

## **Journaling and Emotional Geography for Self-Reflection, Professional Growth and Creative Competences**

**Location:** Balestrate (PA)

**Sunday - Digital Foundations: E-Journaling & Geo-Storytelling 3:00 PM – 7:00 PM**

**Afternoon:**

- Arrival and check-in at accommodation in Balestrate
- Informal welcome gathering at Casa Ruffino
- Introduction to the workshop programme, trainers, and participants
- Icebreaker activity: “My Map of Expectations” — drawing and sharing personal intentions for the week
- “Mapping emotions” mini project.

**Evening:** Welcome dinner featuring local Sicilian cuisine

---

**Monday - Tuning In: 9:00 AM - 1:00 PM**

**In the classroom: 9:00 - 11:00** - Introduction to journaling: practices, purpose, theoretical background - Emotional geography: a perspective on mind, body, and landscape - Place Identity: inhabiting a space, feeling part of a place

**11:00 - 11:15 Coffee break**

**Outdoor walk to the Balestrate cliff: 11:15 - 1:00** - Activation circle: a group connection exercise  
- Drawing Meditation: a visual meditative practice as an initial approach to journaling

- Geopoetic writing: exploring the inner landscape through the archetype of water and marine symbolism

**Afternoon: Learning about the cultural heritage of the region - free walking in Balestrate**

---

**Tuesday - Connections**

**In the classroom: 9:00 - 11:00** - Creation of your personal inner journey notebook

**11:00 - 11:15 Coffee break**

**Outdoor activities: 11:15 - 1:00** - Walk and storytelling at the Balestrate Mirador: listening to the Genius Loci

- Time at the small beach: biogeographic activity on the theme of the island

("the island that hosts us, the island that we are")

---

### **Wednesday - Immersion**

**Catamaran Day: 10:00 AM - 5:00 PM** - Free writing inspired by sensory and narrative prompts

- Mindful Writing exercises inspired by the natural elements of the day: wind, sea, sun

---

### **Thursday - Resonances**

**In the classroom: 9:00 AM - 12:00 PM** - Emotional atmospheres: what do we feel when we enter a place?

-Emotional deposits, symbolic resonances, shared imaginaries

#### **10:30 AM Coffee break**

- Inner weather: emotional mapping of the self

- Imaginative writing and creative visualization

#### **1:00 PM: Bus departure to Palermo**

- Learning about Sicilian culture - Tour of Palermo in the afternoon and evening

- Return to Balestrate around 10:00 PM

---

### **Friday - Cultural Visit & Debriefing | Farewell Dinner**

**Morning:** Cultural visit to Segesta and Erice

**Afternoon:** Return to Balestrate: Bonus nature ID apps for field use. One-to-one support; advanced tips.

**Evening:** Social dinner with Sicilian street food and farewells

---

### **Saturday – Departure & Journaling Closure**

#### **Morning:**

9:00 – 13:00 Reflective journaling circle: learning recap, debriefing, final reflections and certificate ceremony at Casa Ruffino meeting room

## Workshop Goals

- Promote a situated approach to writing and knowledge by reconnecting body, landscape, and imagination
  - Develop observation, listening, and place-based storytelling skills through sensory immersion and eco-reflective writing
  - Foster an emotional and conscious relationship with places (ecoliteracy)
    - + Integrate interdisciplinary knowledge (geography, ecopsychology, aesthetics, pedagogy)
  - Encourage the reconnection between body, territory, and language
    - + Stimulate self-narration and personal reflection through biogeographic writing
  - Create a generative and non-judgmental laboratory space, focused on presence and creativity
  - Educate towards planetary citizenship and ecological ethics (inspired by Edgar Morin)
- 

## Learning Outcomes

By the end of the workshop, participants will be able to:

- Apply basic journaling and mindful writing techniques for personal reflection and emotional landscape exploration
- Use emotional geography tools (affective maps, biogeographies, inner mapping) to interpret landscapes symbolically and narratively
- Connect sensory and spatial experiences with creative writing and self-narration
- Recognize and interpret emotional atmospheres of places, valuing their affective and cultural dimensions
- Develop an affective and conscious relationship with the environment through observation and reflective writing
- Integrate diverse knowledge and languages (artistic, geographic, narrative) for experiential learning paths
  - Enhance listening and relational skills through collective sharing and writing practices Use digital tools for journaling, mapping, and multimedia storytelling to document and share personal and collective reflections
- Develop digital literacy and creativity by combining analog and digital methods (e.g., online journals, collaborative platforms, and visual mapping apps).
- Develop transversal skills such as emotional awareness, reflective capacity, ecological sensitivity, empathy, responsibility, and digital confidence in creative and educational contexts.