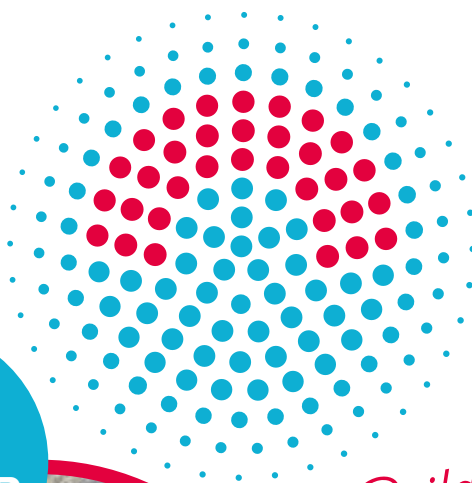


[www.phpci2024.org](http://www.phpci2024.org)

# 8<sup>TH</sup> PUBLIC HEALTH PALLIATIVE CARE INTERNATIONAL CONFERENCE



*Bern*  
22-25  
OCTOBER  
2024

*Building bridges  
between science  
and people*



*u<sup>b</sup>*



UNIVERSITÄRES ZENTRUM  
FÜR PALLIATIVE CARE

UNIVERSITÄT  
BERN



**PHPCI**  
Public Health Palliative Care International

## Welcome to the 8<sup>th</sup> Public Health Palliative Care International Conference (PHPCI 2024) in Bern, the beautiful and historic capital of Switzerland. It is our immense pleasure to extend a warm welcome to all of you, and we invite you to experience the charm of this picturesque city, nestled at the gateway to the breathtaking Alps.

On behalf of Public Health Palliative Care International and the scientific committee of PHPCI 2024, we warmly welcome you to this international conference showcasing the state of the art in research and practice of public health and palliative care. We wish to acknowledge and thank the contributions of delegates from around the world, as well as our highly motivated scientific committee, representing all continents. We are delighted to present you with a stimulating conference program at the venues of the conference, as well as an exciting cultural program outside, in the city of Bern.

More than ever, the topics of serious illness, caregiving, dying, loss and grieving represent urgent challenges across all societies. In public health palliative care it is recognized that these challenges go beyond the scope of the professional health care and social services and that communities can and have crucial roles to play. Dignity and compassion at the end of life are still far from guaranteed, and the resources, confidence, and capacity needed are lacking worldwide. Therefore, it is crucial for research, practice, and advocacy to unite and amplify voices for change.

As recent landmark papers have highlighted, the challenges ahead are vast: increasing demand for end-of-life care, global disparities in access to quality end-of-life care, the necessity to address the broader social and structural determinants of living and dying well, a shrinking professional capacity, and the lack of political will to develop the skills and confidence to care for one another in solidarity.

Yet, hope is in the air. This conference showcases numerous initiatives and projects that demonstrate creativity and conviction in how we connect with one another at the end of life and how we can create supportive and compassionate communities. We are convinced that this conference will spark new ideas, not just in theory but also in practice. Through the conference's theme of "Building Bridges," we hope everyone will be inspired to create meaningful connections, both within and beyond the communities we serve.

Thanks to all for coming to the PHPCI 2024 conference in Bern and for your dedication to public health and palliative care.



**Luc Deliens**  
President of PHPCI



**Steffen Eychmüller & Libby Sallnow**  
Joint chairs of the Scientific Committee  
8<sup>th</sup> PHPCI Conference



# Organisation

## Scientific Committee International 2024

**Joachim Cohen**, Vrije Universiteit Brussel, Belgium  
**Steffen Eychmüller**, University Hospital Bern, University of Bern, Switzerland  
**Farzana Khan**, University of Edinburgh / Fasiuddin Khan Research Foundation, Bangladesh  
**Philip Larkin**, Lausanne University Hospital, University of Lausanne, Switzerland  
**Jason Mills**, Flinders University, Australia  
**Christian Ntzimira**, African Center for Research on End of Life Care (ACREOL), Rwanda  
**Saif Mohammed**, Institute of Palliative Medicine, India  
**John Rosenberg**, University of the Sunshine Coast, Australia  
**Libby Sallnow**, University College London, United Kingdom  
**Ekkapop Sittiwantana**, Compassionate Communities Research and Development Institution Foundation, Thailand  
**Kelli Stajduhar**, University of Victoria, Canada  
**Wilma Tripodoro**, Institute Pallium Latinoamerica/ATLANTES Global Observatory of Palliative Care WHO CC, Argentina  
**Klaus Wegleitner**, University of Graz, Austria

## Committee German-Speaking Countries 2024

**Sibylle Felber**, University Hospital Bern, University of Bern, Switzerland  
**Monica Fliedner**, Inselspital Bern, Switzerland  
**Elisabeth Medicus**, Medical University Innsbruck, Austria  
**Roman Rolke**, Universitätsklinikum Aachen, AöR, Germany  
**Raymond Voltz**, University Hospital Cologne, Germany  
**Klaus Wegleitner**, University of Graz, Austria  
**Birgit Weihrauch**, Caring Community Cologne; Verein Endlich. Palliativ & Hospiz UK Köln e. V., Germany

## Committee Swiss Programme 2024

**Marc-Antoine Berthod**, University of Applied Sciences and Arts of Western Switzerland, Switzerland  
**Renate Gurtner Vontobel**, palliative.ch, Switzerland  
**Monika Hagemann**, University Hospital Bern, University of Bern, Switzerland  
**Claudia Michel**, Bern University of Applied Sciences, Switzerland  
**Philip Larkin**, Lausanne University Hospital, University of Lausanne, Switzerland  
**Julia Rehsman**, Bern University of Applied Sciences, Switzerland  
**Robert Sempach**, Network Caring Communities, Switzerland  
**Corina Wirth**, Public Health Schweiz, Switzerland

## Committee City Programme 2024

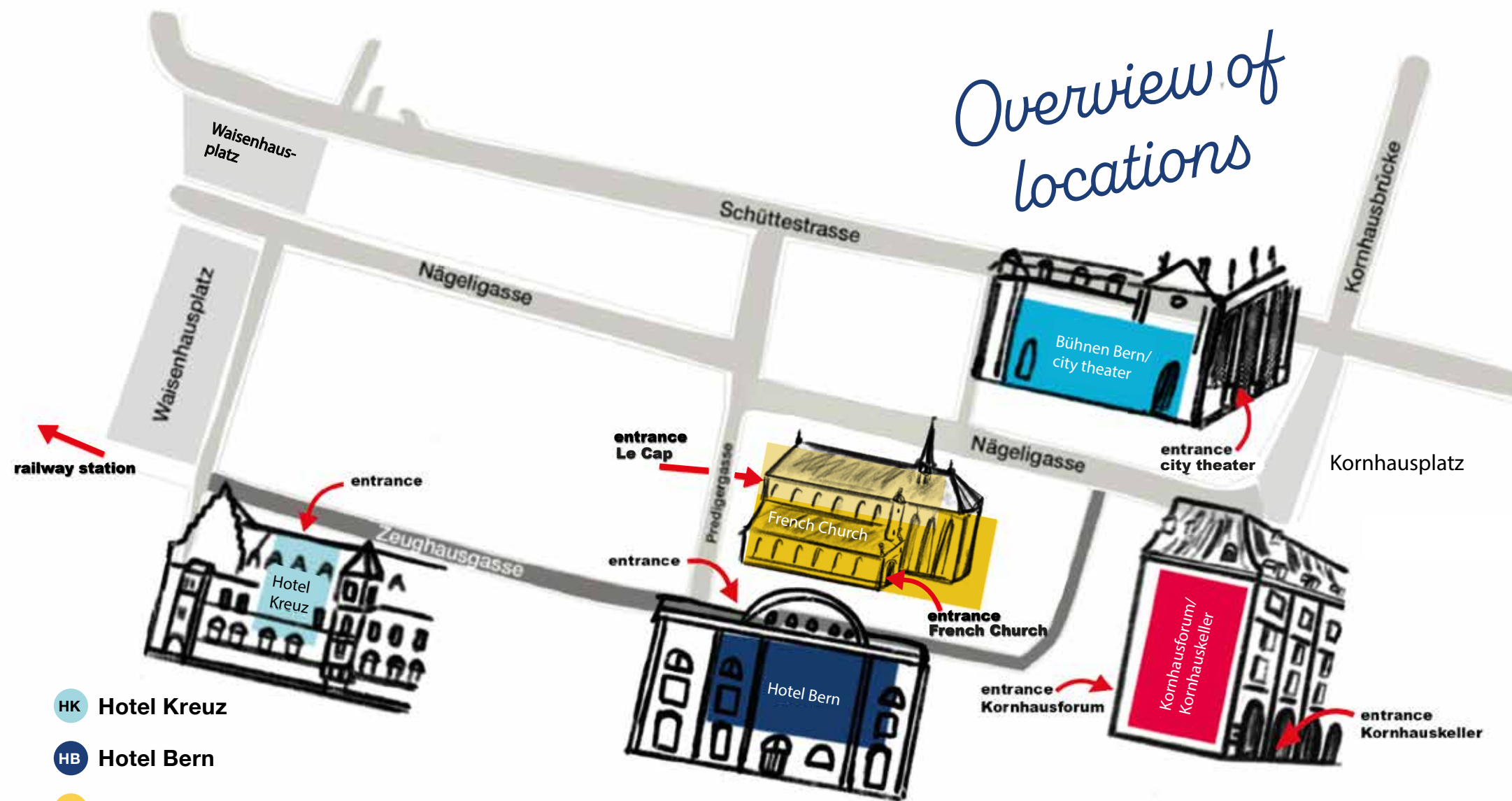
**Annette Berger**, BewusstSein und Wirken, Switzerland  
**Michael Kirschner**, City of Bern, Switzerland  
**Claudia Michel**, Bern University of Applied Sciences, Switzerland  
**Pascal Mösl**, Reformed Churches Bern-Jura-Solothurn, Switzerland  
**Claudia Zürcher-Künzi**, palliative bern, Switzerland

