



ESCAPE FROM THE NET CAVE II

15th - 25th November
Naron, Galicia - Spain

 Funded by the European Union



INTRODUCTION

02

"Escape from the cave" is a project organized by association BreGal, based in Galicia. We are in Aldea Nova which is an eco farm located in Sedes, a small town in A Coruña. Our environment is surrounded by nature and animals in the middle of a green hill. This project involves 36 young people from six different countries in Europe, in a multicultural exchange: Spain, Italy, Latvia, Germany, and Turkey.

As a team, our goal here is to learn more about journalism by sharing different knowledge of the media situation in our different countries.

Developing our critical thinking skills and getting confidence in the forming and expressing of our own ideas and points of view while doing lots of different activities that involve discussions about the many problems we have or not in common, while trying to find solutions for those things that aren't working well in the actual media situation.



WHAT ARE THE PROBLEMS ?

03

All the main problems that we have found are related to the lack of trust and the mismanagement of information by the press industry, like the click-bait technique, all the fake news or de reliability of the sources. Also there are other problems linked to the amount of time wasted in social media by the general population, like the cyber-abuse caused by the cancel culture, or the discriminative information shared in the press.

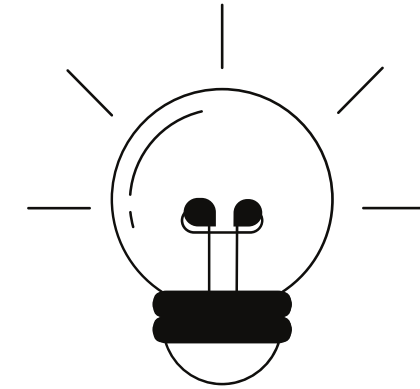
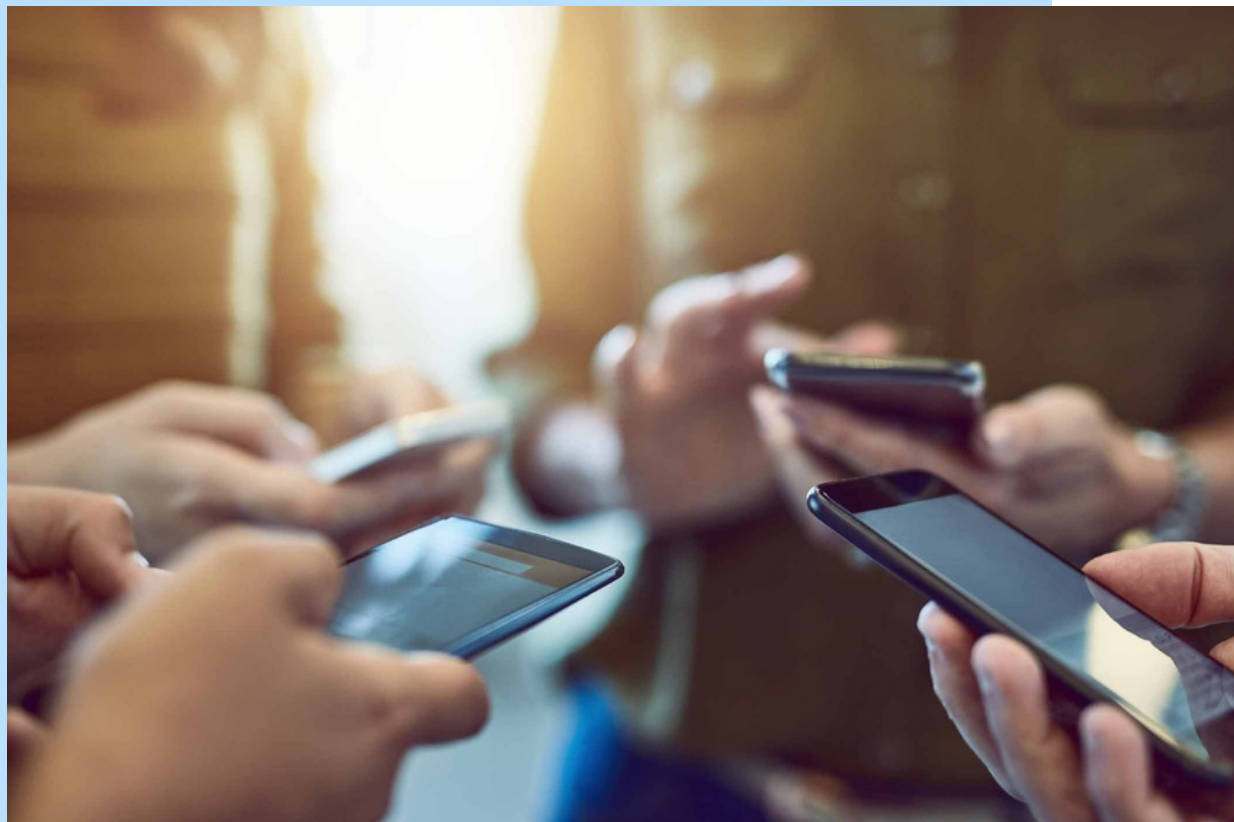
- Social media is addictive
- Cancellation culture
- Click-bait
- Discriminative information
- Reliability of the sources
- Lack of media independence
- Time wasting
- Cyber-abuse
- Double standard
- Power of representation

