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# *Empathy and Sustainability: The Art of Thinking Like a Mountain*

## **3rd Newsletter**

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### FEATURED EMPACT STORIES

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**CREATIVE  
SUSTAINABILITY,  
EMPATHY FOR NATURE,  
EMPATHIC & RESILIENT  
ARTISTS  
WORKSHOPS/SEMINARS**



**12-DAYS ARTISTIC  
RESIDENCIES &  
COLLABORATIVE  
INTERDISCIPLINARY  
PROJECTS**



**LANDMARK WORKSHOPS &  
PODCASTS**



## CREATIVE SUSTAINABILITY, EMPATHY FOR NATURE, EMPATHIC & RESILIENT ARTISTS

21 WORKSHOPS/SEMINARS | 6 LOCATIONS

The experiential workshops that implemented trained/activated local participants who got to know model projects and pioneering initiatives expressing the combination of art and ecological practices, within the scope of empathy and sustainability.

Each organisation implemented workshops and seminars in their country, Italy, Greece, Slovenia, Cyprus, Germany, Bulgaria and Spain, hosted by [EMPACT](#) Partners, [Cyprus University of Technology](#) (CUT) [Nature, Art & Habitat](#) (NAHR), [Vorres Museum](#) (VM), [National Academy of Theatre and Film Arts](#) (NATFA) ["Kr. Sarafov"](#), [Umetnostna Galerija Maribor](#) (UGM) and [Espacio Rojo](#) (ER), [Fondazione Lamberto Puggelli](#) (FLP).

The project structures [workshops for artists and cultural workers](#) in order to become empathic and resilient individuals so as to deal with the post-pandemic social and economic crisis. The cultivation of empathy is beneficial for artists at a professional level since it enhances the ability to collaborate with others and reduces discriminatory stances, and at the personal level by improving self-awareness and resilience.

The workshops are expected to **facilitate creative discussions, the preparation, and implementation of the various sub-projects, and support informal learning** through input from the European partners and the diversity of their approaches.

Throughout this period of the project, the following experiential and landmark workshops were implemented.



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## NATURE, ART & HABITAT RESIDENCY (NAHR)



BAITA MAGRERA,  
TALEGGIO VALLEY,  
BERGAMO, ITALY

### CREATIVE SUSTAINABILITY IN PRACTICE: BODY PERFORMING NATURE TWO DAY INTERACTIVE SEMINAR, WITH A CERTIFICATE UPON COMPLETION

The seminar centered on how artists and cultural promoters integrate empathetic approaches into their work concerning the environment. Over the course of two days, participants gathered to explore **the significance of empathy in the performing arts**, as a way to collectively reassess the bond between humans and nature. Additionally, they discussed how art's creative potential can be utilized to foster a more sustainable coexistence with the environment.



For that, NAHR has chosen the topic of Air, inviting visual and performing artists to take inspiration from this natural element and its interconnected role in the natural and cultural ecosystems of Val Taleggio and the world.

### CREATIVE SUSTAINABILITY IN PRACTICE ART, ARCHITECTURE, PHILOSOPHY & POETRY

TWO DAYS INTERACTIVE SEMINAR, WITH A CERTIFICATE UPON COMPLETION

The seminar focused on how **artists and other cultural promoters can implement empathic practices towards the environment in their work**. Stakeholders joined these two days to discuss the role of empathy in the performing arts as a means to collectively reexamine the relationship between humans and nature and how Art can put its creative capacity into practice towards a more sustainable cohabitation.

It discussed **model projects** and **pioneering initiatives** expressing the combination of art and ecological practices in the area of the Taleggio Valley. You also had the chance to meet and engage in a multi-disciplinary conversation with the protagonists of the #Empact Collaborative Interdisciplinary Artistic projects.



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**VORRES MUSEUM (VM)**



**ATHENS, GREECE**

**"ART, CONCILIENCE AND COMPASSION PROJECT" SEMINAR**  
CREATIVE SUSTAINABILITY, EMPATHY FOR NATURE, EMPATHIC & RESILIENT ARTISTS

Empathy for human and non-human beings: clarifies and demonstrates how empathy as an abstract concept can be applied in the arts so that people are motivated to care for non-human others and the environment by using concrete examples.



