

Democracy: Play Now!

Ribadavia

17th - 22nd of November 2024

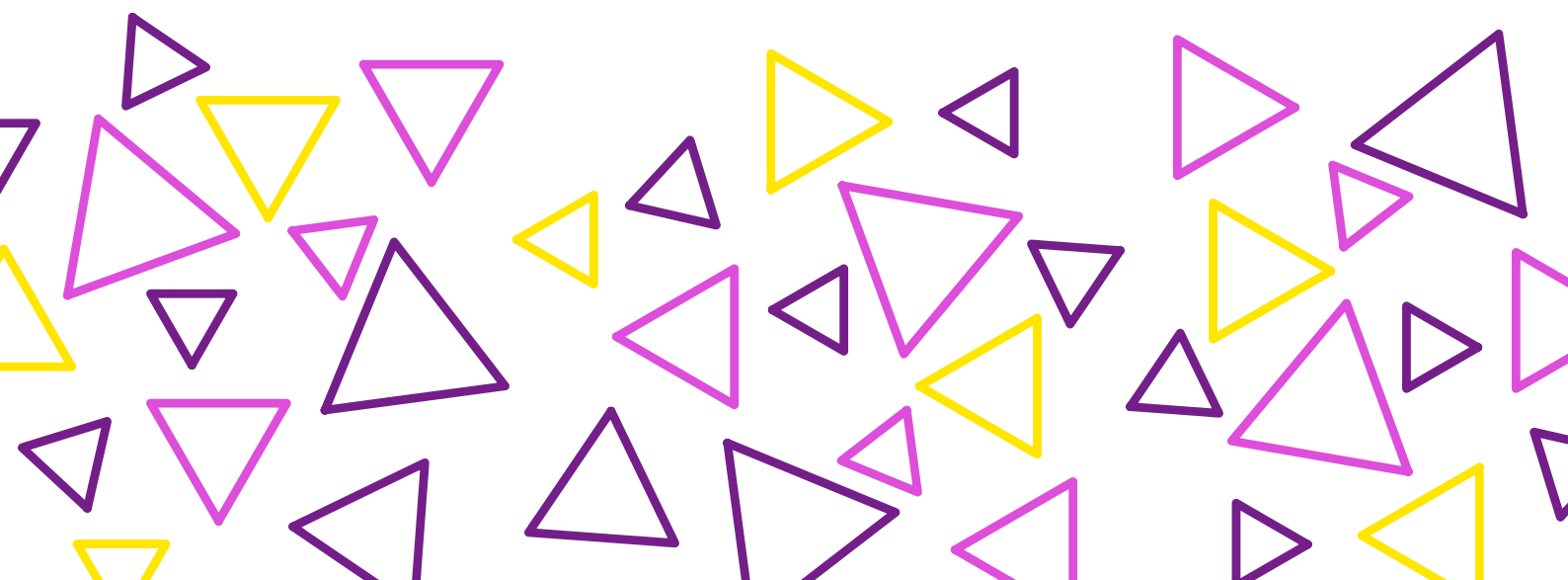
MAIN TOPICS:

Democratic participation
Active citizenship



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The main objectives are:

- To increase and strengthen **youth participation in democratic procedures**.
- To raise awareness and insight on the importance of **active citizenship**.
- To **develop skills** like leadership, decision-making, critical thinking and public speaking, the ability to interpret media messages, communication skills.
- To activate the participants' **creativity and alternative thinking**.
- To **support group-dynamics and cooperation** by promoting mutual understanding and intercultural dialogue.
- To **provide information regarding misinformation, the principles of European Union, European parliament structure, principles of Democracy, gender equality**.
- To **stimulate their interest** regarding the principles of European Union, European parliament, volunteering and exploring possible ways of contributing in their community.



PARTNERS

5 European countries

- Spain
- Portugal
- Greece
- Estonia
- Romania

DURATION

6 days (Travel days included)

PARTICIPANTS

People for each country = 4 participants
from 18 to 30 years old

+ 1 team leader (no limit of age)

Why do we want to carry out this project?

- The % of the youth participation (18-25 years in the democratic and political procedures is decreasing leading to electoral abstention.
- The threats and consequences of this phenomenon are directly and indirectly evident in our societies.
- Threat for democracy.
- Young people aren't aware of the ways they can contribute and support actively their societies on local, regional, national and European level.