## Local Organizing Committee

**Steffen Eychmüller**, University Hospital Bern, University of Bern, Switzerland  
**Sibylle Felber**, University Hospital Bern, University of Bern, Switzerland  
**Monika Hagemann**, University Hospital Bern, University of Bern, Switzerland  
**Claudia Zürcher-Künzi**, palliative bern, Switzerland



# Overview of locations



HK Hotel Kreuz

HB Hotel Bern

FC French Church / Französische Kirche

LC Le Cap

KF Kornhausforum

KK Kornhauskeller

BB Bühnen Bern city theater / Stadttheater Bern

# Overview of locations

**KF**

## Kornhausforum

1st floor:

- plenaries 2–6
- parallel sessions a
- helpdesk / registration

2nd floor:

- poster gallery
- information stalls/ books

4th floor:

- toilets

**KK**

## Kornhauskeller

- **wardrobe** each day accessible from 8:30 AM until 6 PM  
Please note: no liability accepted
- coffee breaks
- lunch breaks
- conference dinner

**BB**

## Bühnen Bern Stadttheater Bern

- registration & wardrobe (Tuesday morning only)
- welcoming ceremony
- plenary 1

**FC**

## French Church / Französische Kirche

- Free classical concert „Building bridges“

**HB**

## Hotel Bern

- parallel sessions b
- parallel sessions c

**HK**

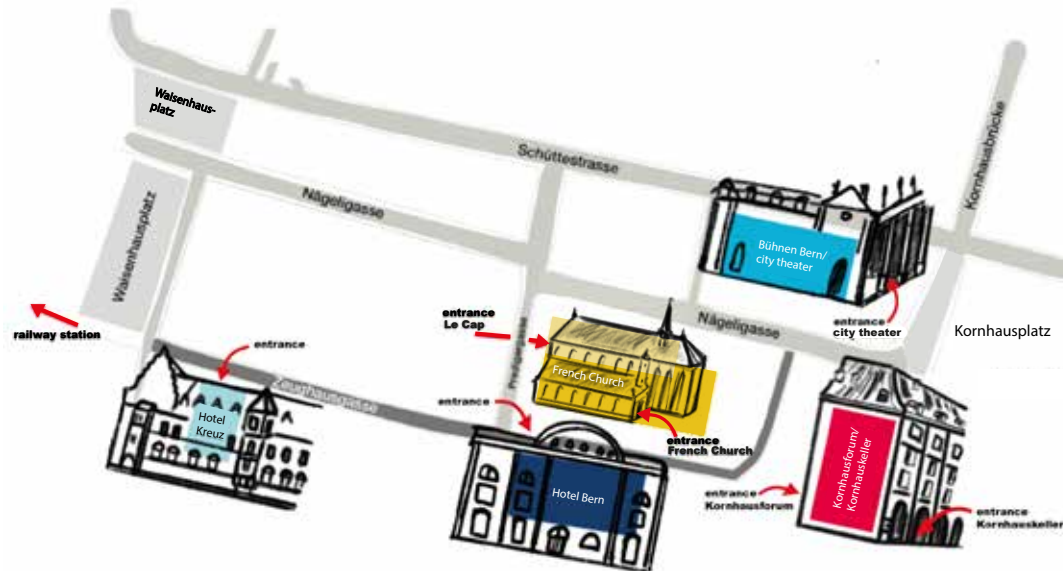
## Hotel Kreuz

- workshops a
- workshops b
- D-A-CH sessions 2+3
- Swiss session 3

**LC**

## Le Cap

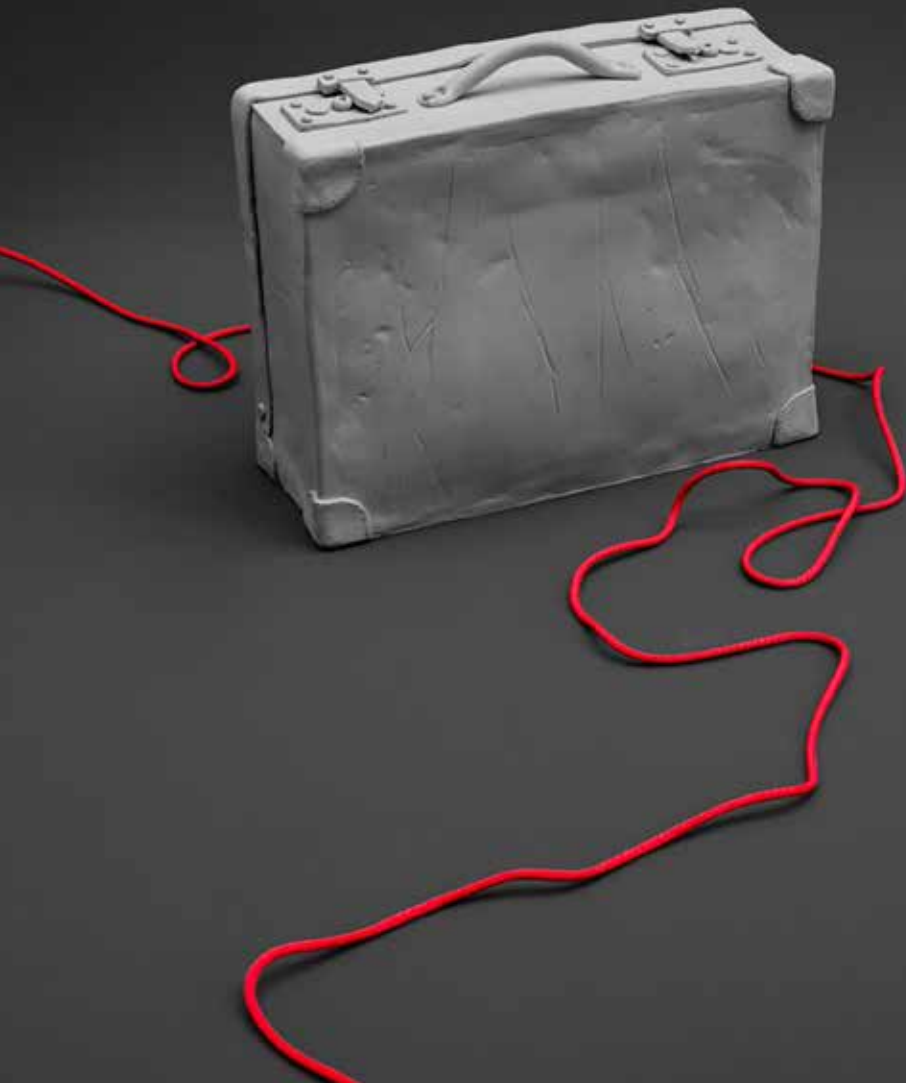
- workshops c
- D-A-CH session 1
- Swiss sessions 1+2
- French session
- Art and culture experience 5



### Transit #3 – Installation by Elisabeth Schneller, Bern

Installation by Elisabeth Schneller, Bern Pieces of clay luggage symbolise the course of life and its transience. The installation is intended to invite viewers to reflect on their own lives and their finiteness. Material: white clay, various additions made of rusty metal. The individual pieces are connected by a red thread, which breaks off abruptly at the last piece of luggage and thus symbolises the end of life.

