



Bibi Calderaro

On a Skype call, Andrew Stuck talks to Bibi Calderaro, an Argentinian artist and forest therapist, living in Brooklyn, USA, who has recently devised a number of sensory walks on behalf of the US National Park Service in 2015/6. She explains her own practice and how it has evolved, and what are the key elements that she includes in her sensory walks, that tackle the urban maladies of stress and anxiety, and the reaction of participants to them. Such has been the demand for her walks, she has been recommissioned to devise more. Our conversation also explores shinrin-yoku the Japanese healing practice of 'forest bathing', that as an accredited forest therapist, Bibi has been incorporating in her practice. 23'20" 10.9MB

Notes from the podcast interview by **Andrew Stuck**: Recorded over the Internet in March 2017 using Skype. Published in February 2018 on <http://www.talkingwalking.net>

Bibi Calderaro's own website: <http://bibicalderaro.com/home.html>

Bibi was at the time Artist in Residence for the US National Park Service, devising and delivering sensory walks as a 'forest therapist', and a multi-media artist who has quite recently been inspired by walking art, she was uniquely qualified for the role.

More about the US National Park Service and their residencies for artists. <https://www.nps.gov/subjects/arts/air.htm>

Bibi attended a residency in Puerto Rico in 2013: The Walking Seminar, Beta Local, San Juan, Puerto Rico <http://betalocal.org/sessions/summer-session-2013/>

Based in Brooklyn, she is originally from Argentina, brought up in Mexico and Argentina, she went to college in the States at which time she began her art practice.

A recent sensory walk devised by Bibi at the Isabella Stewart Gardner Museum <https://www.gardnermuseum.org/visit> north of Boston, famed for its collection and its Venetian courtyard, came to the attention of the National Park Service.

Bibi was invited to work specifically on the New England Scenic Trail <https://www.nps.gov/neen/index.htm>

Check Bibi's long list of walks she has undertaken here: <http://s3.otherpeoplespixels.com/sites/22342/bibicalderaro.com-1511638462.pdf>

Bibi undertook training in forest bathing - a practice that originated in Japan and Korea (shinrin yoku) - that is only recently come to Britain: <http://www.telegraph.co.uk/travel/destinations/asia/japan/articles/forest-therapy-japan-bathing-woods-wellness-relax/> find out more here: <http://www.shinrin-yoku.org/shinrin-yoku.html>

Bibi's recommendation for a walk:

1. Go walk in the closest natural space that you can find near to where you live and try to be as alert as possible to its biodiversity
2. If you can afford it then go somewhere natural where you can spend time walking and staying overnight surrounded by nature and be aware of the rhythm that walking creates