



## ***Canolfan Tir Glas Open Day Event - Saturday 19<sup>th</sup> March 2022***

The association of the vision of the University with the rural environment established by its early founders has remained to this day. The founder of Saint David's College Lampeter, Bishop Thomas Burgess, Bishop of Saint David's and also Bishop of Salisbury, was a founding member of the Odiham Agricultural Society in his English seat. He had a great empathy for the rural environment, intense interest and intimate understanding of agriculture and the importance of agricultural reform, as well as the importance of it to the community. At Lampeter, Bishop Burgess had tremendous regard for the Welsh language and culture and deepening vocational learning and knowledge for all. We are nurtured by this history in our responses to today's challenges. The same values are at the heart of Canolfan Tir Glas's mission in addressing the climate crisis and other societal challenges, and these values are very much shared by members of the Centre.

Following The Wales Centre for Resilience and Harmony launch on Friday 19<sup>th</sup> November 2021, and the official launch of Canolfan Tir Glas on Thursday 17<sup>th</sup> March 2022, we are now proud to announce the Open Day on **Saturday 19<sup>th</sup> March 2022**. The programme is focused on the theme '**Learning from Nature**', and brings contributions from academics, local experts in food and farming, students, local enterprises and social enterprises in the form of a range of talks, exhibitions, practical indoor and outdoor activities including guided walks around the campus and the town. The activities focus on the theme of resilience, including education, wellbeing, biodiversity and restoring nature.

This event is an opportunity for the public to engage with the University and to contribute to discussions and activities around resilience at the beginning of an exciting new era for the University at Lampeter and the community it serves.

**To book on the taster sessions go to our Eventbrite page <https://www.eventbrite.co.uk/e/canolfan-tir-glas-launch-event-19th-march-2022-tickets-276687558937>**

***Details of the day's activities:***

***Registration in the Arts Hall from 09.00 - 09.30***

***Welcome and Introduction to the day's activities: Provost Gwilym Dyfri Jones***

***Bilingual Session with Translation Service***

***09:45 - 10:00***

***Arts Hall***



Gwilym Dyfri Jones is the Provost for both the Carmarthen and Lampeter campuses. His role focusses on the development of the campuses, ensuring that they have a clear sense of place to promote their distinctiveness as destinations of choice for students, staff and the wider community. As Provost he is leading the Canolfan Tir Glas vision at UWTSD on the Lampeter campus.

**Audience with the Expert Panel 10:00 – 11:00 *Bilingual Session with Translation Service***  
**Arts Hall**



Anna Jones is the Civic Mission and Sustainability Manager at UWTSU. She has held several positions within leading organisations in both the private, public and tertiary education sectors over the last 30 years and has extensive knowledge in relation to the sustainability agenda in Wales and wider. Anna will chair this discussion session.

**Expert Panel:**

***Patrick Holden, Richard Dunne, Simon Wright, Carwyn Graves and Prof. David Kirby***



**Patrick Holden** is the founding director of the Sustainable Food Trust, working internationally to accelerate the transition towards more sustainable food systems.



**Richard Dunne** has 30 years teaching experience and was headteacher of an Ofsted graded Outstanding School for 18 years. He is also a member of the Sustainable Food Trust and The Harmony Project and was recently appointed as a Professor of Practice at UWTSU.



**Simon Wright** is a Professor of Practice at UWTSU. He is a renowned champion of Welsh food and drink produce, sustainable agriculture and the hospitality industry. In 2010 he was named the Local Food Ambassador for Wales and was awarded the Wales True Taste Champion Award for his "dedication and devotion to Welsh food and drink".



**Carwyn Graves** is an author, public speaker and gardener. Author of the bestselling *Apples of Wales* (2018) and *Welsh Food Stories* to be published in May 2022. Carwyn was part of the group responsible for establishing the National Collection of Welsh apples at the National Botanic Garden of Wales.



