



Memory book

Practising Resilience
Preparing for Recovery

Friday, day 1

Opening ceremony



We finally arrived in the beautiful city of Šibenik.

Happy to meet all the participants!







Saturday, day 2

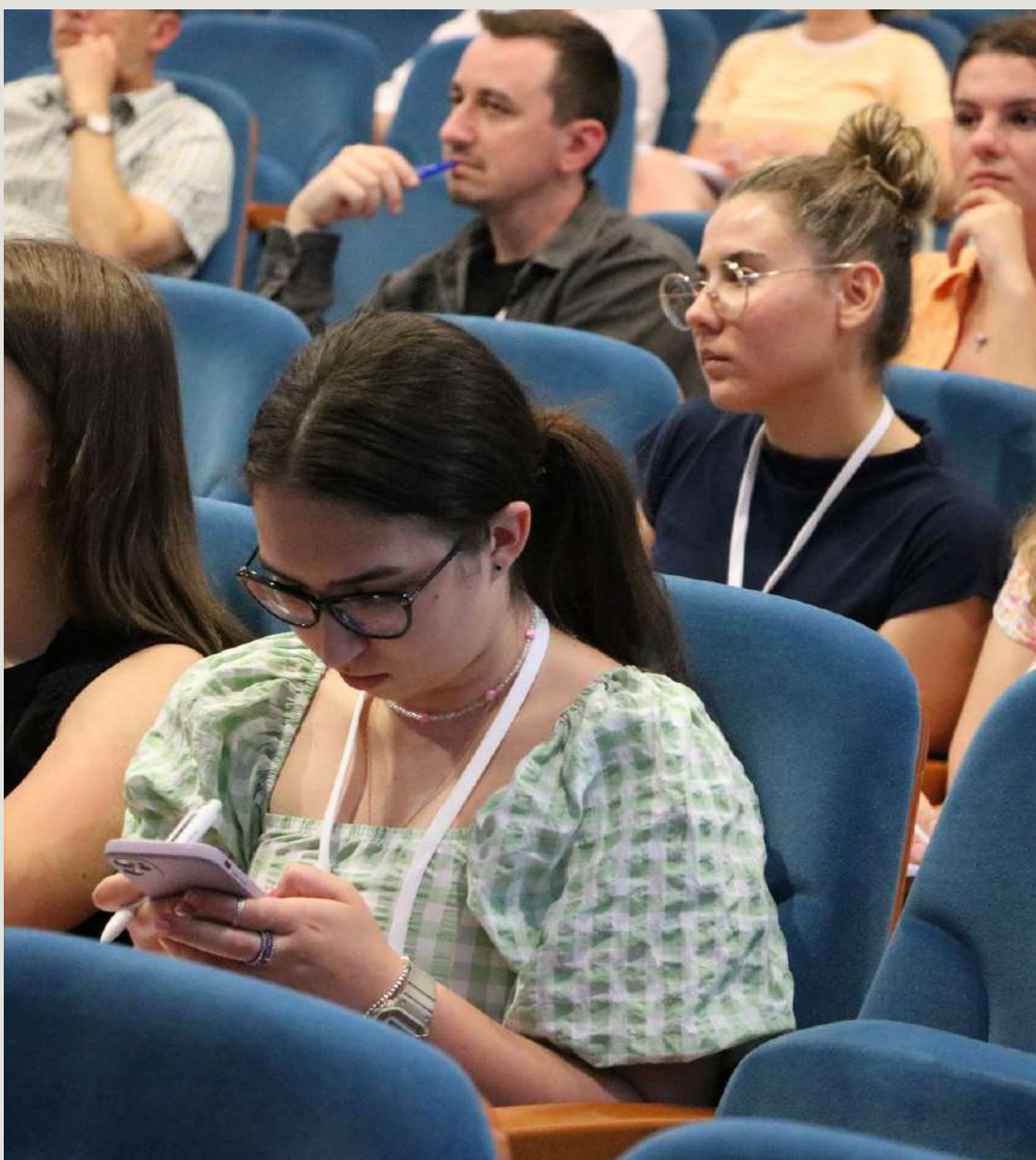
Visit to St. Nicholas Fortress and Interpretation Center of the Cathedral of St. Jakov's "Civitas sacra"



St Nicholas' Fortress at the entrance to the St Anthony's Channel in Šibenik represents a unique Renaissance building of Venetian fortification architecture and an exceptional monument of the world's architectural heritage.



Professor Clemens Sedmak



"Resilience is not a value in itself. Do not isolate it".

"Future is never the same as the past".

