

number 1 | January 2021

English

 **INTEGRA**
Asociación Cultural
A Coruña

Integra

Magazine of Asociación Integra Cultural*



Integra

January 2021

EDITORIAL BOARD



News

Julio Romero Bedate



Events

Eliana Pirrello



Projects

Jesús Sancho Revilla



Culture

Carlos Silva García



COVER #1

Galician Memories

Beginning and end, La Coruña, Galicia (Spain) 2016.

Paula Fraile



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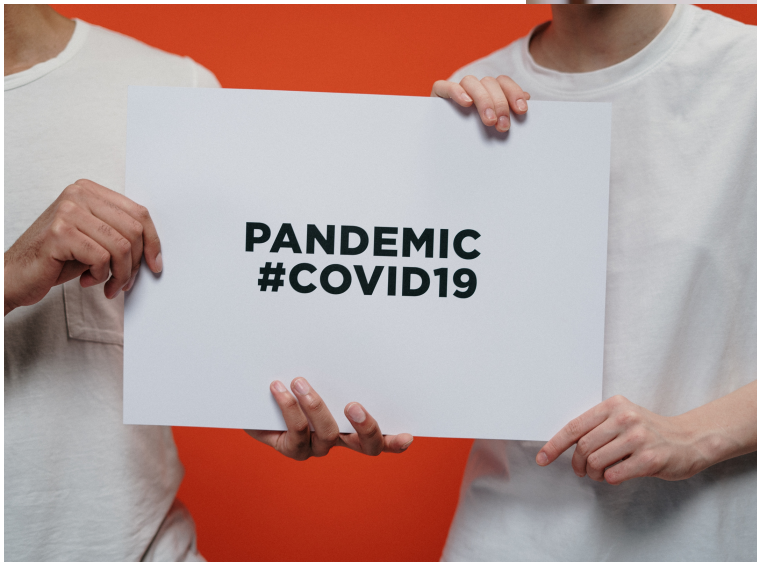
Introduction

WELCOME TO OUR MAGAZINE!

The aim of this magazine is to inform about current events concerning the world of European programs and other information of interest related to this sector, as well as other articles on the projects in which we participate or, simply, lectures on topics that we consider to be can be useful since, when working with people and with different cultures, it is always interesting to be able to read, discuss and learn with it. Of course we will also include current affairs, local culture and development of social events.

We hope you'll like it and let's get started!

Redacción



text of
JULIO ROMERO BEDATE
 Project Manager



COVID-19 our Story

Everything happened very quickly and with practically no margin to act. A flu in China ... declaration of a pandemic ... infections in Italy ... and home confinement in Spain ... We know the consequences and we continue to suffer them a year later without being clear about what the future will bring. A lot of postponed or lost work in 2020 and a lot of time spent adjusting to a new era. Fear and worry invaded us and we had to do what we never wanted to do: stop.

At Integra we work with young people, for European cultural and social cohesion... we work to help other people find their place in the labor market, and all of this implies movement, it implies being always with an active and awake mind ... hibernation is not part of our minds, but now we have an invisible enemy that prevents us

from carrying out our tasks with the same method as until then, and we lack tools to combat it.

Everything seems impossible ... but we work ... we work to ensure that the participants who were developing their Erasmus experience when it all started could go home. They required masks for the flight, but they were not found in pharmacies ... we made them with sheets, filters, needles and threads. We work without performing the tasks we are used to, but we work in the search for those tools that allow us to develop our work, the one we know and for which we are prepared and that we do not want to stop doing. And we have found them.

Currently, in the Asociación Integra Cultural, we continue to develop European projects, adapting to the restrictions set by COVID-19 with online tools and taking extreme health precautions, with the aim of continuing to promote European mobility and the values of the European Union.