The installations and prints are on display for the Public Health Palliative Care Conference participants in the 2<sup>nd</sup> floor corridor of the Kornhaus.



### Building Bridges – Series of Gum Prints by Elisabeth Schneller, Bern

The unifying element of the gum prints, printed on handmade paper as unique pieces, are bridges, which take up the motto of the congress “Building Bridges”.

They symbolise the transitions in the course of a life and in some cases also the final transition from life to death.

*The exhibition in  
the Kornhausforum  
is open to the public as follows  
Tuesday morning: 9AM-12PM  
Thursday afternoon: 4-6 PM  
Friday afternoon: 2-5 PM*

TUESDAY, 22/OCT/2024

9:30–10:30 AM

## REGISTRATION

Location: **Stadttheater, Bern**

BB

10:30–11:00 AM

## WELCOMING CEREMONY

Location: **Stadttheater, Bern**

BB

11:00AM–12:30 PM

## PLENARY 1 Connections – from compassion to self-compassion to clinical care

Location: **Stadttheater, Bern**

Chair: **Philip Larkin**, Switzerland

Chair: **Jason Mills**, Australia

Chair: **Sofia Zambrano**, Switzerland

BB

12:30–2:00 PM

## LUNCH BREAK

Location: **Kornhauskeller**

KK

2:00–3:30 PM

## PLENARY 2 Death literacy – how to develop, how to measure

Location: **Kornhausforum – Plenary hall**

Chair: **Joachim Cohen**, Belgium

Chair: **Ekkapop Sittiwantana**, Thailand

Chair: **Carol Tishelman**, Sweden

KF

3:30–4:00 PM

## COFFEE BREAK

Location: **Kornhauskeller**

KK

4:00–5:30 PM

## PARALLEL SESSION 1A Building equity

Location: **Kornhausforum – Plenary hall**

KF

## PARALLEL SESSION 1B Supporting professional caregivers

Location: **Hotel Bern – Room “Unionssaal 1”**

HB

## PARALLEL SESSION 1C Experiences of dying

Location: **Hotel Bern – Room “Unionssaal 2”**

HB

## WORKSHOP 1A “What if our last breaths could be breathtaking?”: A “walkshop” exploring parks/nature connection in palliative and grief care

Location: **Hotel Kreuz – Room “Hodler”**

HK

# Session Overview

## WORKSHOP 1B Connecting communities in palliative care: Using a design science approach for co-developing humility guidance

Location: **Hotel Kreuz – Room “Fischer”**

HK

## WORKSHOP 1C How to use storytelling and gamification to communicate complex realities? The case of the Stay Room™ and palliative care

Location: **Le Cap – Room “Arche/Refuge”**

LC

## D-A-CH SESSION 1 Die Care-Transformation in den DACH-Ländern ... auf dem Weg zum gemeinsamen Verständnis.

Location: **Le Cap – Room “Nicolas Manuel”**

Language: **German**

LC

5:30–6:00 PM

## BREAK

6:00–8:00 PM

## FREE CLASSICAL CONCERT:

### «BUILDING BRIDGES»

Free concert for all participants and the people from Bern and around.

The concert takes place in the **French Church / Französische Kirche**

- with the choir of the Kirchenfeld Gymnasium Bern
- with the instrumental ensemble of the Kirchenfeld Gymnasium Bern
- with the cello quartet of the Swiss Medical Orchestra SMO
- with Martin Hostettler, tenor

FC



complete  
programme





WEDNESDAY, 23/OCT/2024

9:00–10:30 AM

### PLENARY 3

#### The end of life in marginalized populations

Location: Kornhausforum – Plenary hall

Chair: **Farzana Khan**, Bangladesh

Chair: **Kelli Stajduhar**, Canada

KF

10:30–11:00 AM

### COFFEE BREAK

Location: Kornhauskeller

KK

11:00AM–12:30 PM

### ART AND CULTURE EXPERIENCE 2

#### Rehearsal visit: the Bern Symphony Orchestra under the direction of conductor Mario Venzago

Location: Casino Bern

The meeting point: entrance of Kornhauskeller

BB

### PARALLEL SESSION 2A Accessing care

Location: Kornhausforum – Plenary hall

KF

### PARALLEL SESSION 2B Promoting inclusion and participation

Location: Hotel Bern – Room „Unionssaal 1“

HB

### PARALLEL SESSION 2C Embracing story telling and caring cultures

Location: Hotel Bern – Room „Unionssaal 2“

HB

### WORKSHOP 2A Evaluating Compassionate Communities initiatives: Learnings from the Compassionate Connector programme

Location: Hotel Kreuz – Room „Hodler“

HK

### WORKSHOP 2B Building a compassionate Community: where do I start?

Location: Hotel Kreuz – Room „Fischer“

HK



complete programme

12:30–2:00 PM

2:00PM–3:30 PM

## Session Overview

### WORKSHOP 2C Away from words: Using art-making to alleviate death anxiety in the palliativecare workforce

Location: Le Cap – Room “Arche/Refuge”

LC

### D-A-CH SESSION 2 Die Care-Transformation in den DACH-Ländern ... auf dem Weg zu einer gelebten Praxis.

Location: Hotel Kreuz – Room “Anker”

Language: German

HK

### LUNCH BREAK INCL. POSTER WALK SET 1

Location: Kornhauskeller

The poster walk starts at 1:15 PM at the entrance to the poster exhibition

KK

### ART AND CULTURE EXPERIENCE 3

#### Guided city walk

Start: entrance of Kornhauskeller

Life in view, end in sight! is the motto of a walk on the subject of the end of life, which takes you from the cathedral platform to the Bernese Generation House. We will hear about the customs and rituals of the past, as well as the latest regulations on the end of life – a moving history, a festival of ideas and a cause that brings generations together.

The tour ends where some ideas are put into action, and where you will be asking yourself.

KK

### PARALLEL SESSION 3A Experiencing bereavement and caregiving

Location: Kornhausforum – Plenary hall

KF

### PARALLEL SESSION 3B Building death literacy

Location: Hotel Bern – Room “Unionssaal 1”

HB

### PARALLEL SESSION 3C Adapting and reorientating health services

Location: Hotel Bern – Room “Unionssaal 2”

HB



**WORKSHOP 3A Unpacking causality and impact in public health palliative care initiatives: Exploring research approaches**

Location: **Hotel Kreuz** – Room “Hodler”

HK

**WORKSHOP 3B Emerging compassionate communities in Japan and international partnership**

Location: **Hotel Kreuz** – Room “Fischer”

HK

**D-A-CH SESSION 3 The care transformation in the DACH countries on the way to becoming a lived practice.**

Location: **Hotel Kreuz** – Room “Anker”

Language: **German**

HK

**FRENCH SESSION French session**

Location: **Le Cap** – Room “Arche/Refuge”

Language: **French**

LC

**3:30–4:00 PM**

**COFFEE BREAK**

Location: **Kornhauskeller**

KK

**4:00–5:30 PM**

**PLENARY 4 Bereavement companionship programs – luxury or societal standard?**

Location: **Kornhausforum** – Plenary hall

Chair: **Saif Mohammed**, India

Chair: **Libby Sallnow**, United Kingdom

KF

**5:30–6:30 PM**

**BREAK**

**6:30–9:00 PM**

**FLYING DINNER get together**

Location: **Kornhauskeller**

**Pre-registration required**

KK



For the past ten years, the Bernese artist Wolfgang Zät has been working on his monumental series of works entitled ‘Sternenhimmel’. After a stay on the island of La Gomera and the associated view of the star-studded night sky, Wolfgang Zät has been working continuously on new versions of his large-format linocuts. Wolfgang Zät carried the impression of the sky with him for two years before engraving the sky – the stars – point by point onto a linoleum plate using a burin and a knife. Thousands of points that shimmer, flicker, sparkle and shine, not a single fixed star, all seemingly in motion: an imaginary reflection of the sky. The first version was presented at the Kornhausforum in Bern in 2015. Since then, Wolfgang Zät has continued to work on his linocut and is now showing his third version of the starry sky at the Public Health Palliative Care International Conference at the Kornhausforum in Bern.

