



Ysbrydoledig • Cynnwys • Hysbysu
EAHIL 2018
Caerdydd • Cardiff
Inspiring • Involving • Informing

Tours and Visits
Thursday 12th July 2018; 09:30 – 12:00

Tour of Cardiff University's Special Collections & Archives and tour of the Temple of Peace and Health

The tour begins at Cardiff University's Special Collections & Archives; understand what makes the collections 'special' by taking this fascinating behind the scenes tour of Special Collections and Archives. You will see selections from our rare books and archives, and find out what we do to safeguard, promote and make accessible the University's unique and distinctive collections.

You will then be taken for a tour of The Temple of Peace and Health, the brainchild of David Davies. In 1934 he pledged £58,000 towards the erection of a building to house two organisations that he supported financially as well as through political influence. Lord Davies wished for the Temple of Peace and Health to be a 'memorial to those gallant men from all nations who gave their lives in the war that was to end war.' The Temple was opened in 1938 and today, the Welsh Centre for International Affairs, based at the Temple, continues the work started by David Davies and has the same guiding principle as its founder: that everyone in Wales contributes to creating a fair and peaceful world. The temple is a magnificent example of modernist architecture, and the tour includes a visit to the 'crypt' that holds the National Book of Remembrance for the First World War, the 'peace garden', dedicated to peace activists from Wales and beyond, and the awe-inspiring 'Hall of Nations': a meeting place for peacebuilders from all over the world for the last 80 years.

St Fagans National Museum of History

Coaches will take delegates booked on this visit from outside the Royal Welsh College of Music and Drama our conference venue at 09:30 and will bring everyone back to the College in time for lunch. Coaches will leave promptly at 12:00.

On arrival at St Fagans the National Museum of History, you will first have a talk by one of the Museum Curators who will introduce you to the historic medical collections. For those delegates interested in wool and yarn, you will then be able to walk across the site to meet Dewi Jones the weaver at St Fagans who will discuss Welsh wools and yarns and do a weaving demonstration. This has been specially organised for the conference delegates.

Members of the local organising committee will then be on hand to walk with you to see some of the 50 original historic buildings from across Wales which have been removed from their original sites and rebuilt at St Fagans.

All of these buildings have friendly and informative staff who will tell you everything you want to know about the buildings and their history and answer any questions you may have.

Amongst other buildings you'll see The Red House, a pigsty, a working Bake house which sells yummy Welsh Cakes, the Gwalia Stores which dates back to the 1920s, rows of terraced houses complete with items and furniture from the twenties to the present day, as well as a workman's institute with its' very own library.

All these amazing buildings and more are situated in beautiful and peaceful parkland. You would never know that you are just a few miles away from the capital city.

St Fagans is one of the top attractions for visitors to Wales. So don't delay. Make your booking today.

National Museum Cardiff

National Museum Cardiff is the flagship building of the Amgueddfa Cymru family of museums, and houses the national art collection. The visit will introduce you to the guided audio description tours of the art collections that the Museum has developed with the RNIB for visitors who are blind or visually impaired.

After the tours you will be free to explore the galleries on your own, highlights of the collection include Renoir's La Parisienne, Monet's Water Lilies series, Van Gogh's Rain at Auvers, and a version of Rodin's Kiss.

Visit to Cardiff Central Library Hub and Cardiff Story Museum

Cardiff Libraries carry out visits to local care homes and day centres across the city to carry out reminiscence sessions using their RemPods to people living with dementia. The RemPods, which featured on Dragon's Den, are therapeutic tools designed to create an interesting backdrop in which to carry out the sessions which also feature games, picture books and artefacts from the past which stimulate conversation and improve the well-being of users. During this visit you will experience the RemPods and find out more about the work the service is doing to help create a dementia friendly community.

You will then visit the Cardiff Story Museum. The Museum is housed in the beautiful and historic Old Library building, and tells the history of Cardiff through its people. The Museum opened in 2011, with many of the objects in the collection donated from Cardiff residents and communities.

The visit will focus on the community engagement work that they are involved in, including the Memory Boxes initiative that provides objects to care homes to support group reminiscence sessions.

Cardiff Castle

Located at the heart of the capital, Cardiff Castle is one of Wales' leading heritage attractions. Set within beautiful parklands, the Castle's walls and spectacular towers conceal 2,000 years of history. Cardiff Castle is a Grade 1 Listed Building and Scheduled Ancient Monument.

The Bute family decided to give the Castle and much of its parkland to the city of Cardiff. For 25 years, the Castle was home to the National College of Music and Drama and since 1974 has become one of Wales' most popular visitor attractions.

Bute Park walk/talk

Bute Park is the 'green heart of the City of Cardiff' and just a short walk from the Royal Welsh College of Music and Drama our conference venue. It is one of the largest urban parks in Wales and 56 hectares in size – the same size as 75 football pitches! Bute Park was named in 1948 in honour of the 5th Marquess of Bute who gifted Cardiff Castle and its grounds to the people of Cardiff in 1947. So we owe a huge thanks to the Marquess of Bute for this.

You'll find lots more about the Park and its history by following the link to the History Points website at <http://www.historypoints.org/index.php?page=first-park-in-wales-sophia-gardens>
On this visit you will be accompanied by one of the Bute Park Education Officers.