1. SOCIAL MEDIA IS ADDICTIVE

04

What is the problem ?

All social media platforms can be addiction for us. We waste most of the time by using them, specially cause algoritmas show us what we like so we can't go out of internet.



What are the solutions ?

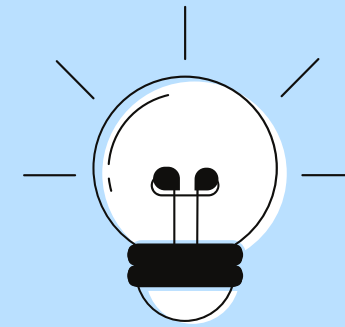
We shouldn't idolize people and shouldn't be a fanatic for anyone but also we can use their power of representation in a good way. We can use this power to encourage people.

2. CANCELLATION CULTURE

05

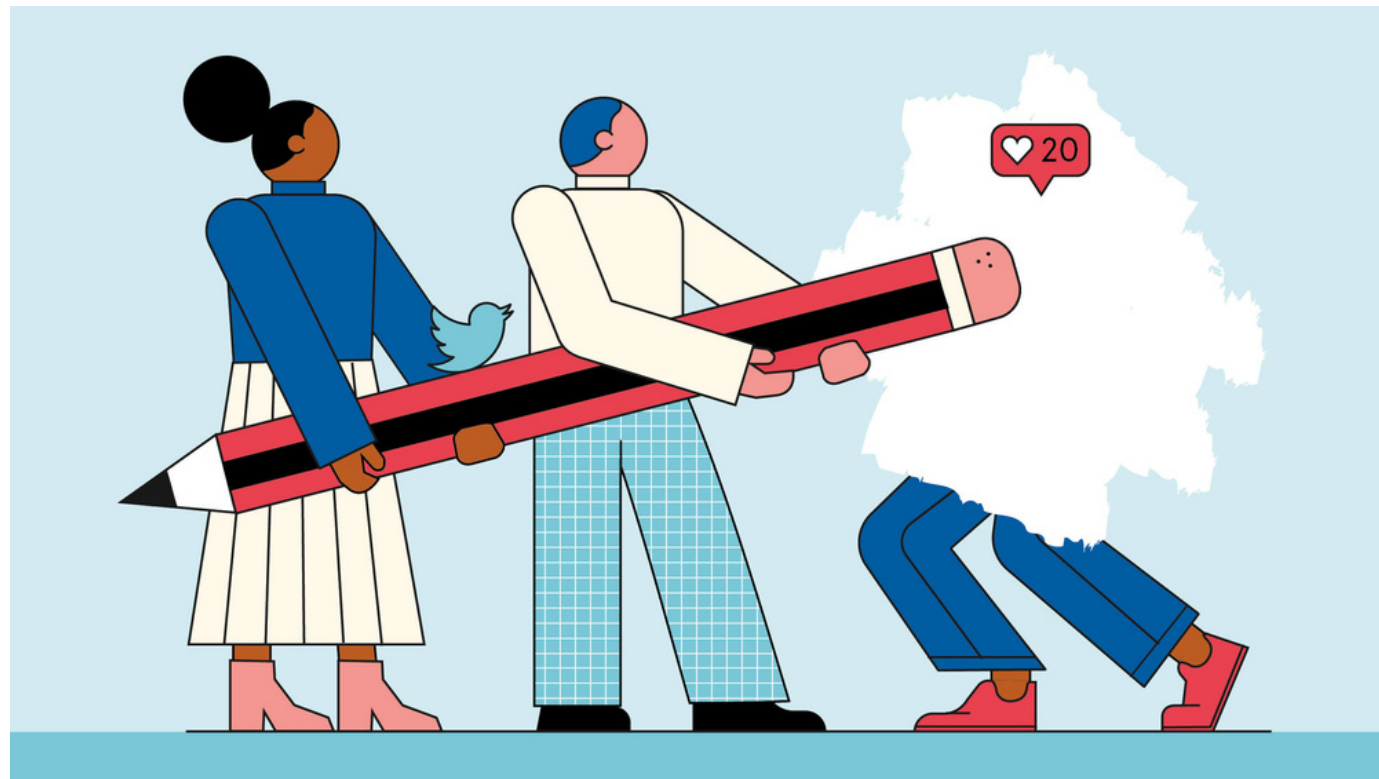
What is the problem ?