THURSDAY, 24/OCT/2024

8:30–9:00 AM

### WARM UP with seniorstars

KF

Location: **Kornhausforum – Plenary hall**

“Don Quixote Revisited” – Choreography by Clare Guss-West ,  
Carla Winkelmann & Nina Müller

9:00–10:30 AM

### PLENARY 5 Global compassion! The ‘Bern Declaration’ on community engagement for the end of life

KF

Location: **Kornhausforum – Plenary hall**

Chair: **Christian Ntizimira**, Rwanda

Chair: **Klaus Wegleitner**, Austria

10:30–11:00 AM

### COFFEE BREAK

KK

Location: **Kornhauskeller**

11:00AM–12:30 PM

### ART AND CULTURE EXPERIENCE 4 Qi Gong Class

FC

Location: **Waisenhausplatz**

In case of bad weather the event will take place  
in French Church / Französische Kirche

### PARALLEL SESSION 4A Developing sustainable policies

KF

Location: **Kornhausforum – Plenary hall**

### PARALLEL SESSION 4B Volunteering and citizen perspectives

HB

Location: **Hotel Bern – Room “Unionssaal 1”**

### PARALLEL SESSION 4C Creating public education

HB

Location: **Hotel Bern – Room “Unionssaal 2”**

### WORKSHOP 4A Fostering community engagement through Death and Grief Festivals: Insights from four case studies from Scotland, England, Belgium and Canada

HK

Location: **Hotel Kreuz – Room “Hodler”**

### WORKSHOP 4B Successful public messaging about early palliative care: The 7 keys of the Waiting Room Revolution

HK

Location: **Hotel Kreuz – Room “Fischer”**

## Session Overview

### WORKSHOP 4C The art of invitation: convening community groups to promote participatory action learning

LC

Location: **Le Cap – Room “Arche/Refuge”**

### SWISS SESSION 1 Bereavement in the workplace – a public health issue

LC

Location: **Le Cap – Room “Nicolas Manuel”**

Chair: **Marc-Antoine Berthod**, Switzerland

Chair: **Corina Wirth**, Switzerland

Chair: **Ursula Zybach**, Switzerland

Language: **German and French**

12:30–2:00 PM

### LUNCH BREAK INCL. POSTER WALK SET 2

Location: **Kornhauskeller**

The poster walk starts at 1:15 PM at the entrance to the poster exhibition

KK

### EAPC: REFERENCE GROUP MEETING

KF

Location: **Kornhausforum – Plenary hall**

This meeting is open to all participants



complete  
programme

THURSDAY, 24/OCT/2024

2:00–3:30 PM

### ART AND CULTURE EXPERIENCE 5

#### The Portrait Memoir of Love

Location: **Le Cap** – Room “Arche/Refuge”

Chair: **Ekkapop Sittiwantana**, Thailand

LC

### PARALLEL SESSION 5A:

#### Measuring death literacy

Location: **Kornhausforum** – Plenary hall

KF

### PARALLEL SESSION 5B:

#### Transforming professional education

Location: **Hotel Bern** – Room “Unionssaal 1”

HB

### PARALLEL SESSION 5C:

#### Exploring research methodology

Location: **Hotel Bern** – Room “Unionssaal 2”

HB

### WORKSHOP 5A: Building on evidence, experiences, and mutual reflections to develop Compassionate Schools: a practical workshop

Location: **Hotel Kreuz** – Room “Hodler”

HK

### WORKSHOP 5B: Africa in the spotlight: empowerment of people and communities

Location: **Hotel Kreuz** – Room “Fischer”

HK

### SWISS SESSION 2 Wege zur Compassionate Community

Location: **Le Cap** – Room “Nicolas Manuel”

Chair: **Claudia Michel**, Switzerland

Chair: **Renate Gurtner Vontobel**, Switzerland

Chair: **Robert Sempach**, Switzerland

Language: **German and French**

LC

3:30–4:00 PM

### COFFEE BREAK

Location: **Kornhauskeller**

KK

CITY FESTIVAL  
ENDLICH.MENSCHLICH.

Check  
out the  
programme

# CITY FESTIVAL

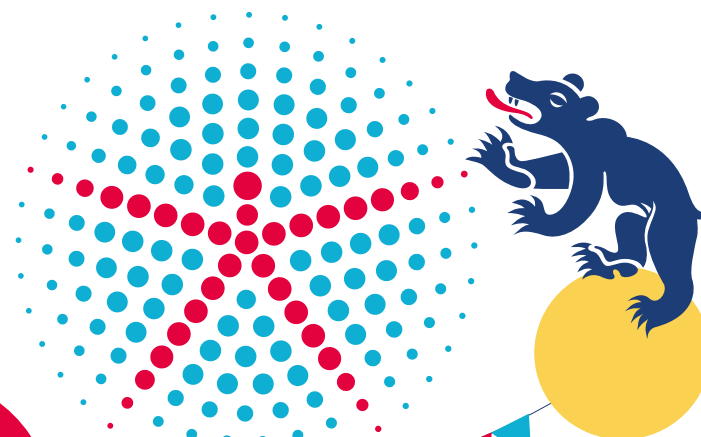
## endlich.menschlich.

4:00–10:00  
PM

Festival free of  
charge for all participants  
and the people from Bern and  
the surrounding area.

Opening speech at 4pm on the  
stage at Zeughausgasse.

[www.endlich-menschlich.ch](http://www.endlich-menschlich.ch)





9:00–10:30 AM

### ART AND CULTURE EXPERIENCE 6 “What comforts you?” and authors’ talk on the new “Hidden object book on saying goodbye”

The interactive exhibition invites us to reflect on our transience and what comforts us in moments of grief and despair. We will also gain an insight into the conception and stories of the new hidden object book by palliative care physician and family grief counselor Sophia Bartenstein and book illustrator Andrea Peter. Location: Kornhausbibliothek / Kornhaus library (3rd floor Kornhaus)

KF

### PARALLEL SESSION 6A Fostering compassionate communities

Location: Kornhausforum – Plenary hall

KF

### PARALLEL SESSION 6B Engaging with children and young adults

Location: Hotel Bern – Room „Unionssaal 1“

HB

### PARALLEL SESSION 6C Understanding and evaluating compassionate cities

Location: Hotel Bern – Room „Unionssaal 2“

HB

### WORKSHOP 6A Towards equity-oriented palliative care: A pan-Canadian workshop on improvements in palliative care for individuals experiencing homelessness or vulnerable housing

Location: Hotel Kreuz – Room „Hodler“

HK

### WORKSHOP 6B: Disrupting Death; Engaging in community conversations about Medical Assistance in Dying (MAiD)

Location: Hotel Kreuz – Room „Fischer“

HK

### WORKSHOP 6C Compassionate Workplaces in Europe: sharing experiences and resources

Location: Le Cap – Room “Arche/Refuge”

LC

### SWISS SESSION 3 Self-reflection: how to stay healthy as a compassionate carer

Location: Hotel Kreuz – Room “Anker”

Chair: Philip J Larkin, Switzerland

Chair: Julia Rehsmann, Switzerland

Language: German and French

HK

10:30–11:00 AM

11:00AM–12:30 PM

12:30–1:00 PM

1:30–2:00 PM

2:00–3:30 PM

2:00–5:00 PM

### COFFEE BREAK

Location: Kornhauskeller

KK

### PLENARY 6 Compassionate cities international

Location: Kornhausforum – Plenary hall

Chair: Vilma Adriana Tripodoro, Argentina

Chair: Allan Kellehear, United Kingdom

Chair: Steffen Eychmueller, Switzerland

KK

### CONFERENCE WRAP UP

Location: Kornhausforum – Plenary hall

KF

### TAKE AWAY LUNCH BAGS

Location: Kornhauskeller

KK

### ART AND CULTURE EXPERIENCE 7: Reflection path

From the beginning and the end. Take some time for yourself and immerse yourself in the beautiful, peaceful atmosphere at the Bremgarten cemetery. Take a walk along the path of reflection with a guided tour by Barbara Shankar. You will encounter philosophical, poetic, comforting and encouraging texts and impulses for dealing with the subject of life and death.

