

JULY

**DISCOVER
OUR LATEST
NEWS**



CHAMPIONING EQUALITY, INCLUSION & EMPOWERMENT FOR VULNERABLE GROUPS

Newsletter #7| July, 2025



PAL NETWORK

PAL Matchmaking Sessions – A Successful Exchange of Ideas and Partnerships

We are happy to announce that the **PAL Matchmaking Sessions Event** was successfully implemented with strong participation from our members across Europe. Over the course of three dynamic sessions, members had the opportunity to present innovative project ideas, connect with potential partners, and explore future collaboration opportunities.

The sessions led to several promising project proposals that are now moving forward to the submission phase under upcoming EU calls!

News

RAINBOW BRIDGES Focus Group


PAL Network successfully hosted a powerful Focus Group as part of the RAINBOW BRIDGES project [2024-3-EL02-KA210-YOU-000287049]!

On July 2nd, 2025, 10 passionate participants came together to share experiences, reflect on challenges, and co-create ideas on how youth workers can offer SOGIESC-responsive career guidance to empower LGBTQIA+ youth.

PAL Youth Board – First Meeting Successfully Held!

The first meeting of the **PAL Youth Board** took place, on July 25th bringing together young representatives from across our network. Members had the opportunity to meet each other, share their vision, and propose exciting ideas and activities for the upcoming period.

If you are between 18 and 30 years old and belong to a **PALNetwork** member organization, you can also become part of this vibrant and motivated group!

 To express your interest, simply send us an email at info@palnetwork.eu – we'd love to have you on board!



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pal network
Fighting discrimination and anti-Gypsyism

CUBE NGO

Institute of Support and Studies on
Entrepreneurship, Social
Development and Social Cohesion



News

The **DIGITAL on STAGE** project offered Cascade Funding to support artists in developing and showcasing their performances in European festivals.



Are you a passionate crafter?

Craftwork4.0All is the project designed just for you! Immerse yourself in EU mobilities, hands-on workshops, creative labs, and inspiring movements – all centered around the art of crafting. To join the journey or learn more, reach out to us at: programs@cube.org.gr

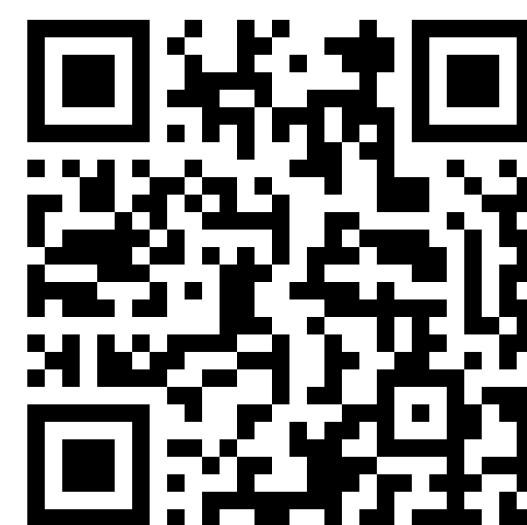
If you are an artist and you want to showcase your work, **send us your portfolio** and **a photo of yourself** to upload it on the **E-ART** Platform.

#ProudAmbassadors Policy Brief is officialy available!

We are pleased to inform you that our **Policy Brief** is now finalized, and we are excited to share it with you. Please find it **[HERE](#)**.



**E-ART
PLATFORM**



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ASES & MUSEV

The Insects Innovation in Gastronomy (IIG) project successfully concluded with its final Transnational Project Meeting and International Conference in Málaga, hosted by Maude Studio. Partners and stakeholders from Italy, Greece, Türkiye, Cyprus, and Romania gathered to share the project's achievements and discuss the future of insect-based gastronomy. The event featured expert presentations on sustainability, innovation, and culinary integration of edible insects, alongside live cooking demonstrations and tastings of creative insect-based recipes. These activities showcased the nutritional benefits, versatility, and potential of insects as a sustainable protein source.