Cancel culture refers to the practice of withdrawing support for individuals or organizations after they have been accused of objectionable behavior. This can include anything from boycotting a person or company's products to refusing to work with them.



What are the solutions ?

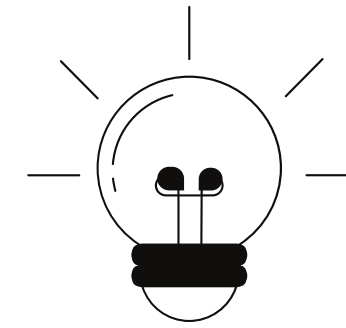
Sometimes, cancellation culture is a problem, sometimes is a solution or way to punish someone. People can make mistakes. When you're wrong, have the courage to admit you're wrong. Life has a balance between good and bad. If you are not judged in court, don't try to cancel others. If you do, they will do too. Minorities are the most defenceless groups in society. Their rights can be measured easier than others. Don't cancel their cultures.



3. CLICK-BAIT / FAKE NEWS

What is the problem ?

Fake news is false or misleading information presented as news. Fake news often has the aim of damaging the reputation of a person or entity, or making money through advertising revenue. These are stories that are deliberately fabricated to gain more website visitors and increase advertising revenue for websites.



What are the solutions ?

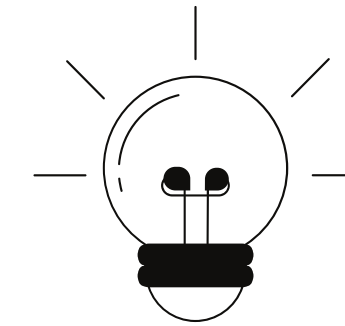
The best way to combat fake news is to give young people the tools to think critically, to verified publishers, to check before sharing, to reinforce the laws against fake information. We need to understand how click-Bait works in order to avoid it and not to forget to raise the awareness for young generations.