The Seminar ["Empathy for human and non-human beings"](#) was organised by the Vorres Museum, an EMPACT consortium partner. During the event, talks, seminars and workshops took place in the framework of the innovative EMPACT – Creative Europe project.

**CREATIVE SUSTAINABILITY THREE-DAY EVENT**  
CREATIVE SUSTAINABILITY, EMPATHY FOR NATURE, EMPATHIC & RESILIENT ARTISTS

Throughout the three days, local participants were trained and got to know case studies and **pioneering initiatives combining art and ecological practices** within the scope of creative sustainability.

This event addressed both the theoretical and practical aspects of sustainability. Real examples of creative sustainability, social ecology and adaptation to greener production models in arts and ecological approaches both in creating artworks and in producing and disseminating art projects took place.

**ESPACIO ROJO (ER)**



**MADRID, SPAIN**

**SEMINAR EMPATHY TOWARDS BEING AND NON-BEING**  
SEMINAR EMPATHY TOWARDS BEING & NON-BEING  
THE ART OF THINKING LIKE A MOUNTAIN



The workshop focused on [introducing, discussing and clarifying the meaning of "empathy" in arts](#), which has important implications for artistic research, training and practice and demonstrates how **empathy as an abstract concept can be applied in the arts** so that people are motivated to care for non-human others and the environment by using concrete examples.

**SEMINAR RESILIENCE**  
SEMINAR "CLIMATE CRISIS DEFENSE THROUGH ARTISTIC COOPERATION AND PROJECT CREATION – RESILIENCE"

This seminar/workshop focused on introduce, discuss and propose the resilience as a motor of reflection, which has important implications for artistic research, training and practice.





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## NATIONAL ACADEMY OF THEATRE AND FILM ARTS (NATFA) "KR. SARAFOV"

**CIRCULAR ECONOMY, GREEN TECHNOLOGIES AND EMPATHY IN ARTISTIC PRACTICES**  
WORKSHOP/SEMINAR CREATIVE SUSTAINABILITY, EMPATHY FOR NATURE, EMPATHIC  
& RESILIENT ARTISTS

NATFA offered this seminar because it cares for nature, it is inspired by the environmental practices and circular economy principles and methods that are applied in diverse areas. NATFA aims to foster an empathic stance towards human and non-human beings and nature by sharing and discussing diverse artistic practices from Bulgaria and other countries. NATFA prepared a rich three-day program, full of interactive discussions and creative workshops with talented artists and prominent colleagues, working in the field of **environment, nature, empathy and the arts**. Some of the workshop moderators was NATFA former students from diverse Master's programs at NATFIZ.



**NATIONAL ACADEMY OF THEATRE &  
FILM ARTS "KR. SARAFOV",  
SOFIA BULGARIA**





## 12-DAYS RESIDENCIES & COLLABORATIVE INTERDISCIPLINARY PROJECTS

During the project lifecycle, **a number of residencies are envisaged to be organized and implemented across the countries of the consortium.**

### Residencies places:

- in **Italy**, where participants will visit high and low pastures, walk across the mountains, attend dedicated lectures by specialists in the area, and be guided across the surrounding landscapes (natural and built), as well as offered the opportunity for site-specific investigations,
- in **Spain** facilitating empathic and sustainable art creation through training with vulnerable groups for social inclusion and change,
- in **Bulgaria**, where the residency focus will be given to the creation of a performative story, focusing on artists' own resilience and sustainability, and
- in **Greece** and particularly in Vorres Museum, taking advantage of its natural environment (a paradigm of Mediterranean gardening redefined in the light of climate change and sustainable approach).

During each residency, participant artists will give a two-hour presentation of their work to the public and students on the last day of the residency.

The residencies will **offer the artists the chance to work with international collaborators** (curators, cultural professionals) and make new work at their equipped venues. The residencies will culminate in the host partner presenting the work to the public.

**14 collaborative interdisciplinary artistic projects** (artist/philosopher, artist/architect, artist/urban planner etc.) are taking place leading to **14 artistic productions.**

Live debates organized during the 14 collaborative interdisciplinary projects between the artists, the invited experts and the public are expected to further bring attention and expand the project's audience (more than 700 people will be invited to the discussions/presentations).



