



# CARESTORIES

WALK TO NURTURE CARE

**CareStories. Walks to nurture Care** has been supported by the third round of Culture of Solidarity Fund promoted by the European Cultural Foundation in collaboration with Fondazione CRT.

CareStories has been realized by Social Community Theatre Centre, Teatr Brama e Omma Studio in collaboration with AlsTo3, DoRs and the Municipalities of Goleniow (Poland), Heraklion (Greece), Giaveno, Susa and Perosa Argentina (Italy) and all the local associations involved.

For more informations [www.care-stories.org](http://www.care-stories.org)



**CareStories. Walks to nurture Care,** is a local and European project between Italy, Greece and Poland that aims to create a network of “cultural walks” addressed to people –especially elderly living in internal areas – that have been living long periods of stress, isolation and fear during the Covid pandemic of 2020–2021. The idea has been to create a connection between 3 different territories of Europe, three mountain valleys in Piedmont –Italy, an island territory in the Island of Crete – Greece and Goleniow, a city of the Baltic sea territory – Poland in order to share stories and possible walks to be explored by local inhabitants and tourists. The proposal grounded its imaginative and cultural aspects in the potential of perception of Europe as a common country composed of lots of different territories and stories.

The urgency enlightened by the project was the persisting isolation and social fear experienced by elderly people as a consequence of lockdowns during the Covid pandemic. This feeling of loneliness and fear of others (also of family members and friends) has led through a permanent state of isolation in a large group of people aged 55+. This isolation, even after the Covid emergency, could have led to a permanent social isolation of people who had already experienced loneliness, especially in small villages and marginal areas.

CareStories therefore decided to encourage an active participation of small group of people aged +55 in the re-starting of social activities connected with culture, nature and storytelling.

During the CareStories project, participants, guided by the artistic partners throughout the Social and Community Theatre methodology, while discovering natural or urban walks on their own territories and shared personal or local stories, have collaborated to co-create local events to enlighten their own territories and their specific stories.

The innovative and multidisciplinary methodology of Social and Community Theatre was developed at the University of Turin – Italy at the beginning of the year 2000 by Alessandro Pontremoli and Alessandra Rossi Ghiglione. It is based on the efficacy of theatre and performing arts in the development of the human being and of the relationships created in any condition of personal, professional and community life.

The project has been intended to nurture the notion of Europe as a shared space by connecting the participants from different nations of the same aspect of human solidarity: by sharing personal stories participants have contributed to an European storytelling of landscapes and marginal territories, enlightening not only European Capitals and central areas but also remembering that Europe is composed by thousands of villages, valleys, rivers and human stories connected to them.

## GENERAL DESCRIPTION

## ITALY

SCT CENTRE

The SCT Centre carries out interdisciplinary and cross-sectoral research, projects of cultural innovation and social impact, training and capacity building, impact assessment/supervision. Their work is based on social community theatre methodology, a specific approach of applied theatre to audience engagement, social inclusion, health promotion and to cultural welfare, that was designed in 2003 in Torino by the University of Torino. The SCT methodology has been applied since then by SCT Centre|Tpe at local and European level in cultural projects aiming at social and health challenges such as gender equality, healthy ageing, youth engagement, multi-cultural societies, civic engagement.

## GREECE

OMMA STUDIO

The company proposes new theatrical codes to the spectators and explores how the theatre can operate in today's world. It is searching and testing the acceptable principles of theatre. OMMA makes street theatre and performs in non-theatrical spaces, in old storehouses, abandoned buildings, old schools, in Greece and abroad. Omma Studio presents indoor and street performances, does site-specific projects, offers educational events, open discussions, workshops, exhibitions, and has translated and published theatrical texts and generally organises any kind of event that contributes to cultivation and empowerment of people.

## POLAND

TEATR BRAMA

The theatre company is revolutionising the relationship between audience and theatre by utilising performances to create participatory meetings, not a spectator activity. The Teatr Brama ensemble is a diverse group dedicated to a common artistic goal, researching the heights and depths of emotion, recalling heritage and reacting to the realities of life. As a cultural and educational association, Teatr Brama utilises non-formal and informal educational methods to empower people to use art and creativity to improve their lives and their world.

Care Stories has been realized in collaboration with AslTo3 - Health Local Agency (Italy), DoRs - Regional Centre for Documentation on Health, and Municipalities of Goleniow (Poland), Heraklion (Greece), Giaveno, Susa and Perosa Argentina (Italy) and all the associations involved.

In Italy the Care Stories project was curated by the Social Community Theatre Centre in collaboration with the Towns of Giaveno, Susa and Perosa Argentina, the Asl T03 Local Health Authority - Health Promotion Department, and the DoRs - Documentation Centre for the Promotion of Health by the Piemonte Region.

The project involved hiking groups of people 55 and over, organised by the three Municipalities with Asl T03 on three mountain valleys within the province of Turin. These are: Valle Sangone for Giaveno, Valle Susa for Susa, and Val Chisone for Perosa Argentina. In Perosa Argentina, the project also involved the *Centro Socio Territoriale*, which assists people with physical and mental disabilities.

In each of those three valleys, the Social Community Theatre Centre workers, together with the participants in the project, developed an experiential itinerary bringing together walking and theatre. Participants were seniors from Susa and Giaveno and people with physical and mental disabilities from Perosa Argentina. They went on short walks through the natural environment of those areas once a week for three weeks between June and July 2021.

During each walk, participants were involved in theatre activities and practices meant to make them reflect on the meaning of walking together, on the personal and group wellbeing generated by outdoor physical and cultural activity. The groups also shared ideas aimed at promoting the local cultural heritage.

In the end, four short Cultural Walks were created. These Walks invite visitors to explore the surroundings in a gentle and conscious way and invite to observe and be aware of one's wellbeing throughout the walk. The proposed itineraries include two walks in the Giaveno area (villages of PontePietra and

Colpastore), one walk from Susa to the village of Meana Bassa, and a short inclusive one for people with physical or mental disabilities among the parks of the Perosa Argentina area.