**Professor David Kirby** is a pioneer of entrepreneurship education in the UK and internationally. In 2006 he was awarded the Queen's Award for Enterprise Promotion and in 2021 he was appointed as an Honorary Professor of Practice at UWTSU.

## Contributors and Session Titles - Session 1 ~11:20 – 11:50

### *Spirituality and Wellbeing* ENGLISH SESSION

#### Arts 1



Wellbeing can be perceived to depend on a range of factors, from income, social position, gender, age and cultural context. The spiritual dimension is also mentioned in academic studies but usually just as an aspect of the cultural context. This presentation highlights the importance of spirituality for wellbeing. Based on the finding of a research project comparing the UK and Brazil, it challenges the dominant conception of wellbeing. It challenges a purely functionalist approach to spirituality and wellbeing by highlighting the importance of studying what matters to people. Prof. Bettina E. Schmidt, is Professor in Study of Religions and Anthropology of Religion at UWTSD. She is also Director of the Alister Hardy Religious Experience Research Centre in Lampeter and Coordinator of Research in Humanities.

### *Sustaining Intergeneration Respect: Planting for Cohesion Post Covid-19* ENGLISH SESSION

#### Lloyd Thomas



Research indicates that during the Covid-19 pandemic in Britain there was a surge in community engagement and volunteering, both at a UK and national level as well as a more local community level (Mao, Fernandes-Jesus, Ntontis & Drury, 2020). This research outlined that sustaining the civic action through community gardening, which developed during the pandemic, has the potential to bring together people from different walks of life to a common purpose free from value judgements. In addition, such activities have also been identified as benefiting the psychosocial well-being of individuals and communities. A recent study by Spano, *et al* (2020, p.8) explored the psychosocial well-being benefits of community gardening activities and concluded that a range of positive outcomes also developed neighbourhood cohesion, trust and social networking. Other research supports the potential benefits of developing 'greenspace' which is associated with the reduction of stress and increase in social cohesion (de Vries *et al*, 2013, p.29). The Forestry Commission England (2020, p.10) also highlighted a range of benefits of living in greenspaces including 'Climate change contributions, environmental advantages, economic dividends as well as social benefits'. 'This presentation will propose that planting for social cohesion, which was demonstrated in the last 18 months in Britain, has the potential of sustaining intergeneration respect for the future. *'There is a strong need to advance into further high-quality studies on this research topic given that gardening has promising applied implications for human health, the community, and sustainable city management'* (Spano, *et al*, 2020, p.1). Assoc. Prof Caroline Lohmann-Hancock is Senior Lecturer and Programme Manager: MA Equity and Diversity in Society and Institute Manager of Research Degrees. Phillip Morgan is a lecturer and PhD candidate at UWTSD. He lectures on the MA Equity & Diversity in Society, BA Advocacy and BA Sociology programmes



### *Storiâu Bwydydd Cymru/ Welsh Food Stories* BILINGUAL SESSION

#### Arts Hall



Welsh food is a cliché for many of us – leeks, lamb and Welsh cakes. But in reality, Wales has had a unique and diverse food tradition, which in many ways offered a healthier and more sustainable way of eating than our diet today. We desperately need a fresh look at Welsh food – past and future... Carwyn Graves is an author, public speaker and gardener from South-West Wales. He is the author of the bestselling *Apples of Wales* (2018) and *Welsh Food Stories* to be published in May 2022

## ***Inspired by Nature: Towards Harmonious Business* ENGLISH SESSION**

### **Arts 5**



Christian Felices is a lecturer in Business Management and a PhD candidate at UWTSO Carmarthen Business School. He is also a keen photographer. Inspired by nature, this presentation will be an exploration of the interplay between science, philosophy, and nature, towards establishing a new concept of harmonious business.

