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Symbios Project Newsletter N° 13 – April 2015

News | We anticipate your attendance at the Final Symbios Project Seminar



Among the issues discussed at the seminar it is included an overview of the different responses which are being carried out in Europe against the territorial exclusion challenge. We will discuss in groups about the Methodology of Social Inclusion from Public Policies. A specific dynamic to promote collaboration and contact networks that can last over time is also planned. More information and an inquiry here: http://proxectosymbios.eu/en/content/provisional_agenda_final_seminar_symbios_project
<https://enquisas.cidadania.es/index.php/447614/lang-es>

Symbios Resources



Cartoon

Seven stars. This is how the life quality in rural areas is.

[Read more on the web](#)



Rural and Feminine

Ana Corredoira, a 25 year old organic farmer stands up for the key elements to live in rural areas in the video: Initiative + Decision + Eagerness.

[Watch the video](#)



Promoting Networks

One of the Seminar's activities aims to share knowledge and network collaboration.

[Read more on the web](#)

Materials



Guía de recomendaciones y líneas de actuación en inclusión social



Demographic Change and Local Development: Shrinkage, Regeneration and Social Dynamics

OECD Publishing, Paris, 2012

Available from the OECD website



Positive thinking

Turning Demographic Ageing in Europe into Opportunities.

[Read more on the web](#)

Inclusion Guide

This guide of the Fundación Luis Vives includes guidelines to overcome territorial exclusion.

[Read more on the web](#)

OECD Report

In 2012 the OECD carried out a report on local development and demographical change.

[Read more on the web](#)

The Interview. Chusa Expósito, Carmela Valiño e Marta Álvarez. Milhulloa and Granxa Maruxa*



Milhulloa is a cooperative which produces organic medical plants and Granxa Maruxa is an organic dairy farm, both in the area of A Ulloa, Galicia. They are also both feminine and have been working for 15 years. Could you tell us what is your new collaborative project about?

We, the two initiatives, have been in contact for years and there is a strong connection in

the way we work. Granxa Maruxa produces cream biscuits and also offers a sub product, skimmed milk, and it is necessary to show its value. Our project is to launch a line of organic beauty products of high quality by using this milk and Milhulloa's medical plants. This joint production will be in the market on October 2015.

**Chusa Expósito and Carmela Valiño are partners in Milhulloa. Marta Álvarez is partner in Granxa Maruxa.*

[Read more on the web](#)



XUNTA DE GALICIA



UNIÓN EUROPEA

FONDO SOCIAL EUROPEO
"O FSE inviste no teu futuro"

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](#).