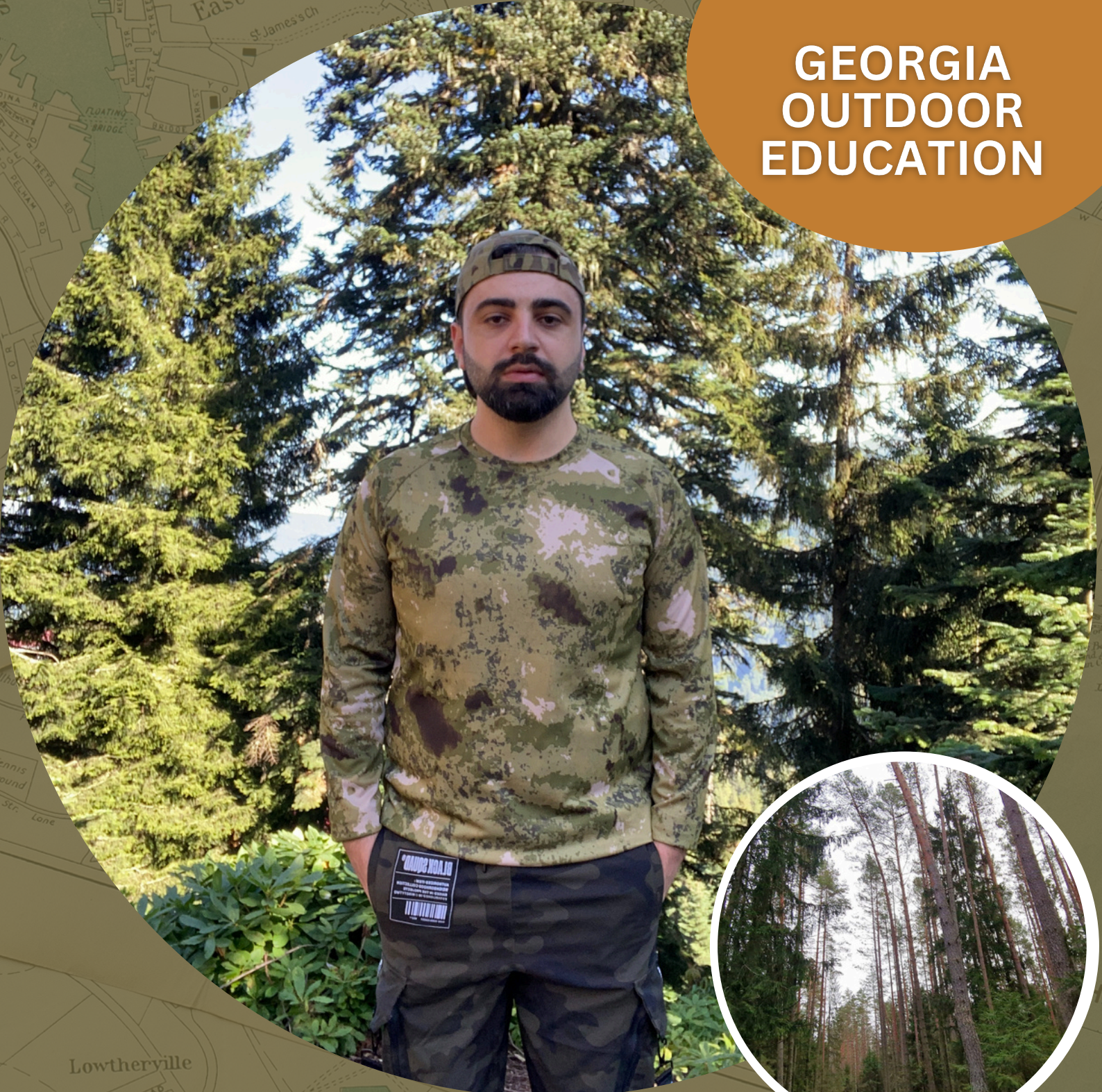


ADVENTURE

AWAITS



GEORGIA  
OUTDOOR  
EDUCATION



# Experiential Hiking with Goga Surguladze

# Goga Surguladze

[gogasurguladze.com](http://gogasurguladze.com)

[gogasurgul@gmail.com](mailto:gogasurgul@gmail.com)

Graduated with a Master's in Computer Engineering from Budapest University of Technology and Economics.

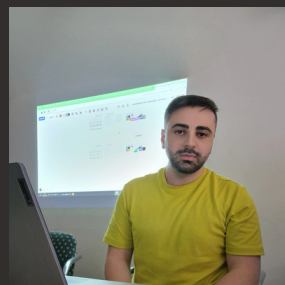


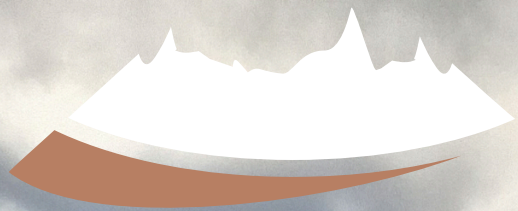
- Experienced Data Scientist
- Principal Product Manager
- Lead IT Business Analyst
- Senior IT Project Manager
- Lecturer
- Youth Worker



EU-certified Youth Worker and Experiential Hiker.

Founded the first experiential hiking organization in Georgia: Georgia Outdoor Education





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# EXPERIENTIAL HIKING

*Experiential hiking is an outdoor activity that transcends the traditional idea of hiking as mere physical exercise. It promotes a comprehensive and immersive experience, urging participants to connect with nature on a deeper physical and emotional level. The emphasis lies on the entirety of the journey, rather than solely arriving at a particular destination.*

## **ENGAGEMENT**

in mindful practices

## **MEDITATION**

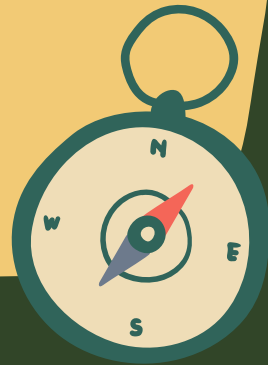
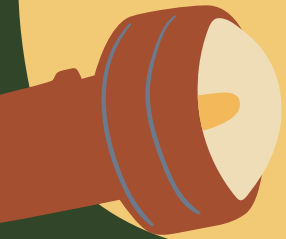
Guided meditation sessions surrounded by wilderness

## **CONNECTION**

Deeper connection with the natural world

## **REFLECTION**

To share the day's adventures



Activity 1 - Blindfolded

Activity 2 - Naturalist

Activity 3 - First Aid

Activity 4 - Performance

Activity 5 - Connected

Activity 6 - Silent Walk

Activity 7 - Scavenger Hunt

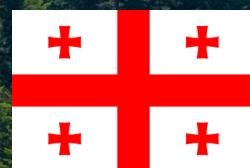
# Getting Ready for Activities

Before starting my Experiential Hiking Program, it's crucial to prepare properly for the rewarding activities that lie ahead. Begin by gathering the right hiking gear, such as durable footwear, suitable clothing for the weather, and a fully stocked backpack. Make sure to review the itinerary and any particular requirements for the upcoming adventure.



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