

Awe Walk: Exploring Nature in Mexico City

Group Walk with GBHI faculty members Virginia Sturm & Alejandro López Valdés and Global Atlantic Fellows Stefanie Piña Escudero & Gillian Fallon

Monday, May 15, 2023
2:30–3:30 p.m. (meet in the Hyatt Regency lobby) or Self-Guided Walk (anytime)
in Bosque de Chapultepec

Awe is a positive emotion, akin to childlike wonder, that emerges in the presence of things we don't understand. In 2020, Virginia Sturm et al. published a study showing that older adults who took weekly 15-minute "awe walks" reported increased prosocial positive emotions (e.g., compassion, admiration, and gratitude) and less distress in their daily lives.

Join us for a group awe walk centered around the creative themes of pattern, texture, and color in Mexico City's celebrated urban forest, Bosque de Chapultepec. One of the world's largest and most visited city parks, known as "the lungs" of the city, Bosque de Chapultepec is an ecological hub that is home to a wide variety of flora and fauna in addition to historic and cultural sites including pre-Columbian ruins, the National Museum of Anthropology, and Chapultepec Castle.

Conference participants are also encouraged to create their own Bosque de Chapultepec awe walks over the course of the week. Alejandro has compiled a map listing sites of interest within Bosque de Chapultepec which you may find at bit.ly/42zW1xT.



Tips for a successful awe walk can be found on Global Atlantic Fellow Jennie Gubner's website, The Awe Collective (awe.arizona.edu), a platform for creatively gathering, connecting, and mapping moments of awe. In this website, you can browse the awe gallery and map for inspiration. Throughout the GBHI conference, we aim to populate this page with awe-inspired images from Mexico City and Bosque de Chapultepec. Please contribute by uploading your awe-walk discoveries with the community.



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Ciclo de la Vida

Adultos Mayores "Euquerio Guerrero" Garden

Chapultepec Lake

Casa del Lago Juan José Arreola

Energia, de Mathias Goeritz

Fuente de las Ranas

CDMX Letras

Defensor de la Patria

Monumental Fuente de Nezahualcóyotl

Chapultepec Castle

Canadian Totem

Fuente del Quijote

Cencalli "Casa del maíz y la cultura alimentaria"

The Green Park

Museo Jardín del Agua

Constituyentes

Juanacatlán

Casa Luis Barragán

Mercado El Chorrito

Gimnasio Smart

Hotel Lira

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