## PLACES VISITED

### *walk 1*

Susa Castello  
Borgata Bassa Meana

### *walk 2*

Giaveno  
Ponte Pietra

### *walk 3*

Giaveno  
Colpastore Church  
Angelo della Pace Memorial

### *walk 4*

Tron Park  
E. Gay Park  
Social Therapeutic Centre of  
Perosa Argentina

## WANT TO KNOW MORE?

Have a look to the  
project's video



## FROM SUSA CASTELLO TO BORGATA BASSA MEANA

A walk that starts from the historical centre of the town of Susa in the Susa Valley, and, crossing the mountain, ends in the village of Meana.

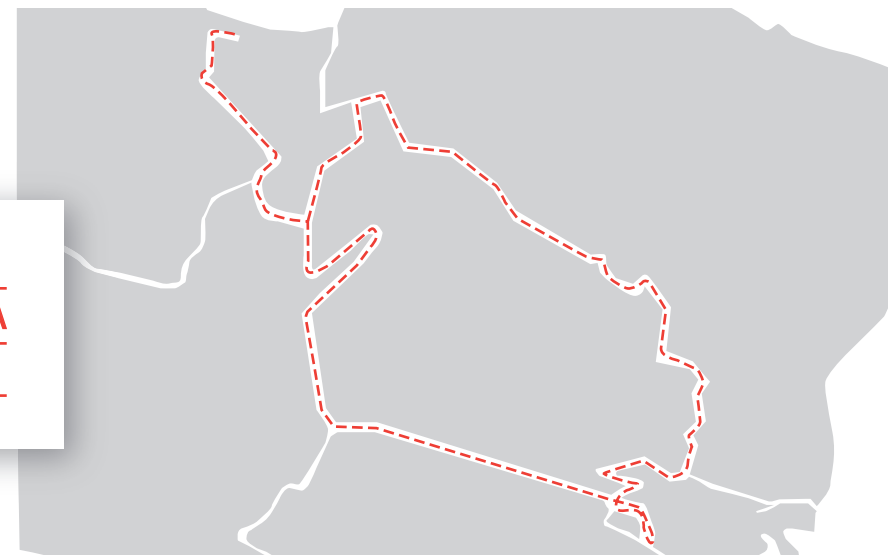
### ACTIVITIES

- #Discover Historical places and people
- #Forest bathing
- #Share personal stories
- #Write and recite biographical poems while walking

### SUGGESTED EQUIPMENT

- \* Walking shoes, Water, Raincoat
- \* A group of people to share the walk with (friends or new acquaintances, as you prefer)
- \* Curiosity, Poetic inspiration, Open mindedness
- \* Buy some Focaccia di Susa in town before starting the walk

**SUSA CASTLE**  
**BORGATA BASSA**  
**MEANA**



### SUGGESTION TO ENJOY THE WALK

- \* Discover some historical facts
- \* Learn ancient stories
- \* Look for a garden, a forest, or any other green spot and take a Forest Bath
- \* Meet new people!
- \* During the walk, talk with other people and try to find something new about them
- \* At your arrival, take a look around Meana, the perfect place to improvise a picnic with friends. We suggest you try the "Focaccia di Susa" to be eaten with a good sip of mountain water.
- \* And now, please appreciate the walk by writing a short poem and sharing it with the others.

### WANT TO KNOW MORE?

Turn this page!



Discover some historical facts  
Learn ancient stories

In Susa you can explore the Susa Castle. Welcome!  
This is Adelaide's Castle. Adelaide was the Countess of Susa, a woman whose face we don't even know, and whose grave was never found. Among difficulties, she was able to find her way between popes and emperors around the year 1000. She was a resolute but kind ruler, remembered by her subjects and many more people throughout history because of those qualities.

Look for a garden, a forest, or any  
other green spot and take a Forest Bath

*Rest,  
close your eyes,  
hear the sound of your breath,  
perceive the sounds around you,  
breathe,  
perceive your skin and feel the  
air,  
breathe,  
feel the weight of your body,  
breathe.  
Open your eyes  
and see the world around you.*

Meet new people!

*Walking together makes us a group, we feel less lonely, and we are able to go further. Step after step, word after word, we move on to the top. Together.*

Giorgio told us he has been exercising every morning for 205 days. He wants to achieve his goal of 365 days in a row, every morning, every day.

Improvise a picnic with friends and try the "Focaccia di Susa" to be eaten with a good sip of mountain water.

Appreciate the walk by writing a short poem and sharing it with the others.

**Dedication to Walk**

*Oh, how nice it is to be walking together  
In nature  
And our feet don't hurt  
When the path is over  
Our body feels  
Vibrant  
We can smell  
Fragrances  
And hear  
The wind through the leaves  
You listen to the wind, to the rain  
The silvery rain that wet my hair  
And restored me*

**To my body**

*Oh, my dear body,  
You've been living with me for 62 years.  
Thank you for supporting me every day, especially  
When I mistreat you in the morning with my many chores.  
I promise you that I'll take care of you, but please, bear with me  
Another 20 years or so.  
After that, I'm going to grant you some rest.  
Thank you thank you thank you*

WRITE YOUR POEM HERE!

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## ALONG THE RIVERS OF GIAVENO PONTE PIETRA

An easy walk through the woods and along the rivers Tauneri and Sangone, starting from and arriving to the village of Giaveno - Ponte Pietra (Stone Bridge).

### ACTIVITIES

#enjoy the riverside  
#Forest bathing  
#Share memories of old songs  
#Write and recite biographical poems while walking

### SUGGESTED EQUIPMENT

- \* Walking shoes, Water, Raincoat, Anti-Mosquito spray
- \* A group of people to share the walk with (friends or new acquaintances, as you prefer)
- \* Curiosity, Poetic inspiration, Open mindedness
- \* Pen and Paper



**GIAVENO**  
**PONTE PIETRA**



### SUGGESTION TO ENJOY THE WALK

- \* Look around you
- \* Can you think of a song to sing or to teach someone who is with you?
- \* Meet new people
- \* Look for a garden, a forest, or any other green spot and take a Forest Bath
- \* Let nature inspire you and become a poet!

### WANT TO KNOW MORE?

Turn this page!



## Look around you

We walk accompanied by the sound of the water flowing near us. The first river we meet is the Tauneri creek, which later joins the Sangone river. It is around here, hidden in the vegetation, that we can find the stone bridge that gives the village its name. Can you spot it?

