

# CATCH THE VIBE

Outward Bound Romania



creative  
thinking

## PURPOSE

- To raise awareness about how different/similar we sense vibe of places/objects/nature elements
- Self-awareness
- Creative expression

## MATERIALS

- A smartphone or camera
- 3 post-its pers person
- Pencil

## PREPARATION

This activity can take place outdoors or indoors and need no preparation. It's just a way to connect with the place and observe the differences of perceiving places by different people.





## INTRO

Everything circulates, pulses, surges on the nature of vibe – the frequency and rhythm of connection; the vibration works at the center of holism and sensuality.

Vibe = place - You go somewhere, and it feels right, the sensations are good

Vibe = person - You meet someone, and instantly, there is comfort, recognition, right warmth, balance

Vibe = rightfulness - You start a project, a process, and

it all seems to be linking up in your mind

Finding a vibe is about finding the right way to tell a story in a manner that a guest, audience, recipient, visitor, and experiencer syncs with the moment.

## STEPS

**20 minutes** - Each participant walks around the place indoors and outdoors with all the senses open and tries to find vibes that seem important for him/her. Takes a picture of the place, object, person, process, etc. and writes down on a post it the experienced sensations. This is repeated until everyone finds at least 3 vibes or the time is up.

**20 minutes** - The facilitator calls back all the participants and they sit down in a circle. Participants show around their pictures and talk about the sensed vibes.

## REFLECTION

- How did you feel while walking around, connecting with the place and looking for vibes?
- How do you connect generally with places, people and processes?

## COMMENTS

NA

MY BLINDFOLDED WALK