## ***Gobaith Natur(e's) Hope* WELSH SESSION**

### **Arts 4**



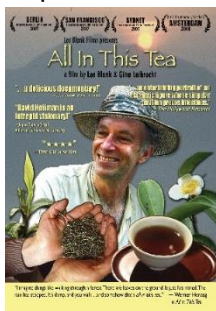
Art Exhibition and a presentation about the artwork and the idea behind the project. 'A starting point for my current creative practice in *Gobaith Natur(e's) Hope* are the small sketchbooks that I have been keeping during Earth Hour where I think about the earth in silent candlelight. These thoughts led me to the *Hidden Life of Trees* film by Peter Wohlleben (2017) a German forester and author and to Suzanne Simard a Canadian scientist and professor in British Columbia, *Finding the Mother Tree* (2021) and the research she has been doing on the interconnectedness of trees, the young and old as well as the trees that are no longer living. For me this research is a fleeting passage that helps me to contextualise and consider nature and its slow development as Wohlleben describes the development of trees- it happens but it takes a very long time, I find that concept interesting. I have a hope for nature beyond humanity and hope that the slowness of nature will make it resilient and help it to survive.' Gwenllian Beynon is a practicing artist, lecturer and workshop facilitator. She currently works freelance on individual projects, lectures full time at Swansea College of Art at the UWTSO and runs occasional workshops. In her creative practice Gwenllian explores narrative and storytelling within image making, that does not involve illustration, the narrative is open to interpretation.

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## **Contributors and Session Titles - Session 1 (11:30 – 12:40)**

### ***Documentary Film by Les Blank: 'All in this Tea'* ENGLISH FILM** **Cliff Tucker Theatre**

As part of the Confucius Institute's celebration of tea at the Wales Centre for Resilience and Harmony launch



event, we are pleased to present this fascinating documentary. Premiered at the 2007 San Francisco Film Festival this film follows world-renowned tea expert David Lee Hoffman to remote regions of China in search of the best handmade teas. As a tea importer, Hoffman's obsession with this ancient beverage led him from 'insipid tea bags in America' to far flung tea regions in Asia. In the process, he discovered the rarity of good handmade teas especially in China, where the ancient craft of making tea has been giving way to mass production. Tea making secrets have been handed down through generations of tea makers over thousands of years. In this, his first digitally shot film, Les Blank takes his famous fly-on-the-wall approach. The film moves from modern, urban settings to a pastoral China rarely glimpsed by westerners. The

screening venue and time: 11:30 – 12:40 Cliff Tucker Theatre. Remote viewing access available:-

**Film trailer:** <https://www.youtube.com/watch?v=SD1Ho3Vt4TM>

Can't attend the film in person? No problem! You can use this link to watch at leisure in your own home at any time between 9:00 am 19 March and 9:00 am 22nd March

**Film link:** <https://vimeo.com/manage/videos/684405820> Password: LBF\_TEA\_WALES

## Contributors and Session Titles – Session 2 12:00 – 12:30

### ***Coleg Sir Gâr SMART - Tywi Valley Farm Nutrient Partnership*** ENGLISH SESSION

Lloyd Thomas



Coleg Sir Gâr, through our work at the Agriculture Research Centre at Gelli Aur is supporting the agricultural industry with innovation and development.

The vast majority of farmers are custodians of the countryside who wish to preserve a balanced ecosystem for future generations to live and work in rural communities.

We are developing systems and processes that meet the challenge of feeding a growing population in a sustainable and environmentally friendly way.

The Tywi Valley Farm Nutrient Partnership brings together commercial companies, European / Welsh Government funding and us as a research establishment in a partnership designed for mutual gain and innovation in nutrient management. Our work in data collection and decision-making support will help farmers meet new legislative regulations as well as aspirations to achieve Net Zero Greenhouse Gas emissions by 2040. John Owen is the Project Manager.

### ***Sustainable Bee Keeping*** BILINGUAL SESSION

Arts 1



Why is sustainable Bee Keeping so important and how can we support the Bee Improvement and Bee Breeding Association?

<https://bibba.com>

Selwyn Runnett and Peter Jenkins will explain why the BIBBA supports the prosperity and wellbeing of all our current populations of bees, including honeybees, bumblebees and solitary bees as well as other pollinators.