Did you know that Ponte Pietra didn't exist before the 1920s? The people living here used to call it 'El Mulin' (The Mill), because they would come to grind sorghum and wheat for the animals. Madam Floriana told us that there used to be only the mill here, under the old bridge, and the bakery shop, which is now owned by Simonetta. Only after 1920 did people come down from the higher villages and start living here. This is how this hamlet was born and, in memory of the old bridge, it took its name. A new bridge was then built, overlooking the Sangone river and allowing people to cross the water and keep heading up towards Brancard, Baronera and the other hamlets.

Those were the times when people would meet, sing, and have a great time with a simple guitar and some voices...

Can you think of a song to sing or to teach someone who is with you?

Meet new people!

During the walk, talk with other people and try to find something new about them.

For instance, what's the favourite dish of the person walking next to you? What place do they feel emotionally connected to?

What do they enjoy about walking?

## Let nature inspire you and become a poet!

Find a place to rest, listen to the sound of the river and write down a short poem about what walking in the nature means to you. Here are some poems written by the participants of the workshop in Giaveno.

Ooh!

Ode to silence

That everything covers

Such a compassionate

Friend!

Accompany my

Steps

Rest beside me

In the sweetest hour

Oh shade

So crisp

soft

stroke

THANK YOU!

Ooohh...

Water, you gush

Clear and fresh

To lift the spirits

Of the tired

Wayfarer...

Oh nature, with your

beauty and perfection

You make me think of how

Small I am

As a human

WRITE YOUR POEM HERE!

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## FROM GIAVENO COLPASTORE TO ANGELO DELLA PACE MEMORIAL

A walk through vineyards and hills around Giaveno, starting from the ancient little church of Colpastore, arriving at the Angelo della Pace Memorial.

### ACTIVITIES

- #Enjoy the colours of the vineyards
- #Forest bathing
- #Discover traditional Occitan music
- #Enjoy the panorama and ask locals about the names of the peaks of Piedmont
- #Write and recite biographical poems while walking

### SUGGESTED EQUIPMENT

- \* Walking shoes, water, sunscreen and a hat
- \* A group of people to share the walk with (friends or new acquaintances, as you prefer)
- \* Curiosity, poetic inspiration, open-mindedness
- \* Picnic – a sandwich and a bottle of water or local wine

**GIAVENO**  
**COLPASTORE CHURCH**  
**ANGELO DELLA PACE**  
**MEMORIAL**



### SUGGESTION TO ENJOY THE WALK

- \* Meet new people!
- \* Look for a nice place in the vineyards, sit down, become aware of yourself and take a forest bath
- \* At Angelo della Pace Memorial
- \* Discover the panorama, look at the mountains around you and ask a local about their geography.
- \* Dive in history
- \* It's time to rest and enjoy your picnic

### WANT TO KNOW MORE?

Turn this page!

### Meet new people!

The participants of the CareStories workshop has given us suggestions on how to have the best experience along this walk. Here are some of them:

- \* *Leave your hurry at home;*
- \* *Be open and aware of your walking group's needs;*
- \* *If you meet locals, talk to them! They're usually very friendly, they love eating and drinking;*
- \* *Trust us, you're going to find out interesting things about other people and the place you're in.*

Look for a nice place in the vineyards, sit down, become aware of yourself and take a forest bath

*Rest,  
close your eyes,  
hear the sound of your breath,  
perceive the sounds around you,  
breathe,  
perceive your skin and feel the air,  
breathe,  
feel the weight of your body,  
breathe.  
Open your eyes  
and see the world around you.*

### It's time to rest and enjoy your picnic

Relax, enjoy the view around you, read some poems written by the participants of the CareStories project about the meaning of walking. Listen to some traditional local music, by scanning the qr code available.

### At Angelo della Pace Memorial

Discover the panorama, look at the mountains around you and ask a local about their geography.

Here we are at the Angelo della Pace Memorial. We are at 500 mt above the sea, on top of the highest hill in the area, named Colpa-store. You are surrounded by Mountains.

If you look around and the sky is clear, you can see: the beautiful Giaveno basin dotted with villages; the Avigliana lakes; the Levanna and Ciamarella snow-capped mountain tops; the Rocciamelone peak; the Pre-Alps, from Musinè to the Tre Denti; the valley, which opens on the Turin plains overlooked by the majestic Basilica di Superga.

### Dive in history

This monument is called Angelo della Pace (the Angel of Peace) and is only open once a year on 'Lunedì dell'Angelo' (the Monday of the Angel, or Easter Monday), the day after Easter.

It consists of a small temple built to celebrate the soldiers fallen during World War I, which devastated the area for three long years, taking many lives among the people of Giaveno, Coazze, Valgioie, Trana, Sangano, Bruino, Reano, Villarbasse and Candiolo. This little temple is dedicated to the Angel of Peace, who comforts the living and helps the dead.

On the inner walls one can see 350 white marble tablets engraved with the names and places of birth and death of the fallen soldiers. On the outside, one finds bombards, small and large calibre bullets, and war trophies donated by the Ministry of War. The Chapel is visible from every side of the valley and it was inaugurated on the 12th of October 1919.



## A WALK IN PEROSA ARGENTINA

An inclusive walk dedicated to people with disabilities that starts from Tron Park in Perosa Argentina, passes through Gay Park and arrives at the Perosa Argentina Social Therapeutic Centre, where disabled people are offered artistic and social activities.

An easy walk through Perosa Argentina to enjoy nature in the Parks and all the little things around.

**TRON PARK**  
**E. GAY PARK**  
**SOCIAL THERAPEUTIC**  
**CENTRE OF PEROSA**  
**ARGENTINA**



### ACTIVITIES

- #Discover the Parks through the 5 senses
- #Forest bathing
- #Personal Postcards from Perosa Argentina

### SUGGESTED EQUIPMENT

- \* Walking shoes, Water, Raincoat
- \* A new perspective to look at the world
- \* Pen and paper to make a personal postcard



### SUGGESTION TO ENJOY THE WALK

- \* Warm up in Tron Park. Il “riscaldamento del camminatore” suggested by the people with disabilities who took part in the project.
- \* Look for a garden, a forest, or any other green spot and take a Forest Bath
- \* From Tron Park to E. Gay Park, Discover the walk through your 5 senses!
- \* Personal Postcards from E. Gay Park
- \* While walking in the historical E. Gay Park, look for these special spots marked by the participants of the CareStories inclusive workshop.

