



6-2014

# Developing Compassion ThroughTravel

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## Recommended Citation

Bartolini, L., "Developing Compassion ThroughTravel" (2014). *Collected Faculty and Staff Scholarship*. 42.  
<http://scholar.dominican.edu/all-faculty/42>

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# INSPIRING COMPASSION IN/OUT OF THE CLASSROOM



- Overview of Panel Presentations:
  - Dr. Bartolini
    - Faculty-led Student Travel Courses
  - Dr. Matthews
    - Gratitude in Positive Psychology, Psychology of Happiness, and Life Coaching Courses
  - Dr. Pileggi
    - Human Connection with Earth and Animal in Sense of Place, Ecopsychology, Feminism & the Environment courses

# Our Working Definition of Compassion

- We borrow our definition of compassion from the work of Goetz, Keltner, and Simon-Thomas (2010)
- They define compassion as the feeling that arises in witnessing another's suffering and that motivates a subsequent desire to help.
  - Compassion is an emotional state accompanied by subjective feelings
    - Not just an attitude or a nice response to others
    - Not just empathy – which is a process of experiencing the another's emotion (with potentially no motivation for action)



# Developing Compassion Through Travel

**Dr. LeeAnn Bartolini**

# My Student-related Travel Background

- First student led trip to Paris, France 1998
- 1999 - England
- 2000 – Italy, Northern
- 2002 - London, England and Paris, France
- 2003 – Greece
- 2004 –Italy, Southern
- 2005 – Northern India
- 2006 - Paris, France
- 2008 – Thailand and Vietnam
- 2010 - Egypt
- 2012 – Paris, France
- 2012 – Uganda, Africa
- 2013 – London, England and Edinburgh, Scotland
- 2014 – Japan
- 2014 – Uganda, Africa

# Using Travel to Generally Expand One's Worldview

“The world is a book  
and those who do  
not travel read  
only one page.”

*St. Augustine*

“If you reject the  
food, ignore the  
customs, fear the  
religion and avoid  
the people, you  
might better stay  
at home.”

*James Michener*



# Using Travel to Develop Observational Skills of Self and Other

“A traveler without observation is a bird without wings.”

*Moslih Eddin Saadi*

“One’s destination is never a place, but a new way of seeing things.”

*Henry Miller*

# Using Travel to Develop Self-Awareness

“All journeys have secret destinations of which the traveler is unaware.”

*Martin Buber*

“I soon realized that no journey carries one far unless, as it extends into the world around us, it goes an equal distance into the world within.”

*Lillian Smith*



# Using Travel to Change Attitudes

“Travel is fatal to prejudice, bigotry, and narrow-mindedness.”

*Mark Twain*

“Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends.”

*Maya Angelou*

# Using Travel to Make Comparisons Between Place and Other

“People travel to faraway places to watch, in fascination, the kind of people they ignore at home.”

Dagobert D. Runes



# Using Travel to Elicit Compassion

Goetz, Keltner, and Simon Thomas (2010) state that: “we learn that the suffering of vulnerable individuals—crying babies, malnourished children, and homeless individuals—is a potent elicitor of compassion.”

# Using Travel to Teach Self-compassion and Self care

“Travel changes you. As you move through this life and this world you change things slightly, you leave marks behind, however small. And in return, life – and travel - leaves marks on you. Most of the time, those marks - on your body or on your heart - are beautiful. Often, though, they hurt.”

*Anthony Bourdain*

# Integrating All Aspects of Travel into One Felt and Lived Life-changing Experience

“Adventure is a path. Real adventure – self-determined, self-motivated, often risky – forces you to have firsthand encounters with the world. The world the way it is, not the way you imagine it. Your body will collide with the earth and you will bear witness. In this way you will be compelled to grapple with the limitless kindness and bottomless cruelty of humankind – and perhaps realize that you yourself are capable of both. This will change you. Nothing will ever again be black-and-white.”

*Mark Jenkins*

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