

EVENT DESCRIPTION SHEET

PROJECT	
Participant:	Epiona
PIC number:	877323679
Project name and acronym:	Crossborder Remembrance, Reconnection, Restoring and Resilience — RE4 Healing

EVENT DESCRIPTION	
Event number:	WP3
Event name:	ARTS BASED PSYCHOTHERAPEUTIC WORK SHOP + DISCUSSION
Type:	workshops
In situ/online:	in-situ
Location:	Slovenia: Koper/Capodistria, Nova Gorica, Italy: Duino/Aurisina, Opicina/Opčine, Austria: Klagenfurt
Date(s):	Slovenia: Koper/Capodistria 08. 04. 2025 & 14. 04. 2025, Nova Gorica 02. 06. 2025, Gorica, Italy: Duino/Aurisina (18. 04. 2025), Opicina/Opčine (08. 09. 2025), Austria: Klagenfurt (10. 05. 2025)
Website(s) (if any):	https://www.zavodepiona.si/projekti-2/re4healing/
Participants	
Female:	63
Male:	21
Non-binary:	/
From country 1 [Slovenia]:	54
From country 2 [Italy]:	20
From country 3 [Austria]:	5
From country 4 [Bosnia & Herzegovina]:	2
From country 5 [Poland]:	1
From country 6 [Hungary]:	2
Total number of participants:	84
From total number of countries:	6

Description

The workshops were led by Manca Švara, Jungian psychoanalyst and director of Zavod Epiona. In addition to the originally scheduled program, two additional sessions were organized: the first on April 8 at UNI3, University of the Third Age in Koper; the second on April 14, 2025, at the Koper–Capodistria Gymnasium, as part of the regional NGO presentations within the ethics curriculum (subject of ethics); and the third on April 18, 2025, at the Igo Gruden Cultural Society in Nabrežina–Aurisina. The remaining workshops are listed below.

All workshops were titled “Meje v nas, kreativni dialog s preteklostjo” (“Borders Within Us, a Creative Dialogue with the Past”). The focus of this Arts-based psychotherapeutic workshops shifted toward creative storytelling, allowing participants to express themselves through visual, written, or spoken narratives while reflecting on their personal and family histories. Each storytelling session was followed by a group discussion, which often evolved into deeply meaningful conversations.

Participants were asked to bring their own “memory” or “linking” object to the workshop—either a photograph or an item that held personal significance. We also contributed our own projective photographs, drawn from various archives documenting this tumultuous history.

The workshops were held on the following dates:

- **Koper – Capodistria: 08.04.2025**
- **Gymnasium in Koper–Capodistria: 14.04.2025**
- **Nabrežina – Aurisina: 18.04.2025**
- **Klagenfurt – Celovec: 10.05.2025**
- **Nova Gorica: 02.06.2025**
- **Opčine – Opicina: 08.09.2025**

A particularly enriching aspect of the workshops was the exchange of perspectives among participants from different, and sometimes even opposing, regions. Their stories created space for dialogue on identity, history, and inherited trauma. Central to the workshops was the practice of listening to “the other”—whether someone came from another country, a different historical context, or a distinct cultural identity.

The stories collected during the workshops were later published on www.zavodepiona.si (work in progress, to be published by the end of the 2025).

MEDIA LINKS:

1. Invitation – ZAVOD EPIONA website:

<https://www.zavodepiona.si/novice/delavnice-meje-v-nas-kolektivni-spomin-in-identiteta-2/>

2. Podcast (1h long interview) - Iskra govori: O zavodu Epiona, tudi predstavitev projekta Re4Healing in delavnic:

https://open.spotify.com/episode/3ARerFZjnL3R9QNDwv2TvD?fbclid=IwY2xjawLUY2VleHRuA2FlbQIxMABicmlkETBrWDFEZDRaNm82ZGJqdHp0AR4UqxuaOctssztr9hCsSNg0xnMcagNctqS-e3BsZgZ7Y0pZdcjKkg_73oIY6Q_aem_k_YfBTFwK9Zn4R1Fb1vZ4Q

3. Media news - local website Slovenski tednik za Koroško:

<https://www.novice.at/kultura/kultura-spominjanja/mednarodna-konferenca-kulture-spominjanja-kulture-prikrivanja-najvecja-manjsina-tukaj-smo-asimilirani-koroski-slovenci/>

4. Invitation – Tedni vseživljenskega učenja:

<https://tvu.acs.si/sl/prireditev/?1786>

5. ZAVOD EPIONA – FACEBOOK POST – WORKSHOP Celovec/Klagenfurt (10. 05. 2025):

<https://www.facebook.com/photo/?fbid=990701163051666&set=pcb.990701399718309>

6. ZAVOD EPIONA – FACEBOOK POST – WORKSHOP Nova Gorica (02. 06. 2025):

<https://www.facebook.com/photo/?fbid=1006329418155507&set=pcb.1006329474822168>

7. ZAVOD EPIONA – FACEBOOK POST – WORKSHOP Opčine/Opicina (08. 09. 2025):

<https://www.facebook.com/photo?fbid=1078355417619573&set=pcb.1078355457619569>