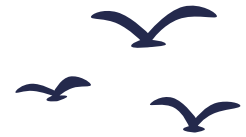


# Armchair Travel

## Guide and Italy Session



**ACTIVITY**  
CIRCLE



Created by dementia specialists who've worked as Activity Directors, Care Home Managers, and Trainers, bringing real-life experience to activities.



# Armchair Travel

## Facilitator Guide

**Destination:** Italy

**Duration:** 45–60 minutes

Can be shortened or extended depending on resident needs.

### Who It's For

Small group settings (4–10 people) for best interaction

Can be adapted for 1-to-1 use

### What You'll Need

Images of Italy – postcards, printed photos, books, or tablet slideshows

Italian music – playlist or speaker (e.g. Volare, That's Amore, classical pieces)

Comfortable chairs, calm setting

Sensory Props (Optional but Powerful):

- Dried herbs (e.g. basil, oregano, rosemary) in small bowls or sachets
- Garlic bulb or fresh basil plant
- Mini pizza box, pasta shapes, tomato tin
- Italian biscuits (e.g. biscotti), small coffee/espresso tasters
- A fan or handkerchief to mimic warm air in the Mediterranean

### Session Flow

#### 1. Introduction (5 mins)

Welcome everyone

Explain you're going on an "Imaginary journey to Italy"

Invite everyone to relax, enjoy, and share if they'd like to

#### 2. Guided Storytelling (20–25 mins)

The sights, smells, and sounds of Italy

Traditional foods and cooking

Music and culture

Historical landmarks

Pause to ask gentle questions:

"Who remembers eating spaghetti with family?"

"Did anyone travel to Italy or know someone who did?"

Encourage storytelling, laughter, and sensory descriptions.





# Armchair Travel

## Facilitator Guide

### 3. Music and Movement (5–10 mins)

Play classic Italian songs

Invite light swaying, clapping, or gentle dancing (if appropriate)

Sing along or hum familiar tunes

Suggested songs:

- Volare – Domenico Modugno
- That's Amore – Dean Martin
- Funiculi Funicula, or Torna a Surriento

### 4. Sensory & Food Activity (10–15 mins)

Offer small tasting or smell-based prompts:

Pass round dried herbs for sniffing

Offer a mini biscotti or sip of decaf espresso

Let residents feel pasta shapes or garlic bulbs

Use simple prompts:

"What does this remind you of?"

"Did you grow herbs or cook with these?"

### 5. Wrap-Up (5 mins)

Thank everyone for sharing and travelling together

Ask where they'd like to go next (Spain, Scotland, India?)

Finish with a toast:

"To good company and happy memories — Salute!"





# Armchair Travel

## Italy

### A Taste of Italy

We begin our journey in the warm Mediterranean sunshine.

The air smells of fresh basil, sun-dried tomatoes, and wood-fired pizza. You might hear the gentle clinking of coffee cups and the buzz of a piazza (that's a town square).

Italy is a country full of colour - from the green hills of Tuscany to the sparkling blue Amalfi Coast, and the golden light of Rome at sunset.

#### Let's take a moment...

Can you remember the smell of fresh coffee or garlic in the pan?

Have you ever made your own pasta or had real gelato on holiday?



### Food and Flavour

Italy is famous for its food — simple, fresh, and full of love.

Think of:

Spaghetti Bolognese simmering on the stove  
Lasagna bubbling with melted cheese  
Tiramisu — layers of cream and coffee-soaked sponge  
Fresh bread dipped in olive oil, maybe with a glass of red wine

Who used to cook Italian dishes at home?

Do you remember trying pizza for the first time?

What is your favourite Italian meal?

A cooking memory — maybe Sunday dinners with family?





# Armchair Travel

## Italy

### Music and Romance

Now let's float down a Venetian canal...

You're sitting in a gondola, the water gently rocking beneath you, and you hear a gondolier singing "O Sole Mio".

Italian music is rich with romance. Songs like:  
"That's Amore" by Dean Martin  
"Volare" by Domenico Modugno  
Opera classics like Nessun Dorma or Ave Maria



Does anyone remember dancing to those songs?

Or maybe singing them at family parties?



### History and Beauty

Italy gave the world:

The Roman Empire  
The Leaning Tower of Pisa  
Artists like Michelangelo and Leonardo da Vinci  
Beautiful cities like Florence, Venice, and Rome  
You may have seen photos of the Sistine Chapel ceiling, or the Colosseum, or Venetian masks during Carnival.

Have you ever travelled to Italy or known someone who did?

Which sights or landmarks stand out in your memory?

### Countryside and Culture

Picture the rolling Tuscan countryside — rows of grapevines, cypress trees, and stone farmhouses.