### WANT TO KNOW MORE?

Turn this page!

Warm up in Tron Park. Il “riscaldamento del camminatore” suggested by the people with disabilities who took part in the project.

Your hands. Look at them, open and close them slowly.  
Your arms. Bring your shoulders and arms up and down. Move them through the air, bend them, see what you can do when you move them gently.  
Your legs. Stand up and gently bend your knee bringing your foot up to your buttock. If you cannot stand on your own, lean against another person. Do it again with your other leg.  
Your neck and head. Move your head slowly in small circular motions.

### From Tron Park to E. Gay Park, Discover the walk through your 5 senses!

Alone or in pairs, in silence, allow yourself to walk around and discover all the little details of the park. Find something you like with all your senses (sight, hearing, touch, smell or...taste, if you find anything edible!).

Choose a natural item that is attractive or symbolic for you and show it to the other person, or maybe observe it with renewed eyes.

What do you like about this item?  
In what ways does it strike you?

### Personal Postcards from E. Gay Park

While walking in the historical E. Gay Park, look for these special spots marked by the participants of the CareStories inclusive workshop.

The first postcard depicts Simone's cabin: he especially likes it in summer, because it's shady here. You can feel the warm air and hear the sound of the trees. Simone likes watching the trees from his cabin and looking far away to see beautiful things. When we asked him: *“What can you see from here?”* - he replied: *“The world.”*

A little further down, you find Roberto's wisteria, with its pleasant fragrance that he loves. Roberto likes walking under the wisteria because he feels protected by this old tree, which produces large flowers, but whose age no one knows.

Below the cabin is Marina's fountain, which she loves because the water gushes and makes her happy. Marina thinks this is the perfect place to spend time with friend and chat. So she comes here, she listens to the birds chirping, she watches the clouds, the plants, and nature.

Daniele likes the hedges, the flower beds, and the plants of the park. In particular, Daniele likes observing the leaves releasing their pollen with the wind, in July. It seemed as though it was snowing.

And here we are at the geese lake. This is Stefano and Dario's postcard. They like sitting on the bench and watching the geese, which are beautiful and white, and make noises with their beaks.



In Goleniow the Care Stories project was made in collaboration with the University of the Third Age and Teatr Brama's Erasmus+ European Solidarity Corps Volunteers. Over the course of six months, we met, we walked, we shared stories, we made collages, we recorded interviews and we even made a film!

In the process of creating our map based on the memories of the residents of Goleniow, we learned that the city is covered in special places.

It was equally as interesting to learn about places that are important to people who have lived in Goleniow all their lives as it was to learn about the most interesting places in the eyes of newcomers.

The map offered 4 different routes (Center, North, East & Periphery).

By choosing a route and following it local residents learned about personal histories connected to Goleniow.

Each route has between 5-6 stops. Some of the stops on the map are well known, others are more obscure but one thing is for certain each of those places is special to someone's memory.

### GOLENIOW EAST & PERIPHERY

#### WANT TO KNOW MORE?

Have a look to the project's video



#### PLACES VISITED

##### *walk 1*

Train Viaduct

Rampa

Mini Mall

Rock Club PLR

Amphitheater

Bakery

##### *walk 2*

Sister Mary's Roundabout

750th Anniversary Park

Cemetery

Neighborhood on Matejki Street

The Theater House

##### *walk 3*

Bar "Kameralna"

Kaufland

Private School

Hotel IKAR

##### *walk 4*

Planty Playground

Blocks on Barnim Street

City Gate (former location of the "goat's market")

St. Katherine's Church

Restaurant Zakatek (previously Restaurant "Maxim")



## GOLENIOW EAST & PERIPHERY

Two walks beginning on the east side of the city that makes their way through different parks and neighborhoods all the way around the periphery of Goleniow.

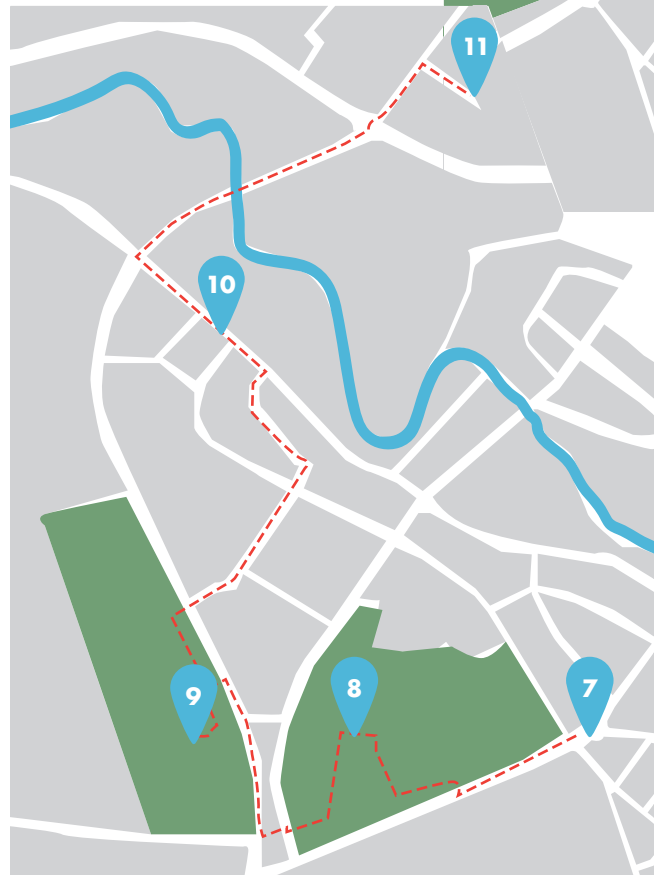
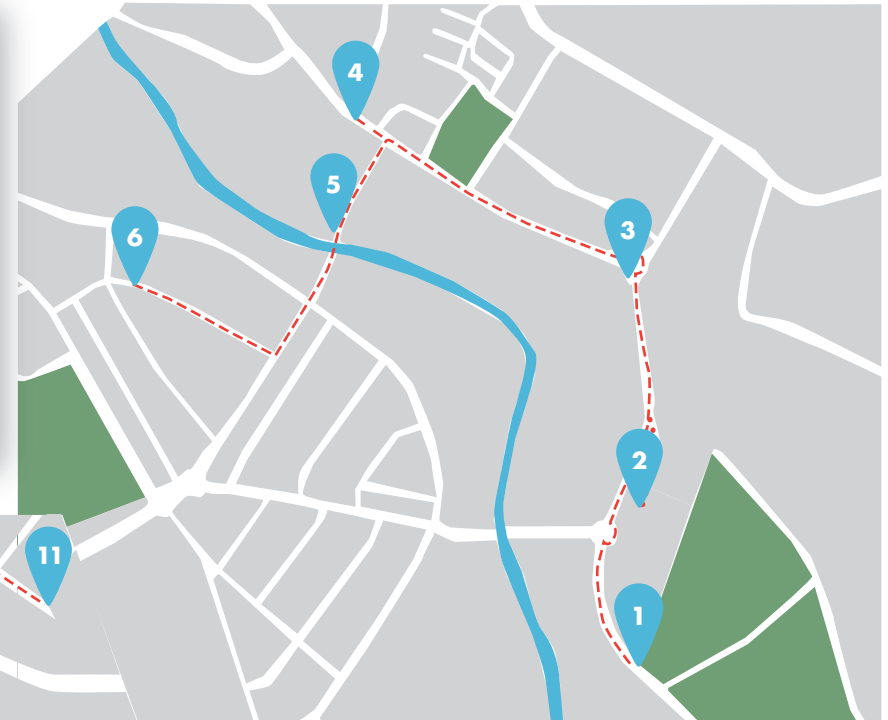
### ACTIVITIES

