

# MIRROR, MIRROR

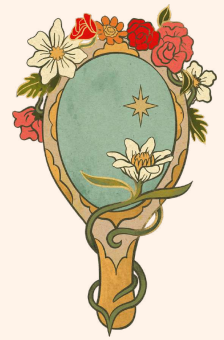
TRAINING  
COURSE

## A TRAINING COURSE ABOUT FEMINISM AND SOCIAL MEDIA

15TH - 22ND JANUARY  
CERRALBA - PIZARRA  
(MÁLAGA)



# ABOUT THE PROJECT



“**Mirror, mirror...**” is a training course within the frame of Erasmus + about how to use social media as a tool for social transformation, especially for gender equality.

During 6 days, participants from 7 countries will work together to learn how to detect roles and stereotypes in social media and work with youngsters to achieve gender equality.

Gender violence is exercised towards women just for the fact of being so. It covers a lot of typologies beyond physical, psychological, economical or sexual violence, since we also find symbolic violence. This kind is exercised in a silent and subtle way but it is present in or daily life and we can see it easily through social media. It is exercised by images, signs, messages, values or social, political and cultural impositions that contribute to discrimination and inequality of women.

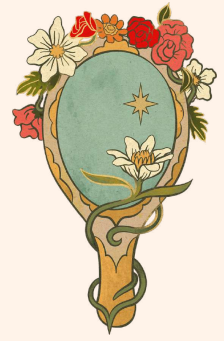
The advancement of new technologies has made it easier for the media to diversify. Today one of the main media is social networks: Facebook, Instagram, Twitter, Tik tok, BeReal... Everyone can access to these apps, create and share content. These continue to reproduce canons and stereotypes, and feed the “ideal of beauty” imposed by the patriarchal society. Instagram, for example is a social network with millions of users sharing and consuming videos and images which can be influenced by the “ideal of beauty”, but we can also find new social movements and profiles that fight against stereotypes and give space to diversity.

Society is evolving and changing really quickly, and this causes that gender violence is exercised in different ways.

For this reason with this project we intend to learn to detect the main ways of symbolic and aesthetic violence that we find in social media, and how we can work with youth workers to detect and change the paradigm. In this way we will be able to achieve a destruction of the beauty ideal socially imposed on women, diversify representation and promote dissident voices.

# OBJECTIVES

- Learn how to detect gender roles and stereotypes in the world of social media
- Know tools that help us work on gender equality with young people using social networks
- Use social network and its format as tool for social transformation in pursuit of gender equality.
- Learn how to fight against hate speeches from our position
- Strengthen the critical spirit of youth as an essential element in personal and social development, promoting individual initiative and collective struggle.



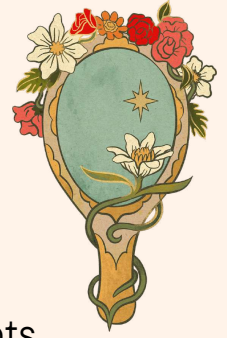
# WHEN AND WHERE

The dates of the project are from 15th - 22nd January (including arrival and departure days). 15th of January is the arrival day since 16 pm. and 22nd departure day. People should leave the accommodation before 14 pm.

The venue will be in CERRALBA, PIZARRA (MÁLAGA) Spain



# WHEN AND WHERE



In our village, there is not a hostel that we can pay for, so the accommodation will be very basic. We will sleep all together in a mixed room and only two showers will be available, so a good schedule will be display to guarantee hygienic among participants.

## **So, you will need to accept this before coming.**

We know that this will be a challenge, but our objective is to work on the development of rural areas, even if the resources are limited. We are willing to find people that are ready to break down personal limits and open up! The Village is very rural, so does not offers a wide range of services, but there is a little shop, and we will do our best to provide common goods for share.





# PARTICIPANTS PROFILE



The participants could be students, teachers, youth workers, association workers, or any active person in youth field, or interested in the topic. Also young people willing to share their experiences to learn from others and to grow personally and professionally.

To offer this opportunity to young people from rural areas is one of our priorities because we want to spread the knowledge and increase their opportunities for self-development. The ability to adapt to non-comfortable and shared spaces with more people should also be taken into consideration. In order to reach our goals in all aspects, we ask our partner organizations to pay attention to the gender balance in the selection of the group.

Besides, to keep gender balance in the whole group, we ask each partner to pay attention to gender and sexual diversity in the selection of participants.

**We are looking for 3 participants of each of the countries of +21 years old.**

## SOME RULES

- We will be host you in our building where our colleagues will continue their working routine, so we will kindly ask you to keep silence specially from 8 till 15h
- Keep quiet atmosphere especially from 8-15h. Be aware of our space and take care of it!
- Participants will have to bring their own **towels** and **sleeping bag**.
- There is no possibility to extend your stay in the place.
- Smoking, drinking alcohol or consuming any other harmful substance it is forbidden in the building
- Participants have to respect the installations, the rooms and the common areas.

