

# Information for walkers

## FAQs

This document provides information about the walk in two sections - general background information in section 1, and more on the practical details in section 2.

### Section 1: WHAT'S IT ALL ABOUT?

#### *What is Emergence?*

Emergence is an ambitious Volcano collaborative project advocating a leadership role for artists in addressing the major environmental challenges of our time.

Since 2010, we have successfully organised a number of major, inspirational, cross-sector projects with Sustain Wales, Centre for Alternative Technology, Julies Bicycle and Creu Cymru. We have recently been commissioned to produce 'Culture Shift', by the Arts Council of Wales to inform future policy on sustainable arts practice due for publication later this year.

Emergence focuses on two main themes: developing a low-carbon infrastructure, including management and development of venues and developing the role of the arts in envisioning a low-carbon sustainable society.

The Emergence Document, is full of arresting ideas, practical advice and useful contacts, is available as a bilingual online resource: <http://www.volcanotheatre.co.uk/398/news/emergence-the-document.html>

You can find out more about Emergence here <http://www.emergence-uk.org/#coming-up>

#### *Why this particular route?*

This walk is part of City and County of Swansea's 'Love your Countryside' festival and traverses some of the most beautiful, well-loved landscape in Wales as well as unknown territory.

It will take us through a variety of terrain – post-industrial, upland grazing, farm land and coastal - giving a real sense of the changing landscapes and history of Wales.

It travels through contested territory in terms of coastal and inland wind farms so the issues of sustainability and energy use are brought front and centre. At on average 10 miles walking per day it gives plenty of opportunity to walk and also time to connect with the issues of sustainability and the ideas behind 'The Work That Re-connects.'

#### *Why 'The Walk That Reconnects'?*

Joanna Macy's 'Work That Reconnects' is a four-stage process that encourages us to move through personal feelings and responses to the uncertain times in which we are living to a creative, proactive or more resourced response or way of seeing the world and our role within it. The intention for the walk is to move individually and collectively, through these four stages as we walk the Gower Way from Mawr to Gower. Macy's work

will be introduced as a structure through which we literally travel over a number of days, deepening into the process as we walk.

### *What is the role of the facilitators?*

The two group facilitators Fern Smith and Lucy Neal will introduce the concept of the walk and encourage movement through spiral of The Work That Reconnects from 'gratitude', 'honouring our concern or pain for the world', to 'seeing with new eyes' and 'going forth'. Both have trained with Joanna Macy or her close collaborators.

### *What impact will it have?*

The process of The Work That Re-connects is about finding our sense of meaning and purpose as potential catalysts of change. It is also crucially about 'walking together', finding out what we have given *to* and what we have gained *from* this collective experience. As we come towards the end of our time together we will begin to ask questions of how each of us can bring this experience into play in our daily lives. This might be that we have a clearer sense of our individual power to bring about change in the world, a different notion of what community means to us, that we feel more resourced and supported to continue our existing work or that we have found new friends, collaborators, partners and projects. At the end of the land journey we will consciously create a space to share our learning and our intentions to take our experience fully into the world.

### *What role does the presence of the artists play?*

On route we will encounter a number of artists and stewards of the land. These act as catalysts for conversation/dialogue and deepening into the issues as the walk unfolds. The artists (all of whom will have a deep connection to the land being walked) will appear out of the landscape, create an intervention, an offering, a 'disturbance' and then disappear back into the land as we walk on.

### *An invitation to gift something to the future...*

If you feel you would like to, we would love it if you can gift something back to Emergence at the end of the walk. This might be a poem, story, photographs or sketches inspired by your experience. We will put these on the Emergence website, building up an archive of creative responses to the challenge of stepping into a life sustaining future.

## **Section 2: PRACTICAL DETAILS**

### *When do I pay the remainder of my participants fee?*

Please pay this on or before Friday 8<sup>th</sup> August. Either £100 concessionary or £150 full price.