## Contributors and Session Titles – Session 2 12:00 – 13:10

### ***Resilience, Harmony and Harmonious Entrepreneurship: addressing the Sustainability Challenge***

ENGLISH SESSION

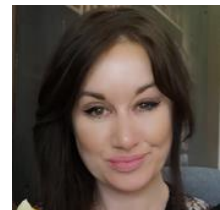
Arts Hall



Entrepreneurship is about creating resilient individuals, communities and organisations. Traditionally it has created wealth and jobs and has been responsible for innovation. However, in so doing it has not always brought about “improvement” and often the drive for wealth has been at the expense of people and planet.

The presentation argues that this is no longer acceptable, and entrepreneurship needs to address the sustainability challenge. It contends that to do so requires a new, more holistic, systemic business model that harmonises or integrates the four traditional economic, environmental, humane, and social approaches to

entrepreneurship. The approach is based on systems thinking, Ashby’s Law of Requisite Variety and the Principles of Harmony. It produces a business model that challenges Friedman’s mantra that the social responsibility of business is to “make as much money as possible” and produces and harmonises Elkington’s Triple Bottom Line of Profit, People and Planet. UWTSU’s newly formed spinout business Harmonious Entrepreneurship Ltd is introduced together with Welsh examples of the concept selected from the 60+ case studies exemplifying the concept in different industry sectors and cultural environments.



**Prof David Kirby** is a pioneer of entrepreneurship education in the UK and internationally. In 2006 he was awarded the Queen’s Award for Enterprise Promotion and in 2021 he was appointed as an Honorary Professor of Practice at UWTSU. **Felicity Healey-Benson**, IICED, is a lecturer, Entrepreneurial Learning Champion, and Doctoral candidate at UWTSU. They are co-founders of The Harmonious Entrepreneurship Society (HES) and Harmonious Entrepreneurship Ltd.

**Drop in Sessions - No need to Book ~ 12:00 – 13:10**

**Virtual Built Environment Element Explorer (BILINGUAL SESSION)  
Arts 5**



Come and experience the Welsh Timber and Building Performance Development Centre's Virtual Built Environment Element Explorer for a virtual 'hands-on' experience on how to construct low-carbon buildings. The Welsh Timber and Building Performance Development Centre aims to increase the use of low-carbon practices across the construction sector in addition to enhancing the appeal of the construction industry by 'gamifying' or digitising the construction process. This uses CWIC's Virtual Built Environment Element

Explorer (VBEEE) software and our latest high-tech virtual reality hardware.

The programme was co-created by UWTSd and industry and allows learners to explore and experience the construction process by constructing a variety of different buildings virtually, and once complete allows learners to compare the performance sustainability and cost measures built into them. Come and find out how you can launch your career in low-carbon construction with UWTSd. Delivered by Gareth Evans and Julie Evans.

**Library**

*Library displays and exhibitions available on the day – drop in from mid-day*

**Display 1** - 'Ladies? – impossible.' The first women at St David's College & Trinity Training College

**Display 2** - Johan Nieuhof, a 17th century traveller in China

**Display 3** - Saint David's days of the past

**Exhibition 1**- Race Council Cymru exhibition called 'Windrush Cymru - Our Voices, Our Stories, Our History'

**Exhibition 2** - Welsh women in China – The lives of five women spanning two centuries – If you are interested in attending the launch on Friday evening 18<sup>th</sup> March, please register your place here:- <https://www.uwtsd.ac.uk/confuciusinstitute/events/>



## Contributors and Session Titles - Session 3 ~ 12:40 - 13:10

### ***Gardening with Nature* WELSH SESSION**

#### **Arts 1**



Adam yn yr Ardd (Adam in the Garden) will share how he follows a no-dig and organic gardening system to protect and enhance the biodiversity of his garden. Adam Jones, from Carmarthenshire is a well-known gardener who has just published his first children's book – *Dere i Dyfu*. Adam is a familiar face and voice to many, with regular slots on Prynawn Da, Heno and BBC Radio Cymru. He has also developed a significant social media presence, with over 18,000 followers on Instagram (@adamynyrardd). Adam started gardening when he was 3 years old

following his grandfather's interest and has over 20 years' experience. He gardens organically, uses the no-dig system, and supports and encourages biodiversity in his garden.