Monday, day 4





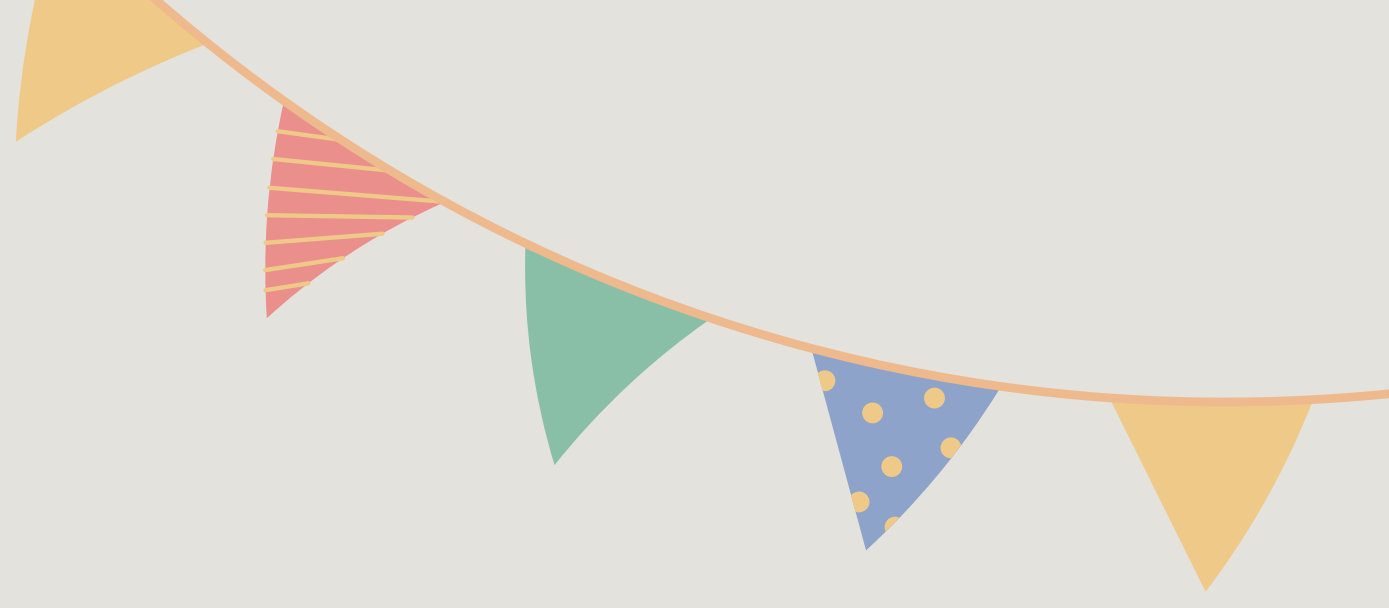
Lana Batinić



Resilience is not a special ability. It's an adaptation process on a healthy pathway and facilitates recovery after adversity and stress

Monday, day 4





Luka Poslon & Branimir with Luka's birthday cake



***Happy birthday, Luka! Without you, Summer School
would not be an amazing experience that it was.
We celebrated many birthday's this week and
yours started the trend.***

Not to mention the amazing ice cream cake!



