



Kamana Europe Companion

Congratulations on taking your first step on the Kamana path! And doing Kamana in Europe, it may be an even bigger step than for North American students, for Kamana was originally written with the North American student in mind.

With this booklet, we want to make Kamana life a little bit easier for you, so you can get the most out of it. We'll do this by addressing lots of issues that come up when translating the North American to the European situation.

In this Companion we have tried to cover all the issues that seemed to turn up for the European students that have already started on this path before you. We have shared our experiences and hope to help you on your way with the things you're most likely to encounter.

For easy reference, we have set up this Companion "parallel" to the Kamana book, with sections corresponding to the Resource and Awareness Trails and assignments. Thus, you should be able to easily find out if we had something to share on the subject you're working on.

Welcome to the European Kamana Community!

In this Companion, 'we' refers to the Kamana students and graduates in Europe who have, in one way or another, contributed to the development of this Companion. It makes us very happy to see you have taken the step to start Kamana!

Kamana has brought us many good things, and we're looking forward to sharing these experiences with you. We value Kamana so much that we want to get some hurdles out of your way - at least the ones that come up when doing Kamana in Europe. In short, we've asked European Kamana students to indicate what would have helped them along in their Kamana studies. The common response was that they'd have liked some extra

support, experience and advice in the form of a Companion - so here it is! We hope it will serve you well. Enjoy!

Levels of Translation

A large part of this Companion deals with translation issues - which can be found on many levels. Of course, there is the language issue itself: English vs. German, Dutch, etc. Then there are the species and families that may not be present in Europe and will need to be substituted. Beyond that, we find cultural and historical differences that may need to be addressed. And of course, most of the resources that are required or recommended, do not apply to Europe.

At the moment, Kamana is only available in English. To completely translate it, might even mean that whole sections should be rewritten or added so that it would be embedded in European culture and history... that's why we've chosen to write this Companion and get people underway, rather than start working on such a gargantuan project. Hopefully, in a couple of years there will be so many people involved that we can embark on such projects.

Meanwhile, we feel that there also are some great benefits to using only English materials; this makes sure that everyone is working with the same books and facilitates communication between students from different countries.

Getting Started

We suggest you just start reading and working from the Kamana book, and whenever you feel you might need some help or ideas on the European situation, check out this Companion. Though we've done our best, we can't guarantee will have an answer, let alone that it is the definitive one!

Please note that this Companion only deals with issues concerning differences between doing Kamana in North America and Europe - for other questions, you're on your own (or contact your Kamana instructors if you have opted for Student Services support-for Kamana 2).

Kamana One

General issues

Since Kamana One is the beginning level of Kamana routines, you'll find yourself introduced to many of the translation issues, too! We're looking forward to sharing our experiences, but in the end you'll have to decide for yourself what to do...

What language to journal in?

If you're not a fluent writer of English, you may consider doing your journals in your language of choice. In that case, check with your Kamana instructors (email director@kamana.org) to see what languages are currently supported, because if you want to have your work reviewed or certified, you'll need to send in photocopies of your journals.

If your mother tongue is not currently supported, you will have to choose one that is. That will certainly take some extra effort, but it's very well worth it! Also, it is OK to mix languages if you don't know every single word. We've had people send in their journals in English with just a Dutch one put in here or there, e.g. for the common name of a species or another less common word.

All in all, journaling should stay fun; if instead you feel it becoming a burden because of the language, contact us and we'll talk about it to find a solution.

And of course...

If you encounter any problems you feel we haven't addressed in this Companion, please let us know and we can improve on it!

Nature Awareness Trail

Pop Quiz

Here you'll come across several questions about N. American species that you may not know. Don't worry - that's not what the quiz is about. Just do as best you can and have fun!

Daily exercises

The daily exercises shouldn't give you any real problems, they work here just as well as in North America. If you feel otherwise, please let us know!

The Wildness of Europe

When reading those inspiring stories, some of us will feel as if they're missing out on the wildness described in there so vividly. Depending on where you live in Europe, it may feel as if nature is more a park than anything wild. Indeed, large predators may have disappeared from many areas long ago. But they're still in our folklore and legends, and some are actually reclaiming territories. For example, wolves are back in Germany! And there are other species that are expanding their territory rather invisibly.