### ***Welsh Government Geographical Indications (GI)* ENGLISH SESSION**

#### **Lloyd Thomas**



Fay Francis has over 35 years' experience and knowledge of the Welsh Food and Drink industry and has worked closely with many of its key players across a diverse range of food and drink sectors. Since 2009, Fay has been the project lead and key deliverer of the Welsh Government Geographical Indications (GI) Contract and has been instrumental in providing GI strategic policy advice to Welsh Government.

Fay is the first point of contact for all Welsh applications looking towards achieving (both EU and UK) GI status. She understands the necessary criteria, process format and language required to ensure both successful UKGI and EUGI applications.

Fay has also helped create the unique Welsh GI "family" where large, and small-scale operators can collaborate on joint promotional activities and has encouraged producers to network with each other and to learn best practice from sharing their experiences. Since 2013 Fay has organised several high-profile events to promote the Welsh GI family of products contributing to strengthening both the Welsh Food and Drink and Welsh Food Tourism offer. Fay is sole Director of Provenance & GI Consultancy Ltd which was formed in 2020.

### ***Gobaith Natur(e's) Hope* ENGLISH SESSION**

#### **Arts 4**



Art Exhibition and a presentation about the artwork and the idea behind the project 'A starting point for my current creative practice in *Gobaith Natur(e's) Hope* are the small sketchbooks that I have been keeping during Earth Hour where I think about the earth in silent candlelight. These thoughts led me to the *Hidden Life of Trees* film by Peter Wohlleben (2017) a German forester and author and to Suzanne Simard a Canadian scientist and professor in British Columbia, *Finding the Mother Tree* (2021) and the research she has been doing on the interconnectedness of trees, the young and old as well as the trees that are no longer living. For me this research is a fleeting passage that helps me to contextualise and consider nature and its slow development as Wohlleben

describes the development of trees - it happens but it takes a very long time, I find that concept interesting. I have a hope for nature beyond humanity and hope that the slowness of nature will make it resilient and help it to survive.' Gwenllian Beynon is a practicing artist, lecturer and workshop facilitator, she currently works freelance on individual projects. She lectures full time at Swansea College of Art at the UWTSU and runs occasional workshops. In her creative practice Gwenllian explores narrative and storytelling within image making, that does not involve illustration, the narrative is open to interpretation.

*Lunch (13:10 – 14:10) - Lunch is not provided*

*A list of places to eat in the town will be available*

**Contributors and Session Titles - Session 4 ~ 14:10 – 15:20**

***Welsh Quilt Centre Exhibition – Magical Quilts of Wales ENGLISH SESSION***



An opportunity to attend a special presentation by Jen Jones. The idea to open a centre to celebrate and promote a wider understanding of the Welsh Quilt, came from Jen Jones, whose obsession with collecting Welsh Quilts, Blankets and textiles has spanned over forty years. Jen's perseverance has led to the saving and preservation of this vital part of Welsh heritage. This has been appreciated by the Cambrian Mountains Initiative, leading to Jen Jones being appointed as Tourism Ambassador. The Cambrian Mountains Initiative was inspired by His Royal Highness, The Prince of Wales to '*sustain traditional Welsh upland farms and rural communities*'.