"From the beginning, we have worked to be able to receive the groups with total security. To do this, we developed an ad hoc protocol to face the health crisis of COVID-19 by providing masks and disinfectant gel, as well as the .



availability of an apartment to isolate participants in case of positive or if they had symptoms and were waiting to perform a test. All this taking into account the regulations and recommendations of the health authorities”, explains Julio Romero Bedate, Project Manager at Integra

In this way, Integra has continued to receive European participants for internships in the city, thus contributing to favor the integration of young students into the labor market through European mobility and collaboration with companies that have agreed to host these trainees, complying with all the security measures set by the competent authorities (limit of meetings of people, use of masks and disinfectant gels, curfew, closure of hotels and businesses ... etc).

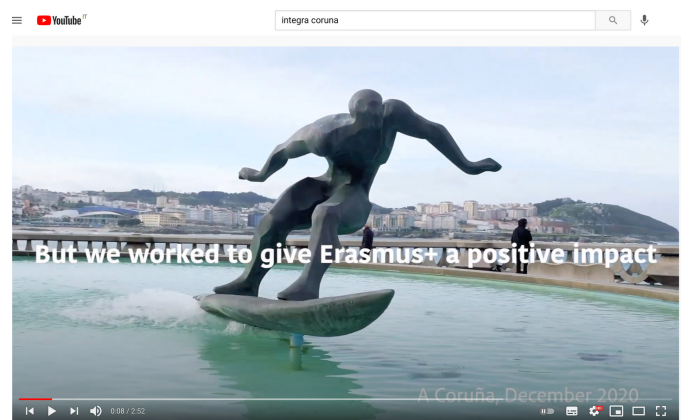
Integra explained to the students through various encounters that the most important thing in a situation like the current one is, more than fear, responsibility, since the former can end up leading to a blockage that prevents developing a normal experience, while Responsibility gives us the necessary tools to optimally face this challenge, as stated by Carlos Silva García, president and psychologist of Integra.

2020 has been a demanding year, the pandemic has changed the existing system and many of the current measures and recommendations, even with a vaccine and this situation controlled, will be approached with another point of view and other needs or concerns for which the whole of society You will have to adapt and work to

overcome this emergency, as well as other situations that may arise. From Integra Coruña, we want to send a message of encouragement and gratitude to all the people who have made the new normal possible.

With this video we want to share a positive message of hope through our Erasmus + participants and Integra staff.

Link to the full video:<https://www.youtube.com/watch?v=Ri6I2yW8hcw>



Christmas Boxes

text of

ELIANA PIRRELLO
Training Manager

These past Christmases have been atypical in many ways. The fear of contagion and of being infected, the restrictions and doubts about what could or could not be done. The trips suspended and the returns home postponed for more auspicious moments.

Under this halo of sadness and resignation, the Integra Cultural Association has had an idea: to use this time to be able to brighten the holidays to those who ask least. If this year we cannot give gifts to our people or organize dinners, why not do it for those next to us and who are usually invisible to the population...?

With great enthusiasm we have contacted BoanoiTe (a group of Franciscan Youth, who dedicate their free time to improve the society that surrounds them that visit and meet those who sleep on the streets and offer them a Home so that they can regain momentum.

So, we have thought of making some X-mas gifts for people who spend their days on the streets, for whatever reason. According to BoanoiTe, we have agreed on the number of boxes we needed that were going to be delivered and some common rules to avoid the common excesses of assistance that people usually reach when they are not used to working with this kind of thematic.



Cajas de Navidad!

PARA LOS MÁS NECESITADOS



EVENTS

The 17 Erasmus Italians have been totally involved in dedicating their parties to carry out this initiative and to be able to deliver the boxes on time for January 5. Was requested for the activity : a shoebox that should contain: a garment that would give warmth (a scarf or a hat or a pair of gloves), a sweet thing (a nougat or a chocolate bar), a book or a hobby, a product to fight against Covid (a mask or a gel) and a card to congratulate Christmas.

