



BLOG 3 STORYHOUSE KOMMETJIE RETREATS: ALGEMENE INLIGTING

TYDSDUUR

'n Storyhouse Retreat duur van Donderdagmiddag 14:00 wanneer u arriveer, tot Sondagoggend 10:00 wanneer ons afsluit met 'n brunch (08:00 - 09:00), en u vol energie huiswaarts kan keer!

TEMA/S en PROGRAM

Die fokus is op *sielkundige welwese en selfeksplorاسie*. Ons raak ook aspekte aan soos verhoudings, depressie, stress en uitbranding, en emosionele intelligensie waarmee ons ons swakhede en uitdagings kan aanpak. .

U gaan ook 'n vraelys oor sielkundige welwese ontvang. Dié vraelys het ek as deel van my MEd (Guidance and Counselling; 2008, Unisa) ontwerp. Ons gaan in die algemeen oor die vraelys gesels, maar u is welkom om wanneer u tuis is, in privaatheid met ons te gesels via aanlyn sessies.

Tydens die retreat, wil ons vir u genoeg tyd gee om die mooi natuur van Kommetjie te geniet. U kan see toe stap (die see is straat-af en u stap verby vyf huise), of u kan op die strand met fyn, wit sand gaan stap of draf. Die sonsondergange is pragtig! U kan ook met die kronkelende paadjie langs die see en tussen fynbos, na die Slangkop Ligting toe stap (2 km). Kommetjie het 'n paar winkeltjies indien u ietsie huius toe wou neem.

NB Hierdie Retreat is NIE gerig op dwelm-afhanklikes, drankverslaafdes of enige persone met 'n afhanklikheid aan enige middel nie. Ons is nie gekwalifiseer om te ondersteun nie. .

Ons bied die program op wetenskaplike basis aan – geen spesifieke godsdiens word voorgehou nie.

LIGGING

Kommetjie is geleë in die *Kaapse Skiereiland*, ongeveer halfpad tussen Kaapstad en Kaappunt, en ongeveer 45 minute van die Kaapse Internasionale Lughawe, met daaglikse vlugte vanaf verskeie lughawens vanoor Suid Afrika, sowel as van oorsee.

AKKOMMODASIE

Die Storyhouse Retreat word aangebied in ons gastehuis "Storyhouse" in Kommetjie, Kaapse Skiereiland. Die gastehuis het verskillende kamers met verskillende pryse, en kan maksimum 10 persone akkommodeer.

OUDERDOMME

Alle ouderdomme vanaf 18 jaar is baie welkom om navraag te doen. U kan kom as enkeling, of met u eggenoot of eggenote, lewensmaat, vriend of vriendin. U is ook welkom om u eie groepie saam te stel. Kontak ons voordat u finansiële uitgawes aangaan.

VERVOER

U is welkom om met u eie vervoer die Retreat by te woon. Hier is gratis parkeerplek op die sygaardjie. Die vervoeronekoste is vir u eie sak.

VERVOER TUSSEN DIE LUGHAWEN EN KOMMETJIE

Tans vind baie gaste Uber gerieflik, dus hoef u nie u eie vervoer tussen die lughawe en Storyhouse te hê nie. Daar is ook privaat vervoermaatskappye, of u kan 'n motor op die lughawe huur. .

VERVOER TYDENS DIE RETREAT

U benodig geen eie vervoer tydens die Retreat nie. Ons gaan nêrens heen ry nie, en u kan oral stap.

VERVOERKOSTES

U moet asb op eie onkoste by Storyhouse arriveer en vandaar vertrek – dit is nie ingesluit by die prys nie.

KLEREDRAG

Informeel, en soos u gemaklik voel. Afhangend van die seisoen, maar meeste aande is koel, dus iets warm, maar ook ligter klere vir warm dae. Stapskoene. Dalk swemklere vir die brawes? Hier is 'n swembad op die perseel, en die see is straat-af.

Bring ook 'n reënjas indien dit reënerig lyk wanneer ons gaan stap.

ETES en VERSNAPERINGE

Alle etes en versnapering is ingesluit in die prys.

Ons hou van kosmaak, en beplan tipies Suid Afrikaanse geregte, met hier en daar invloed van ander kostradisies. Ons kan vegetariese en vegan geregte voorsit. Gesels vooraf met ons oor u allergieë.