**Please note you can head directly to the Quilt Centre by 14:00 or meet at the entrance to the University (opposite the Butchers on College Street) – A volunteer will guide you to the Quilt Centre.**

***No Dig Gardening - healthy soil, abundant harvests, fewer weeds ENGLISH SESSION***

**Lloyd Thomas**



Discover how to grow loads of veg using organic, environmentally friendly no dig methods whatever size your plot, in this illustrated talk. Stephanie Hafferty is a leading authority on no dig gardening, a garden and food writer, edible garden consultant, and has been growing her own food for over thirty years. She has created kitchen gardens for community projects, on private estates, for restaurants and market gardens. She specialises in growing in domestic spaces, teaching and writing about how to grow food year-round. Stephanie is passionate about promoting affordable healthy food for all, how to grow it and then what to do with it, having raised three children mostly as a single mum. She develops and shares plant-based recipes based almost entirely on food that can be grown at an allotment, and also uses plants to make body products, household cleaners, preserves, alcohol - "backyard homesteading". Stephanie is creating a new no dig homestead near Lampeter, started in March 2021. She writes for gardening, food and lifestyle publications, has two published books and is currently working on another two.

***How Can Nature's Principles of Harmony Inform a New Way of Learning? ENGLISH SESSION***

**Arts Hall**



Richard Dunne has 30 years teaching experience and was headteacher of an Ofsted graded Outstanding School for 18 years. His work in redesigning a curriculum around Nature's Principles of Harmony has already begun inspiring the next generation of teachers and children, with the approach to learning already in place in several schools across the UK. Richard believes passionately that the best way for children to be motivated in their learning is when it makes sense to them and when they have a key role to play. Through combining core skills to purposeful enquiries of learning, the children start to develop their own vision of how they want to see their world and just as importantly what they can do to make it happen. Richard Dunne is a Professor of Practice at UWTSU.



## ***Souly Dolls* ENGLISH SESSION**

### **Arts 4**



Throughout the world there are 'Dolls' made of bread that celebrate a religious or pagan belief; from the Eastern European Three Kings Breads to the more simplified Greek and Italian Dolls. But by far the oldest form of these 'Dolls' is the Celtic Souly Doll. As Christianity took over, the making of the Dolls gradually disappeared, but there were small communities in Pembroke, Ceredigion, Carmarthen and Gower that kept the tradition going. The last of the Dolls was believed to be made at the end of the Edwardian era where there was mention of it being made in Gower. The Gower Souly Doll was a sweet bread and a much-loved treat. Thus, incorporated into the Christian calendar it was mostly forgotten that the Dolls were in fact a much more ancient belief and a fertility blessing for the soil, the souls of ancestors and the sweetness of life. Chendore Luan Doxsey is a food historian, artist and storyteller based at the Gower Heritage Centre.

## ***Bara Beunyddiol – Our Daily Bread* BILINGUAL SESSION**

### **Arts 1**



This session/lecture explores the origins of bread in the ancient Near East and how this became such an integral part of our daily lives. We will look at how bread-making shaped lives, bodies and communities in the early farming communities of the Near East and consider the social significance of the new staple in the ancient diet. From this we will move onto traditional bread-making in Wales, with a hands-on bread making session using a bakestone. Louise Steel is Professor of Near Eastern Archaeology and has worked extensively on Cyprus, where she has excavated a Bronze Age farming settlement. Her research examines people's engagement with the material world and how people's social lives are shaped by their complex relationships with things. In particular Louise is interested in the stuff of food and drink, recently co-editing *Exploring the Materiality of Foodstuffs* with Routledge. Professor Steel will be supported by Emma Williams from Y Felin in St Dogmaels, who will be demonstrating how flour was produced using a quern. As part of this session, Canolfan Tir Glas Coordinator Hazel Thomas will demonstrate making bread cooked on a bakestone and Hazel will be joined by Chendore who will demonstrate the art of making battle pies on a bakestone.



## Contributors and Session Titles - Session 4 ~ 14:10 – 15:20

### *The Reality of Resilience* ENGLISH SESSION

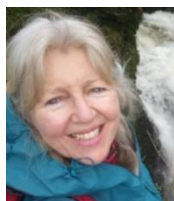
#### Old Hall

Resilience is accepting a new reality and making choices in how to deal with it. It is not a single skill but a variety of skills and mechanisms to cope with and adapt to change. In this session we will work together on issues that we are likely to be facing in the future and see how our strengths as individuals and communities can lead to a future full of hope not despair. Five members of the Lampeter resilience Hub will lead an interactive workshop on the reality of resilience.