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## 12-DAYS ARTISTIC RESIDENCIES

5 ARTISTS | 1 LOCATION | 12 DAYS ! 1 JOINT EXHIBITION

### EMPACT RESIDENCIES AT NATURE, ART & HABITAT (NAHR)

The **EMPACT** residencies initiate a dialogue between artists, sustainability experts, philosophers and social scientists, in order to explore the importance of empathy as a key to aiding people to tackle and act upon climate change. Specifically, **EMPACT** aims to facilitate artists in creating, through sustainable practices, art that fosters an empathic stance towards non-human beings and nature; that is, art that encourages people to relate to non-human suffering in a first-personal manner and thus acquire experiential knowledge about climate change-related issues. **EMPACT** considers the artist's own emotional and empathic stance as a key point that will allow them to effectively incorporate the concept of sustainability in their artistic production.

The five selected participants for the **NAHR/EMPACT** program were **Ana Pečar, Andria Zachariou, Kaja Rakušček, Lea Petrou and Mirian Kolev**. During the residency, they visited high and low pastures, walk across the mountains, attend dedicated lectures by specialists in the area, and be guided across the surrounding landscapes (natural and built), as well as offered the opportunity for site-specific investigations. This year, the projects revolve around the topic of Air: Commons, Chaotic Fluid, Inspiration. Fellows explored the function, mechanism, importance and state of air from a range of natural, ecological, social, political and ecological perspectives, and reflected on the impacts of air pollution and air quality degradation.



**TALEGGIO VALLEY  
(BG) ITALY**



**NAHR**  
Nature, Art &  
Habitat  
Residency  
[www.nahr.it](http://www.nahr.it)





## COLLABORATIVE INTERDISCIPLINARY PROJECTS

### FONDAZIONE LAMBERTO PUGELLI (FLP)

L'INVASIONE DELLE ALIENE/ ALLA PIENA LUCE SONO DI UN NERO BRILLANTE  
COLLABORATIVE INTERDISCIPLINARY ARTISTIC PROJECTS: 1ST FLP PROJECT

1st FLP interdisciplinary artistic project involved a dancer, Annamaria Ajmone, a visual artist, Natalia Trejbalova, and a botanist, Manlio Speciale: it has been focused on the suggestions coming to the artists from the island of Salina and from the exchange with the botanist, as they explored the island together.

The project included 2 live moments: **a public talk with the botanist; a live performance by the artists**, including a mix of artistic videos and dance performative moments in a concept that they called a Live display, being at the same time a performance and a "multimedia" storytelling (video and photos) about the suggestions coming from the island environment. The project registered very good feedback from the audience.



ITALY, MALFA  
(IN THE ISLAND  
OF SALINA)







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## LANDMARK WORKSHOPS & PODCASTS



### NATURE, ART & HABITAT (NAHR)

#### CIRCULAR ECONOMY AND AIR FLOWS CIRCULAR ECONOMY WORKSHOP



ITALY, VAL  
TALEGGIO

The workshop focused on [#circulareconomy](#), exploring its interconnected role between the natural world and in human activity. It discussed the role of [#empathy](#) in bringing about the necessary change towards a more sustainable world and the importance of the arts in the search to build a more empathic relationship with our surroundings.

The event set the mood for the NAHR programming within the larger frame of EMPACT, effectively incorporating the concept of [sustainability into artistic research and production inspired by nature](#), with particular attention to the air as a common, chaotic fluid and inspiration.

### UMETNOSTNA GALERIJA MARIBOR (UGM)

UGM



GERMANY, BERLIN

#### JAŠA: THE MONUMENTS, CHAPTER 8 "WE KIDNAPPED THE BRIDGE" 2ND LANDMARK WORKSHOP EVENT



The Monuments, Chapters 7 & 8 took the themes of [EMPACT – Creative Sustainability, Empathy for Nature, Empathic & Resilient Artists](#) – as their point of departure and crafted unique performative and site-specific experiences around them. JAŠA's conceptual stance is embedded within individual events as an "attitude" towards the use of space and time. "Have you ever wanted to enter a sculpture?" becomes a fact, a statement, not just a rhetorical question. A work of art shapes and generates reality, even though it is ephemeral. Temporarily built from fleeting intersections, it is completely tangible and sensual. For Chapters 7 & 8, [JAŠA](#) invited the audience to embody a position beyond the human vs. nature hierarchy and embrace the possibility of establishing a relationship between humans and nature as an interpersonal reciprocal necessity. Empathy was evoked as the guiding principle in achieving a sustainable way forward.