- # All memories are special
- # Working Together/Walking Together
- # Old places/new places

### SUGGESTED EQUIPMENT

- \* Fresh air and exercise are good for you
- \* Take some extra copies of the
- \* Care Stories map to pass to friends as you follow the walk
- \* See your town through someone else's eyes
- \* It's important to save stories so they don't disappear (like some of the places on this walk)

**TRAIN VIADUCT**  
**RAMPA**  
**MINI MALL**  
**ROCK CLUB PLR**  
**AMPHITHEATER**  
**BAKERY**



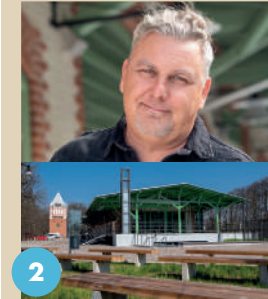
**SISTER MARY'S ROUNDABOUT**  
**750TH ANNIVERSARY PARK**  
**CEMETERY**  
**NEIGHBORHOOD ON MATEJKI**  
**STREET**  
**THE THEATER HOUSE**

## SUGGESTION TO ENJOY THE WALK



1

Marketa Nováková - When I saw the two hummingbirds (grafiti) for the first time, I immediately somewhat subconsciously identified myself with the black-and-white bird. P.S.: Did you know that hummingbirds are the only birds that can fly backwards?



2

Jarek Chilkiewicz - To me, Rampa is a special and important place. I played countless concerts there. I am happy that the building was conserved and is open to the public again.



3

Danuta Kiliszek - At that time, there were no plastic packages, if you wanted to buy liquid dairy products, you had to bring your own vessel. Milk was kept in a large container and Mrs. Tosia meticulously measured out the necessary amount with special measuring cups.



4

Bronia Filipczyk - On Constitution May 3 street there was the "Ina" restaurant to which I was sent for cigarettes, in return I got money for "Petitka" biscuits soaked in cigarette smoke and beer fumes. Beer was dispensed from a vending machine.



5

Daniel Jacewicz - The amphitheater was a special place to Teatr Brama. It was our headquarters for around 10 years. We remodeled the building, we created and there we hosted thousands of guests from around the world. The building was once a disco, then a theater now it is a boxing club.



6

Maria Pyszel - In the morning, ladies in bathrobes with rollers in their hair were a common sight. There was a sweet smell from the confectionery and the baker, when he was in a good mood, gave the children trimmings of dough, which tasted wonderful.



7

Anna Rutkowski - People liked her, when you talked to her, you couldn't see her habit. (Comment about Sister Mary, whom the roundabout is named after)



8

Ares Cainzos - In this park there are two pilgrimage signs next to each other, pointing in opposite directions, as if the El Camino was collapsing on itself. This park reminds me of the places I used to call home.



9

Noemi Wrzos - We went to this cemetery for a while after the great protest in Warsaw. This meeting was our first "date, no-date". We sat on her grandfather's grave, drank a beer, and talked a million hours in the cold.



10

Zofia Michalewicz - Opposite my block, visible from the balcony, there was a large mountain of sand, which for years was used by children from the neighborhood as a playground. This mountain existed for many years. And then one day the mountain began to disappear.



11

Martyna Stążkiewicz - Before coming to Goleniów, I heard about the existence of the "House of Miracles". The time spent in Goleniów taught me many lessons. One of the most important, that we are this miracle, regardless of the space in which we are.



## GOLENIOW EAST & PERIPHERY

A walk beginning on the north of the city that makes its way through the historical center of Goleniow and passes the most well known landmarks on the way

