

## **First meeting in Valencia with the Umbrella Foundation, from Poland, within the framework of the European project MEWA**

Within the framework of the European project **MEWA-Mature and Elder Woman Activation-exchange of experiences of activists over 55 years of age from Wroclaw and Valencia**, funded by the European Union's KA201 call, during the week of June 28 to July 2022, we received in Valencia the visit of the colleagues from the Umbrella Foundation (Fundacja Wspierania Organizacji Pozarządowych) from Wroclaw (Poland).

The work sessions have been held at the Valencia-Mestalla headquarters of Por Ti Mujer and at the Espai Dones i Igualtat of the Valencia City Council, to whom we thank for providing the space to hold the event. Through this space for learning and exchanging experiences, the ties between the participants from Valencia and Wroclaw have been ensured and we have worked around the concept of ageism and the need to break stereotypes around the age of people, feeling free and motivated to achieve our dreams and put our skills into practice at any age.

Among the activities carried out throughout the week, we have implemented a Working Group on the violation of women's rights in the context of armed conflicts, addressing an in-depth analysis of the situation of Ukrainian women and the Poland's role as the main receiving border country for refugees. Thanks to the participation of Carolina Durán, on behalf of FARMAMUNDI, the opportunity was also provided to learn about the realities of women in other armed conflicts in other countries of the Global South, as the situation experienced in Colombia is treated.

At the same time, the participants have been able to learn about the work of the Espai Dones i Igualtat of the Valencia City Council, as well as examples of good practices of active aging projects developed in the city. In this block of sessions, we have the participation of Amparo Ramírez, director of Espai Dones, Carmina Busó, Head of the Active Aging Section of the Valencia City Council, Paqui García, Equality Technician of the Regidoria d'Igualtat, Gender and LGTB Policies and Dolores Vidal, Equality Agent and President of the ALIA Association.

In addition, we had the opportunity to learn, as a good practice, the program 'GREAT WOMEN' of the Regidoria d'Igualtat told by its participants from their own experiences, who attended one of the sessions. This program aims to promote actions aimed at the female empowerment of women over 55 years of age, to achieve higher participation rates in all social environments, through awareness workshops for equality and prevention of gender violence, as well as of group cohesion.

In the last session, we addressed a space where the participants, both from the Umbrella Foundation and Por Ti Mujer, will be able to collectively observe the course of the work week. All of them highlighted having meaning in a family and Sorora atmosphere and were satisfied for having been able to learn about the realities lived by women in different parts of the world, from an intersectional approach, as well as the legal situation of women's rights and the struggle of the feminist movement and other social groups in each of the countries analyzed.