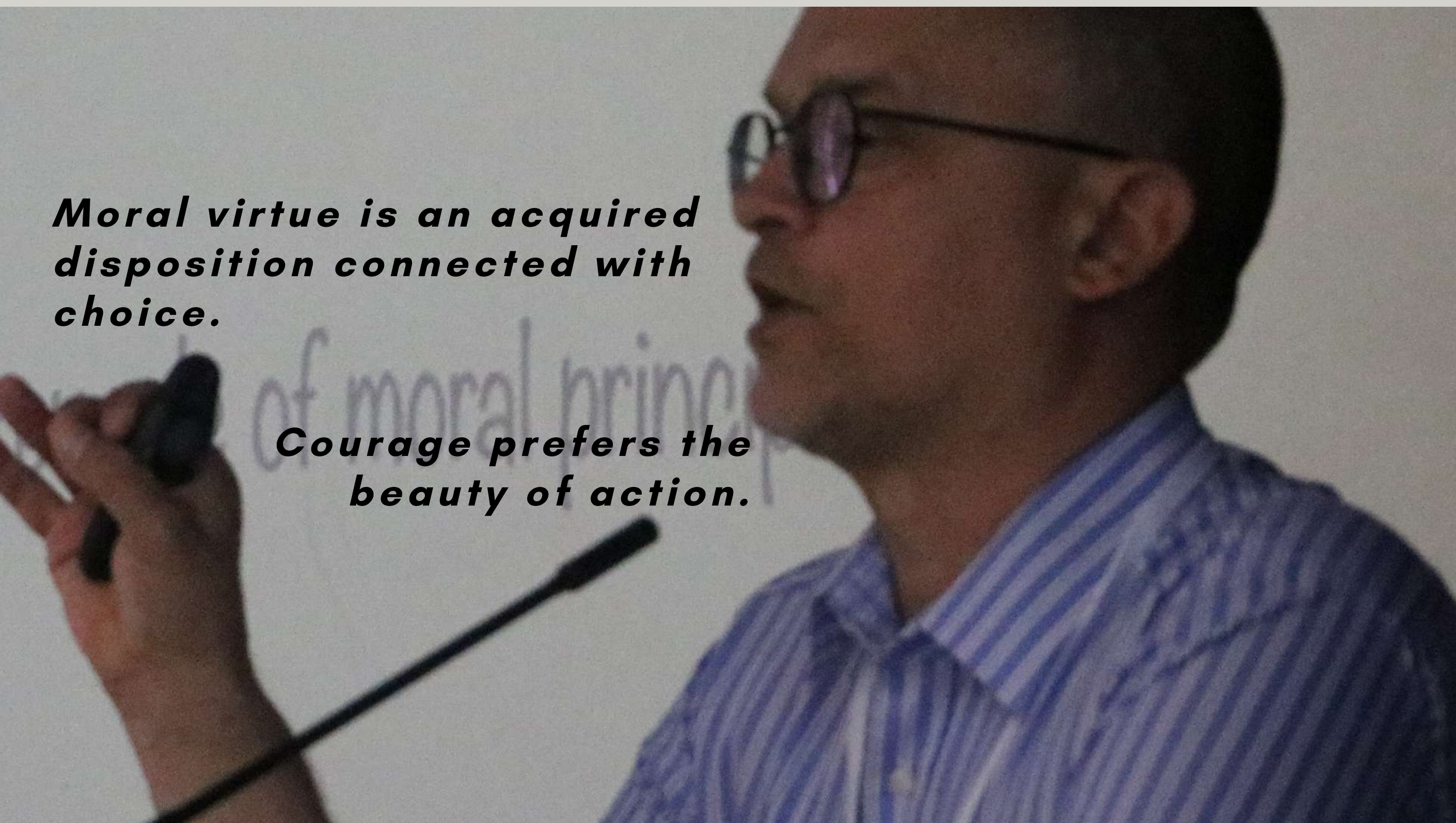
Courage, resilience as virtues

**Ready to work hard during the first lectures
and upcoming tasks.**

Marian Kuna

*Moral virtue is an acquired
disposition connected with
choice.*

*Courage prefers the
beauty of action.*



Tuesday, day 5

Our studying continues. We are glad to share knowledge and experience with each other

Francesca Giordano



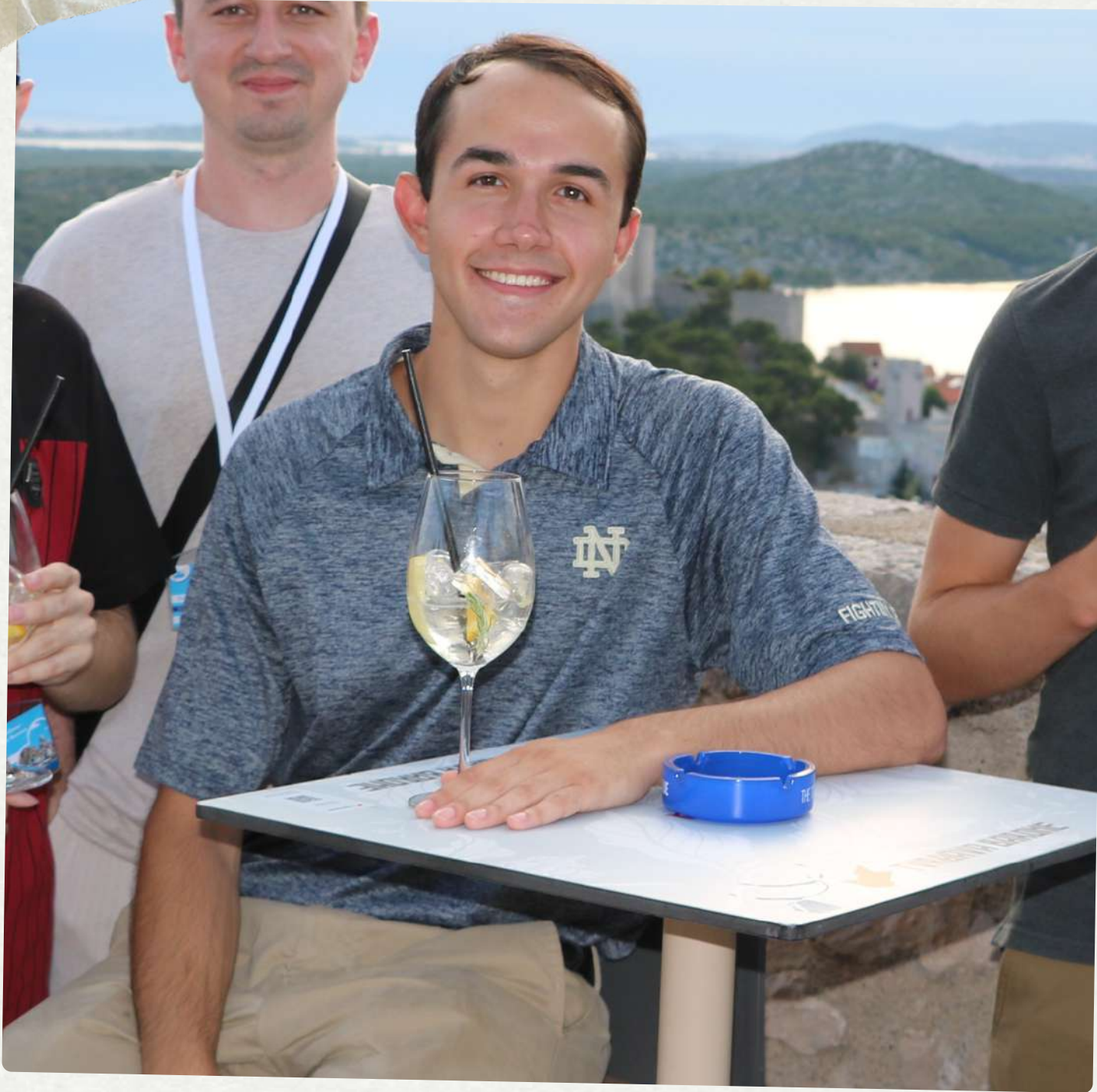
Resilience requires training and practice.

