



FESTIVAL OF
COMPASSION

Exeter Festival of Compassion – Newsletter #1

To be compassionate, to be sensitive to suffering in self and others and commit to try to alleviate and prevent it where we can, is an ability that you can learn and develop, and has the potential to make the world a better place – if you have the courage and freedom to do so. The act of compassion starts when you can truly see and accept the nature and causes of suffering. The challenge, I believe, is to acquire the awareness, skill and freedom to develop and foster abilities that can help you to be and act compassionate -- be that for ourselves, for others, an organisation or a community.

The University of Exeter Festival of Compassion is a 10-day event from 19-28 November 2021, 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.

We will kick-off with a performance by the Bournemouth Symphony Orchestra. Thereafter, the Festival will offer a variety of free activities, including engaging talks from renowned experts such as Keith Magee, Theo Gilbert and Kathryn Waddington on 'Celebrating experiences towards a compassionate campus' or Liz Lord on "Bringing mindfulness to education" to name a few. You will also be able to experience different aspects of compassion by participating in yoga, mindfulness, poetry, guided walks, and so much more. Throughout the event you can visit the Wellbeing Campervan or hangout at one of our themed cafes to informally engage with topics like compassion through play, compassion and sport or compassion and bereavement.

The Festival of Compassion is organised by a group of inspiring and enthusiastic volunteers, supported by the University and two amazing project coordinators. They all joined me on a shared adventure to create something that will make others feel better – will you join us?

Website: <https://www.exeter.ac.uk/staff/festivalofcompassion/>

Contact: festivalofcompassion@exeter.ac.uk

Call for Session & Submissions (deadline 5pm, 13th October):

https://www.exeter.ac.uk/media/universityofexeter/staff/festivalofcompassion/Call-for-Submissions-sessions-and-activities_FoC.pdf

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