teilnehmer\*innen aktiv eingebunden und angeregt, zum Beispiel Leadership unter Berücksichtigung der SDGs/ IDGs mit ihren Erfahrungen und Ideen neu zu denken und gemeinsam zu gestalten.

*We know that organizations already have everything they need to be successful. The crucial difference is made precisely when teams can contribute directly their experience and knowledge.*

*You will experience how to shape change and transformation topics from within with joy and ease. At the Change Days goes Alpine you become the acting beings. With the Human-Centered Approach we offer you an innovative format at the Summit for Change.*

*All participants will be involved in an active and playful way. Moreover they will be encouraged, for instance, to rethink and reshape Leadership through the lenses of their experiences and ideas conjointly, taking into account the Sustainable and Inner Development Goals.*

**Date:** 26 Oct, 2022 - 2 - 6pm

**Place:** BASIS Vinschgau Venosta

**Price:** Invitation by eigenland



# Yoga Flow @ noon

## Yoga - with Annalisa Blass

*Hello, nice to meet you.*

*My name is Annalisa and Yoga has been with me for half my life. The type of Yoga is a mixture of Hatha and Vinyasa Yoga, I personally call it Soul Flow Yoga. Soul Flow is a very devotional and heartfelt practice where we gently flow into different asanas several times and then stay in the position for a few breaths to surrender to it. It is a good combination of conscious breathing and at the same time strengthening and stretching asanas (positions) with flowing transitions. We first learn the position and then become aware of our body in the alignment of the Asana. It is a gentle, dynamic class where breathing and movement come into harmony. At the end, the class is rounded off with a short meditation or mindfulness exercise.*

*I simply want to create a space in which you can come closer to yourself. It doesn't matter if it's through physical movement or the conscious confrontation with yourself.*

**Dates:** 26 Oct, 2022 - 12-1pm

**Meeting point:** BASIS Vinschgau Venosta

**Price:** €13,00/person to be paid in cash on the spot

**min. pers.:** 5

**max. pers.:** 15



## Meet & greet your peers before the festival!

## Wine tasting @Pension Feldgärtenhof

In unserer typischen Stube treffen wir uns in gemütlicher Runde und heißen den bekannten Vinschger Weinbauern und Pionier Leo Forcher vom Rebhof Willkommen. Leo wird uns in die Welt der Weine einführen und wir werden die außergewöhnlichen Weine Vinschgaus kennenlernen.

Der Rebhof hat seinen Sitz in Galsaun bei Kastelbell.

Die dortigen fruchtbaren Böden an den sonnenbegünstigsten Hanglagen bieten ideale Voraussetzungen für das Wachstum der Reben.

*In our typical Stube we will meet in a cozy atmosphere and welcome the well-known winemaker and pioneer Leo Forcher from the Rebhof-Farm. Leo will introduce us to the world of wines and we will get to know the extraordinary wines of Val Venosta.*

*The Rebhof-Farm is located in Galsaun near Kastelbell.*

*The fertile soils there on the sunniest slopes offer ideal conditions for the growth of the vines.*

**Date:** WED 26 Oct, 2022 – 6 pm

**Meeting place:** Pension Feldgärtenhof – Stube

**This event is included in the coWorkation package!**

**Price for external guests:** €8,00 / person to be paid on the spot





# Thursday 27 October

## Morning Café

### Entrepreneurs Café

All facilitators and participants already in the valley in the morning of the festival are invited to attend the entrepreneurs café that brings together change practitioners and local stakeholders.

### What happens in the Café?

Learn more about the local economy!

## the menu

09.30 Arrival with Coffee

10.00 What is this all about?

Helmut Prantl (BASIS) & Brigitta Villaronga (BCD)

10.10 Who is who? Checking into who is in the room

10.30 Christian Girardi - Global Forum South Tyrol:  
Sustainability? Nature Positive Economy!

10.50 Change in different industries

Painful learnings and hopeful futures

- Economy FOR and WITH the community:  
BGO Obervinschgau & Vinterra
- New wood construction: Holzius\*
- New hospitality: Steineggerhof
- Sustainable products: VAIA

11.50 Break

12.00 Dialogue in small groups & final plenary

13.00 Lunch & Network

\*to be confirmed

# entrepreneurs café !

OCTOBER 27 | 9AM - 2PM



BASIS VINSCHGAU VENOSTA

BASIS

# Berlin Change Days

## Festival Start: 3pm!!!

Check the separate  
program

# Friday 28 October

## Playful experience

### Escape Room Merano - with Iwan Hofer

Ein "Escape Room" ist ein besonderes Gruppenerlebnis, bei dem ihr als Team innerhalb einer vorgegebenen Zeit in einem realen Raum Aufgaben oder Rätsel rund um eine mysteriöse Geschichte lösen müsst. Dies schafft man nur mit logischem Denken, viel Kreativität und gutem Teamwork. Seit 2007 erfreuen sich Escape Rooms weltweit zunehmender Beliebtheit. Der Escape Room in Meran, betreut von Iwan Hofer, ist ein Besonderer. Nicht nur die authentischen Räumlichkeiten, sondern auch die großartigen Geschichten machen das Erlebnis zum Highlight.