Bremgartenfriedhof (cemetery) can be reached by public transport from the main train station (up stairs near the parking). Take bus (Post Auto) #100 or 101, destination Bremgartenfriedhof. Parking for private cars is limited. Meeting Point: main office of the Bremgartenfriedhof

### THE DIGITAL LEGACY CONFERENCE 2024

Location: Le Cap – Room “Nicolas Manuel”

The Digital Legacy Conference 2024 will take place as part of PHPCI. It is an annual conference that explores and celebrates the positive impact technology can have within the end of life and bereavement. Attendees will learn about arising best practices in areas relating to digital assets planning and digital legacy safeguarding.

LC

It is free to attend for all PHPCI badgeholders.



# SENIORSTARS

Since 2018, senior citizens from the Bern area have been able to take part in a holistic and evidence based dance and creative movement programme. The project is a collaboration between Dance & Creative Wellness Foundation, the Institute of Sports Science at the University of Bern and Bühnen Bern. Sessions are led by Clare Guss-West and Carla Winkelmann. The aim of the project is to promote health and well-being of older people through dance.

The content and methods are based on the latest scientific findings and thus guarantee learning success, physically sound training and neuroplasticity through creative challenges and the use of imagery. The project is based on the choreographic work of the Bühnen Bern dance company. In addition to thematic parallels to the company's choreographies currently being rehearsed, there are also social contacts with the dancers in the context of workshops and performance visits. The training takes place once a week for between 11–13 weeks per project.

In addition to the weekly sessions, participants are also able to take part in a scientific project led by dance science researcher Andrea Schärli at the Institute of Sports Science, University of Bern. Several small-scale research studies have examined various aspects such as well-being, cognition, balance and endurance in order to gain a better understanding of the effects of dance on this older population group.



*See them live on:  
Thursday, 24 October,  
from 8.15–9.00 AM  
at the Kornhausforum – plenary  
hall or at the city festival  
endlich.menschlich  
4.15 PM*







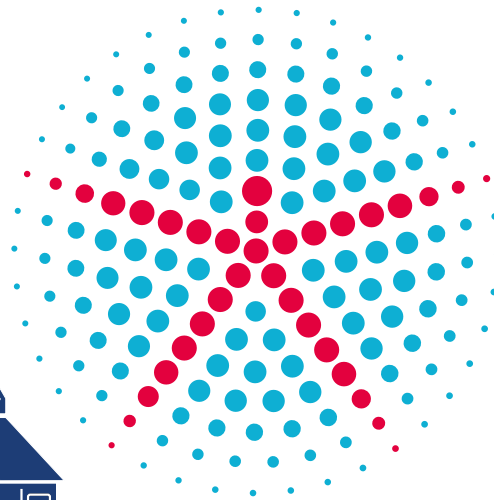


www.endlich-menschlich.ch

# CITY FESTIVAL

endlich.menschlich.

19–27  
October



TALK ABOUT FINITENESS  
AT THE CITY FESTIVAL IN BERN

*...and hopefully  
beyond it*

# City festival highlights



*Tiny stones  
create big  
smiles*

**TUESDAY, 22 OCTOBER 2024**  
**12:00 UNTIL 15:00 PM**

**UNDER THE ARCADES OF THE  
KORNHAUSFORUM**

## Show more appreciation during your lifetime – a visit to the stall is worthwhile!

Far too often, people are only spoken of favourably at their funeral, says Julia Kalenberg. How nice it would be if we told each other more often in our everyday lives what we appreciate about each other and what the other person means to us.

On 22 October at the Kornhausforum, Julia Kalenberg, author and speaker on leadership and successful teamwork, invites you to pause for a moment and formulate a small token of appreciation. Write a short thank you message on a post-it note or take a smiley face stone with you – and give this token of appreciation to someone who deserves it as soon as possible. Julia Kalenberg advocates more appreciation in practice: in management, in the team, in our families and in everyday life. For years, she has been spontaneously handing out smiley stones, which she collects on the River Aare and paints herself, and says THANK YOU to people (even complete strangers) for a small pleasure they have given her. She also describes this practice of expressing appreciation during lifetime in a chapter of her book 'Und jetzt zeigst du uns, wie Sterben geht'. In the last weeks of her father's life, she invited friends and family to share vivid memories with him and express their gratitude.

Let her stall inspire you to integrate more appreciation into your everyday life – now, instead of when it's too late. Discover how easy it can be to make a big impact with small gestures.



*Collecting pebbles on the banks of  
the Aare – soon smiley stones*



*Small messages of  
appreciation put a smile  
on the recipient's face*



*Express appreciation during your  
lifetime, not when it's too late*





Free  
entry

**TUESDAY, 22<sup>nd</sup> OCTOBER**  
**6:00–8:00 PM**

**CONCERT**

**FRANZÖSISCHE KIRCHE**  
**ZEUGHAUSGASSE 8, 3011 BERN**

### Concert – Building bridges

Pupils from the specialist choir at Kirchenfeld high school perform a varied programme on the subject of life, death and love in the French Church / Französische Kirche. The choir will be accompanied by the „ad hoc“ high school orchestra and the cello quartet by and with palliative care physician Steffen Eychemüller. The concert, conducted by Marc Hügli, Andreas Hügli and Peter Honegger, invites us to reflect on a dignified end of life by celebrating life and making music together.

General information about the choir: This choir, consisting of around 60 pupils from the four years of the music specialisation, performs on a smaller scale. It usually performs at the school's Christmas party and at the UNESCO charity concert together with the „ad hoc“ orchestra.

Admission free of charge



*There are no  
individuals. There aren't  
even separate species.  
Everything in the forest  
is the forest.*  
Richard Powers

**WEDNESDAY, 23<sup>rd</sup> OCTOBER**  
**6:00–8:00 PM**

**WALK**

**DAMPFZENTRALE/ALLMITWALD**

### GOLD – A silent walk for the living

You are with yourself, with your body. You define your own pace, your rhythm. Co define the groups pace, if you walk with others. GOLD is a walk in the woods, framed by documentary voices on the subject of grief. GOLD creates a local and temporal space for this ‚being alone together‘. It is not meant to absorb grief. Not to silence it. It is intended to give it space, a voice, an awareness, a natural place within the time of life. GOLD is a ‚silent walk‘, a performative walk that brings together sound, movement, forest and people. GOLD is for people who have already experienced grief and for those who are yet to experience it. The walk starts and ends at the Dampfzentrale, the walk itself takes place in the Allmitwald.