Some of the Tools / Activities

Scavenger Hunt, Gamification (board games, simulations), Role playing, Theatre

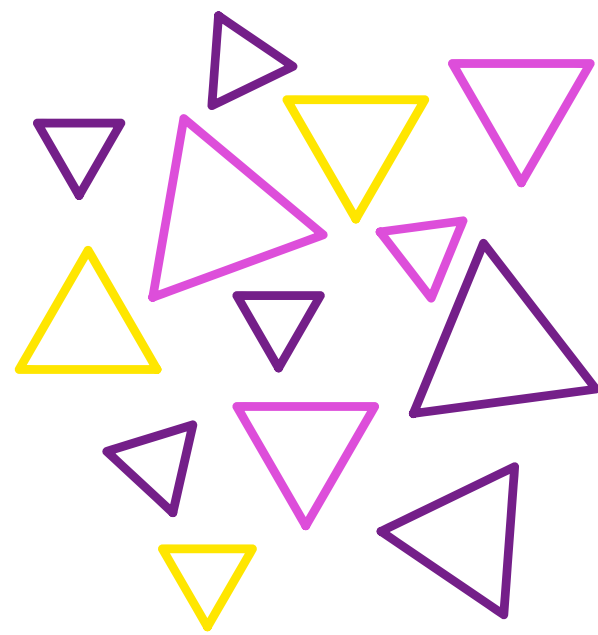
Program draft

(The selected participants will receive the detailed program)

1st DAY	2nd DAY	3rd DAY	4th DAY	5th DAY	6th DAY
	Welcome session	Misformation of media	Excursion in Ourense with guide	Youth pass & ESC Erasmus	Departure day
	Introduction to the topic	Gender Equality & Active citizenship	Visit Avante LGBT org	Town Hall visit	
	Lunch break	Lunch break	Lunch break	Lunch break	
Arrival Day & Ice breakers	Team building activites	Team building activites	Team building activites	EU principles & European Parliament	
	Activity in Ribadavia	Decision Making and critical thinking	Visit the Thermas	Final evaluation	
	Intercultural night	Free time	Free time	Closing and Farewell	

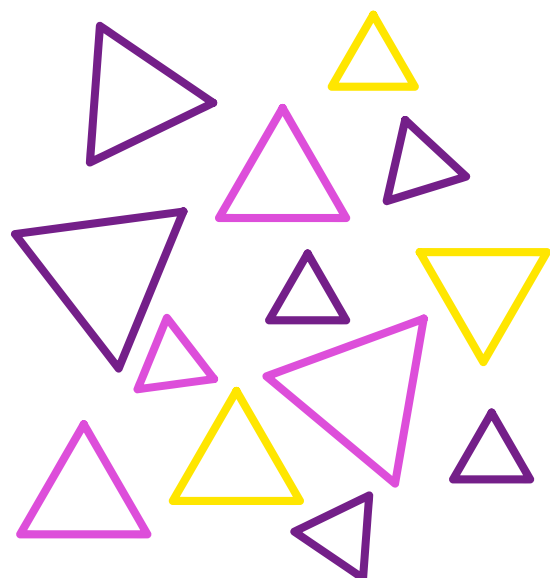
Ribadavia

Ribadavia is a town and municipality located in the southwest of the **province of Ourense**, autonomous community of **Galicia**, Spain and a former part of the Kingdom of Galicia. The urban area lies on the right bank of the **Miño river** and the last course of the **Avia river**. It is the capital of the **comarca of the Ribeiro**.



The town was declared a **Historic-Artistic ensemble** in 1947. Near the Campo da Feira, one can find the ruins of the **Castle of the Sarmientos**, the Counts of Ribadavia, dating from the XVth century. It still preserves the interior, towers and walls.

Ribadavia is not only linked for wine, but also to the presence of **Jewish culture and history**. Its Jewish quarter is the most significant in Galicia, both because of its importance and because of its fine state of repair.



Who are we?

Omix Ribadavia

The Municipal Youth Information Office (OMIX Ribadavia) has been created to support the youth of our municipality within the framework of **non-formal** and **informal education**.

Together with **the European Volunteering** and **local volunteering**, we create a space for youth, to help them achieve their goals.

We actively support their participation by facilitating innovative free time activities, stimulating their creativity, developing different skills and sharing information.

Moreover, one of the most important aspects of our work is the **promotion of voluntary service among young people in order to encourage active citizenship**

We have experience in different European programs and have been working within the framework of youth mobility programs since the year 2007

OMIX Ribadavia is a member of the **Galician Youth Information and Documentation Network (RIX)** of the Xunta de Galicia.

