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 **INTEGRA**
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COVER #2

DARSENA CORUÑA

Alfonso Abelenda Escudero

Galicia (Spain) 1987.

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Introduction

WELCOME TO THE SECOND ISSUE OF THE MAGAZINE
OF ASOCIACION INTEGRA CULTURAL!

Positive

We are still standing. Absorbing the positive from events and learning from the negative. On this occasion we want to send a message of gratitude to our collaborators, that without them none of this would be possible, as well as a message of motivation and energy for decision-making.

Also, a synopsis about the weight of life and the vision we give it.

Without forgetting one of the projects we are currently working on and, given its relevance in today's society, we would like to share with everyone.

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

Redacción



text of
JULIO ROMERO BEDATE
 Project Manager

Breaking the Ice

Everything is easier when we already know the way. However, we know that this is not always the case ... nor do we want it to be like that ... the emotion of experiencing something new for the first time involves an infinity of sensations (positive and negative) that define our personality.

Our decisions are based on our knowledge and experience, and to be deprived of their acquisition would imply a lack of personal development and a void difficult to be filled.

Curiosity implies learning or, it implies rather the concern to acquire new knowledge, but it is not easy to develop that in a society in which there is a pre-established system of steps to follow or rules to cope with.

Letting oneself be carried away is easy and comfortable, but it makes personal growth difficult.



For all this, there are countless barriers and obstacles when taking decisions and the first step is usually the most complicated. But it is not about success or error. It's not about whether it will turn out right or wrong. It is about being able to decide.

Breaking the ice is usually difficult and complicated, but what we can find next is an ocean of possibilities. The Erasmus+ program provides you with a range of tools that will undoubtedly help to take that first step. For many young people it will be their first contact with a work environment and this is precisely one of the main advantages of this experience.

There are countless barriers when it comes to getting a job for the first time and one of the main ones is the lack of professional experience or the resilience of the candidates and the main advantage of Erasmus is precisely that it provides some seniority in these two fields, the famous 2x1 offer. Of course, not doing an Erasmus does not mean that we cannot achieve this level of expertise, but it does make it easier.

Erasmus can be defined as an opportunity to get out of the ordinary and feed that natural curiosity of the human being to grow and open new paths.

Erasmus+, companies and COVID-19

text of

ELIANA PIRRELLO
Training Manager

For a year now, this catastrophe that epidemiologists call Covid 19, has meant a radical change regarding our work and daily life.

For more than 15 years, the Asociación Integra Cultural has been in charge of giving Erasmus who come to Galicia the opportunity to carry out their internships in the most coherent way possible with their curriculum, experiences and abilities.

In March of last year, and with a very high forecast of group arrivals, we have been forced to temporarily shut down the activity to enter in a strict and almost global quarantine lasting three months. In August, loaded with good intentions and a bit of fear, but with a little more knowledge about the virus and its social behaviour, we decided to try again with some groups of brave three-month Erasmus + that in the end have turned into 5 months.

This arrival has meant a huge effort and collaboration on the part of all the actors in this project; the promoters, the schools of origin, the families of the participants, us as the host entity and especially the companies that have hosted their internships. After the most hygienic and aseptic conditioning work in the apartments, making them Covid free, a decalogue of almost 50 recommendations and good practices to



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avoid infections and being infected, the big question was how companies were going to react to our internship requests, in a situation of Smart Working, ERTes, limited capacity and total distrust with respect to those who could bring the virus from other countries.

Despite all the cons: the reception of the practices by the companies has been more than positive. Everyone has thrown themselves into this project, they have treated the participants as if they were their employees, they have included them in the health security protocols and they have done PCR when there has been a positive or suspicion of such. Some companies have even appreciated the selfless help that the practices have given them at a time of ERTES, layoffs and total uncertainty.

This article goes precisely as a thank you to these companies and NGOs in Coruña, who have collaborated with us for years, and who have

cosupported and help us in our work, enthusiastically participating in our projects, showing themselves available to all our requests. And now we can say with force that even during a global pandemic we have not been left in the lurch.

