The purpose of my trip was to learn more from some of the projects aligned with The Centre for Contemporary Latin American Studies (CCLAS), particularly from the lecturers who have conducted research on the social impacts of climate change in Colombia, Brazil, and Guatemala. In addition to these potential meaningful meetings with lecturers, I expected to know the astonishing architecture of the University of Edinburgh as well as some emblematic places in the city where it is easy to travel through time to the magic of the seventeenth century.

My trip started on Tuesday, 19th July 2022. Once I arrived in the city, I could not avoid walking around the canal area in Leith. Because of its proximity to the ocean, the canal broadens, as though the sea welcomed the Water of Leith.

Given that my first meeting was scheduled on Thursday, I planned to visit Dean Village on Wednesday, 20th July. Seeking to reach the village’s heart, I roamed the iconic Edinburgh Castle. I felt how its immensity and the lofty castle’s height were taking me back eight centuries ago.

As I was approaching Dean Village, I noticed that colourful flowers decorated most houses and made the village lively. The yellowish traditional houses attuned to the vibrant sound of water made me feel I was in a Shakespearean plot. I walked around the villages for hours. Of course, I could not resist making up some randomly fictional stories about what moments could have occurred some centuries ago in that village.
On Thursday, around 2:00 pm, I arrived at the School of Languages, Literatures and Cultures at the University of Edinburgh. I held a meeting with Dr Charlotte Gleghorn, who is a Senior Lecturer in Latin American Film Studies, Head of Spanish, Portuguese and Latin American Studies, as well as Associate Editor of Bulletin of Spanish Visual Studies and Bulletin of Spanish Studies. Before this meeting, I had organised some key ideas and questions for this lecturer to outline the discussion on visual arts and indigenous cinema and understandings about non-western approaches in mental health studies.

In this sense, the discussion revolved around some critical topics to be taken into consideration in the audio-visual data analysis. I found this conversation very thought-provoking as it was my first time analysing moving pictures. Charlotte shared with me some examples of how technical topics might be included by placing the camera as a key element in research. After this meeting, I stepped forward with the methodology of my dissertation project.

The next day, Friday 22nd July, I had my second and last meeting with Dr Amelia Bain, a research fellow on some climate change and disaster risk reduction projects within CCLAS. Our meeting took place in a goth-style cafe close to the Edinburgh Climate Change Institute, which we roamed it after our meeting ended. This dialogue was remarkably important for my literature review in order to come across current studies on climate change consequences and mental health impacts.

Before my trip ended on Sunday, I headed over some emblematic spaces across Edinburgh, such as: The Scott Monument along Prince Street, the National Gallery of Scotland, the Royal Botanic Gardens, and St Giles’ Cathedral.

This trip enabled me to gain an in-depth understanding of the analysis of audio-visual pieces as well as reflections on the ways we need to decolonise mental health studies to be able to understand an array of pluricultural contexts in which wellbeing is experienced collectively.