Andrea Sanders



Angie Polkey



Louise Nadim



Julia Lim



Cheryl Hillier



Lampeter Resilience Hub (LRH) is working with UWTSD, Coleg Sir Gâr and Coleg Ceredigion to develop the Wales Centre of Resilience and Harmony (WCRH). It has developed from the work of five members of Lampeter Permaculture Group: Cheryl Hillier, Julia Lim, Louise Nadim, Angie Polkey and Andrea Sanders. After sounding out support in the local area, they took a proposal in 2019 to Gwilym Dyfri Jones and Prof. Nick Champion for a new centre based on Lampeter campus. It would be a centre of excellence for skills and training needed for adapting to and mitigating against climate change and ecological collapse. Their vision was for such a centre to be key to reinvigorating the campus and town and enabling local people to train in skills that would support them to remain working and living in the region, as well as providing a national resource for Wales's future.

LRH has evolved to form a registered Community Interest Company, which will enable it to draw in funds to support its partnership work on WCRH and eventually with the wider Lampeter community. Its members have varied backgrounds, education and experiences, and are involved in several community initiatives in Ceredigion as well as on a wider scale.

## Contributors and Session Titles - Session 5 ~ 15:30 – 16:00

### *(L)line(II): Between the Lines* BILINGUAL SESSION

#### Outside



Jonathan Pugh has been working on a personal project '(L)line(II): Between the Lines' to explore links between presence, awareness and reflection. The title provides a link between Welsh and English words for llinell / line, and echoes the way that we view our movement in space and perceive our place in memory. He will take delegates on a walk through the campus garden and explore this theme. Jonathan Pugh is a senior lecturer in the Performing Arts at UWTSD and is Programme Manager for Applied Drama: Education, Wellbeing, Community at UWTSD.

## Contributors and Session Titles - Session 5 ~ 15:30 – 16:30 Old Hall

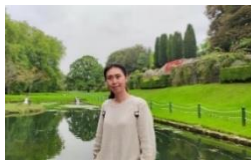
### ***Confucius Institute: A Celebration of Tea Culture* ENGLISH SESSION**



Krystyna Krajewska joined the Confucius Institute initially as General Manager in 2010, and as Executive Director in 2013. She is also principal of the Confucius Institute Chinese School in Swansea, created in 2016 in collaboration with the Chinese in Wales Association with the aim of ensuring that youngsters from Wales's ethnic Chinese population keep in touch with their linguistic and cultural heritage. With a background in marketing and advertising, she also has a PGCE from the University of Wales Newport, a Masters degree in Philosophy - *The Body: Eastern and Western Perspectives* from UWTSU.

Her keen interest in intercultural exchange with China has informed a wide range of collaborative projects over the years between the Confucius Institute and UWTSU's International Hotel Management, College of Art, Film and Photography and Chinese Studies as well as Welsh schools and community groups. In October 2021 she was awarded a distinguished service medal by the Chinese International Education Foundation (CIEF). Building on Chinese wellbeing projects developed over the years, she sees the future role of the Confucius Institute as increasingly focused on exploring the rich cultural heritage of Chinese wellbeing, and its many expressions in contemporary society, both in China and the West.

### ***Rural Tourism and Tea Villages in China* ENGLISH SESSION**



The lecture gives a brief overview of how Chinese tea culture relates to self-care wellbeing practices through the tradition of drinking tea in different seasons, and through meditations on tea philosophy. The growth of tea villages reflects not only the deep cultural importance of tea for Chinese people. But also represents a pragmatic response by rural communities for sustainable economic development. The talk gives a fascinating insight into the cultivation of tea across many regions