Almacén Concept Store, Zclick, Pinocchio &co, Mailoga Trade ® Stores, Centro Ecuestre Pinteño, Componentes Galicia, Solidaridad Internacional, Componentes Galicia, El Laboratorio, Escuela de Tiempo Libre das Utopías, el Club del Mar, CFEA, Rincón Verde, Básquet Coruña, Viajes Áncora, Iuni Consulting.... And many more who have not been able to collaborate.

We are proud to witness this city rise little by little from the effects of this pandemic and slowly re-adapt to what will for a long time be a new normality.





text of

JESÚS SANCHO REVILLA
Projects Technician

GEMINI: GEnerating FeMale Social EntrepreNeurshIp

With great enthusiasm we have started the GEMINI project, with the aim to encourage female social entrepreneurship. This project is cofunded by the Erasmus+ program, on the field of cooperation for innovation and exchange of good practices.

The project is focused on capacity building for youth in the balcan, neighbouring and enlargement countries. In fact, several entities of these countries are involved in the project as partners, such as the Economic Intelligence Center of Albany, the Bosnian Representative Association For Valuable Opportunities (BRAVO) from Bosnia, the Centar Za Podrsku Lokalnog I Regionalnog Razvoja CEP from Montenegro, or the Kadin ve Genc Girisim Merkezi Dernegi from Turkey.

Moreover, the project counts with other partners from EU countries, such as the Social Innovation and Cohesion Institute Fifty Fifty from Greece, Emina Palyaorientacios Alapitvany from Hungary, the Fundacja Autokreacja from Poland, the Innovation And Sustainable Development Institute from Luxemburg, and Društvo za razvijanje prostovoljnega dela Novo mesto from Slovenia.

The project aims to strengthen women capacity on entrepreneurship and digital innovation, creating an online business accelerator simulator to help them access information regarding social entrepreneurship and a space for idea sharing, brainstorming and access to possible investors.

Because of the pandemic, the kick off meeting of the project was carried out online. Nevertheless, we hope to meet phisically all our partners sooner than later, and to continue working on such an exciting project.

Project code: 619148-EPP-1-2020-1-AL-EPPKA2-CBY-WB

Project Title: GEMINI: GEnerating FeMale Social EntrepreNeurshIp

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text of
CARLOS SILVA GARCÍA
 President

21 Grams

"21 Grams", a misleading title indeed. It could be relatively easy for our minds to wander down murky paths with a highly "addictive" substratum instead of taking paths that would lead us to a much more abstract and intangible concept.

Paul Rivers (Sean Penn) is a seriously ill professor whose wife wants to get pregnant before he dies. Christina Peck (Naomi Watts) is a housewife who loves her husband and two young daughters, with a shady past. Finally, Jack Jordan (Benicio del Toro) is an ex-convict who has decided to dedicate his life to the cause of Jesus, helping the local church and troubled kids.

The lives of these three strangers are changed by a terrible accident that brings their destinies together and makes them starting a race in search of love, revenge and redemption.

With sublime mastery, Alejandro González Iñárritu unravels the lives of these three people, using images from the present and the past to show us the enormous and unbearable emotional burden that characterises them and the pain and despair that radiates from them and which, like a metastasising cancer, ends up engulfing those around them, causing them even greater pain if that is possible.

All that pain, love, rage, desire for revenge, for redemption, weighs 21 grams. 21 grams is the weight of our life, just what is lost when we die. As we had already anticipated, the title is tricky and with it the director wants us to make a reflection on the value of our lives and, above all, on how light or heavy those 21 grams end up being, not only for ourselves, but also for those who surround us until the end of our lives.

21 simple grams can be more than enough to bury forever their happiness, their hopes, and their illusions and, of course, ours. 21 grams is the weight of all that we have been and the weight of all that we leave behind as a memory. And they can be as light as a feather, or as heavy as a slab.

Contacts

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- 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.