4. DISCRIMINATIVE INFORMATION

07

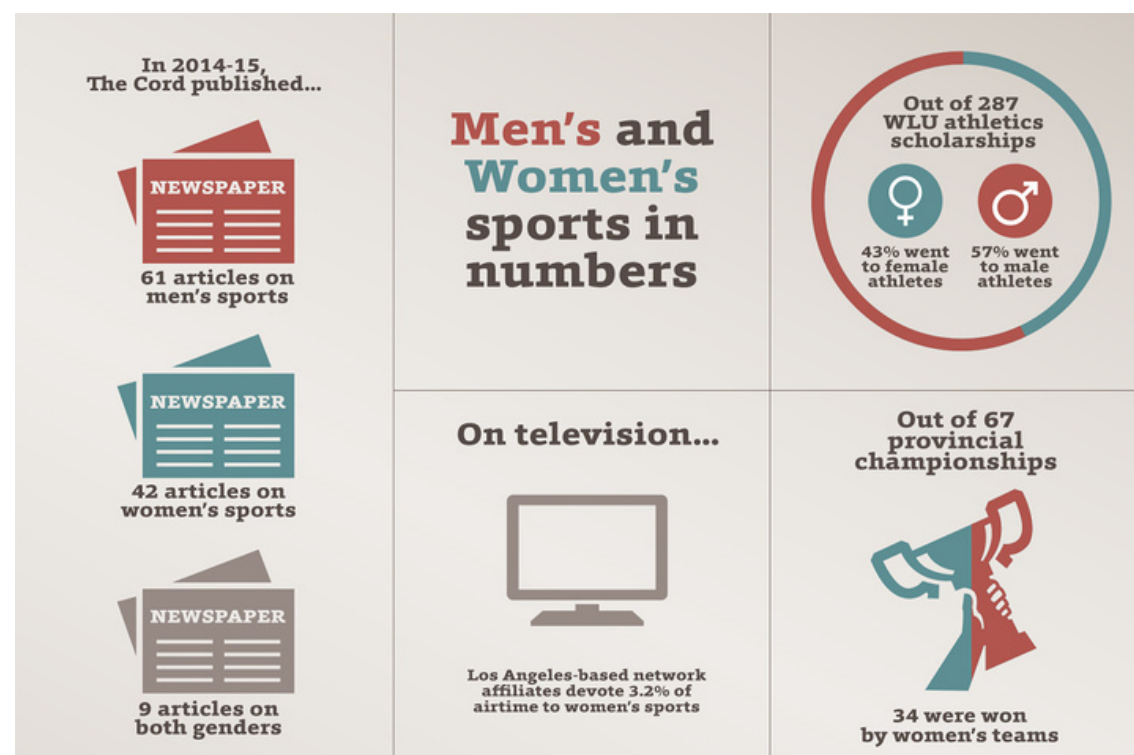
What is the problem ?

One other problem of the media is that they share informations which can be discriminative. We can find sexism, racism, homophobia and a lot of other discriminations through the different types of media.



What are the solutions ?

To resolve this problem we should reinforce the laws against those discriminative informations. We also can raise the awareness for the young generation through a education improvement at school for example. An other option would be to develop the independent and objective media who will choose the good information to share.

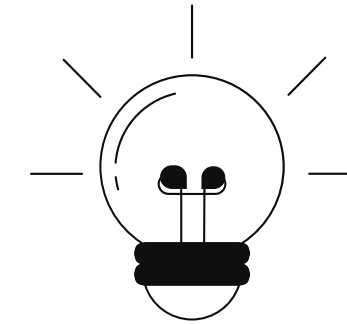


5. RELIABILITY OF THE SOURCES

08

What is the problem ?

With the easy access to and the large amount of sources, the reliability of information is no longer given naturally. People share data from all over the world, articles can be published by uneducated freelancers, and even in television shows erroneous information might be found. In addition to this, the majority of young people uses social media as their primary source of information. However, there is no verification of the provided contents by external agencies and incorrect data often remains undetected. Due to this, the population's trust in modern media might decrease and a condition of uncertainty and fear arises.

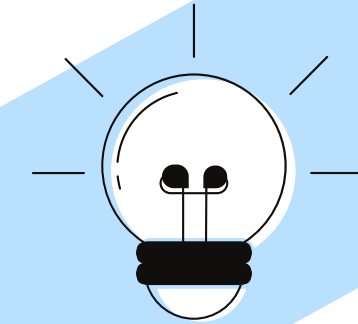


What are the solutions ?

One way of confirming the reliability of sources is to educate the population and promote the process of self-reflection. Consumers of information should be able to distinguish between reliable and unreliable data themselves and decide whether to trust the information provided or do further research. Moreover, media platforms should be forced to visibly provide the sources they use in order to increase transparency. Further options are the utilization of fact-checking websites as well as the introduction of an official symbol of verification.