### ACTIVITIES

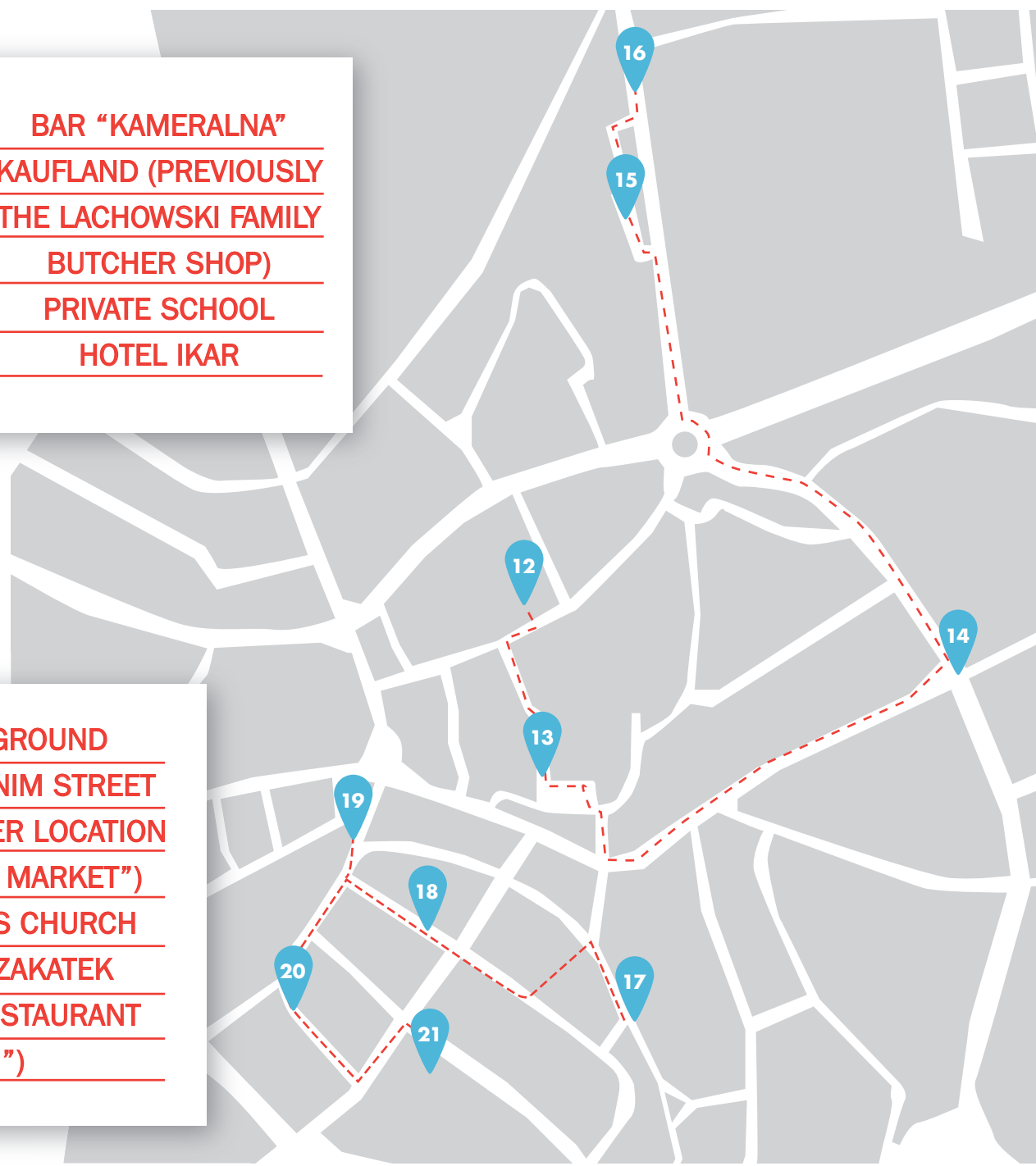
- # Sharing stories
- # Hometown pride
- # Local history
- # Off the beaten path
- # Walking is healthy!

### SUGGESTED EQUIPMENT

- \* Personal stories give us clues about history
- \* Enjoy the sun - but don't forget to drink water
- \* Remember to wear comfortable shoes
- \* If you want a little extra company, you can take your dog on the walk with you :)

**BAR "KAMERALNA"**  
**KAUFLAND (PREVIOUSLY**  
**THE LACHOWSKI FAMILY**  
**BUTCHER SHOP)**  
**PRIVATE SCHOOL**  
**HOTEL IKAR**

**PLANTY PLAYGROUND**  
**BLOCKS ON BARNIM STREET**  
**CITY GATE (FORMER LOCATION**  
**OF THE "GOAT'S MARKET")**  
**ST. KATHERINE'S CHURCH**  
**RESTAURANT ZAKATEK**  
**(PREVIOUSLY RESTAURANT**  
**"MAXIM")**



## SUGGESTION TO ENJOY THE WALK



12

Cristina Baldari - Kamera always makes me think like it doesn't belong here. Not grounded enough. Rootless, but in the nicest way possible. Probably that's the reason why I feel such a strong connection with that place.



13

Ewa Tomczak - Here was a well-stocked shop owned by the Lachowski family that sold various horse products. Horse meat is very healthy and even tasty meat, relatively cheap, and it's a pity that it's not popular in Poland. This store no longer exists.



14

Jenny Crissey - Every time I thought I would give up and go back to Chicago, I would look at the T-Rex and think "If there's room in this town for a dinosaur, there's room in this town for me too"



15

Jadwiga Kubinowska - In the meadow, various flowers and herbs grew - especially in spring, willows and other trees grew by the water, and marigolds and forget-me-nots on the shore of our little river. Now, there are not as many flowers and willows growing.



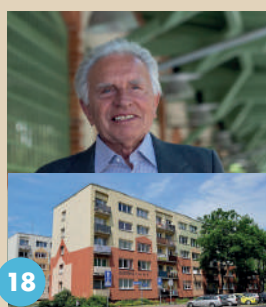
16

Anna Lunkiewicz - As a child, I perfectly remember when the first television was installed in the biliard hall, every Sunday it was filled to the brim with children watching Zorro with bated breath.



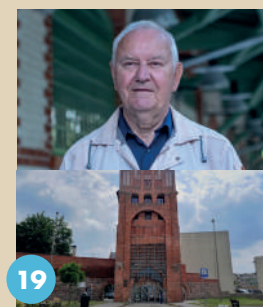
17

Dariusz Kubinowski - The biggest attraction for Goleniów children at that time was a rocket set up in Planty. From the perspective of an eight-year-old, it reached the height of the roofs of nearby tenement houses, about 20 times its real height.



18

Tadeusz Tomczak - I saw real matches from my apartment window. On the occasion of May 1, a volleyball tournament was played there, the prize was a keg of beer funded by the director. The beer was drunk more by the fans than the players.



19

Regimont Kindur - For many years there was a market called "Goat market". Local residents and farmers traded their surplus food products such as potatoes, carrots, onions, etc. I did not notice that someone brought some goats there for sale.



20

Jolanta Bronowska - Women were besieging this place all night and, for those times, it was an act of great courage and determination. It is thanks to these women that we owe this free space. The square could bear their name - Women's Square.



21

Lucja Czarnacka - December 13, 1981, it was my name day. The first time without dancing and singing. We did not know what to expect in our country, and before 22:00 the guests had to go home because it was a police curfew.



The project in Pombia was realized between 07-05-2021 and 10-07-2021.

