



## EXPERIENCIA EN GALES

Os presentamos la experiencia de María José que ha participado en un **curso de formación** del programa ERASMUS+ en **GALES**.

My participation in this training course has definitely been a great step in my process of acquiring new useful skills for my personal life and my professional future in the field of human rights, interculturality and development.

Specifically, I have learned several communicative techniques in the intercultural field, through practical and theoretical sessions that the coaches has been proposing during the training week. Among these practices, I highlight the treatment of



a series of points of interest that have been very useful to achieve the proposed objectives: stereotypes, values, identity, conflict management, effective decision making, gender, etc.

All the sessions have been complemented by other recreational activities – intercultural nights, outdoor activities, walks in the grounds, etc.- in which, consciously or unconsciously, we have been applying the skills acquired and developed in the sessions.

The feeling and dedication provided by the coaches in each one of the activities are without any doubt aspects to emphasize of this training course. All the time, they managed to create a comfortable and safe environment to express our deepest ideas and emotions, which contributed even more to making this experience worthwhile.



Not only did we absorb new knowledge, but we created a sphere of understanding and empathy to transfer to our social, professional and family life. We got to understand, even more, the importance of promoting the feeling of belonging to the European community, in order to fight those unequal circumstances that harm everyone in one way or another, and to a greater or lesser extent.



More specifically, intercultural communication is a necessary tool to know and transmit the different practices that have been effective in dealing with conflicts in different cultures and lifestyles, as well as to listen and value the different proposals that arise within the groups themselves in terms of inequality.

Establishing intercultural communications entails recognizing the differences -ethnic, cultural, gender, etc.- as characteristics of the society, each of which must be recognized as a fundamental gear in the mechanism of struggles for rights that, in any case, are not “theirs” but “ours”, and to which, as individuals endowed with materialized rights, we owe great gratitude.

All of us, interested in the field of interculturality, must be aware of the diverse situations in the world that surround us at all levels (local, national, European and global) in order to contribute our grain of sand to the protection of rights and the fight against the inequalities and injustices we witness everyday.

We are not here get carried away by the system, but to flow with it, by taking part and trying to generate a change that benefits everyone. And for this, it is imperative to recognize and feel that we belong to the same world, wider than the one we can see with our own eyes.

Definitely, attending projects like the one I have been lucky to take part in, is a very enriching activity, since they bring people of very different natures together to share and feed their ideas in a healthy and protected environment from where to observe ourselves and the world around us.



Y tu... ¿Cuándo?

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