



# Keeping the Line Open: A Journey Through Time

September 23 to October 10, 2024  
Malta to Rome

*"What would Nightingale do?"  
Trastevere, 2024*

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September 23, 2024

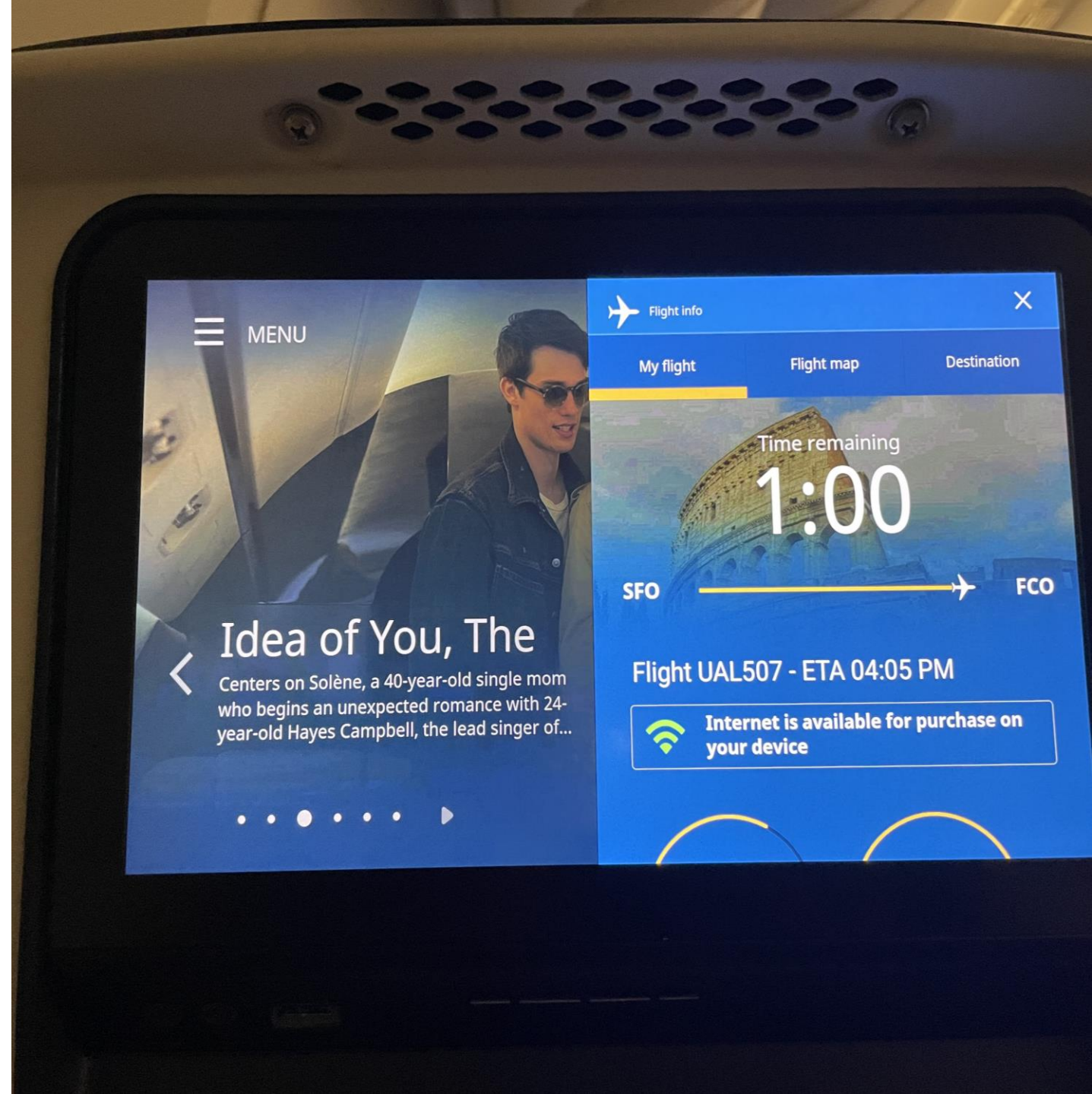
Delayed boarding, **United Airlines** to Rome, no direct flight to Malta

September 24, 2024

Arrived in Rome and barely made it through Immigration and Customs service, and connected to **IT Airways** flight to Malta. No internet connection, access only to airport Wi-Fi to check-in on a cellular phone. Blessed by being guided by many individuals and officials to the gate.