There were four meetings in May, four meetings in June, there were two days of walks (two walks per day) and one evaluation meeting after the events.

The help of the people of the Cultural Center of Pombia was significant because thanks to them we approached the elderly locals and tried to convince them in order to participate in the project. In the first meetings we tried to promote a dialogue between all persons involved and let them tell their stories without any prejudice. The elderly people were the ones who chose the stories and the places of visiting during the 4 walks.

The steps we used in order to realize the project were:

Acquaintance meetings – brainstorming – storytelling by the locals – walking in the village in order to decide the routes of the walks – grouping the stories in four categories (four walks).

In the last meetings we rehearsed and finalized the process – promoted the walks – prepared the local recipes and soap souvenirs – enjoyed the walks – evaluated the project.

**TRADITIONAL RECIPES**  
**PERSONAL STORIES**  
**PROFESSIONS LOST**  
**IN TIMES**  
**HISTORICAL PLACES OF**  
**THE VILLAGE**

## PLACE VISITED

### walk 1

High School  
Old church of Agios Georgios  
Pigaida

### walk 2

Courtyard of the church of  
Agia Paraskevi  
1st Cafe of the village  
Amfitheatre behind the  
Community's office

### walk 3

Folklore museum  
Old doctor's office  
Old bakery  
Palia Vrysi

### walk 4

Goula Vrysi  
Old soap factory  
Cultural Center of Pombia



WANT TO KNOW MORE?

Have a look to the  
project's video



## FROM HIGH SCHOOL OF POMBIA TO PIGAIDA

A walk starting from the historical high school of the village and going to the neighborhood called Pigaida. A walk full of personal stories in historical places.

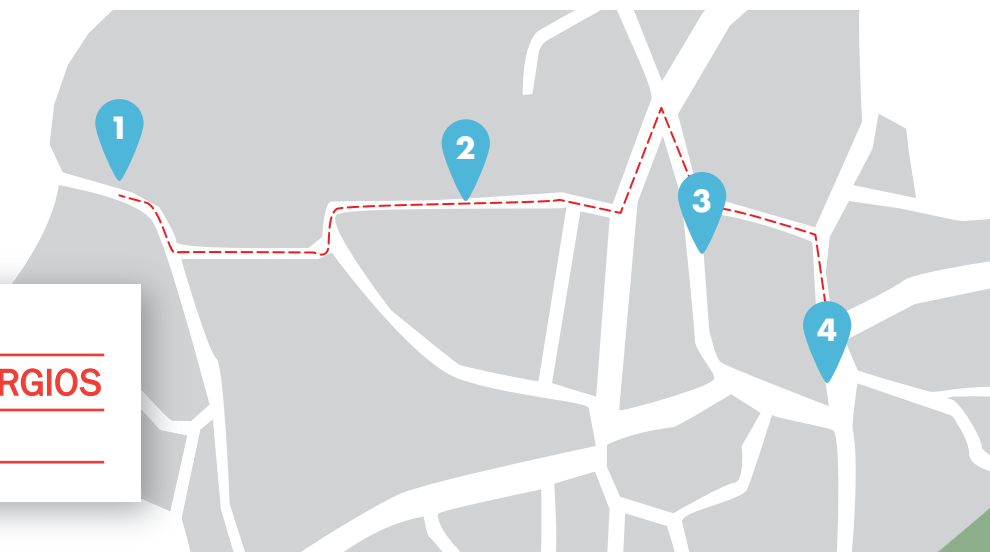
### ACTIVITIES

#Discover Historical places  
and people  
#Share personal stories

### SUGGESTED EQUIPMENT

- \* Walk shoes, bottle of water
- \* A group of people with whom share the walk (friends or strangers, as you like)
- \* Curiosity, Open sight

**HIGH SCHOOL**  
**OLD CHURCH OF AGIOS GEORGIOS**  
**PIGAIDA**



### SUGGESTION TO ENJOY THE WALK

Starting the walk from the historical high school of Pombia which was built in 1919 and was the only school in the south District of Heraklion until the decades of '70s. All boys and girls from villages around, because of lack of transportation means were renting small rooms in Pombia in order to have the possibility of going to school.

Something really special was established in the high school in 1979 by Mr Dimitris Spyridakis (teacher of gymnastics).... The first Fencing Club in the whole Crete!!!!

Did you know that St. Georgios was protecting the inhabitants of the village from the Turks? Many miracles are reported and the old church of St Georgios is one of them.

Explore the neighborhood of Pigaida. There you can find an old well but also the house of the General Georgios Katehakis, the man who built the high school in 1919.

## FROM PARK OF THE VILLAGE TO AMPHI- THEATRE OF COMMUNITY'S OFFICE

A walk starting from the park of the village and going to the small amphitheatre of the Office of Community.

### ACTIVITIES

- #Discover Historical places and people
- #Share personal stories
- #taste traditional recipes

### SUGGESTED EQUIPMENT

- \* Walk shoes
- \* A group of people with whom share the walk (friends or strangers, as you like)
- \* Curiosity, Open sight
- \* Appetite for tasting traditional recipes.
- \* Before starting the walk, taste the traditional drink of Crete, raki (tsikoudia)

**COURTYARD OF THE CHURCH  
OF AGIA PARASKEVI**  
**1ST CAFE OF THE VILLAGE**  
**AMFITHEATRE BEHIND THE  
COMMUNITY'S OFFICE**



### SUGGESTION TO ENJOY THE WALK

Be ready to drink some raki in order to enjoy the walk and taste the cheese or herbs' pie.

Very close to the park is the house Michail Korakas, Chief of the Cretan Revolution against the Turks in 1821

Don't forget to pass by the first and the oldest café of the village. Of course you can only see the ruins but maybe a local can tell you about the big fiestas of the members of the political party of E. Venizelos who were gathering there.

Ask for the traditional recipe of tzoulamas, a pie that combines rice, chicken and the sweet taste of dried grapes. If you visit the village during the Greek Halloween that's for sure you are going to taste it.

In Pombia there is a huge music tradition. Many people that play lyra, laouto, mantolino, come from the village and a lot of stories from the old times about big parties in the main square of the village, next to the Office of the Community have been transmitted from one generation to the other. One of the most important music families is the one of Foustanides.