As well as the historic features in the park – including the Animal Wall, Gorsedd Stones (these are found throughout Wales), the site of the Blackfriars Friary (recently restored) and West Lodge, you will also be guided to the many trails in the park and see the amazing trees in the arboretum collection.

There are over 3,000 catalogued tree species in Bute Park – so a challenge to all the cataloguers at our conference!

Bute Park also has the greatest number of 'champion trees' in any UK Public Park. So expect to see the tallest or broadest examples of specific trees on your visit

You'll also be pleased to know that there are three cafes in the park where you can get refreshing drinks and other refreshments.

Bute Park is rated number 3 of the top attractions for visitors to Cardiff so join us on this visit to this oasis of calm and tranquillity.

Guided tour of Cathays Cemetery and Cathays Heritage Library

Cathays Cemetery, in the heart of Cardiff, is the third largest municipal cemetery in the UK, covering some 110 acres. The cemetery was opened in 1859 when it was designated both as a place of burial and 'as space was limited in the Victorian era' as a pleasant environment in which to walk.

The Friends of Cathays Cemetery will take you on a guided tour of the cemetery, offering an original take on the history of Cardiff and also insight into some of the European Citizens who are buried at this cemetery.

Following the tour of the cemetery, you will visit Cathays Heritage and Branch Library. This is the hub of Cardiff Library's vast historical collection. They are home to books and pamphlets, newspapers dating back to 1869, maps of South Wales, and a series of photographs of the city and its surrounding area. They provide support and training for a range of online resources for local and family history research, which are accessible in all branches of Cardiff Libraries; and they are also developing workshops for schools and community groups, exploring the capital's unique heritage. These resources were relocated in 2017 to the beautiful Carnegie library in Cathays, where staff are celebrating Cardiff's past, present and future with young and old.

Walking tour of Cardiff

The best way to experience Cardiff is on foot. This tour of the city and civic centres will take in all the must-see sights of the city, with an informative guide who will lead you through the history of the Welsh capital. Highlights of the tour include the Roman Walls of Cardiff Castle, Bute Park and Arboretum, City Hall and the National Museum, as well as the many arcades in the city centre, the

indoor market and the National Stadium. The tour will last approximately one and a half hours, and will go ahead even in wet weather.

Bike ride

Join the bike ride around Cardiff Bay to take in the sights and experience riding across the Cardiff bay Barrage. You will be departing from Bute Park and undertaking a 10 mile ride mainly along traffic free paths and quiet road; the route planned is flat. The route is suitable for novice cyclists who are fit enough to cover the 10 miles which is rated as easy due to the flatness of the route. You will be travelling at a leisurely pace and making a couple of stops along the way and it is expected the ride will take 2 hours to complete.

Sights include Cardiff Barrage overlooking the Bristol Channel and Cardiff Bay. We will also pass the Welsh Assembly building and Wales' home for performing arts the Millennium Centre.

The ride will be led by trained leaders from the Walking and Cycling Charity Sustrans whose aim is to make it easier for people to walk and cycle. If you are bringing your bike with you to the conference this is great, but the bike ride does include cycle hire from Pedal Power a charity which encourages and enables adults and children of all ages and abilities to experience the benefits of cycling. See more about Pedal Power at <https://www.cardiffpedalpower.org/>

This visit will go ahead even in wet weather.

Slow Walking and Poetry

Join dance researcher Kirsi Heimonen and our EAHIL colleague Paivi Pekkarinen for this slow walking and poetry session in Bute Park adjacent to the Royal Welsh College of Music and Drama.

Kirsi has done extensive research into slow walking in selected outdoor and indoor public locations as part of an ongoing artistic study. Kirsi will give a brief introduction to the ideas before the walk and there will be time for further discussion afterwards.

Dancer-researcher Kirsi Heimonen is currently a part-time postdoctoral researcher at the Theatre Academy, University of the Arts Helsinki. She received the degree of Doctor of Arts in Dance at the Theatre Academy, Helsinki in 2010. She has been researching various realities through and in art, for example in a financing company and various communities in the social and health field, such as in a nursing home with people living with memory loss. Her previous artistic study was about (extremely) slow walking; solitary walks and standing in various locations in the city. The roots of her artistic study lie in the lived experience, and thus stem from the phenomenological approach. To act as an artist and a researcher are inseparable, they are intertwined. Nowadays her interests are in the notion of insanity and silence.

As part of the session Paivi will recite some of the poems by the Finnish poet Lassi Nummi which she has translated into English.

You can find out more about Lassi Nummi by following these links <https://otava.fi/kirjailijat/lassi-nummi/> ; <http://www.booksfromfinland.fi/?s=Lassi+Nummi>

You can visit the information in English at:

http://ww.agonia.ro/index.php/author/0018507/Lassi_Nummi

The poems are from the collection 'A Journey Across the Meadow.'

The slow walking session is for up to 15 delegates. Kirsi and Paivi are attending the full conference so there will also be opportunities for slow walks and poetry at other times during the week.

How to register

Registration for all these visits will be available from the 31st May 2018. At the same time you will also be able to confirm your attendance at the Welcome Reception on 11th July and the Gala Dinner on the 12th July.