The bigger is our umbrella, the less the rain from the dark clouds affect us

Courage is a proper response to fear.



**Say one or more symbols
of resilience for your
homeland.**



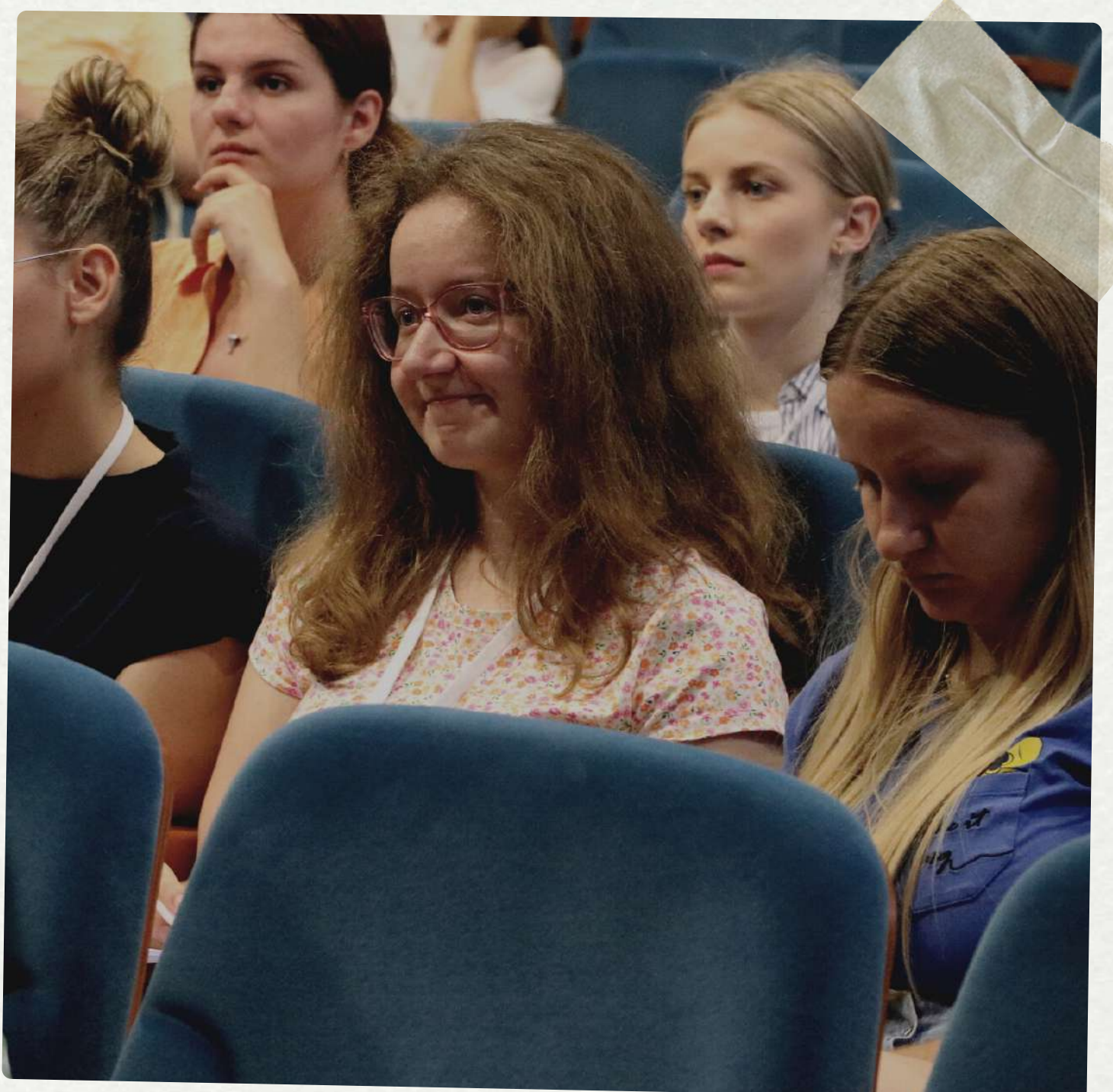
1. National Anthem
2. Raising the Flag on Iwo Jima
3. Washington Crossing the Delaware

Robert, USA

**Did you learn something about
another country and what?**

I had the opportunity to learn more about heroic people from Slovakia, Ukraine, USA, Georgia, Hungary. I had the opportunity to learn more about everyday life and culture. I am thankful for every moment that I have spent in the company of such kind and smart representatives of six countries

Magdalena, Croatia



Never getting tired of gaining significant knowledge from our professors!



