

## TESTIMONIALS FROM PILGRIMS WERE INTERVIEWED BY OUR STUDENTS IN SANTIAGO DE COMPOSTELLA after just completing their one month walk

If you have a look at the video section, you can watch all the testimonials. Here we prepared a few highlights to trigger your interest in watching more.

### ONE OF THE PROFOUND QUESTIONS PILGRIMS HAD TO ANSWER WAS: WHAT HAVE YOU LEARNT FROM YOUR MONTH LONG WALKING OF THE SAINT JAMES' WAY/ EL CAMINO?

#### A Pilgrim from Canada, 65

Be in the moment. You don't have the past moment, and you don't have the future moment. When I stood on the bridge and watched the heavy rain and water coming down the mountain, I didn't know where the raindrops came down, and I didn't see where the raindrops were going when they passed the bridge. All I could hear was the sound of the brook and the beautiful music, and it was one of those moments when all of my life was just pregnant with one moment. It was a lesson to realize that **your life is made up of a whole bunch of moments, but you only have now**. You only have this one moment.

#### A pilgrim from the UK, on the bike, 63

It's one of the best things I have ever done in my life. It was very difficult, but so satisfying.

#### Antonio

I was homeless in Madrid, an anonymous alcoholic. I spent 6 weeks walking and sleeping on the floor. I lost my job, and I lost my wife... Now I found life again. **I learnt to say help.**

#### Joakim from Portugal

Sometimes it hurts, but enjoy the view, enjoy the trip, relax. Take it easy.

#### Ann and Andy from England, on a bike, 70

The best moments were some scenes we enjoyed **with other people**. It would help if you took the time to realize what you want to see.

#### Joanne, British, but lives in France

She did it for the 3rd time. After Covid she needed to do it.

From the heart, you feel happy when doing it.

Once it was raining for 8 hours, I was the only person walking.

Walk at your own pace, don't be afraid to walk alone and **make friends with yourself**.

#### Donna, 70, and Marianne, 69, from the USA

We are blessed to have the health at our age to do it.

**You do not need a lot of material things in life.**

#### A man from Ireland, 61

You are free. No matter what you are, where you come from, or what you do in life, **everybody is the same**.

#### Malcolm from the UK

**Sharing experiences with people rather than solo can be very emotional.** Sharing moments and time with other people is so satisfying.



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