**Languages spoken:**

**Swiss German, German, English**

**Tickets and further information:**

**[www.dampfzentrale.ch/en](http://www.dampfzentrale.ch/en)**



Not  
barrier-free



# Thursday, 24 October

## Building bridges in Bern

THURSDAY, 24 OCTOBER  
BETWEEN 1 AND 9:30 PM

*More information:*



Under the motto „Building bridges in Bern and Burgdorf“, endlich.menschlich. invites people and professionals to meet and engage in dialogue. There will be stalls along Zeughausgasse with information and suggestions on topics relating to the end of life. In the dialogue, experiences and questions can be exchanged such as:

„What concerns me about dying, death and mourning?“ – „Where do I go when I can no longer go home?“ – „Can I prepare myself?“ – „What do I need for this?“ – „What wishes, questions or fears do I have?“ – „What or what information will help me?“ – „How can I talk about this with my loved ones?“

At 4:00 PM, those responsible for endlich.menschlich. will open the festive part of the city festival together with the mayor with his vision for the „Compassionate City“ Bern „Bärn treit“.

Later, the Seniorstars dance group from Bühnen Bern will invite you to dance and various bands will perform on the stage in Zeughausgasse: Nina Dimitri with her Mükka band, Shirley Grimes with her project

„Kultur am Bettrand“ and Mercury7 with the nationally renowned singer Katharina Michel, who won the „Music Star“ in the 2023 revival edition.

*Bad weather  
option:  
market stalls,  
music and festival  
programme in the  
Kornhausforum  
from 1-10:00 pm*



## MUSIC THERAPY



Admission  
free of  
charge

9:00–10.30 AM  
AND FROM 11:00 AM–12:30 PM

ROOM FAREL, LE CAP  
PREDIGERGASSE 3, 3011 BERN

### Breathe deeply and come to your senses – carried by calming sounds

Most people can be reached and touched emotionally up to their last breaths via the sense of hearing and touch. Music therapy is an integral part of a contemporary multidisciplinary treatment concept in palliative care. Music therapy can help to activate resources and self-healing powers and calm the nervous system. In the daily abundance of acoustic and other sensory impressions, we lose the ability to listen and look attentively. In this sound meditation, we invite you to pause together, listen, feel and recharge your batteries. Participants are invited to focus their attention on their own body and on the sound of the instruments played for them, such as the monochord, body tambura and gong, in order to immerse themselves in an enveloping sound experience. Afterwards, there will be an opportunity to talk about sound meditation and music therapy in palliative care.

Leader: Bettina Kandé-Staehelin, music therapist, University Centre for Palliative Care & University Clinic for Medical Oncology, Inselspital. Astrid Lorz-Zitzmann, Music Therapist, University Centre for Paediatric and Adolescent Oncology, Inselspital

## CANDLE RITUAL



Bad weather  
option French  
Church / Französische Kirche,  
choir room

The light spiral in  
front of the cathedral  
remains accessible until  
8:00 PM

6:00 PM  
RINGING OF THE BELLS OF THE  
BERNER CHURCHES  
6:15 PM START CEREMONY

MÜNSTERPLATZ

### Ultimately.human. – Ceremony of the Lights

Accompanying people on their way to death with love and dignity is an important and fulfilling task. This is often done in a quiet and private setting. With the light ceremony „endlich.menschlich.“ we would like to give this social task a public space and make it shine together. Everyone is welcome! The ceremony of lights will be heralded by the sound of the church bells of the city of Bern. Münsterplatz – a special place – will be ceremoniously illuminated with candles in a ritual act. Accompanied by soundscapes. Walking along the spiral of light. A magical, poetic moment of silence and contemplation. It should be a shared journey, a moment to pause, marvel and allow.

Organised by the Swiss Ritual Association  
([www.ritualverband.ch](http://www.ritualverband.ch)) in cooperation with the Bernese regional churches

Free admission, with a collection.

[www.rituale-bern.ch](http://www.rituale-bern.ch)







1:00–2:00 PM AND 6:30–8:30 PM

NINA DIMITRI UND BAND MÜKKA

### «Mükka» from Ticino folk music to Latin American music

What happens when a Ticino voice, Emmental chords, a double bass groove, vocals and percussion are framed by comedy? Quite simply: folk music that breaks boundaries, brings the sky into the halls, creates magical moments and makes hearts beat faster. Latin American, Swiss, Ticino, Italian and their own songs.

Nina Dimitri – vocals, charango, guitar  
Silvana Gargiulo – vocals, percussion  
Geri Zumbrunn – double bass  
Thomas Aeschbacher – Schwizerörgeli



Nina  
Dimitri

Musician

*In the past, when families still lived together, or in other forms of society such as in Bolivia, where I lived for a long time, it was or is quite normal to care for sick relatives at home and give them a lot of love. So that they could spend their last time here on earth as well as possible. For me, palliative care is actually just that: care and support – simply not at home, but also with lots of love.*



8:30–9:30 PM

MERCURY7

Mercury7 – The five-piece band from the city of Bern is a no-frills rock combo consisting of drums, bass, two guitars and a fantastic singer (Music Star 2009 and winner of the 2024 edition of Revival). Mercury7 is a perfect blend of heavy rock grooves, top-notch playing and modern, melodic songwriting with a lyrical twist.

Katharina Michel – vocals  
Sam Siegenthaler – guitar  
Jonas ‚Ash‘ Aeschlimann – guitar  
Marco Rohrbach – bass  
Michel Maeder – drums



2:00–3:00 PM

HARPIST VERONIKA EHRENSPERGER

### A harp... or am I already with the cloud boss?

This exclamation from a terminally ill woman inspired harpist Veronika Ehrensperger to create a new programme. In it, she interweaves pieces from her varied repertoire with bizarre, touching, profound and humorous stories from her work in a hospice.



3:00–3:30 PM

### Shirley Grimes presents her project „Kultur am Bettrand“.

The Kultur am Bettrand project creates cultural experiences for people of all ages who, for health reasons, are unable to experience the beauty and healing power of culture at a venue. It brings culture to these people at home or in the healthcare facility, where they can experience enriching, unifying cultural moments – together with family, friends or on their own. Free of charge and uncomplicated.



ART INSTALLATION

18 OCTOBER–8 NOVEMBER 24

ZEUGHAUSGASSE, NEXT TO THE  
CHOIR OF THE FRENCH CHURCH /  
FRANZÖSISCHE KIRCHE

Dance of Death – old and new

The 18 metre long installation of Niklaus Manuel's Berner Totentanz shows us how the presence of death was made visible in the middle of the city in the Middle Ages. In contrast to this, the „New Bernese Dance of Death“ by Bernese comic artist Jared Muralt shows us a no less impressive vision of death in the here and now. The installation in Zeughausgasse in front of the French Church / Französische Kirche refers to the original location of Niklaus Manuel's wall painting. Jared Muralt's drawings invite us to confront the transience of life, sometimes humorously, sometimes critically and unembellished. At the PROGR, videokunst.ch breathes new life into Niklaus Manuel's Bernese Dance of Death: as a video/online virtual reality installation in combination with the contemporary video work „Invisible“ by Peter Aerschmann.



Free  
admission



[www.bernertotentanz.ch](http://www.bernertotentanz.ch)



Memento  
Mori!

Images right page:  
Jared Muralt, Totentanz?,  
vatter&vatter 2016, left page:  
Bernisches Historisches  
Museum, photos Christine Moor

**DURING THE WHOLE WEEK**

**EXHIBITION**

**21 OCTOBER–16 NOVEMBER 24**

**KORNHAUSBIBLIOTHEKEN BERN**

**MAIN EXHIBITION IN THE KORNHAUS  
LIBRARY**

**+ SATELLITES IN THE BRANCH OFFICES  
BREITENRAIN, BÜMPLIZ UND  
GÄBELBACH**

**Exhibition „What comforts you?“**

Interactive, themed and artistic installations in the library rooms invite visitors to reflect on our transience and what comforts us in moments of grief or despair. In the large „consolation book“ surrounded by flowers, visitors can write down and read about their own experiences of grief and consolation. Colourful banners with questions about death and consolation encourage visitors to pause for a moment.

The theme can be experienced sensually with Nathalie Heid's water urns surrounded by Aare stones, Brigitte Lustenberger's photographs of brightly preserved flowers „An Apparition of Memory“ and Franziska von Grünigen's podcast „My Last Goodbye“.

A themed selection of books can be borrowed from the library and a pop-up store with comforting gems from independent publishers and small editions are available for further reading.