6. LACK OF MEDIA INDEPENDENCE

09



What is the problem ?

In modern society, media platforms are often controlled by powerful parties such as the government or economically strong companies. By sharing selected information and raising public awareness, these agencies consciously influence the population's perception as well as their personal opinions. This process essentially takes place in two ways: On the one hand, governmental parties and institutions can be obligated by law to regulate their country's media landscape. On the other hand, financial resources or further support measures might impact the representation of certain agencies in media. Besides creating a strong imbalance in the representation of perspectives, these circumstances also diminish society's confidence in the reliability of information as well as the credibility of media systems.

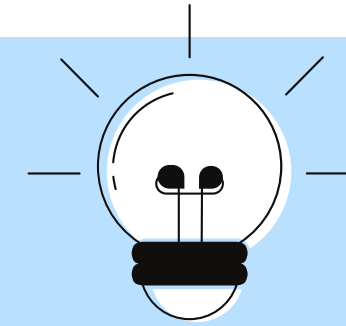
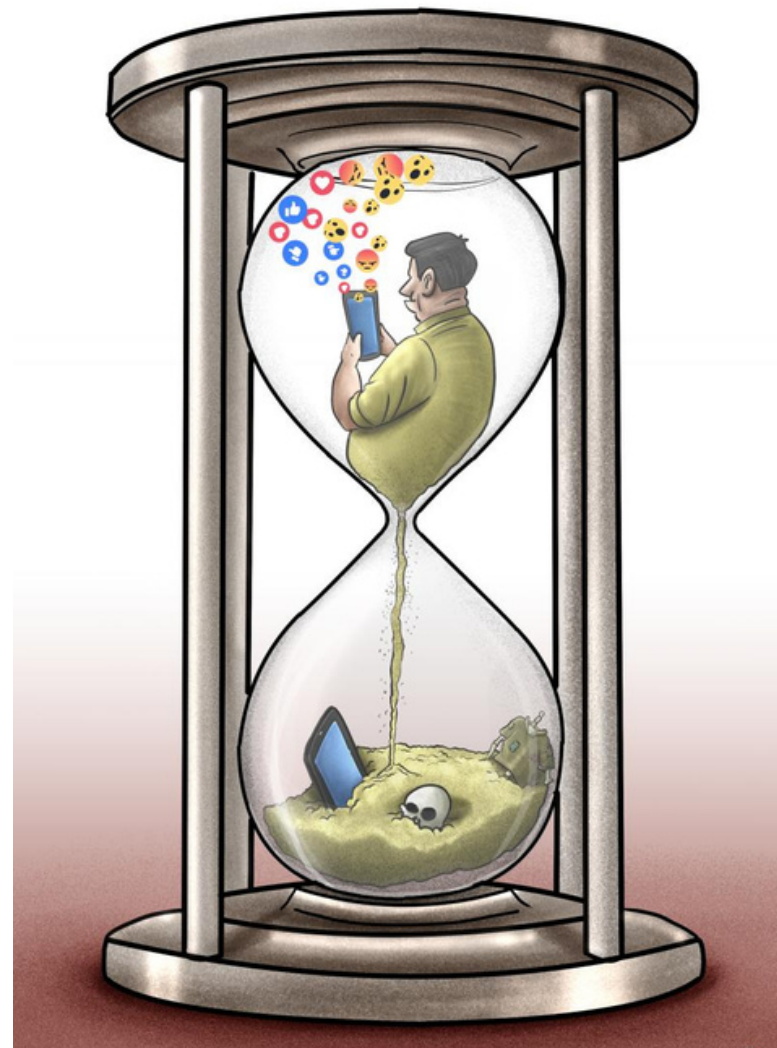
What are the solutions ?

In order to increase the media's independence from external sources, it is crucial to ensure both - the freedom of speech and press and the financial autonomy of journalists and reporters. Whereas the former primarily aims for changes in the legal system, the latter can be reached by creating some sort of "media" tax that is financed by society. Hereby, media platforms are no longer dependent on being financed by governmental institutions or larger companies, but they can work independently and focus on the population's needs and desires.