Also, there are regularly stories of animals that have escaped from captivity - so yes, you may happen to come across Cougar, Ostridge, Parrots, pet turtles, escaped snakes, and many other foreign species.

So just hang in there; you'll discover there's more to your area than you thought, and at the same time you'll learn about the species you'll encounter on your holidays and wilderness trips!

Resource Trail

Required resources

For Kamana One, there are two required resources, and we recommend a third:

- 1) Reader's Digest Guide to N. American Wildlife (from here on: RDG)
- 2) Seeing through Native Eyes Audio Tapes/CD's
- 3) A field guide covering European Flora and Fauna

A field guide to European Flora and Fauna

Buy a field guide that covers plants and animals of whole Europe (like the RDG covers N. America).

We recommend you find one that has range maps for at least the birds and mammals, but preferably also for plants and trees. It should also have clear illustrations indicating the key features of the species, and good descriptions.

Only as a last resort settle for a Field Guide covering a smaller region. It is really important that you expose yourself not only to the plants and animals in your direct surroundings, but also to those in a larger context.

A recommended field guide for Germany that would be similar to RDG is: Stichmann-Marny, Ursula (Hrsg.). (2000). *Der neue Kosmos Tier- und Pflanzenführer*. Stuttgart: Kosmos. It has pictures, short descriptions, and even some anecdotes.

Seeing through Native Eyes

For German speakers, it is good to know that there is a German translation called *Zu Hause in der Natur*. The translation was done by experienced naturalists with training in the tradition of Wilderness Awareness School. The website where you can get *Zu Haus in der Natur* tapes is:

<http://www.wildniswissen.de/angebot/shop/sh-sites/cd-serie.html>

RDG

If you can afford it, we highly recommend buying this book. You may wonder if it is not a waste of money because the North American and European flora and fauna are quite different. We feel there are great benefits to buying it.

First of all, having this book will come in very handy in all Kamana levels. It will allow you to look up any plant or animal mentioned in text or on tape. Thus you'll be better able to understand examples and to see stories unfold in your mind's eye.

Secondly, not all species and families you're required to study in the resource trail will also be found in Europe. If you want to figure out European alternatives that fill the same niche, you'll first have to look up the plant or animal in you RDG to see what it is like. Likewise, when you want to tell someone in N. America about a European plant or animal, your RDG will help you find out if it lives there too, and if not, what might be its closest relative. All this cross-referencing will help you getting used to many Latin names, too!

The third reason is that we feel that the RDG is one of the best field guides with respect to key elements in the descriptions: range maps, key features, quality of content and illustration. Having used this guide, you're better able to asses the value of other field guides you might consider to acquire.

And lastly, leafing through field guides of foreign places can teach you valuable things, as is illustrated in this story by Anneke Treep:

One day, at class in the Pine Barrens of New Jersey, I was gathering wood for my debris hut. I overturned a large piece of bark to uncover a spider that looked suspiciously much like the black widow, though it's red markings were distinctly different. I took it to one of the instructors anyway, and not to my surprise, I learned that this too was a spider with an unpleasantly painful bite!

Journaling European species or North American ones?

In Kamana One, there are just a few plants and animals to be journaled. Some of these are not found in Europe, so you'll have to decide whether you want to journal the given ones or European alternatives.

Our experience is that there are so many references to the RDG, that it is really convenient to follow the instructions and journal the N. American species given. Still, we strongly recommend that you still check out which ones in Europe play a similar role. Thus, you'll get to know some important European species and have a little experience with this kind of cross-referencing.

Alternative species list

Black widow	->	Black widow
Brow recluse	->	Deer tick
Coyote	->	House dog

Appendix A: The Tourist Test

The Tourist Test

Just like with the Pop Quiz, don't sweat the questions about species that are not found in Europe, but give them a thought anyway.

How about Kamana Two?

Congratulations! Having finished Kamana One, you'll have a good idea of what life will be like if you decide to continue on this path.

The Companion for Kamana Two is in the process of being written, so for the moment, you'll be on your own. It is good to know that you've already overcome the biggest hurdle - getting started and getting yourself into new routines!

In Kamana Two, we'll talk more about differences in cultural history, resources and get more into species and families. We look forward to seeing you there!

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