*"Knowing what I do not know, ask what I need to do and how to do it."*

Arrived at Malta airport, met a pre-arranged transportation service and was escorted to **the Vivaldi Hotel**.



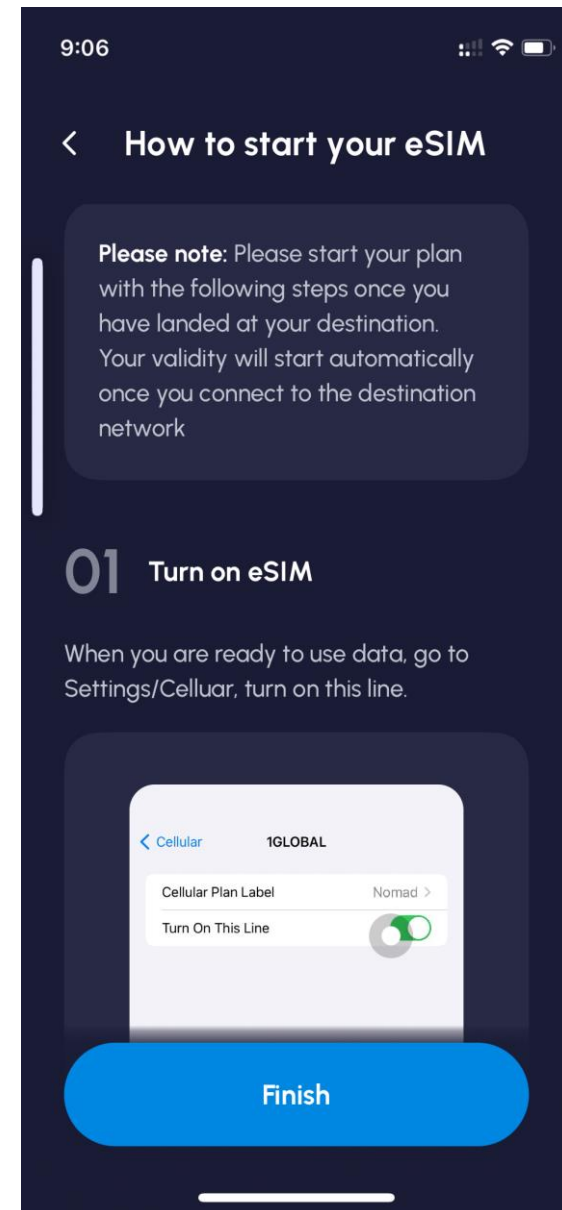
September 24, 2024  
Activated eSIM card  
@ the Vivaldi Hotel

Arrived to the hotel where I meet my *Airbnb* host  
after my walking tour, pre-arranged with  
*GetYourGuide*

[Book Things To Do, Attractions, and Tours |  
GetYourGuide](#)

*"Explore Malta's vibrant capital on a guided  
walking tour of Valletta. Wander among beautifully  
preserved medieval buildings and enjoy  
breathtaking views from the Upper Barrakka  
Gardens."*

Activated eSIM card purchased with *Nomad* on my  
cell phone with help from back home in the US, in  
order to communicate with *WhatsApp*



September 25, 2024

Participated a half day walking tour  
and Checked-in Airbnb

Was able to communicate and to arrange meeting with Airbnb host. The walking tour was not in the neighborhood where I expected to be. I had wanted to familiarize myself with the route from the Airbnb to the conference site:

***the Intercontinental Hotel.***

Rather, the tour was arranged to be picked up at various locations, driven, and dropped off at the main attraction, then regrouped according to language preferences for walking. No group identification, handing out of maps, contacts, places to visit, time schedules and so on.

***The Vivaldi Hotel*** was a meeting/dropping place for the tour and short walk to Airbnb. After check-in, I asked the host how to get to the hotel, so he offered to walk with me as the hotel is a short distance. He explained there were several walking options. We walked and took an option of taking an elevators from the underground parking next to the hotel. Unfortunately it was out of repair for nearly 2 months. We climbed up about 5 floors to reach the hotel, entered and walked back to Airbnb, climbing along the St. George Beach below. I was not so sure of my ways around, so I decided to explore on my own. Then, **I fell down on the way back.**



September 26-28, 2024

Commonwealth Nurses and Midwives Federation (CNMF)  
board meeting/conference @ **Intercontinental Hotel**

**As I was injured below my right knee**--luckily with no open wound nor fracture--it became questionable for me to walk to the hotel: the streets were narrow, busy one-way, sloped cobblestones pavement, with construction debris and dust almost everywhere. Considered getting an **Uber**. No easy access even though Airbnb was located in the same complex of **St. George Park Hotel** with wide two ways street entrance, but which was blocked with white poles, each way, mysterious and artificial wide open space, which Uber drivers were unable to drive through.

