

Where I come from,
mountains have always
surrounded what I know,

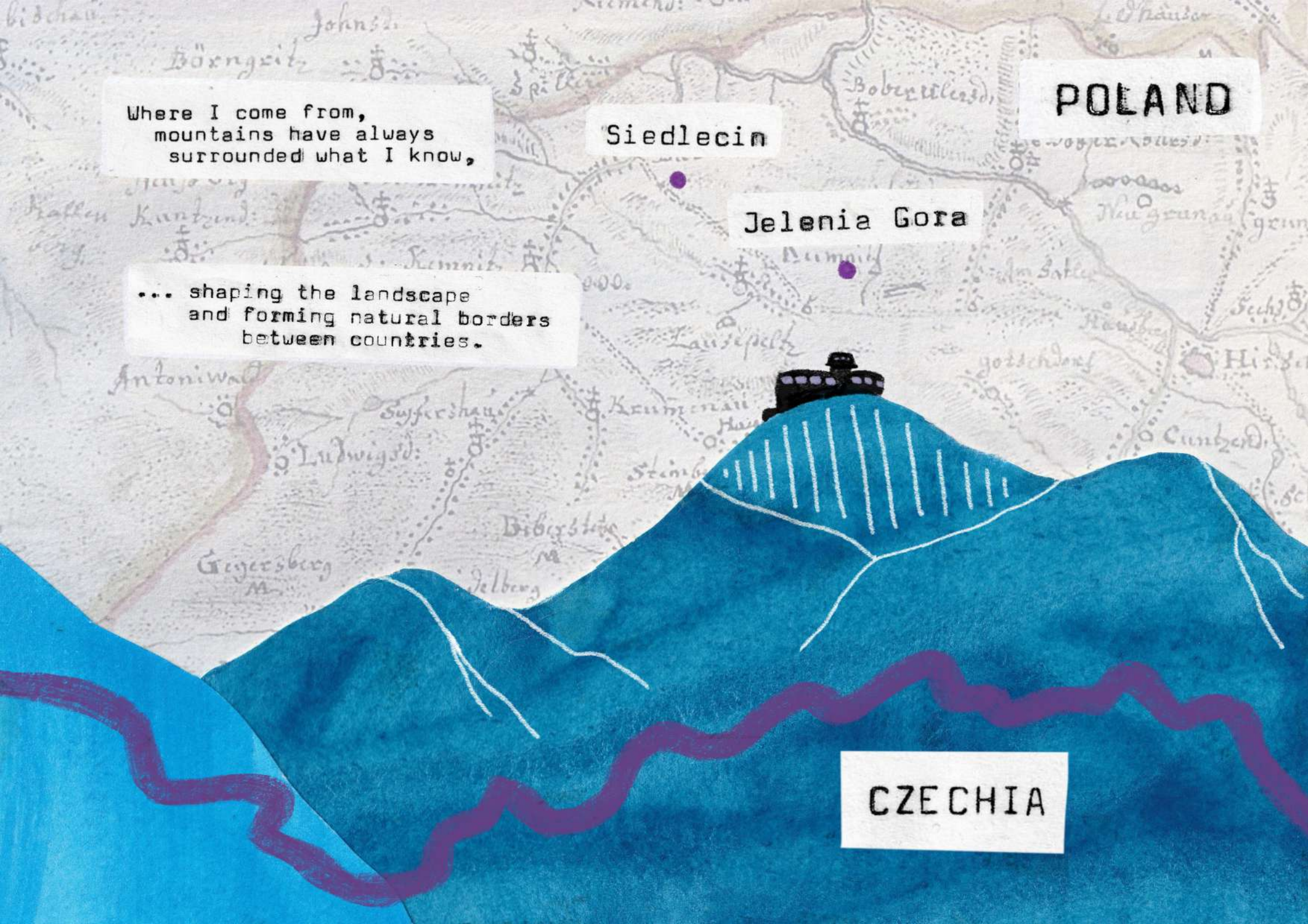
Siedlecin

POLAND

Jelenia Gora

... shaping the landscape
and forming natural borders
between countries.

CZECHIA





They provide protection
in the valleys they shape...

... and serve as points of orientation,
helping us find our way.



HEALING

The climb toward the summit
can mirror the process of healing.

The hardest part is often
finding the courage to begin.

You need to accept
that there is no final summit
to reach. There is always
another peak waiting ahead,
another challenge to meet.

And once on the path,
healing becomes a continuous,
lifelong process
of working on yourself.

The mountain does not have to prove its existence.

It simply is.



I am learning that I am just as worthy
to tell my story and take up space.