Nathalie Heid  
[www.wasserurne.ch](http://www.wasserurne.ch)



*Free  
admission*

*During library  
opening hours*



**In collaboration with:**  
**vatter&vatter, [www.vatterundvatter.ch](http://www.vatterundvatter.ch)**  
**Kornhausbibliotheken, [www.kob.ch](http://www.kob.ch)**



*Well-being for all  
the senses!*

Brigitte Lustenberger,  
I never asked your name, 2022  
[www.lufo.ch](http://www.lufo.ch)





## JOIN-IN ART PROJECT



*Speaking  
courageously  
about dying*

**BAHNHOFPLATZ NEXT TO THE  
HEILIGGEISTKIRCHE**

**EVERYDAY 11:30 AM–4:30 PM**

Selina Lauener, cultural worker, in cooperation with the  
offene kirche bern

### Deathly courageous

Funeral processions through the middle of the city, that was once upon a time. At a time when dying is being pushed out of the public sphere, a coffin laid out in state brings the subject to the heart of the station square.

The steps at the base invite you to climb up and lie down in the coffin. Do you dare to come to terms with your own end? Sterbensmutig is a participatory art project that addresses our approach to dying in a surprising way. How do you want to die? Do you often think about your own finiteness? We are here to enter into a dialog with you on the subject of dying. Selina Lauener, cultural worker, in cooperation with the Open Church Bern.



*Free  
admission*

## AUDIOWALK

**EVERYDAY 6:30 PM  
START GROSSE SCHANZE  
END BUNDESTERRASSE**

### Chewing gum, farewell, adhesive tape – an audio walk to approach the end of life

Using interview collages, instructions, sound and observations, the audio walk guides visitors through the city of Bern – and enables a playful and sensual approach to the end of life. It is not only about death, but also about its inextricable link to life. The walk is offered daily at 6 PM during the festival as an accompanied auditory walk. However, it can also be taken individually at any time. In both cases, you will need a smartphone, headphones and clothing suitable for the weather.

#### Accessibility

The audio walk includes an elevator, escalator and sidewalk sections.

#### Languages

German and Swiss German, with German and English transcript.

#### Age rating

We recommend the walk from the age of 14.

#### About the Walk

In the brochure, you can access the audio walk directly via the QR code. To avoid potential interference from cell phone reception or similar, we recommend that you download the free app "Guidemate" and do the audio walk via the app.



*download the free app  
"Guidemate" here*



**DURING THE WHOLE WEEK**

**VIRTUAL REALITY**

**23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup> OCTOBER 2:00–6:00 PM**  
**26/10/2024 12:00 AM–4:00 PM**

**PROGR, SHOWROOM VIDEOKUNST.CH**  
**WAISENHAUSPLATZ 30, 3011 BERN**

**We invite you to dance!**

In a field of tension between past and future, old and new dance together: the blending of traditional motifs and modern technology creates fascinating contrasts that blur the boundaries between the worlds.

The dialogue between past and present invites viewers to lose themselves in this contrast. New life is thus breathed into the Bernese Dance of Death by Niklaus Manuel Deutsch – presented as a video work and as an online virtual reality installation, the work is combined with the contemporary video work "Invisible" by Peter Aerschmann.

In addition, a bridge is built to the installation by vatter&vatter in front of the French Church / Französische Kirche. This installation not only presents the Dance of Death by Niklaus Manuel Deutsch in its original location, but also a contemporary interpretation by Jared Murali and Balts Nill.

**More information**  
**[www.bernertotentanz.ch](http://www.bernertotentanz.ch)**

*Free  
admission*

VIDEOKUNST CH



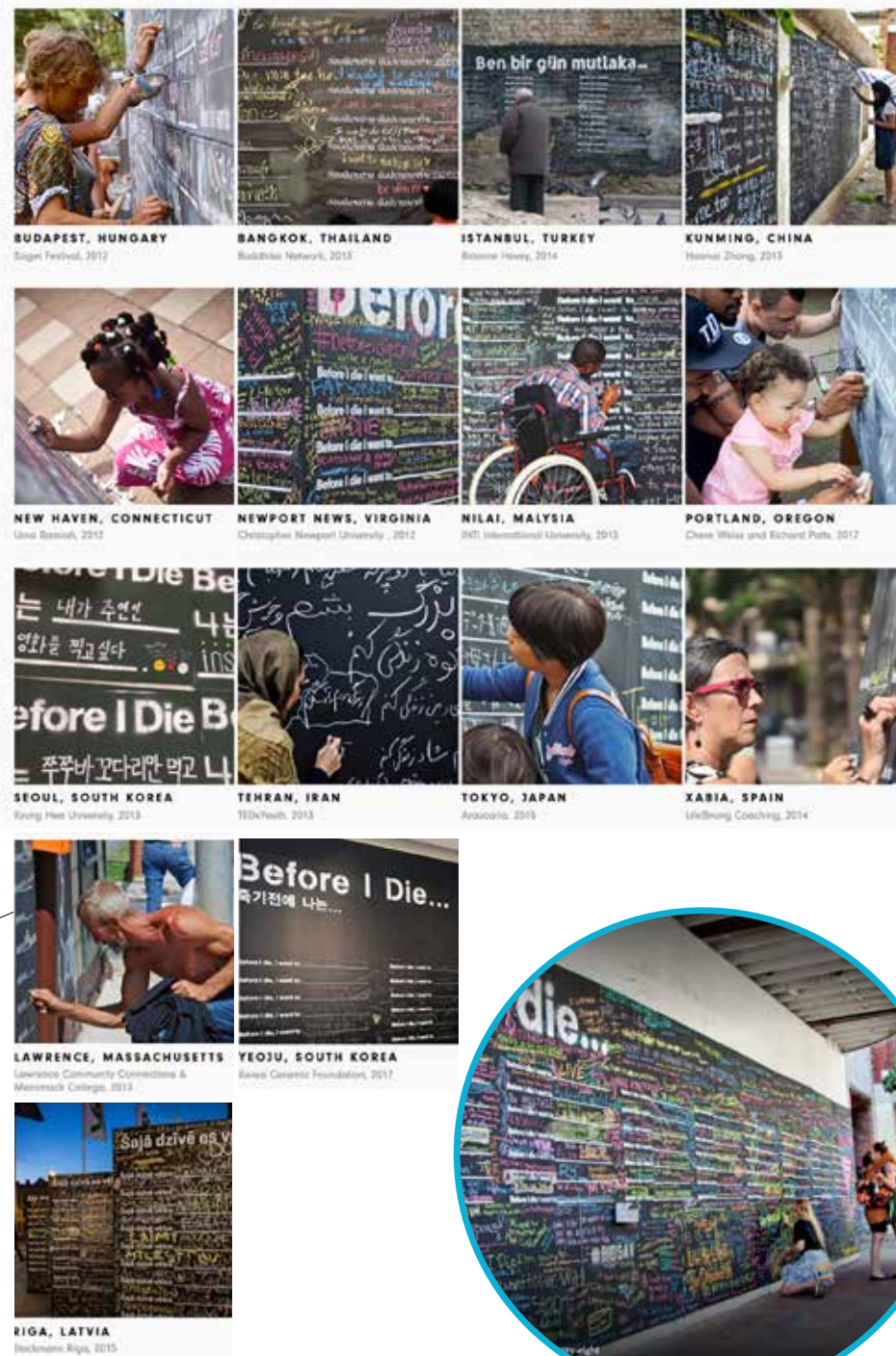
## SAYING GOODBYE

DURING THE WHOLE FESTIVAL WEEK  
ON THE KORNHAUSPLATZ IN  
BERN

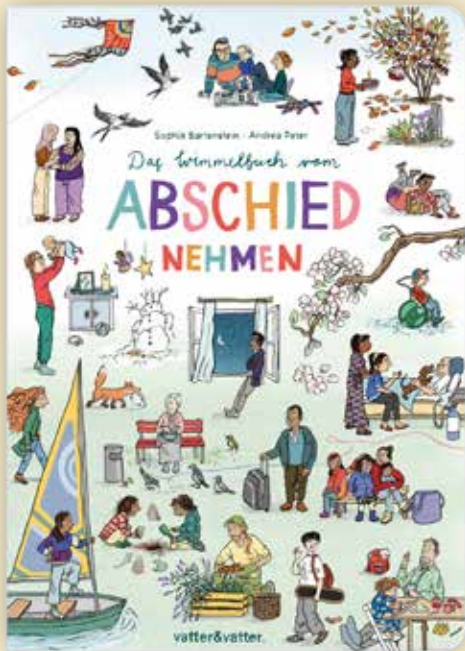
## Cube “Before I die”

Before I die is an interactive art project by US artist Candy Chang, which has been performed more than 5,000 times in 78 countries worldwide since 2011. It is intended to encourage people to come to terms with their own transience. The project began in 2011 in New Orleans, the hometown of artist Candy Chang. On the occasion of the death of someone close to her, she began to think intensively about what she wanted to realize or experience before her own death.

