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Developing Compassion Through Travel

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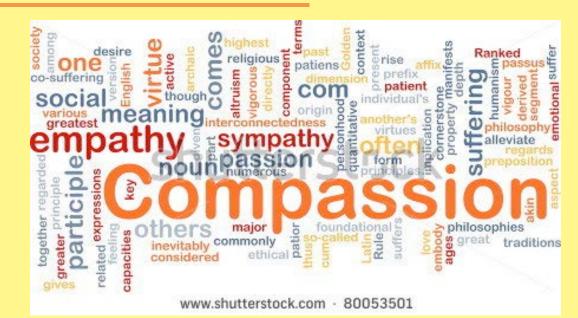
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INSPIRING COMPASSION IN/OUT OF THE CLASSROOM



- 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 <u>feeling</u> that arises in witnessing another's suffering and that <u>motivates</u> a subsequent desire to help.
 - Compassion is an emotional state accompanied by subjective feelings
 - Not just and 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 CompassionThrough TravelDr. 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." "One's destination is never a place, but a new way of seeing things."

Moslih Eddin Saadi

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 narrowmindedness."

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 – selfdetermined, 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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