“Those who have a ‘why’ to live can bear with almost any ‘how’”. - Viktor Frankl

Holy Mass

**Jasna Ćurković
Nimac**

Identity is constantly transforming.

A person's identity is thus continuous over time, in the sense that the different moments that constitute this person's life are sufficiently connected in order to attribute them to one and the same person even though the person is changing.





Francesca Giordano

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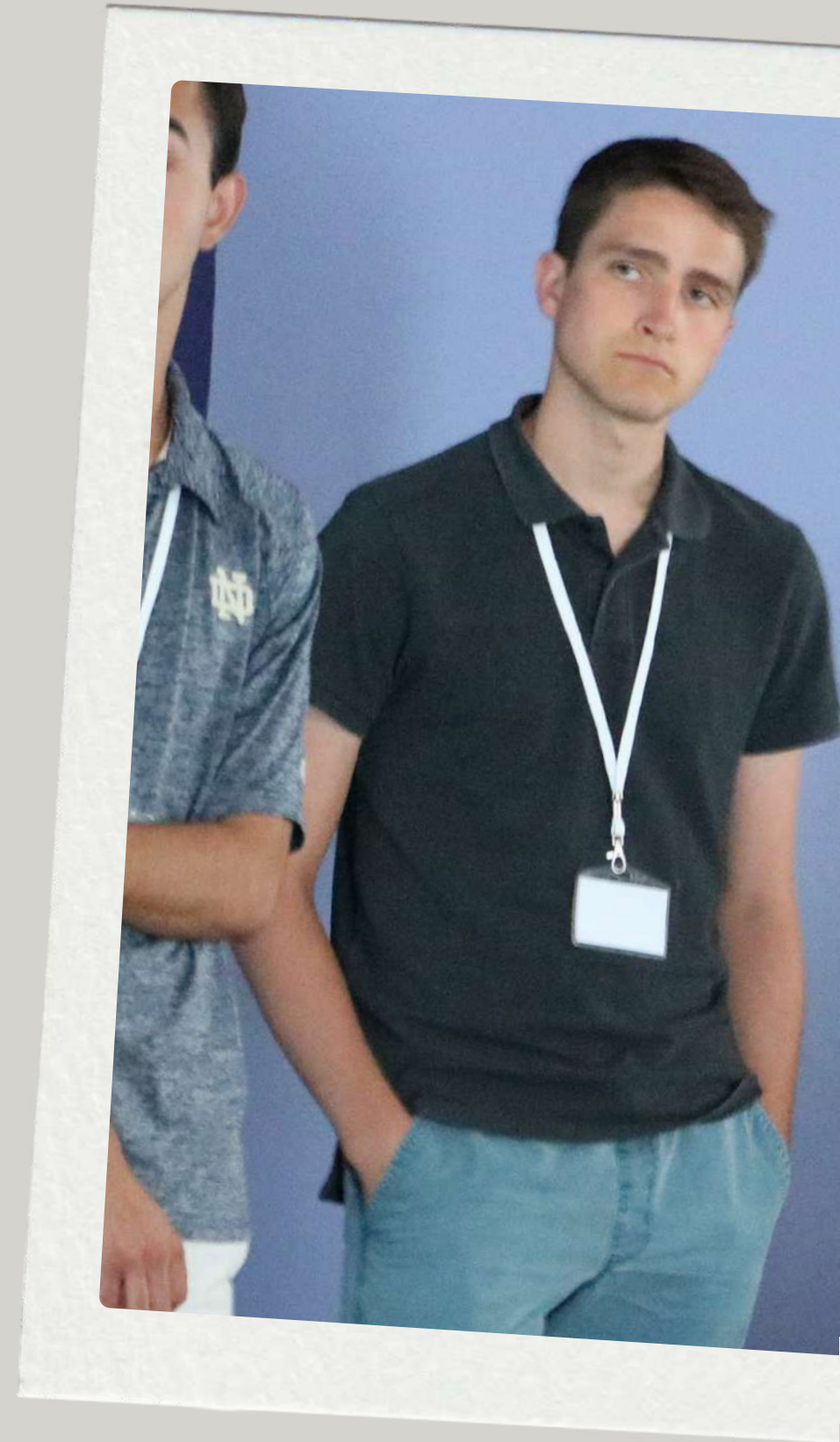


Identity is constantly transforming.

How do you like Šibenik and what is your favorite part of the city?