She spontaneously wrote her thoughts in chalk on the outside wall of an empty industrial building. A short time later, she realized that many more people had simply added their own thoughts overnight. From this, Chang concluded that there was a corresponding need among people to deal with this topic.







## Facing life and death

What really counts in life? What would you like to be remembered for? The handy, recently published «Wortfächer endlich.menschlich.» poses inspiring questions about transience and the meaning of life.

Saying goodbye is a topic that affects even the youngest children. The new search-and-find book about grief and consolation tells the stories of different people who had to cope with a loss in colorful pictures.

And for your stay here, the best way to discover the hustle and bustle of Bern is with the «Bern Wimmelbuch».

All publications are available at the book stand at the city festival «endlich.menschlich.» on Thursday, 24 October (Zeughausgasse, Bern), in bookshops or via [www.vatterundvatter.ch](http://www.vatterundvatter.ch)





## The PHPCI 2024 conference's Abstract Book has been published in Palliative Care & Social Practice.

Palliative Care & Social Practice is an open access, international, peer-reviewed journal, partnered with Public Health Palliative Care International, and officially endorsed by the EAPC Reference Group on Public Health and Palliative Care, and by the End-of-Life Care (EOFC) Research Group – VUB and Ghent University. The journal is included in ESCI and achieved its first impact factor of 2.7 this year. All articles are also listed on PubMed, PubMed Central, and Scopus. The journal publishes on all aspects of palliative care, with a particular emphasis on social approaches to palliative care such as public health perspectives and civic/community developments and actions – as well as publishing on clinically oriented symptom management.

Please visit the journal homepage for more information: [journals.sagepub.com/home/pcr](https://journals.sagepub.com/home/pcr). You can also email the journal's Editorial Office on [pcr@sagepub.com](mailto:pcr@sagepub.com) with pre-submission enquiries.

### Palliative Care & Social Practice

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[journals.sagepub.com/pcr](https://journals.sagepub.com/pcr)





# An introduction to the Swiss Center for Design and Health, SCDH

The Swiss Center for Design and Health, SCDH, is Switzerland's only centre of technological excellence for design research in the health sector. Established in 2019 as a public-private partnership, the SCDH is funded by the federal government, the Canton of Bern and private partners.

The SCDH understands design as the creation of spaces, settings, objects, information, guidance systems and digital solutions as well as of services and processes. Health is both a personal and a societal value, one that is constantly changing. The focus is on the autonomy of individuals and the common good.

The overlap between design and health is large and the aim within it is twofold: to have a positive impact in health institutions on patients and those close to them and on the staff, and to promote health in daily life in the workplace and outside of it, including in public spaces.

Projects at the interface of design and health are our core competence; "Visual Communication", "Objects and Environment" and "Systems and Processes" are the areas in which we work. In all three of these areas, we offer professional development opportunities and do analysis, consultancy, simulation and co-prototyping – both as contracted services and in projects financed by funding acquired in competitive procedures. Projects can be realized in the SCDH's Living Lab, on our clients' premises or in digital form. We use our platforms as needed and depending on the question being addressed. Our approach is always the same: human-centred, evidence-based, participative as well as iterative.

For the endlich.menschlich festival, the SCDH set up one of its realistic testing spaces in the choir of the French Church / Französische Kirche. We use this simulation of a home environment to spotlight questions at the focus of services and research. Questions like: What needs to be done to ensure that people who need care can maintain their independence and have access to their personal items. With testing spaces like this one, it is possible to simulate working and treatment processes and test out furnishings and products, with user involvement and the use of current and up-coming technologies. This leads to the avoidance of unnecessary costs, increases safety, optimises paths and processes and improves work conditions. All of which are of key importance for palliative care, as they are for other forms of care.

Come by for a visit. We would be happy to present our portfolio to you. Take some time to get to know us – we look forward to meeting you.

[www.scdh.ch/en](http://www.scdh.ch/en)



*Throughout the week,  
from 22<sup>nd</sup> to 25<sup>th</sup> from  
9:00 am to 17:00 pm the  
Swiss Center of Design and  
Health will be running a show-  
room in the Französische  
Kirche Bern*



## Swiss Center for Design and Health

# Bern





*Bern has been Switzerland's Capital city since 1848. However, what is pictured as a federal Capital turned out to be the complete opposite. Many assume modern Zürich to be the Capital of Switzerland, so the slower-paced and older Capital of Bern is quite a surprise. Travel to Bern certainly changes perceptions on what a Capital city should be, or what it is typically deemed to be. Absent are high-rises and a financial centre; bustling crowds and dense populations that fill miles of distinct districts that hug an old central, historical pocket. Bern retains its heritage features and packs Swiss traditions and a long history into a tiny, compact space.*

*What we love about Bern is that nearly all the top things to do are within walking distance from one another and you do not need to rely on public transportation to get from one place to the next. Everything listed is in or right nearby the Old Town of Bern. Besides checking out these attraction, you will certainly enjoy just walking the streets of the Old Town surrounded by the architecture and history along the way.*



### **Zytglogge (Clock Tower)**

Bern's typical streets, lanes and buildings have exciting stories to tell, and in the midst of them all in the Old Town one of the city's best-known landmarks stands high above the rest: the Zytglogge (Clock Tower). Once a city gate, the Clock Tower now attracts spectators from all over the world.

Bern's city tours are as diverse as the city itself. Informed and interesting, funny and astonishing, historical and topical: the tours are instructive, exciting, and at times spooky – but always entertaining.

### **Käfigturm (Prison Tower)**

In the past, Käfigturm was where criminals were interrogated and locked up, today it is a space for political discussions. The former city gate at the upper end of Marktgasse is an important landmark of the UNESCO World Heritage Site Bern and home of the Polit-Forum Bern (Political Forum Bern).



### **Parliament Building and Parliament Square**

The Parliament Building in Bern is the heart of Switzerland's democracy: the Parliament holds its meetings under the grand dome, the west and east wings house parts of the federal government and administration. And the large Parliament Square and long terrace are popular, lively meeting places.



### **The Botanical Garden of the University of Bern**

The Botanical Garden thrills the hearts of plant lovers and is popular both among nature fans and those who simply want to unwind in a peaceful setting.



Take your notes!

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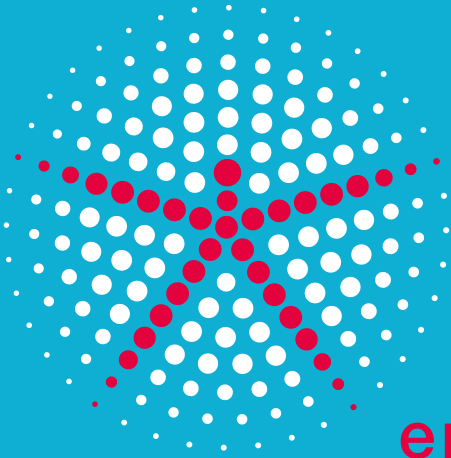
Take your notes!

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Take your notes!

[illegible]



**endlich.  
menschlich.**

Help us to improve the  
experience of future PHPCI  
conferences:

**What did you like?**

**What could be improved?**

*Scan the code to share  
your experiences with us*



[www.phpci2024.org](http://www.phpci2024.org)