News

The Málaga conference provided a dynamic and memorable conclusion to the Insects Innovation in Gastronomy (IIG) project, attracting a rich mix of professionals, researchers, educators, students, and gastronomy enthusiasts to the Eurostars Málaga Hotel. Over the course of the day, participants explored the transformative potential of insect-based foods and their role in shaping the kitchens of tomorrow. Expert-led panels examined the market potential of edible insects, innovative business and training models, and strategies to overcome cultural, social, and psychological barriers to acceptance. The discussions connected entomophagy to broader sustainability agendas, linking it with pressing challenges such as climate change, food security, and resource efficiency. Networking sessions encouraged the exchange of experiences and inspired new collaborative projects, fostering long-term partnerships between stakeholders from different sectors and countries. Live cooking showcases, presented by skilled culinary trainers, wowed the audience with creative recipes that blended tradition with innovation, demonstrating the versatility, nutritional richness, and visual appeal of insect-based dishes. These sessions went beyond taste, illustrating how insects can be seamlessly integrated into modern gastronomy in ways that respect cultural preferences while promoting sustainability. The event closed on an optimistic and forward-looking note, with participants leaving motivated to embed IIG's knowledge and tools.



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CODECA

WOMEN'S ART EXHIBITION AT THE KOFINOU AND "LIMNES" RECEPTION CENTERS

On Wednesday, July 16, 2025, an art exhibition featuring works created by women residing at the Kofinou and "Limnes" Reception Centers was presented. The exhibition took place in a specially designed creative space within the Centers, showcasing the artistic expression and creativity of the participants.

Organized with the support of volunteer organizations active at the Centers, this initiative aims to promote the empowerment and social inclusion of women through art. The exhibited works reflect personal experiences, hopes and emotions, offering visitors an authentic insight into the inner worlds of the artists.



News

CODECA Begins Greek Language and Career Training Courses Under the AMIL Project

The AMIL project (Alliance Multi-stakeholder for Migrants Integration and Labour) is a holistic initiative designed to support migrants in integrating into the Cypriot workforce. Within this framework, CODECA conducts 4-month language and professional orientation courses to help participants acquire the necessary skills to work successfully in Cyprus. Courses in Kofinou and Limassol have already commenced, with additional sessions planned for other districts.

Our Greek language course is organized at levels A1-A2, aiming to help participants master practical vocabulary and communication skills relevant to workplace contexts. Teaching is delivered through interactive classes utilizing modern technology, held twice a week. This approach ensures integration regardless of the participants' initial language proficiency.



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PLAN INTERNATIONAL SPAIN

At Plan International Spain, we are committed to empowering young women. That is why we are currently implementing two initiatives in Andalucía to promote digital inclusion, boost employability, and foster entrepreneurship among young women. Both programmes are funded by Fundación INCYDE and target unemployed women aged 16 to 29, registered in the National Youth Guarantee System, residing in Andalusia. These initiatives are designed to offer practical training in digital skills while strengthening participants' capacity to build their professional futures. At the heart of both initiatives is an entrepreneurship component, equipping participants with the tools needed to design innovative projects.

News

1. Plan Digital Avanza Andalucía Implemented in collaboration with Bejob, modules include:

- Data Analysis in the Digital Era
- Python and Artificial Intelligence for Business Development
- Smart Digital Marketing
- Digital Entrepreneurship

Participants will also receive over 22 hours of tailored guidance to help shape their business ideas or professional pathways. Start date: 9th September- https://www.bejob.com/plandigitalavanza_andalucia/

2. Young Women's Digital Empowerment Implemented in collaboration with Datahack, modules include:

- Digital Now: Digital Transformation and Emerging Technologies
- Speak Up Business
- Digital Marketing and Online Strategies
- Data Analysis Applied to Marketing
- Entrepreneurship Module

The course culminates in a final Action Plan, where each participant applies their learning to develop a real entrepreneurial project. Start date: September 15th- <https://www.datahack.es/cursos/master-en-gestion-digitales-y-marketing/> By supporting these initiatives, Fundación INCYDE and Plan International España reaffirm their commitment to economic inclusion, gender equality, and the digital empowerment of young Andalusian women.



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