I loved my time in Šibenik, and I hope to return as soon as I have a chance! My favourite place in the city is the waterfront, where I can watch the boats and drink coffee or visit the shops. I enjoyed talking with my friends from the summer school down by the water, and I loved being able to see the historic sites, including the cathedral, the fortresses, and the winding streets leading up to the city centre. I'll miss Šibenik very much, and I can't wait to come back! As I observed the cathedral and the city's fortresses from the waterfront, I came to appreciate the resilience of the people who live here and how this is reflected in the strength of the community's identity amidst the historical and architectural context of Šibenik.

- **Benjamin**, USA



The school gave me the understanding that after we win the war, so many people will need our help. If I develop the virtue of resilience inside me, I'll be able to share it with others. All global changes start from little us.

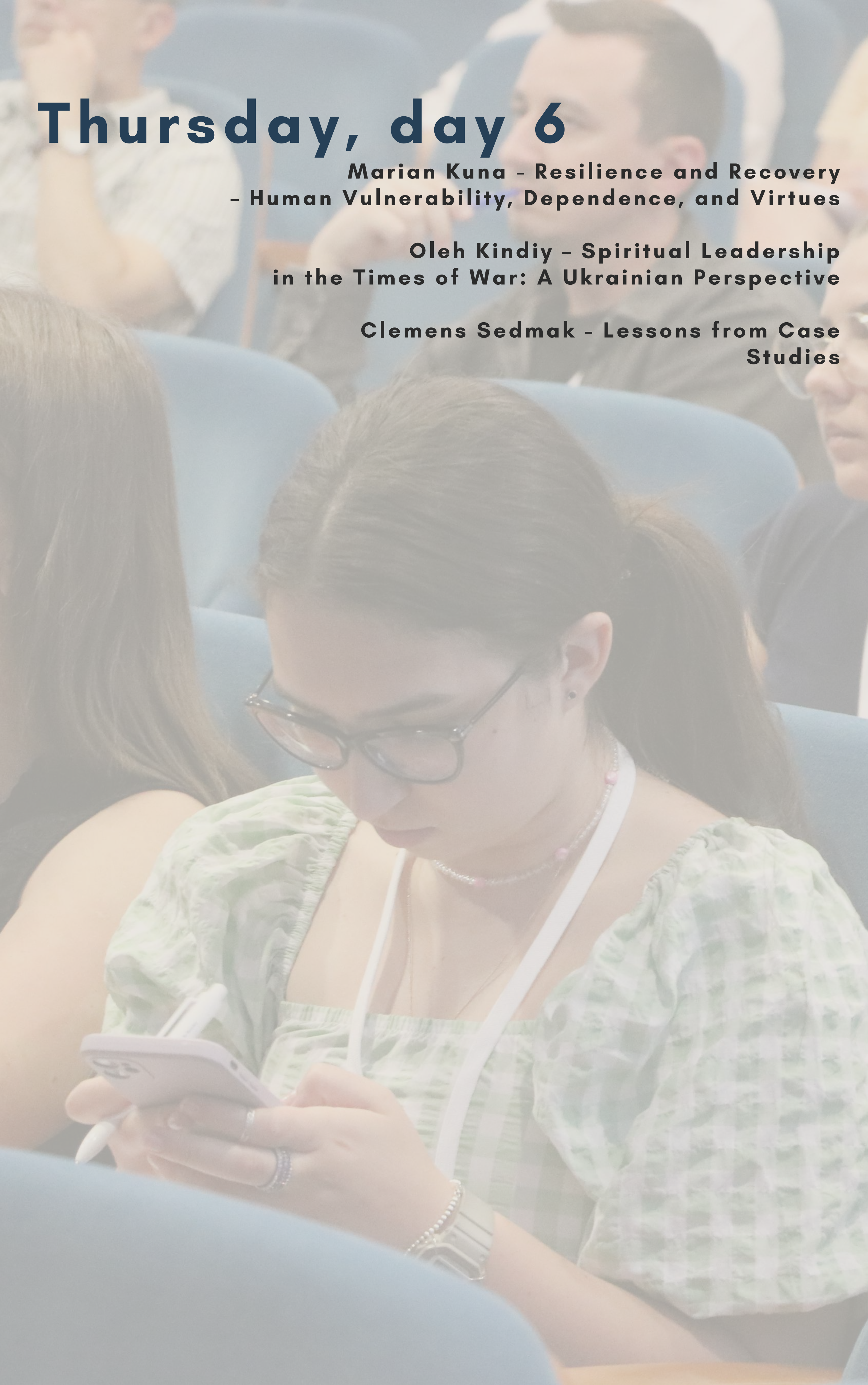
- **Lidiia**, Ukraine

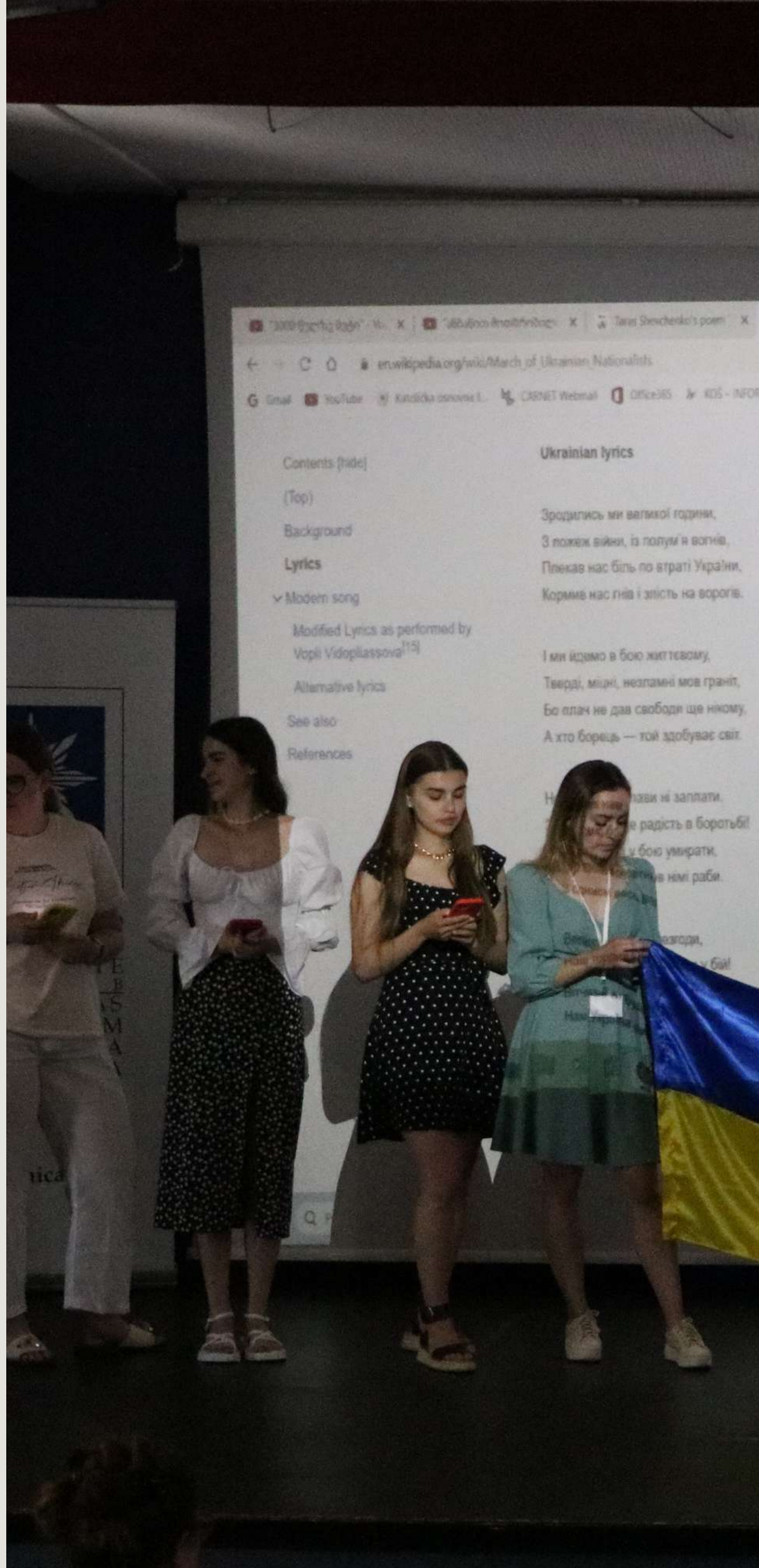
Thursday, day 6

**Marian Kuna - Resilience and Recovery
- Human Vulnerability, Dependence, and Virtues**

**Oleh Kindiy - Spiritual Leadership
in the Times of War: A Ukrainian Perspective**

**Clemens Sedmak - Lessons from Case
Studies**





Friday, day 7

**Jasna Ćurković Nimac - Screen trauma:
healing online harm through a trauma-
informed approach**

When I am dead, bury me
In my beloved Ukraine,
My tomb upon a grave mound high
Amid the spreading plain,
So that the fields, the boundless steppes,
The Dnieper's plunging shore
My eyes could see, my ears could hear
The mighty river roar.

When from Ukraine the Dnieper bears
Into the deep blue sea
The blood of foes ... then will I leave
These hills and fertile fields --
I'll leave them all and fly away
To the abode of God,
And then I'll pray But till that day
I nothing know of God.

Oh bury me, then rise ye up
And break your heavy chains
And water with the tyrants' blood
The freedom you have gained.
And in the great new family,
The family of the free,
With softly spoken, kindly word
Remember also me.

View all tags

**Oleh Kindiy - Daily Spiritual
Exercised for Improving One's
Resilience from
Pope Benedict XVI**



What was the most inspiring thing or idea you found here?