# BASIC INFORMATION WE NEED TO KNOW



Find the schedule of the activities attached below! There you can have all the information about our workshops and daily routine. Please, let us know as soon as possible:

- If someone has a special diet (vegetarian, vegan...) or food allergy (gluten, lactose...).
- If someone has some sickness or allergy.
- Any other special need you may have.

Documents that you need to fill up:

- **Participant Sheet about basic information: To be completed before 7th December 2023**

[https://docs.google.com/forms/d/e/1FAIpQLSeO - K1ytsz8mngx23YRuVKJr5gbZYZPI2w3IATxc-70gNCJQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeO-K1ytsz8mngx23YRuVKJr5gbZYZPI2w3IATxc-70gNCJQ/viewform)

- **Google form completed by each participant with the flight and travel information. To be completed before 22nd of December 2023:**

<https://docs.google.com/forms/d/e/1FAIpQLSf-7CGharJuOkglRK-jNzSvsjwgLhHISBI1DXiWkjpJHWcaGw/viewform>

# TRAVEL BUDGET



The cost of the food and accommodation will be covered 100% by the Spanish National Agency, furthermore, travel costs will be granted with an amount according to the travel distance.

According to the Erasmus + Guide for 2023, the amount per participant will be:

- For travel distances between 500 and 1999 KM: 275€ per participant (Italy)
- For travel distances between 2000 and 2999 KM: 360€ per participant (Bulgaria, Greece, Poland)
- For travel distances between 3000 and 4999 KM: 530€ per participant (Ukraine, Estonia)

You can come to Spain 1 day before or/and after the main activities, however, we can not cover the expenses of your venue and meals before or after the activities.

Maximum possible extend of travelling earlier or later than the dates of the training:

14 - 22.01.2024

15 - 23.01.2024

## IMPORTANT!

- Remember to keep ALL your boarding passes and original travel tickets so we can reimburse you the travel costs!!
- **Please, before buy the ticket write to us, so we can check it and give you the approval.**
- **Participation Fee:** 15€/person. This fee will be paid in CASH on the 3rd day of the project.

# HOW TO ARRIVE TO THE PLACE



Málaga has one of the biggest airports in Spain, so hopefully you will find direct flights to Málaga.

The itinerary that you should follow is:

1. Go Terminal T3 in airport to take the train. There is just a line, called C1 RENFE CERCANIAS.
2. Buy a ticket at the vending machine to PIZARRA – just a single ticket.
3. Take the train from the airport (Terminal T3) towards MÁLAGA CENTRO-ALAMEDA.
4. Promptly get off the train at the stop VICTORIA KENT, and change the train destination to ALORA. Line 2 (C2).
5. You will be on this train around 20 minutes and then you have to get off the train at the stop PIZARRA.
6. We will pick you up in PIZARRA and take you to he place:

Edificio la Huerta,  
Calle Caña s/n 29569  
Cerralba-Pizarra

More information in the official train page:

<https://www.renfe.com/es/es/cercanias/cercanias-malaga/horarios>

In any case, when we know your flight schedule we can help you to find the easiest way to get the place.



# CONTACT

When all the participants are selected we will contact them to give them more information and make a Whatsapp group.

In the meantime, for any information you need you can contact us by email.

Responsables for the project:

**Ana Hevilla Ordóñez**

**Paula García Guzmán**

Email:

**[juventudvalledelguadalhorce@gmail.com](mailto:juventudvalledelguadalhorce@gmail.com)**

**WE ARE REALLY  
EXCITED TO MEET  
YOU!**



	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st	Monday 22nd
9.30-11.00		Get to know each other	Social media and feminism	Break out game	Trip	Group work	Erasmus +	Departure
11.15-13.00		The project and organisation	Symbolic violence and advertising	Cinema with purple glasses	Trip	Making social media content	Youthpass	Departure
13.00-15.30	LU	NCH	AND	RE	ST	TI	ME	
15.30-17.00	Arrivals	Work café: Intro to the topic	Creative workshop	Good practices	Free	Workshop with youngsters	Evaluation	
17.15- 18.45	Arrivals	Gender Equality in Europe	Creative workshop	Group work	Free	Workshop with youngsters	Goodbye activities	
19.00-21.00	DI	NNER	AND	RE	ST	TI	ME	
21.30	Arrivals	Intercultural night	Intercultural night	Intercultural night	Free night	Free night	Farewell Party	

\*It could be some changes in the program