Imagine walking through a small village where everyone knows each other, and the scent of lavender, herbs, and citrus fills the air.

Many Italian families spend evenings outdoors, sharing long meals together. They laugh, they sing, and they always have time for a good story.  
Did your family have similar traditions - long meals, music, or big gatherings?







# Armchair Travel

## Facilitator Guide

### Armchair Travel Game Instructions

#### Three Things You Would...

Welcome to your journey around the world - no passport required!

This activity is all about imagination, curiosity, and having a bit of fun while exploring different places from the comfort of your chair.

#### How to Play:

Choose your destination!

Today, we're "travelling" to: \_\_\_\_\_  
(This could be a country, a city, a landmark, or even a continent.)

Read out or look at the "Three Things You Would..." prompts.

You'll see a variety of questions starting with "Give me three things you would..."

Take it in turns to answer each one using your imagination.

You can answer by writing your answers down, or speak them out loud in a group or one-to-one discussion.

There are no wrong answers!

You can be serious, funny, creative, or nostalgic. Enjoy thinking about what you'd do in this new place.

#### Tips for Group Sessions:

Take turns sharing your answers.

Ask follow-up questions like "Why that souvenir?" or "Have you ever done something similar?"

Encourage memories, stories, and fun discussion.

You can use maps, music, food samples, or pictures to bring the destination to life!

#### Objective:

To spark imagination, conversation, and joy while learning about new places and sharing personal ideas, preferences, or memories. This activity is especially great for boosting mood, reducing isolation, and encouraging connection with others.





# Armchair Travel

1. Three things you would pack if you were travelling there...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. Three things you would want to try while visiting...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3. Words you would use to describe what you imagine this place is like...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. Give me three questions you'd ask a local person there...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

5. Give me three souvenirs you'd bring home...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

6. Give me three things you would take a photo of...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

7. Name three people (famous or not!) you'd take with you...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

8. Three things you would write on a postcard home...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

9. Give me three things you'd say in the local language...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

10. Give me three sounds you might hear there...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

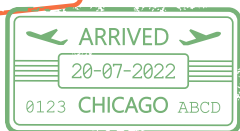


# Armchair Travel

Fill out your travel passport and flight details



Photo



Name:

\_\_\_\_\_

Date of birth:

\_\_\_\_\_

Birthplace:

\_\_\_\_\_

Issue date:

\_\_\_\_\_

I'd like to travel to:

\_\_\_\_\_



## Boarding Pass

NAME: \_\_\_\_\_

FROM: \_\_\_\_\_ TO: \_\_\_\_\_

FLIGHT: \_\_\_\_\_ SEAT: \_\_\_\_\_ GATE: \_\_\_\_\_

DATE: \_\_\_\_\_ BOARDING TIME: \_\_\_\_\_

NUMBER

\_\_\_\_\_



BOARDING PASS



Photo



Name:

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Date of birth:

---

Birthplace:

---

Issue date:

---

I'd like to travel to:

---

Photo



Name:

---

Date of birth:

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Birthplace:

---

Issue date:

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I'd like to travel to:

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## Boarding Pass

NAME: \_\_\_\_\_

FROM: \_\_\_\_\_ TO: \_\_\_\_\_

FLIGHT: \_\_\_\_\_ SEAT: \_\_\_\_\_ GATE: \_\_\_\_\_

DATE: \_\_\_\_\_ BOARDING TIME: \_\_\_\_\_

NUMBER



BOARDING PASS



## Boarding Pass

NAME: \_\_\_\_\_

FROM: \_\_\_\_\_ TO: \_\_\_\_\_

FLIGHT: \_\_\_\_\_ SEAT: \_\_\_\_\_ GATE: \_\_\_\_\_

DATE: \_\_\_\_\_ BOARDING TIME: \_\_\_\_\_

NUMBER



BOARDING PASS



## Boarding Pass

NAME: \_\_\_\_\_

FROM: \_\_\_\_\_ TO: \_\_\_\_\_

FLIGHT: \_\_\_\_\_ SEAT: \_\_\_\_\_ GATE: \_\_\_\_\_

DATE: \_\_\_\_\_ BOARDING TIME: \_\_\_\_\_

NUMBER



BOARDING PASS



# Get the Most from Our Free Resources



Learn how to deliver engaging, evidence-based sessions that improve confidence, connection, and quality of life for people living with dementia. Our CST Course builds the skills behind the sessions giving you the confidence to lead them well.



View more details on our courses including our CST course on our website.

[www.activity-circle.com/online-courses](http://www.activity-circle.com/online-courses)

Or find them linked on our homepage.