I liked how professor Sedmak gave an example of Ukrainian Catholic University (UCU) during the lecture as a resilient institution that has shown its leadership in challenging times of war. This is essential since all international students had an opportunity to learn more about Ukrainian practices of resilience and see how their peers from Ukraine are dealing with adversity.

-**Olha**, Ukraine



Looking back on the lectures, a lot of symbols come up in my mind: the oyster, the umbrella and the could, the liminality etc. They help me with my awareness of my challenges and strong sides.

- **Bori**, Hungary



The evening conversations of course! It's the time when we talk pretty much about everything with people, analyzing the day, dancing, playing games. That was the most relaxing part for me.

-**Iryna**, Ukraine

What is the best part of Summer School 2023 for you?



Good people, good atmosphere and hospitality but still the best was the peace I felt. Prayers brought so much peace and spiritual awakening. I had enough time and space to think and rethink, to go in depth of my soul and grieve some of my wounds. Now, I feel Me and I am free from the stress and toxicity I was struggling with. I experienced special emotions and feelings, which I will never forget. Sometimes you meet a person or persons who inspire you, and I had this opportunity here.

And I am a bit scared and sad, I don't want this personal peace and joy to end...

- **Sisi**, Georgia

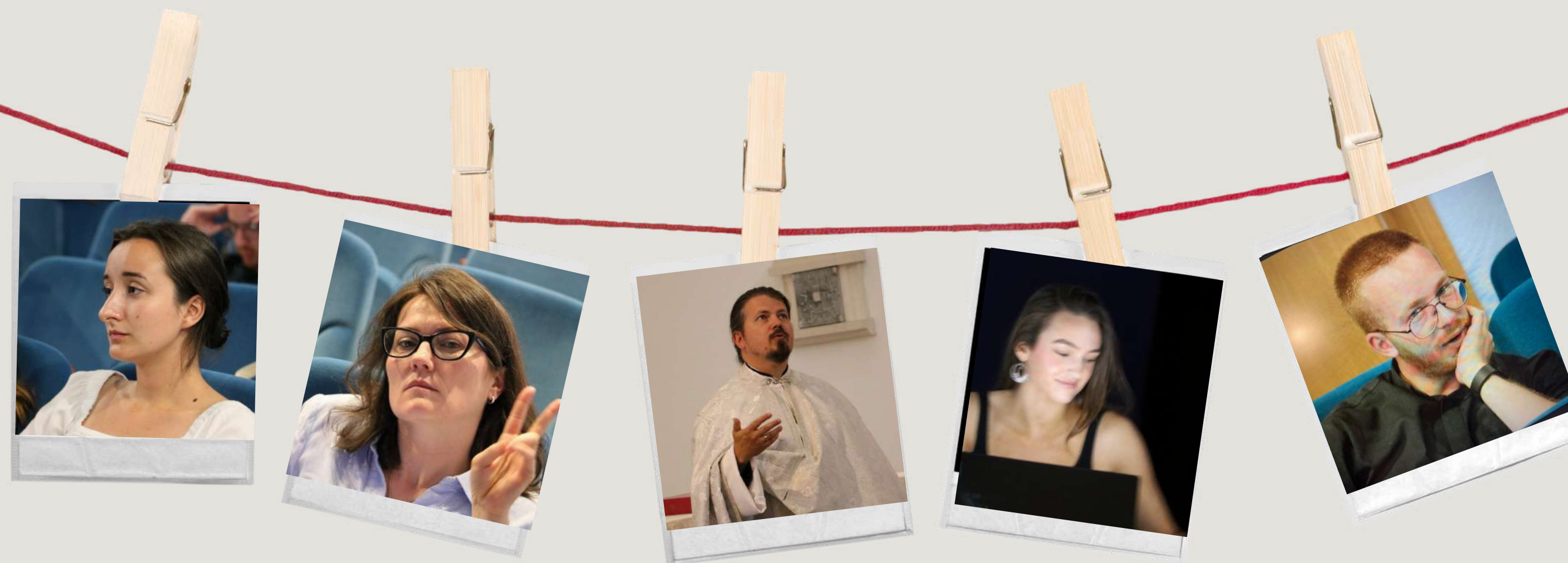


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SUMMER SCHOOL

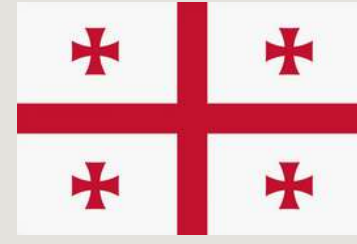


the



memory.

PREPARING FOR
RECOVERY



IT IS GOOD FOR US TO BE HERE

ЯК ДОБРЕ, ЩО МИ ТУТ

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DOBRO JE DA SMO OVDJE

JÓ ITT NEKÜNK!

JE DOBRÉ ŽE TU SME

Matthew 17:4

Organizers:



UNIVERSITY OF NOTRE DAME | KEOUGH SCHOOL OF GLOBAL AFFAIRS