CARIBOU AZORES

New Horizons in the Atlantic
Experiential week for **soon, early** and **recent Retirees**

11-18 July 2026

R	*rebel, reset, rose*
E	*enjoy, engage, excellence*
T	*talent, troubleshoot, thanks*
I	*igniting a **new**, **inspiring identity***
R	*radiant, resourceful, remarkable*
E	*erudite, eclectic, eminent,*
E	*emphatic, ephiphany, endearing*

Regula Waltenspuel

Creative explorers!
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, such as **retirees**, during challenging transitions in life (*or those navigating grief or life-limiting illness*), with an **experiential week based on a holistic approach** on the Azores island São Miguel.

New Horizons in the Atlantic brings **retirees** together in summer in a historic guesthouse full of symbolism in Vila Franca do Campo (weekly schedule available on the *Caribou Azores* website).
Through daily "impulses" as a basis for disussions, we address this transition with its different phases:

• what does it mean to be a retiree? • farewell to the career • letting go • honouring the professional journey with gratitude • meaning in the new chapter of the book of life • steps how the life story could continue (holistically)…

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*** …

Old age does not present a hermitage for me,
but a balcony,
from which one can see
further and farther
at the same time.

Marie Louise Kaschnitz

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 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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