The welcome to the initiative has been such that we have had to reject a box for not overflowing the logistics. Everyone has turned upside down. All the components of Integra and their families, the Hospital Veterinario 4 de Octubre de Coruña has left a position of collection of boxes that has been very

successful, the Ong Refugees Welcome Galicia has contributed very generously, many individuals who have wanted to add to the initiative just for helping, like Sonia, Montse, María, Ana... ..and the Italian Erasmus of the Terroir and Digimob Groups, who have taken care of all the details of the boxes as if they were for their relatives.





text of
JESÚS SANCHO REVILLA
Projects Technician

BE LIKE YOU Entrepreneurial models for young Europeans

Asociación Integra Cultural takes part on the project of the Erasmus Plus program BELIKEYOU, focused on encouraging young entrepreneurship in the European Union.

The project is a strategic partnership for development of innovation, and besides Integra there are several associations and schools from Europe: [ARTES](#) (Italy), [Raibais kakis](#) (Latvia), [4 EPAL KAVALAS](#) (Greece), [Fundacja Na Rzecz Integracji Srodowiska Akademickiego Miasta Poznania "Jeden Uniwersytet"](#) (Poland), y [Colegiul Economic Ion Ghica](#) (Rumanía).

BELIKEYOU Storytelling on Entrepreneur Role Models for Young Europeans is an Erasmus + project and involves in

its research and training activities in 2 years more than 180 high school students in 6 European countries.

The main question the project wants to reply is how can we promote entrepreneurship as part of young Europeans' culture and most important thing when they think of, see and meet an entrepreneur to start thinking that they want to be like her or him. We would like more young people to say: yes, I want to be like you! The BELIKEYOU project aims to develop an innovative digital storytelling program based on entrepreneurial role model methodology for boosting the culture of youth entrepreneurship in Europe.

It is necessary to build up a positive communication about the opportunity of being entrepreneurs in Europe through sharing stories of successful entrepreneurs, in different countries and from our heritage and from present European startups ecosystems. This should be done starting from the use of digital and new technologies and appreciated ways of communication by the young people. Young people are more entrepreneurial than ever, and certainly more entrepreneurial than their older 'baby boomer' parents.

Having done the research on the Erasmus EU thematic site database and other resources, we discovered that no projects have emerged that address these issues.



The objectives that the project wants to reach are:

- Explore mechanism of role modelling among young people regarding entrepreneurship, communication channels that young people, especially those who want become entrepreneurs, use to build up their future career;
- Offer an innovative methodology to create influential and appealing digital storytelling to empower entrepreneur role models among young Europeans;
- Create and improve a training program in European schools, at secondary level, put together by students and teachers in an formal and non-formal environment to produce contents of storytelling that can be spread in class and through digital means and the internet to other schools and youngsters in Europe that can impact on young Europeans role modelling promoting the career and choice of life of entrepreneurs;
- Share our knowledge with other stakeholders at a local, regional and national level.

More info are available on project website:

www.belikeyou.eu

And on the Facebook profile:

<https://www.facebook.com/belikeyouproject/>

And Instagram:

<https://www.instagram.com/belikeyouproject/>

Project code 2020-1-IT02-KA201-079565

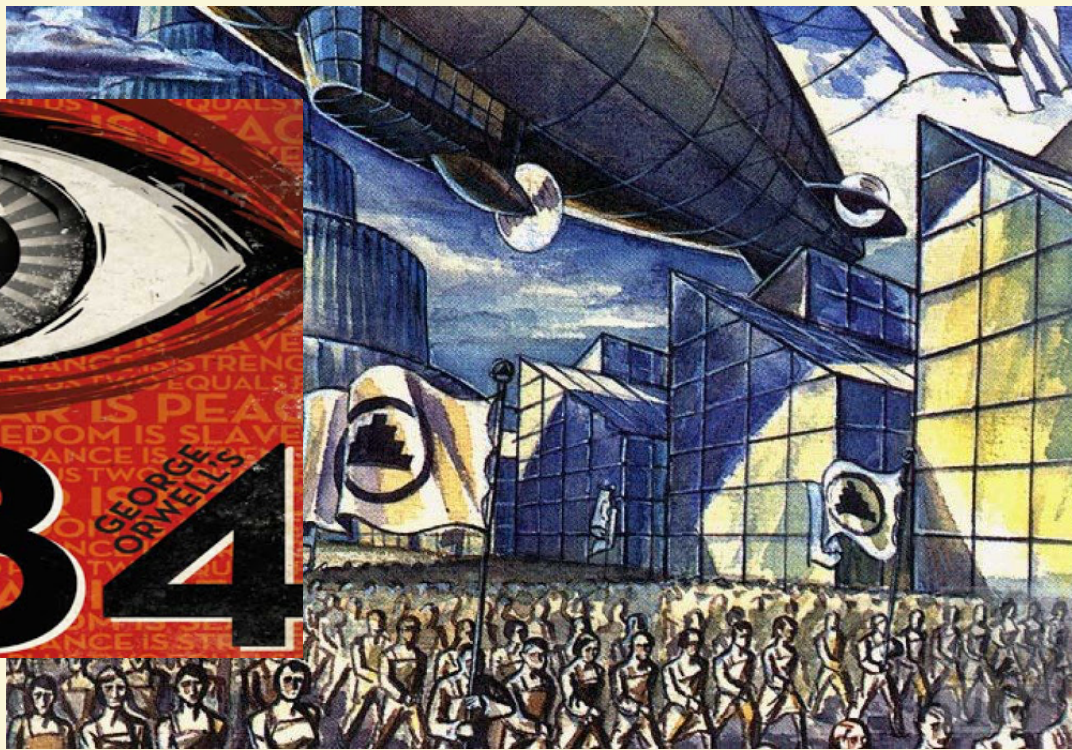
Project title BELIKEYOU Storytelling on Entrepreneur Role Models for Young Europeans.

The European Commission's support for the production of this publication does not constitute an endorsement of the contents, which reflect the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained there in.



2020-1-IT02-KA201-079565 BELIKEYOU STORYTELLING ON ENTREPRENEUR ROLE MODELS FOR YOUNG EUROPEANS





text of
CARLOS SILVA GARCÍA
 President

1984 George Orwell

We can safely claim that, along with “Brave New World” by Aldous Huxley, 1984 is one of the masterpieces of dystopian science fiction.

In “1984” we put ourselves on the shoes of its protagonist, Winston Smith, a 35-years-old man who lives in the city of London, in Oceania. He, like the rest of inhabitants of Oceania, is subjected to the oppressive yoke of the Party and the “Big Brother”, an omniscient and omnipresent entity to whom the citizens worship unconditionally.

But not all of them. And Winston is one of them. As we accompany him in his daily life, we discover how deep are the hatred and contempt he feels for both the Party and the Big Brother and how they, being in possession of absolute power, can construct and deconstruct at will the

reality in which their citizens live and that they accept the ever-changing versions of this reality without even asking how much of the truth there is in it. It is enough to erase something from the collective imagination to implant the new version in the collective mind. Something that has been erased from our memory ceases to exist forever. And its replacement becomes the absolute truth.

However, the most important lesson we learn from Winston Smith about totalitarian states is that the most frightening of the power they can deploy is not necessary the absolute control of people’s life or making someone disappears from the face of the earth (“vaporize” in the novel) and convincing the rest of the world such a person has never existed. Not even the elimination of critical thinking. The most frightening of their powers is the ability to strip people of their HUMANITY.

That is the greatest of their victories and the most propitious of the grounds to plant the seeds of their ideology.

In the words of Winston himself: “If you can feel that staying human is worthwhile, even when it can’t have any result whatever, you’ve beaten them”.

Contacts

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the world of Integra!



Vist our website and follow us on our social
networks to discover who we are and what we do

<http://integracoruna.com>



Asociación Integra Cultural

info@integracoruna.com

(+34) 678 711 856

(+34) 981 260 365

Paseo Marítimo 4, bajo izquierda - 15002

A Coruña - Spain

- The Asociación Integra Cultural was founded in 2004 in A Coruña as an initiative of young people with experience in the field of social inclusion and European cooperation. This magazine is not a newspaper as it is updated without any periodicity. Therefore, it cannot be considered an editorial product in accordance with the Law.