and presents a 'tea map' showing the huge variety of teas from different areas. The story of Chinese tea has an interesting twist with the development of rural tourism to tea villages as attractive tourist destinations that feed a growing desire by city dwellers to experience nature, harmony and wellbeing. Prof. Lisa Liu Yu joined as Co-Director of the Confucius Institute at UWTSU in November 2020. She is a Professor of Tourism at the Tourism College of Beijing Union University, and she has a PhD in Regional Economics from Peking University. Her research realm includes tourism economics and tourism regulations policies. Lisa's main publications are: *'The Regulation of national Parks in China'*, *'The Inclusive Performance of Hang Zhou Urban Tourism Development'*, and *'How rural tourism plays an important role in poverty alleviation in China'*. Lisa brings a wealth of experience to the Confucius Institute and hopes to create strong local connections between communities in Wales and organizations in China to promote eco-tourism, wellbeing and leisure. Following the lecturer, you will have the chance to experience a Chinese Tea Ceremony which will be delivered by Cindy Chen

### **Savour the scent and taste of the traditional Chinese Tea Ceremony English session with the chance to learn a few words of Mandarin**



The tea ceremony is a classic example of traditional Chinese culture which embraces aesthetic values and ideas of wellbeing in the simple act of preparing tea. As a meditation on the preparation and savouring of tea, the ceremony shows how different tea utensils and specially crafted tea sets are used for tasting and drinking tea. Essential to the ceremony is the sampling of the four most popular types of tea: green tea, black tea, scented tea, and oolong tea. Every stage of the tea ceremony introduces Confucian principles of etiquette and politeness. Cindy Chen will perform the tea ceremony and introduce members of the audience to this ancient art. Cindy Chen is a Chinese teacher at UWTSU's Confucius Institute. She teaches in the Confucius Institute's Chinese School as well as in primary schools and Bryn Tawe Secondary School's Confucius Classroom. She has a Masters degree from Peking University, majoring in Integrated Marketing Communication. In addition to teaching Mandarin Chinese, she is a big fan of Chinese traditional culture and skilled in the art of Chinese calligraphy.

***Outdoor activities: Reserved for local 6<sup>th</sup> form pupils and students at UWTSD***

***All meet outside Canterbury Building to join these sessions***

***Mountain Biking: Travel Further While Learning From Nature - BILINGUAL SESSION***

**Session 1 11:30-12:30**

**Session 2 14:00-15:00**



Mountain Biking is the activity of riding a bicycle on different kinds of off-road trails. It requires endurance, balance, co-ordination and technical skills to navigate through rough and changeable terrains. A good mountain bike trail can be mentally relaxing and stress-relieving as it allows you to explore the great outdoors and connect, interact with and learn from nature. Knowing how to handle a mountain bike, as well as feeling comfortable and confident with the equipment —from the saddle height, the position of the pedals, the brakes and even the correct way to wear a helmet — is essential.

This session, led by some of UWTSD's most experienced mountain bikers, will introduce you to the essential knowledge and skills needed to get on your mountain bike!. Thomas Moore (Tom) is the senior technician and tutor on the BA (Hons) Outdoor Adventure Education programmes and facilitates outdoor adventurous activities and expeditions. Assisted by current undergraduate students Ed and Douglas (Dougy), Tom will lead the outdoor activity named, Mountain Biking: Travel Further While Learning From Nature.



**The activity will be advertised to local sixth form pupils and students at UWTSD.**

***Adventure Film Making ENGLISH SESSION***

**Session 1 11:20-12:30**

**Session 2 14:10-15:20**



Dr Brett Aggersberg is a Film and Digital Media lecturer at UWTSD and will run an outdoor workshop on Adventure Filmmakers. Explore the power of your phone (or tablet) to create short films in the outdoors. This session will help you learn the storytelling covered. No prior knowledge is required. You will need a phone or tablet with a camera lens and iMovie (on Apple) or Power Director- Video Editor (Android) installed. Please don't pay for any apps unless you want to as this will not be reimbursed by the event. There will be support on the day for any questions you have about filmmaking and associated equipment. This session will provide attendees with an opportunity to create simple videos using their mobile phones. Brett will be supported by student Dan Philips.

**The activity will be advertised to local sixth form pupils and students at UWTSD.**