

If you can't view this email properly, click [here](#)



Symbios Project Newsletter N° 2 – December 2013

News | Keys and challenges for a new perspective



“Territorial exclusion in an European perspective” and “The unused potential of rural areas as a new opportunity for social and labour inclusion” are the two current discussion topics in our forums.

[Read more on the web](#)

Symbios Resources



Monte Cabalar

Extensive livestock against the abandonment of land and smallholdings in A Estrada.

[Read more on the web](#)



PADIMA

It's now available on our web site the final report on the project PADIMA, focussing on mountain areas.

[Read more on the web](#)



Search by Tags

The website contents are tagged now. This allows an easier and faster searching for topics.

[Read more on the web](#)

Available



Telephone medicine

The Galician Health Service (SERGAS) initiates a system to minimizing patient's commuting.

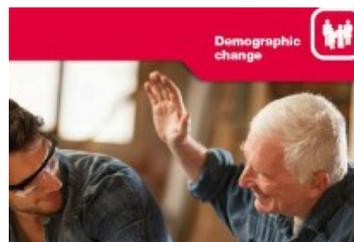
[Read more on the web](#)



Committee of the Regions

Galicia pushes the issue of demographic change to remain as a priority in the Committee of the Regions.

[Read more on the web](#)



Meeting in Brussels

See here the report on the meeting held in Brussels (INTERREG IV-C) .

[Read more on the web](#)

The Interview. Roos Galjard. Researcher. Responsible of the capitalization program on demographic change (INTERREG IV-C)



- **Europe is shrinking and ageing. How we should name this, “demographic debacle”, “demographic crisis”, “demographic change”?** -Demographic change. To call it a crisis implicates it is something we can overcome if we fight it, but this demographic change is structural in its character and we need to find ways to adapt. Demographic transition is another possibility, since we are now in the middle of moving from a situation of growth towards structural decline. - **In very few words, what have we learnt so far on how to tackle this new reality and its consequences?** -Today's declining and strongly ageing areas are our laboratories and lessons are learned with an increasing speed. The 'paradigm shift' from growth to decline offers opportunities for experiment, out of the box solutions and innovation in local planning and governance, for example through community participation. In Europe new approaches and practices to deal with demographic change have been explored in the field of independent living, social and health care services, economic diversification and education, lifelong learning and labour market. - **Do you have some hints for a positive thinking in those most shrinking territories in Europe?** -Raising awareness on the consequences of demographic change is essential. More and

more regions come up with tools and strategies that turn demographic change into opportunities. Practical innovations offer important clues for future policies that allow European regions to face the consequences of population change. The multidisciplinary approach with a long-term perspective in which all actors (government, social partners, universities, et cetera) share responsibilities is gaining ground. With more and more regions in Europe shrinking the solidarity in Europe is expected to grow and an increasing focus on social innovation will increase the quality of life in many of these places. Population decline is not the end!

[Read more on the web](#)



This is the Symbios Project Newsletter. The Symbios Project is an opportunity to meet, to exchange and to learn together about the challenges of demographic change and its consequences for the welfare and the social inclusion, focussing both in people and vulnerable territories in Galicia and other affected European Regions. If you have any questions or want to tell us something, contact us [here](#) and if you want to stop receiving this newsletter, click [here](#)