September 29, 2024

Sunday Mass with Airbnb host, walking distance.

September 30, 2024

Instead of **Uber**, I hired a taxi in-person @ Taxi station for two hours for a local tour and paid cash. He was unable to drive through this entrance either, but knew the way (one-way back road) to drop me off in front of Rohan Block, the apartment building.



October 1, 2024  
Depart to Rome from Malta

*"Knowing what I do not know, and ask what I need to do to overcome challenges with **the injured leg.**"*

I became aware of several things related to the journey from Airbnb in Malta to the new Airbnb in Rome as follows:

#### Challenge 1:

Early morning (7am) **Air Malta** flight

Arranged a taxi for pick-up in front of Rohan Block, not **Uber** which required "a meeting point" outside of the complex.

Obtained the name of taxi driver and telephone #

#### Challenge 2:

Malta Airport is not equipped with a passenger boarding bridge, requires climbing stairs. Requested wheelchair assistance @ airport information desk for departure as well as arrival.

#### Challenge 3:

Time management between arrival time and check-in time (2:30 pm) for Airbnb, plan to use **United Airline Club** pass.



October 1, 2024

Arrived in Rome, cleared first two challenges but not challenge #3. How I can time manage between arrival and check-in time @ new Airbnb?

Wheelchair assistance brought me to the designated waiting area for passengers in wheelchairs. I showed the pass for *United Airlines Club*, but it is located at departure terminal, not arrival terminal. "*Oh, Well*" moment.

I learned that one of attendants would take me @ Taxi/pick up site, or I could check-into *HelloSky* lounge up to 3 hours for fee. But not both.

After contacting Airbnb host and letting one of the agents talk, I was able to negotiate them to take me to the lounge and to pick me up 3 hours later and bring me to Taxi area.



October 2, 2024

After settling down and spending the night, I was not sure about staying in this place, a small room in an old apartment building, for another 2 weeks. There were several reasons. The main reason was that I felt unsafe using the in-room shower and toilet, separate elevated units with loose doors, no place to grab for balance. It could be my fear of falling down again. Also, I could be alone most of the time as the host would often be away.

I booked this place as home base to make a couple overnight trips with train rides outside of Rome. Due to my injury, I gave up these ideas.

With the thought of moving out to a hotel, I sat and had a breakfast @ **Loly**, a historic printing house turned to a modern boutique hotel close by.

Walking with a crutch, which the host lent me to use. A new unexpected journey began.