### *How can I prepare for the walk?*

We advise consciously working on your fitness and doing some longer walks in the run up to September, increasing your mileage gradually. The longest walking day is 13miles. The terrain is not mountainous, more undulating. Best work in new boots before you come so as not to get blisters. We have all got blisters on past land journeys – do bring a supply of 'compede' blister plasters with you – for yourself or to share!

### *How do I get to the start of the walk / back from the end of the walk?*

We provide a bus from Swansea city centre to the start of the walk on the first day, and to get you back to the city centre at the end of the walk. For those arriving by train, this is a 2 minute walk from Swansea train station. Contact [holli@emergence-uk.org](mailto:holli@emergence-uk.org) with any queries.

**Please arrive on Monday 8<sup>th</sup> September anytime between 3 and 4pm to Volcano's space at 229 High Street, SA2 0DS. The bus will leave from there at 4.15pm promptly. There is no provision to travel independently to the start of the walk or to leave cars at the first overnight camp.**

The bus will leave the final campsite at Hillend, Rhossili on Saturday 13<sup>th</sup> September at mid-day. It will get you back to the City Centre for 1pm.

#### *What kind of accommodation is it?*

A mixture of 'wild camping' and designated campsites. The wild camps are mostly on private grazing or forestry with a mixture of types of toilet/washing facilities (from basic compost toilet to public conveniences).

#### *What kind of food is it?*

All the food will be vegetarian and as far as possible, local and organic. Swansea artists from 'Gods Teeth Brewery' will source and cook the food for us (as well as drive the support vehicle). **Please let us know any dietary requirements on or before Friday 8<sup>th</sup> August (see separate form). Lunch will be provided but please bring a suitable sandwich box/food container.** We will make sure you have plenty of food but if you want to bring luxuries or your own snacks feel free to do so.

#### *What is included in the delegate fees?*

Emergence is a not-for-profit project, so all fees go towards the cost of making the walk happen. Your fee is added to the part-funding provided by Volcano and the Rural Development Plan for Wales 2007-2013 (funded by the Welsh Government and the European Agricultural Fund for Rural Development and Natural Resources Wales), and means that we can provide: qualified mountain leaders; group facilitators; a support vehicle to carry luggage/bring food; administrative back-up; all meals; pay for guest artist offerings; and fees for campsites for the whole walk. It also means that we can provide a number of places to young people aged 18 to 24 for free.

#### *What is the itinerary?*

##### **Day 0 afternoon of Monday 8th September**

Walkers arrive 3-4pm at Volcano space, 229 High Street, Swansea SA2 0DS and transported by private bus to first 'wild camp' on private land near Penller' Castell, Mynydd y Gwair. Introductions, orientation, opening circle.

**Day 1 Tuesday 9th September** Penller' Castell, Mynydd y Gwair – Felindre private land 'wild camp'. 7 miles/11.5km

**Day 2 Wednesday 10th September** Felindre 'wild camp' - Three Crosses community land 'wild camp'. 11 miles/19km. Evening gathering with local community.

**Day 3 Thursday 11th September** Three Crosses 'wild camp' - North Hills Farm campsite, near Three Cliffs Bay. 8 miles/14km

**Day 4 Friday 12th September** North Hills Farm campsite, near Three Cliffs Bay – Hillend campsite, near Rhossili 13 miles/22km

**Day 5 morning of Saturday 9th September** Breakfast, completion and goodbyes. Buses return walkers from campsite to 229 High Street SA2 0DS at 12 mid-day to arrive roughly 1pm.

*Each morning we will leave our overnight camp between 9 and 10am and get to the next site anytime between 3 and 6pm depending on distances walked, with an evening meal after set-up at the campsite.*

***What do I need to bring and what will I be carrying?***

A full equipment list is provided separately. Please refer to this and ensure you bring everything you need with you. Your large rucksack or baggage will travel in the support vehicle. You will walk with just your food and water for that day.

***Do I need to bring a map with me?***

No. We have two fully qualified mountain leaders who will look after the route for us.

***We look forward to walking with you soon. In the meantime if you have any questions contact a member of the team.***