7. TIME WASTING (SOCIAL MEDIA)

What is the problem ?

Social networks can be harmful because it can be the origin of time wasting. They make us lose our productivity, our concentration and can have heavy consequences on our health (lack of sleep for example).



10

What are the solutions ?

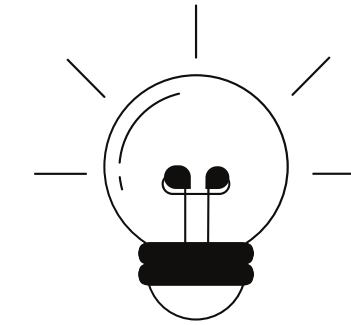
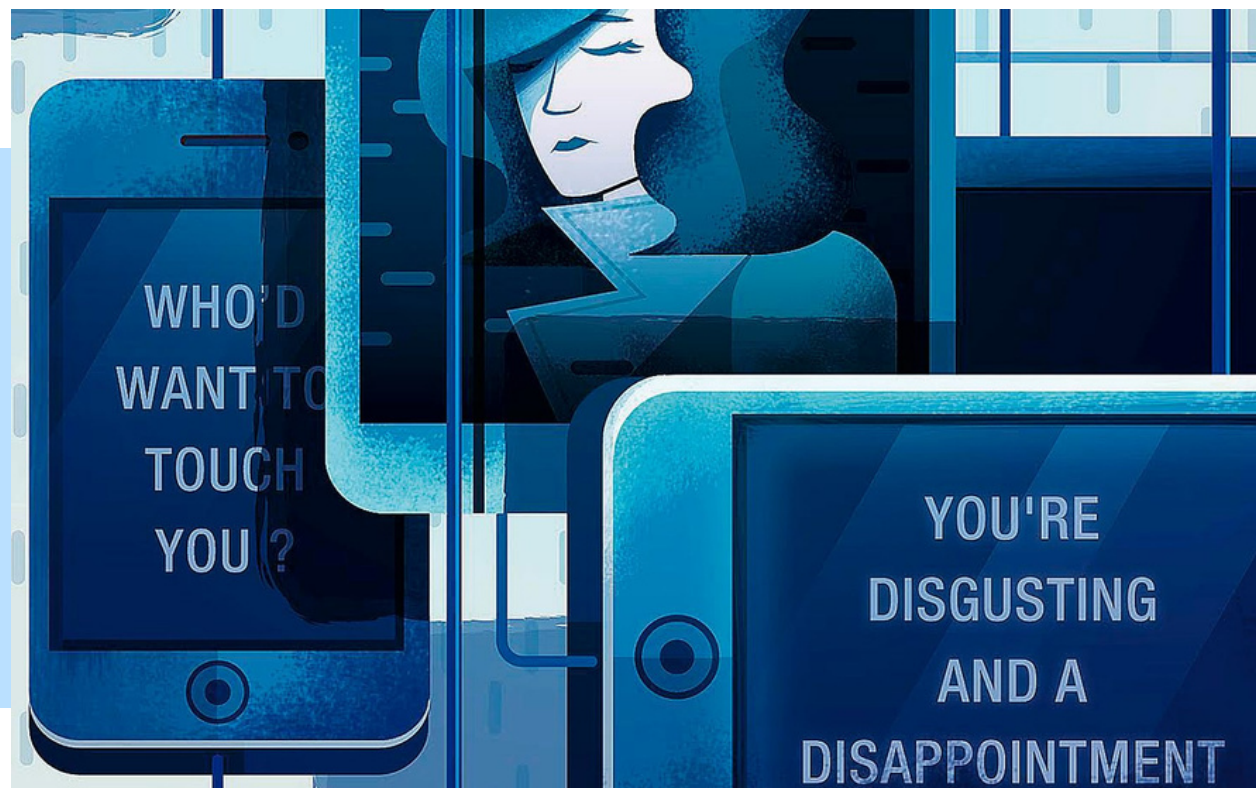
There are a few solutions that you can use to avoid this kind of problems. The first one would be to shut down your phone (of course) to find an activity that you really like who is not in relation with screens.