## FROM FOLKLORE MUSEUM TO PALIA VRYSI

A walk starting from the historical office of the Community which thanks to the people of CareStories project was transformed and now is working as Folklore Museum and going to Palia Vrysi, an old fountain of the village.

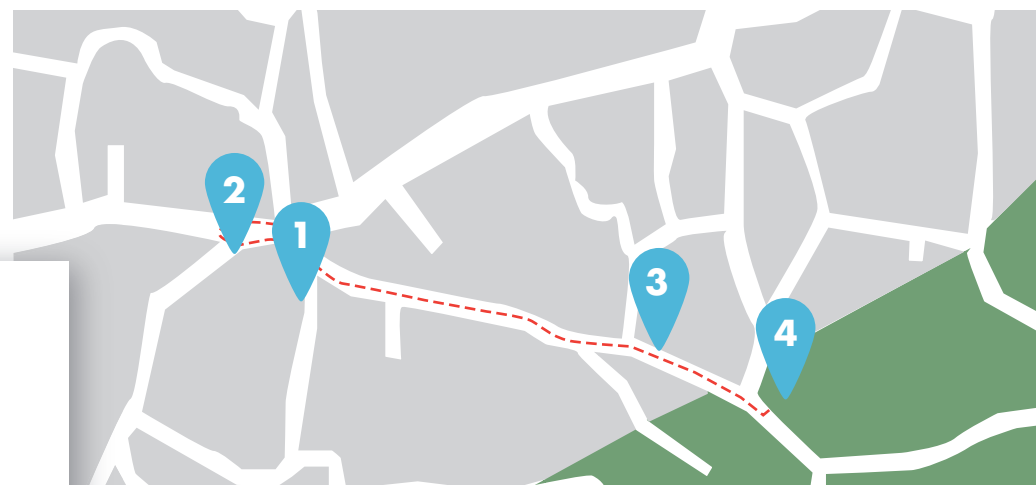
### ACTIVITIES

- #Discover Historical places and people
- #Share personal stories
- #learn about professions that do not exist any more in the village

### SUGGESTED EQUIPMENT

- \* Walk shoes
- \* A group of people with whom share the walk (friends or strangers, as you like)
- \* Curiosity, Open sight
- \* Appetite for tasting traditional recipes.
- \* Drink canelada, a local refreshment before starting the walk.

**FOLKLORE MUSEUM**  
**OLD DOCTOR'S OFFICE**  
**OLD BAKERY**  
**PALIA VRYSI**



### SUGGESTION TO ENJOY THE WALK

Visit the folklore museum of the village. While drinking canelada, you can see objects, furniture, traditional clothes, that Mrs Eleftheria together with other locals gathered from the grandparents.

This is a place full of memories of past times where the archive of the Community is preserved.

Next to the museum is the old doctor's office. Look for Mrs Maria Fragaki, the nurse of past times. She has so many funny stories to tell you about patients and doctors.

Taste the famous cookies, ladokouloura while passing in front of the old bakery shop.

A nice place to visit is the Palia Vrysi, in the center of the village, a fountain which has as a trough an ancient shrine.

## FROM FOLKLORE MUSEUM TO PALIA VRYSI

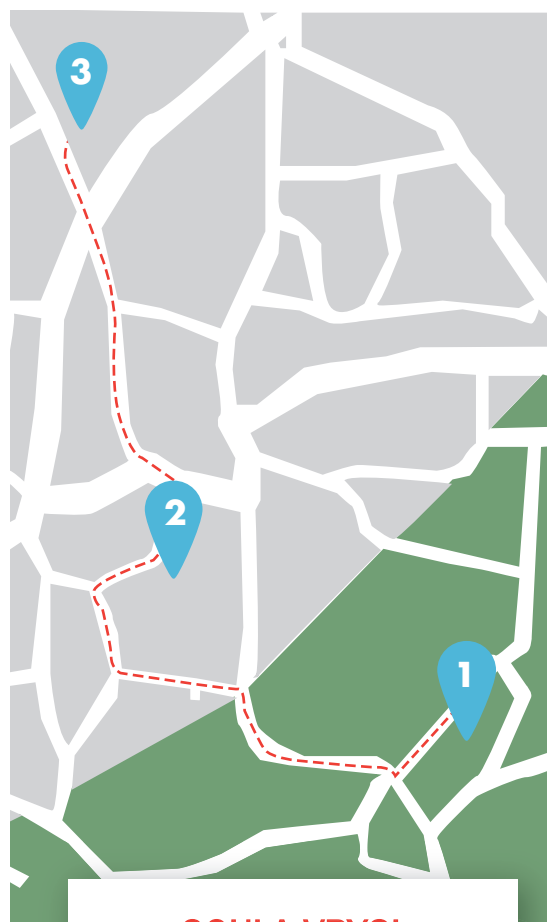
A walk starting from the historical place of Goula Vrysi and going to the Cultural Center of Pombia

### ACTIVITIES

- #Discover Historical places and people
- #Share personal stories
- #learn about professions that do not exist any more in the village

### SUGGESTED EQUIPMENT

- \* Walk shoes, Water, Rain cape
- \* A group of people with whom share the walk (friends or strangers, as you like)
- \* Curiosity, Poetic inspiration, Open sight
- \* Drink the local refreshment canelada or raki before to start walking



**GOULA VRYSI**  
**OLD SOAP FACTORY**  
**CULTURAL CENTER**  
**OF POMBIA**



### SUGGESTION TO ENJOY THE WALK

Did you know that there have been expressed two vies on the interpretation of the name Pombia? The first connects the name of the settlement with the Roman city of Pompeii: from the latin

Pompei > Pompeii. A supporting argument for this view is the existence of the settlement of Stavies Monofatsi, whose name is associated with the also Roman city of Stabia > Stavies. Both these Roman cities were covered by the lava of Vezuvius in 79 AD. Apparently when the Romans conquered Crete, they founded these two settlements to remind them the lost cities of their homeland. The second view connects the settlement with the ancient city of Voivi.

Voivi > Voiva > Boiba for the Latins > Bobia > Pombia

Many locals worked in the soap factory that does not exist anymore. But still a lot of inhabitants create their own homemade soap by olive oil

The Cultural Center of Pombia which was established in 1977 is so active during the whole year. If you are lucky while visiting the village maybe you will have the chance to join in one of its activities. Its events during the Greek Halloween are famous in all south Crete up to Germany!!!