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# LANDMARK WORKSHOPS & PODCASTS



## CYPRUS UNIVERSITY OF TECHNOLOGY (CUT)



### CREATIVE SUSTAINABILITY - IN - PRACTICE CREATIVE SUSTAINABILITY LANDMARK WORKSHOP & SEMINAR



LIMASSOL, CYPRUS

The [Landmark Seminar and Workshop “Creative Sustainability in Practice”](#) aimed to encourage artists and culture professionals to explore the different applications of sustainability in the artistic realm and to incorporate sustainability practices in their work. It covered a wide range of topics and discussions related to the intersection of sustainability and artistic practices. Specifically, the landmark seminar and workshop included the following key areas:

**Introduction to sustainability:** An overview of sustainability concepts, including environmental, social, and economic dimensions, and their relevance to the arts.

**Environmental art and ecological consciousness:** An overview of how artists have engaged with environmental issues and promoted ecological consciousness through their creative expressions, such as land art, environmental art, conceptual art and site-specific installations.

**Sustainable materials and techniques:** A review and discussion of sustainable practices in artistic production, including the use of eco-friendly materials, upcycling, recycling, and reducing waste in art-making processes.

**Community engagement and social sustainability:** An exploration of the role of the arts in fostering community engagement, social cohesion, and inclusivity, particularly in relation to sustainability issues and social justice. **Sustainable arts organizations and initiatives:** A review of various sustainable arts organizations, festivals, and initiatives that promote eco-friendly practices, support artists working on sustainability themes, and engage audiences in sustainable behaviour. **Case studies and artist presentations:** A presentation of artists, projects, or initiatives that exemplify the integration of sustainability and the arts, allowing participants to learn from real-world examples and engage in discussions with practitioners.

Overall, the **Landmark Seminar and Workshop “Creative Sustainability-in-Practice”** included presentations by sustainability experts, artists, and researchers, as well as interactive discussions, group activities, and opportunities for participants to share their own perspectives and experiences. It fostered a multidisciplinary dialogue and inspire creative approaches to addressing sustainability challenges through artistic means.





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# LANDMARK WORKSHOPS & PODCASTS

## EMPACT'S 2nd Podcast

Lidia Varbanova, from the National Academy of Theatre and Film Arts (NATFA) "Kr. Sarafov", Bulgaria, discusses Corporate Social Responsibility with Yiannis Christidis, from Cyprus University of Technology, Cyprus.

[Listen to Episode #02 | Corporate Social Responsibility by EMPACT PROJECT on #SoundCloud](#)

### EMPACT'S 2nd Podcast

Lidia Varbanova, from **National Academy of Theatre and Film Arts (NATFA) "Kr. Sarafov"**, Bulgaria, discusses on **Corporate Social Responsibility** with Yiannis Christidis, from **Cyprus University of Technology**, Cyprus.

*Listen to Episode #02 | Corporate Social Responsibility by EMPACT PROJECT on #SoundCloud*





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## THE CONSORTIUM

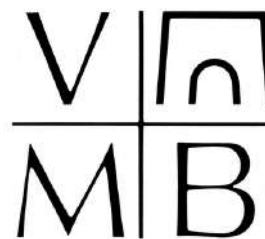
**EMPACT** consortium is composed of (8) eight partners across Europe with diversified experiences and expertise necessary to achieve the objectives and activities of the project: **Cyprus University of Technology** (Cyprus), **Wisefour** (Cyprus), **Fondazione Lamberto Puggelli** (Italy), **Nature, Art & Habitat** (NAHR) (Italy), **Espacio Rojo** (Spain), **Vorres Museum** (Greece), **National Academy for Theatre and Film Arts** (NATFA) “Kr. Sarafov” (Bulgaria) and **Umetnostna Galerija Maribor** (UGM) (Slovenia).



WISEFOUR



Nature, Art &  
Habitat  
Residency  
www.nahr.it



UGM

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