We work as well in different areas such as:

- The preparation and coordination of local events and celebrations that take place in Ribadavia (Festa da Istoría, Virxen da Portal, Noite Meiga, Festival Artificial, San Xoán, Mostra Internacional de Teatro, ect.),
- Language workshops, annually.

Our team

Carolina Soluri - Italy

Currently serving as a European Solidarity Corps volunteer, where she engages in initiatives that promote **community development and social impact**, Carolina is passionate about fostering democratic values and civic engagement. With a degree in **International Sciences and European Institutions**, she is skilled in organization, planning, and cross-cultural communication. She has experience in the education field and a passion for non-formal education techniques. She is committed to creating **inclusive learning environments** that empower participants to contribute meaningfully to their communities.



Andrea Rodríguez - Spain

Andrea, a **social and cultural anthropologist** with a specialization in **Innovation and Critique** of Anthropological Knowledge. In recent years, she has been involved in **activism, volunteering, mentoring**, among other activities. Currently, she is pursuing a Master's degree in Secondary Education, Baccalaureate, Vocational Training, and Language Teaching. Her motivations and aspirations include urban and migratory movements, demographics, and education, as well as aspects of **social work**. She is skilled in **project evaluation** and design, as well as conducting research to support their growth and development.



Trainers

Borja Pérez - Spain

Borja is a **Technical Forestry Engineer** specialized in **Environmental Management**, with training in **Heritage Interpretation, Environmental Education**, and knowledge of programming and free software (LPIC and LPIC-II). He also has extensive experience in environmental, cultural, and social associations and has been coordinating volunteer projects since 2016. Recently, he has been working for an NGO called Sustinea, a non-profit organization whose objectives are the **protection of biodiversity in all its forms**, the promotion of alternatives based on sustainable development, the construction of an **egalitarian, fair, and supportive society, and the promotion of comprehensive education** at all levels and in social, environmental, and cultural areas.



Manuel Araujo - Spain

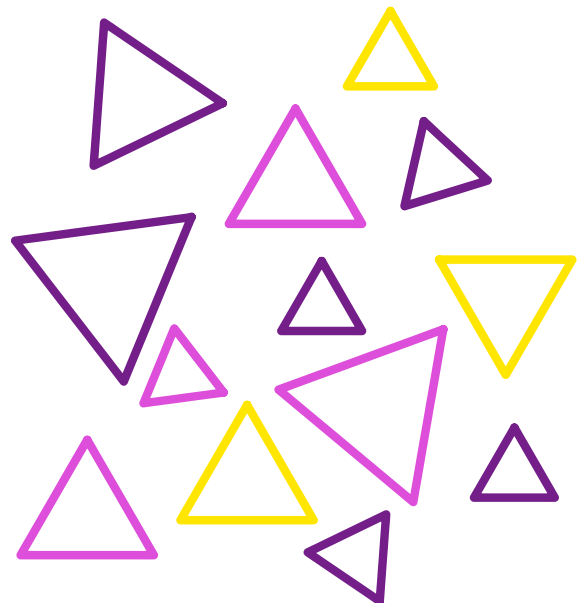
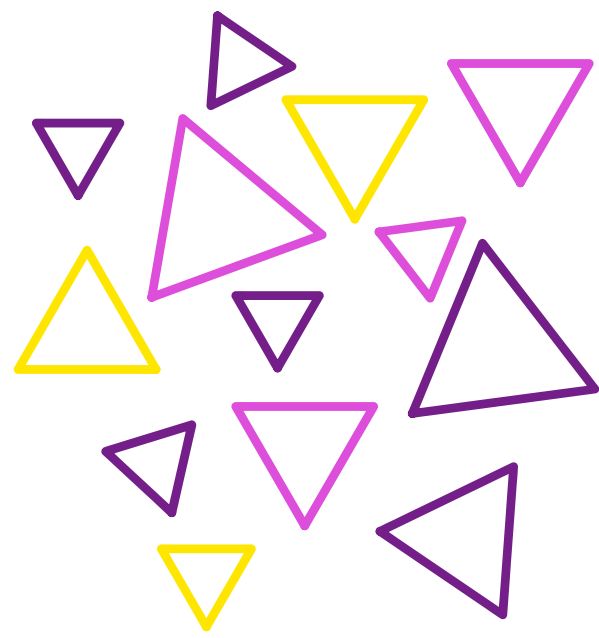
A graduate in **Pedagogy** with a Diploma in Teaching and a Certificate of **Professionalism in Youth Information**, he became a **European volunteer in 2005**. In 2006, he began coordinating the **Municipal Youth Information Office (OMIX Ribadavia)** and led a **European project with Latin American countries**. Since 2010, he has also managed the youth information center. In addition to his management role, he works in **youth and adult education, organizes local and international projects**, and has contributed to European programs and publications. He has also served as a **speaker, trainer, moderator, and mentor** in various educational contexts.