Let's promote sports and arts for example ! You could learn how to draw, discover a park by taking a walk or read the book you always wanted to read. If you're not ready to shut down your phone, you will find some applications to help you to improve your concentration and to create a better life environment or you can do some public movie nights. You only should to find what you really like. Take some times for you while doing things you love and ENJOY !

8. CYBER-ABUSE : ANONYMITY

What is the problem ?

Cyberbullying or cyberharassment is a form of bullying or harassment use of digital technologies. Cyberbullying and cyber-harassment are also known as online bullying. Harmful bullying behavior can include posting rumors, threats, sexual remarks, a victims' personal information, or pejorative labels



What are the solutions ?

Abusing is an acceptable behavior. That's why if someone is proven to be abusive, they should be punished. We can organize some educational workshops for creating awareness in society. Because lack of communication stems from embarrassment or fear. Freedom of speech must be a red line in any case, but irregulatory is not a type of freedom. Government should regulate the internet by government considering balance of freedom.

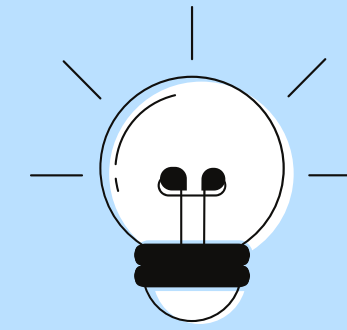
9. DOUBLE STANDARDS

What is the problem ?

Double standard is a set of principles that applies differently and usually more rigorously to one group of people or circumstances than to another

What is a double standard example?

A double standard is a code or policy that favors one group or person over another. Double standards are unfair. If a teacher lets all the boys bring candy for lunch but not the girls, that's a double standard. A standard is a way of evaluating someone, and a double standard is two-faced.



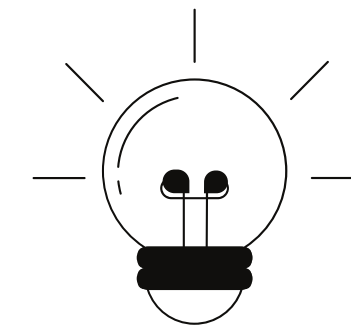
What are the solutions ?

In order to solve this problem we need to understand how you are perceived and what role gender stereotypes play in those perceptions. Get informed about the research; don't be naive. Have clarity of purpose. Know why you are doing what you are doing, and how it will advance the collective good. Try to keep the lines of communication open and be assertive. Don't be passive and let it go – you teach others how to treat you and if you stay silent they will continue with their double standards.

10. POWER OF REPRESENTATION

What is the problem ?

We have influences, famous people on social medias. They always show their positive life but life is not totally good. They use their power on social media to promote their life or products.



What are the solutions ?

We shouldn't idolize people and shouldn't be a fanatic for anyone but also we can use their power of representation in a good way.

We can use this power to encourage people.

ABOUT US

The project of Asociación Sociocultural BreGal is the brainchild of a group of friends, whose faces you will soon see, who, united by the desire for change and our experiences in the world of volunteering, decided to take action .

Our main objective is the promotion of volunteering experiences and non-formal education activities in the framework of the Erasmus+ programme , providing opportunities for Galician youth to travel abroad and live intercultural experiences, as well as for young people from all over Europe to get to know Galicia, its society and culture.

Our main areas of work are social inclusion, youth empowerment, with special emphasis on young people from rural areas, the promotion of an ecological and socially sustainable lifestyle, the promotion of youth employability, and the defence of European values .

We are in love with Galician culture, society and land, and we firmly believe in the potential of young people to collectively build a more socially equitable future that is also respectful of our planet ♻️.

That is why we invite you to join us in this adventure that we start today.

An adventure in which you will have the opportunity to be protagonists by participating in our activities, contributing ideas, or simply sharing your smile with us 😊.



Funded by
the European Union