KOSTES, wat insluit:

Akkommodasie vir 3 nagte (Donderdag; Vrydag; Saterdag)

Alle etes en versnaperinge

Lesings en groepgesprekke

Kursus- en skryfmateriaal.

*Kontak ons vooraf indien u vroeër of later as aangetoonde tye wil bly: dit behels ekstra kostes, en hang af van beskikbaarheid van akkommodasie.

AANBIEDERS

Antoinette (DPhil), voormalige onderwyseres en tans geregistreerde sielkundige.

Charl (DD), voormalige NG predikant en tans aanlyn verkoopskonsultant by Campbell Scientific Africa.

BLOG 3 STORYHOUSE KOMMETJIE RETREATS: GENERAL INFORMATION

DURATION

A Storyhouse Retreat lasts from Thursday afternoon 14:00 when you arrive, until Sunday morning 10:00 when we close with a brunch (08:00 - 09:00), and you can return home full of energy!

THEME/S and PROGRAMME

The focus is on psychological well-being and self-exploration. We also touch on aspects such as relationships, depression, stress and burnout, and emotional intelligence with which we can tackle our weaknesses and challenges. .

You will also receive a questionnaire on psychological well-being. I designed this questionnaire as part of my MEd (Guidance and Counselling; 2008, Unisa). We are going to talk about the questionnaire in general, but you are welcome to chat with us privately via online sessions when you're back at home.

During the retreat, there will be time to enjoy the beautiful nature of Kommetjie. You can walk to the white, sandy beach which is just down the street, or go for a jog in the village. A stroll along the winding path along the sea and between fynbos to the Slangkop Lighthouse (2 km) is another experience not to be missed. There are a few shops in the village should you want to buy something to take home.

NB This Retreat is NOT aimed at persons with a dependency on substances (alcohol; medication; etc), as we're not qualified to assist.

We present the program on a scientific basis - no specific theology is presented.

LOCATION

Kommetjie is located in the Cape Peninsula, about halfway between Cape Town and Cape Point, and about 45 minutes from Cape Town International Airport, with daily flights from various airports across South Africa, as well as from overseas.

ACCOMMODATION

The Storyhouse Retreat is offered in our guesthouse "Storyhouse" in Kommetjie, Cape Peninsula. The guest house has different rooms with different prices, and can accommodate a maximum of 10 people.

AGES

All ages older than 18 years are welcome to inquire. You're welcome as a single person or as a couple; or you can put your own group together. Please contact us for a confirmation before you incur any financial expenses.

TRANSPORTATION COSTS

Please arrive and depart from Storyhouse at your own expense - this is not included in the price.

OWN TRANSPORT

You are welcome to attend the Retreat with your own transport. There is free parking on the pavement. The transport costs are for your own pocket.

TRANSPORTATION BETWEEN THE AIRPORT AND KOMMETJIE

Nowadays, many guests find Uber convenient, so you don't need to have your own transportation between the airport and Storyhouse. There are also private transport companies, or you can hire a car at the airport. .

TRANSPORT DURING THE RETREAT

You do not need your own transport during the Retreat. We're not going to drive anywhere, and you can walk in the village.

DRESS

Informal, and as you feel comfortable. Depending on the season, but most evenings are cool, so something warm, but also lighter clothes for hot days. Walking shoes. Maybe swimwear for the brave? There is a swimming pool on the premises, and the sea is down the street.

Also bring a raincoat if it looks rainy when we go for a walk.

MEALS and SNACKS

All meals and snacks are included in the price.

We love cooking, and would like to spoil you with traditional South African dishes, with here and there influence from other food traditions. We can serve vegetarian and vegan dishes.

Please talk to us in advance about your allergies.

COSTS, which include:

Accommodation for 3 nights (Thursday; Friday; Saturday).

All meals and snacks.

Lectures and group discussions.

Writing and course material.

*If you want to arrive earlier or depart later than earmarked times, please discuss with us beforehand as this involves extra costs, as well as depending on availability of accommodation.

PRESENTERS

Antoinette (DPhil), former teacher and currently registered psychologist.

Charl (DD), former NG minister and currently online sales consultant at Campbell Scientific Africa.