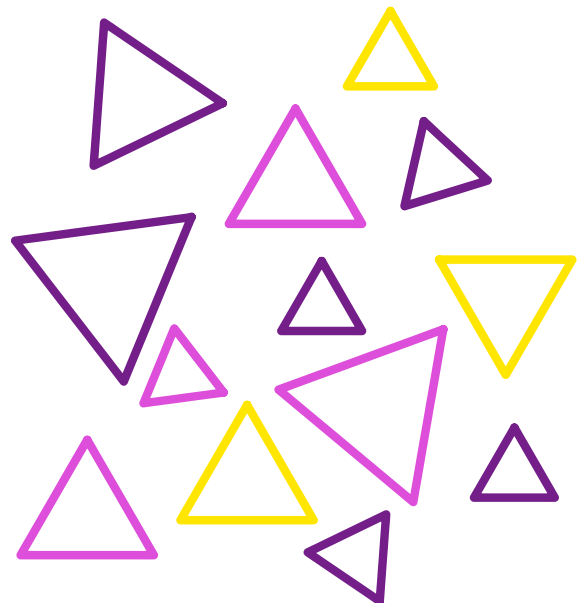
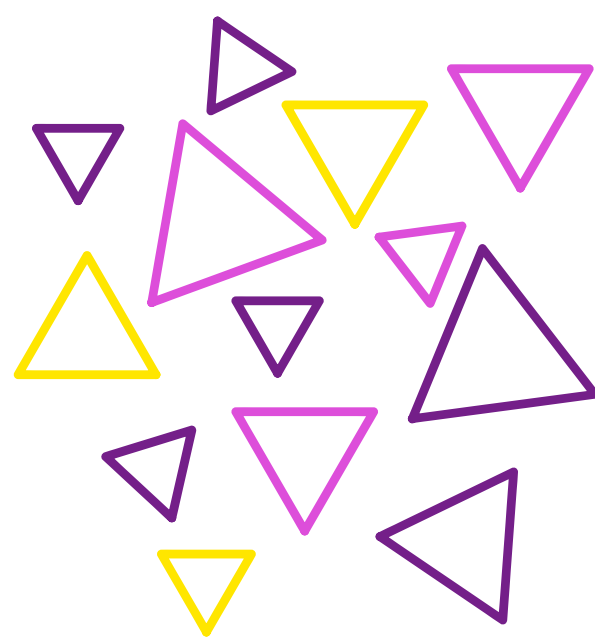


Accommodation and food

Accommodation and food are fully covered.

- You will be staying in **the Garden Lodge Hostal Evencio** close to the city center. This hotel is located in a lovely area, close to historical monuments and museums.
- The fully equipped, modern rooms are the perfect place for a relaxing stay. The rooms have private bathroom, shower, hair dryer (upon request).
- We will have **breakfast at the hotel**. We will have **lunch and dinner together** to enjoy local and traditional food.
- There will also be two coffee breaks a day, with fruit and Galician sweets to keep your energy levels up.





Getting there

Vigo airport:

- When you arrive to Vigo airport, you take the bus Vitrasa A and in 30min it takes you to the stop Tva de Vigo 7, which is 15 mins walking until the main bus station.
- From Vigo bus station there are two Monbus buses per day (or more, depends on the period) that take you directly to Ribadavia.

More information : <https://www.monbus.es/es>

Santiago de Compostela airport:

- From Santiago de Compostela airport, you take the bus Nr. 6 to the main bus/railway station of Santiago in 20-30 minutes.
- From there, there are regular buses and trains that bring you to Ourense.
- From the Ourense bus station you take the Monbus Line XG604 that takes you to Ribadavia.

Porto airport:

- From Porto airport you can take the Flixbus to reach Vigo, the capital of Galicia.
- From the same bus station, the Monbus Line XG623 to Ourense will bring you directly to Ribadavia. It runs two times a day.

