



## Call for Submissions Sessions & Activities

The University of Exeter [Festival of Compassion](#) is a 10-day event from 19-28 November 2021, free and open to all, hosting activities online, on campus and in the city of Exeter where we will explore how we can promote and foster a community where doing something that makes others feel better is celebrated.

Next to our exciting program with key-note speakers, workshops and activities we also wish to invite you to submit your ideas for sessions and activities that you wish to participate in and organise with us. This volunteer opportunity is not that different from e.g. submitting an abstract for the open sessions at a conference or putting your name down for an open mic at a festival. What would you like to co-create with us?

Suggested formats, which can be online, in person or blended:

- **Talks:** Are you an expert within one of our themes and subjects, or do you have something you like to tell? Let us know what and how.
- **Workshops:** Same as for the talk with the addition that they could be interactive educational or exploratory sessions that require audience participation.
- **Demonstrations:** Would you like to make others feel better by using your skills, e.g. music performance, meditation, guided walk, cooking etc? Let us know what and how.
- **Themed café:** Would you like to help us create casual interactions in a café setting around subjects like poetry & photography, playfulness, death and dying, athletics, inclusivity and wellbeing?

For your inspiration the Festival of Compassion will include the following Themes and Subjects:

Themes	Subjects
1. Compassion and self	General wellbeing Aging, disease (COVID) and death
2. Compassion and education	Student & staff wellbeing (including international) Compassionate campus
3. Compassion and community	Refugees & Violence Compassionate Cities (including environment)
4. Compassion and play	Playful acts of kindness Playful compassion

**To encourage your creativity we will give away five 2x tickets to the Bournemouth Symphony Orchestra opening concert on Friday 19 November by lottery.**

Please send your ideas for a session or activity as a word doc to [FestivalofCompassion@exeter.ac.uk](mailto:FestivalofCompassion@exeter.ac.uk)

**Deadline: 17:00 October 13<sup>th</sup> 2021**