*An "escape room" is a live group game in which a group must solve tasks or puzzles surrounding a mysterious story within a given time in a real room. This can only be achieved with logical thinking, lots of creativity and good teamwork. Escape Rooms have become increasingly popular around the world since 2007. The Escape Room in Merano, supervised by Iwan Hofer, is a special one. Not only the authentic rooms, but also the great stories make the experience a highlight.*

**Date:** Oct 28, 2022

**Price:** €20,00/person to be paid in cash on the spot

**Duration:** 90min

**Meeting point:** tbf



## Movie time

### Farmfluencers of South Tyrol

Meike Hollnaicher and Thomas Schäfer are passionate about sustainable agriculture. They do research and create short films showcasing farmfluencers making a difference with their projects in South Tyrol. During the Berlin Change Festival Meike will present selected films.



### Farmfluencer Amalia Wallnöfer

Amalia is Lichtenbergs Queen of hemp. Learn how she discovered her passion for this amazing plant. Amalia will be present during Day 2 of the Festival with her hemp products.





# Friday 28 October

## Move your body!

### Ecstatic dance in the Basis



Ecstatic dance is a form of dance in which the dancers, sometimes without the need to follow specific steps, abandon themselves to the rhythm and move freely as the music takes them, leading to trance and a feeling of ecstasy. The effects of ecstatic dance begin with ecstasy itself, which may be experienced in differing degrees. Dancers are described as feeling connected to others, and to their own emotions. The dance serves as a form of meditation, helping people to cope with stress and to attain serenity.

**Date:** Oct. 29, 9pm

**Place:** Basis

### DJ Treasure Tailor (Michael Schatzschneider)



### Clubbing with Lady Six Sky



Georgina Mendoza was born in Mexico, lived in Berlin and now she is based in South Tyrol, running the Radbar and putting on amazing sets. She is a Rhythm Hunter. Her music is rooted in the worlds folklore blending tropical, ethnikal, latin and afro house.

**Date:** Oct. 29 - 11pm

**Place:** Basis

### Georgina Mendoza aka Lady Six Sky

Tune into her sound!



# Saturday 29 October

## Yoga Session with Lisa Kretschmann

...

Founder at Re-Focus, Lisa works with leaders to manage change. She is a consultant, coach & trainer with experience in international association management, EU affairs, & personal development. She is passionate about Yoga and the way it supports personal growth. As a certified yoga teacher she uses movement and breath to connect body and mind, and to stay grounded in an uncertain world.

**Date:** Oct. 29, 8:00

**Place:** Basis



## Törggelen

...

Die Törggele-Zeit in Südtirol beginnt, sobald nahezu alle Trauben geerntet sind und sich das Weinlaub goldgelb färbt. Die Einheimischen nennen den jahrhundertealten Brauch sogar ihre „fünfte Jahreszeit“: Dabei werden gemütliche Herbstwanderungen durch Weingärten, Kastanienhaine, malerische Dörfer und Mischwälder mit kulinarischem Genuss verbunden. Es gibt Südtiroler Köstlichkeiten wie hausgemachte Schlutzkrapfen, Knödel, Surfleisch und Hauswürste mit Sauerkraut, süße Krapfen und gebratene Kastanien. Dazu wird der „Siaße“ (Traubenmost) und junger Wein serviert. So entstand diese beliebte Tradition einst auch: Nach der Weinlese trafen sich die Weinhändler, Genießer und Winzer im Weinkeller, um den neuen Jahrgang zu degustieren. Der Begriff Törggelen bezieht sich auf die „Torggl“ (lat. torquere, drehen), die hölzerne Weinpresse.

Wir treffen uns in der Pension Feldgärtenhof und fahren gemeinsam mit einem Shuttle in das nahegelegene Gasthaus Sonneck, wo wir den Brauchtum feiern und die Woche noch einmal Revue passieren lassen.

*Every year from October to the start of the Advent season, locals and guests take part in one South Tyrol's most beloved traditions: Törggelen. Törggelen has a long and storied history. Long ago in autumn, South Tyrolean farmers and wine merchants met to sample the young wines. Today, Törggelen unites culinary delights with autumn hikes in the colourful landscape. There will be served Schlutzkrapfen, dumplings, salted meats and homemade sausages and sauerkraut. This feast is complemented by new wine followed by roasted chestnuts and sweet Krapfen pastries for dessert.*

*We will meet at Pension Feldgärtenhof and take a shuttle together to the nearby "Sonneck Inn". Let's celebrate customs & review the week.*

**Date:** SAT 29 Oct, 2022 – 6.30 pm

**Meeting place:** Pension Feldgärtenhof