Getting there

From Ourense to Ribadavia

- If you arrive in Ourense by train, to get to Ribadavia, you need to take a bus that departs from the bus station, which is located right next to the train station, on the right as you exit. **It's very important to consider your arrival time in Ourense when buying tickets**, as there are few buses going to Ribadavia on Sundays. Below, we provide a picture of the schedule (Sundays' times are circled at the bottom right), since there may be errors on the website. **The last bus departs at 9:00 PM.**

OURENSE - RIBADAVIA	
<u>Lunes a viernes</u>	
	7:45 h.
	9:00 h.
	11:00 h.
	12:00 h.
	13:00 h.
	13:45 h.
	14:45 h.
	17:00 h.
	19:30 h.
	21:00 h.
<u>Sábado</u>	<u>Domingo</u>
9:00 h.	9:00 h.
10:30 h.	10:30 h.
15:15 h.	17:30 h.
17:30 h.	21:00 h.

Travel Budget

Travel expenses will be 100% reimbursed according to the maximum per each country

Country	Reimbursement
Greece	395€ per participant 535€ if green travel
Romania	395€ per participant 535€ if green travel
Estonia	395€ per participant 535€ if green travel
Portugal	309€ per participant 417€ if green travel
Spain	211€ per participant 285€ if green travel

Useful Contacts

Health center of Ribadavia: +34 988 470 500

Sanitary urgencies: 061

Telephone of emergencies: 112

National Police : 091

Local Police : 092

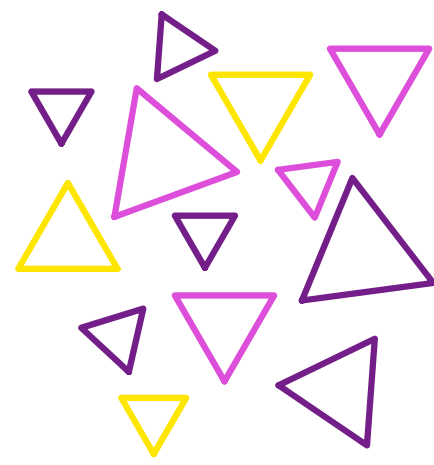
Firemen: 080

Taxis: +34 988 470 760

+34 653 662 989

What to bring

- 1. First Aid Kit** – your personal medication, anti-allergy pills, pain killers, aspirin, etc. (Due to the difference of price, it may be better to bring the specific type you already use from your home country)
- 2. Your passport/ID card**
- 3. All of your travel tickets!** (It's very important to keep all of your tickets and receipts. We can only reimburse you if you give them to us)
- 4. Other things you may need:** unblocked cell phone, chargers, cables, camera, laptop.
- 5. European Health Insurance Card** (Participants are requested to be in a possession of the European Health Insurance Card which is free of charge. It is also recommended to make your own insurance).
- 6. Board games** from your countries to share and enjoy with the group (very important since our project is game based!!)
- 7. For the intercultural night: NO POWER POINT!!! We want to connect and enjoy!**
A creative country presentation (theatre, posters, stereotypes.), music in your own language , traditional food/drink from your home country.

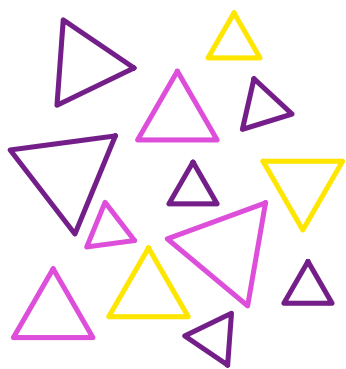


Basic Spanish / Galician words

- **Yes / No** - Sí / No
- **Hello** - Hola
- **How are you?** - Como estás?
- **Fine** - Muy bien / Moi ben
- **What is your name?** - Como te llamas?
- **My name is** - Me llamo
- **Please** - Por favor
- **Thank you** - Gracias / Grazas
- **You're welcome** - De nada
- **Good morning** - Buenos dias / Bo día
- **Good night** - Buenas noches / Boa noite
- **Where is ...?** - Donde esta / Onde esta ...?
- **How much does it cost?** - Cuánto cuesta?
- **One beer, please** - Una cerveza, por favor

Galician weather :

During autumn the average high temperature is 19°C and the average low temperatures around 12°C. Galicia receives a significant amount of rainfall in the autumn months so we recomend you to bring a rainjacket/umbrella.



Feel free to contact us!

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O.M.I.X. Oficina Municipal de Información
Juvenil - Ayuntamiento de Ribadavia

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SEE YOU SOON!