

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



Symbios Project Newsletter Nº 3 – January 2014

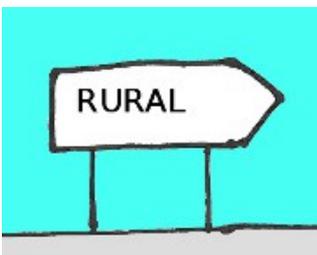
News | 1st Symbios Technical Seminar: The edited proceedings are now available



More than 60 people attended the Seminar held in Santiago de Compostela on the 26th September, 2013. Participants could know first-hand the main demographic features and developments in the project partner regions. The seminar proceedings, containing a summarized version of the papers, are now available.

[Read more on the web](#)

Symbios Resources



Humor

The eternal debate about the quality of life: to live in the countryside or in the cities.

[Read more on the web](#)



Son d'aldea

A renewed cheese factory promotes the revitalization of traditional culture.

[Read more on the web](#)



Rural Resettlement

Rural Resettlement in Ireland: relocation of urban residents to rural areas

[Read more on the web](#)

Materials



Social Inclusion Act

A new Social Inclusion Act was enacted in Galicia in January 2014

[Read more on the web](#)



Towards the II Seminar

The II Symbios Technical Seminar preparations (Santiago, June 2014) have already started.

[Read more on the web](#)



Recapping the web forums

The web forums outputs are now summarized and new challenging questions are posed to participants.

[Read more on the web](#)

The interview. Xosé Luís Carrera. He holds the presidency of the Qualified Denomination of Origin Arzúa-Ulloa Cheese and he is also the director of Arqueixal, a small cheese factory-farm which is also busy in eco agricultural tourism.



- **Which aspects would you consider as unique within your experience?** -We use reusable materials and we insist in a market model which starts from the very local. We promote a different tourism, by rehabilitating the houses in our rural settlement, using bio-construction and zero-energy models. One of the houses is an alive eco-museum, where we recreate the daily life of a Galician house during the thirties.

- **What is the secret to consolidate such a challenging project?** -To continuously innovate –but within our own tradition-, to produce quality by using our own raw material. That's the secret for sustainability and success.

- **Give us please, some good advice against territorial exclusion** -Firstly, to generate self-esteem, to enhance the rural image. And also to get key services, such as transport, but avoiding the rural to mutate

into urban. We need rural development policies and a new territorial planning which should take into account the way we organised ourselves in the past. .



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](#)