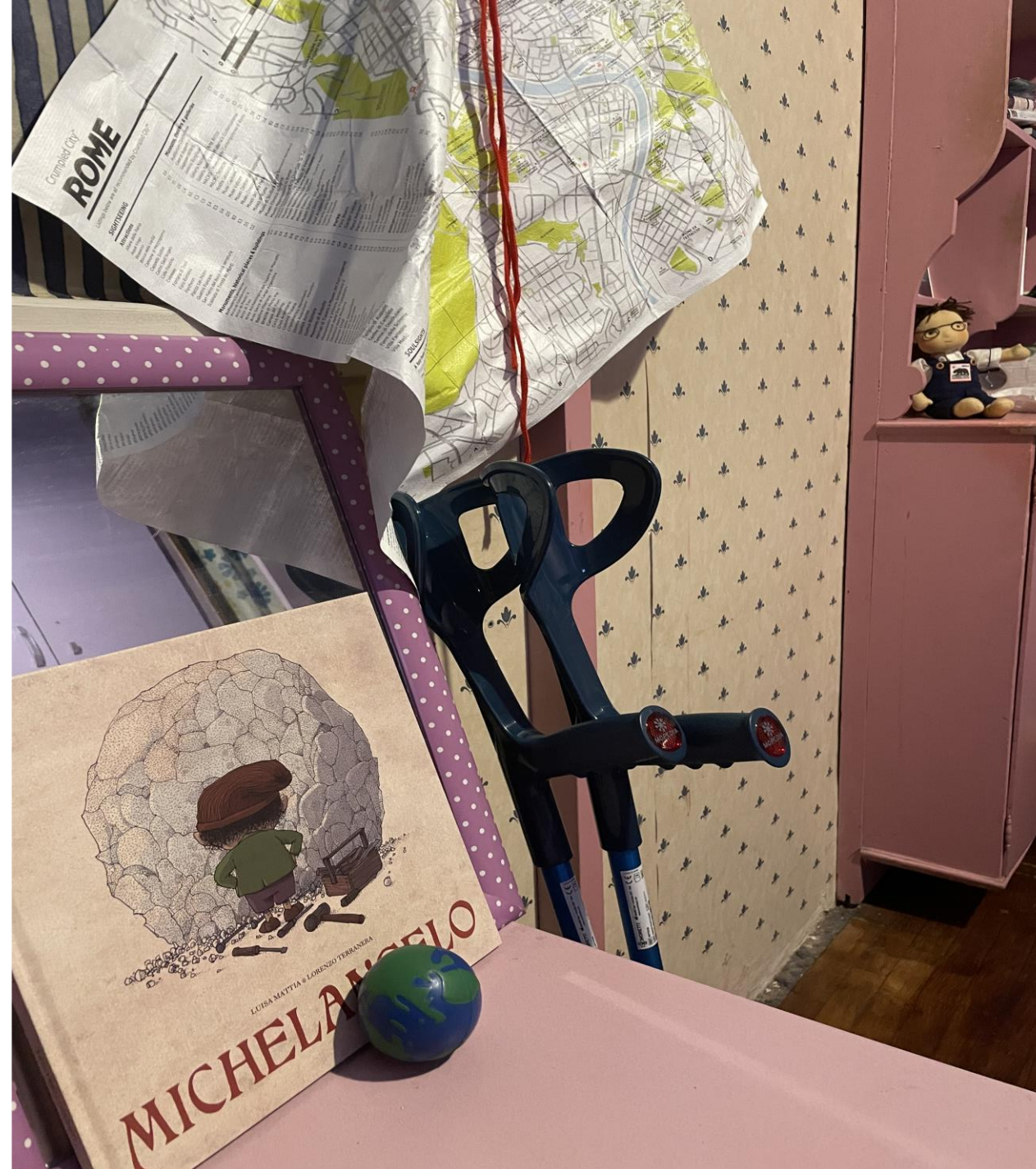
October 7, 2024

Decided not to move out and remained in this tiny room, with a bookcase as a sliding door. Positive side of having a hot plate and an ice box, but no sink. I could make hot water and very basic food prep. Adventured out once a day about 3 to 4 hours on foot with a crutch as my companion, avoiding crowds and outings at night.

Daily ritual of reading Bible (Old & New testament) and submitting one **T.R.E.E haiku** for Instagram: [Yuko Leong \(@yleong311\)](https://www.instagram.com/yuleong311) • [Instagram photos and videos](#)

Eventually, I decided to go back home three days earlier on the 10th of October. Booked the flight, and informed the host, no refund as expected.

Highlights of my adventures as followed:  
10/3 grocery shopping (fruits, ginger honey tea etc.)  
10/4 dine @ Korean Restaurant  
10/5 visited **Santa Maria in Trastevere**  
10/6 (Sun) mass @ **Santa Maria in Trastevere, Roma Trastevere Museum**



October 8, 2024

Reached and crossed Tiber River

In 2014, I visited London and saw Florence Nightingale's **Word Game** display at the museum along Thames River.

[Florence Nightingale Museum London – Visit the Florence Nightingale Museum in London and discover the world's most important collection of material relating to the founder of modern nursing, a celebrated English social reformer and statistician](#)

The concept of her **Word Game** has been my inspiration for **T.R.E.E. haiku**. In Malta, I presented my work for the Commonwealth Nurses and Midwives Federation (CNMF) conference.

[Commonwealth Nurses and Midwives Federation](#)



October 9, 2024

I discovered ***Santa Maria Dell'Orto*** [santamariadellorto.it](http://santamariadellorto.it) by listening **Rick Steves' Audio Walking Tour** [Italy: Audio Walking Tours for Rome, Florence, Venice and More](#) | [Rick Steves' Europe](#) on my way to **the Basilica of Santa Cecilia** [MONASTERO delle BENEDETTINE di S. Cecilia in Urbe](#) | [Ora et Labora](#)

Back home, I've kept thinking "*What would Nightingale do?*" If she saw the statue of **Homeless Jesus** by Timothy Schmalz, outside of **Roma Trastevere Museum**



Journey to be continued ...

Keeping the line open: Mending  
***Adverse Childhood Experiences (ACEs)***  
one step at time

