













UNDERSTANDING THE DIVERSITY BEHIND UNSPOKEN WORDS - UNSPOKEN

PROJECT 2018-2-RO01-KA105-049870













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UNSPOKEN- ERASMUS PLUS PROJECT





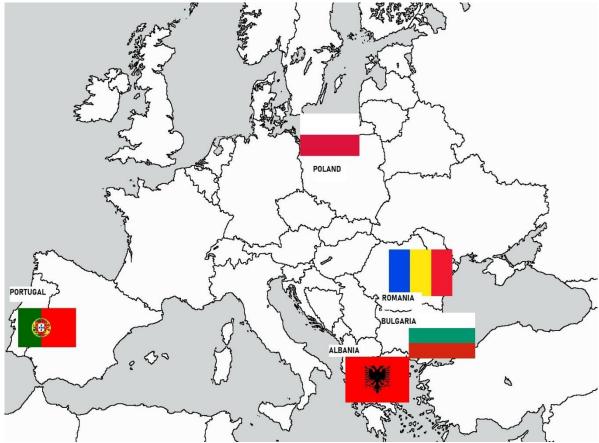
Understanding the diversity behind unspoken words -UNSPOKEN is an Erasmus+ KA-1 project, financed by the Erasmus + Programme of the European Union and developed by **Direcţia de Asistenţă Socială şi Medicală**, public service subordinated to the **Municipality of Cluj-Napoca (Romania)** in partnership with:

- Asociatia Babilon Travel (Romania)
- Liceul Tehnologic Special pentru Deficienți de Auz Cluj-Napoca (Romania)
- The Association of Parents of Hearing Impaired Children (Bulgaria)
- Culture Without Barriers Foundation (Poland)
- Projekte Vullnetare Nderkombetare (Albania)
- Autonomia E Descoberta CRL (Portugal).

The aim of the project is transcending barriers of intercultural communication that young people with/without hearing impairment face and that exist in different partner countries and cultures.

The project had two main activities: an Advanced Planning Visit in January 2019 and a Youth Exchange in Cluj-Napoca (1-7 April 2019). The Youth exchange had 30 young participants (with/without hearing impairment), group leaders and interprets from 5 different countries (Romania, Bulgaria, Poland, Portugal, Albania). The following pages will include parts of their experiences during the Youth Exchange.

History, traditions, culture



ALBANIA

With the capital city Tirana, situated in the South-Eastern part of Europe, in the Western part of the Balkan Peninsula, it is a small country with Adriatic and Ionian coastlines and an interior crossed by the beautiful Albanian Alps. Albania has a mild, Mediterranean climate. The country has many rivers which originate in the high mountains and pass through steep gorges before reaching the plains and making their way to the sea.

One of the oldest nations in the Balkans, the territories of present –day Albania have been inhabited early, back to 100.000 years ago. It was at the turn of the third millennium BC that an Indo-European population had settled there. The country had suffered from continuous invasions over the last 1000 years and, by the end of the 14th century, Albania was occupied by the Ottoman Empire. The subsequent efforts and insurrections for independence eventually brought about the proclamation of the independence of Albania in 1912.

The flag of Albania is red with a black double-headed eagle. The nickname of the flag is Flamuri i Skënderbeut (Skanderbeg's flag). Skanderbeg was one the most famous and successful leaders during the Ottoman Occupation.

The traditional clothing of Albania for men and women include more than 200 different varieties of clothing in all the Albanian-speaking territories and communities. There are also traditional dances and music.





Xhubleta (an undulating, bell-shaped tolk skirt, worn by women) and Plis (a type of hat worn by men) are two traditional pieces of cultural heritage which they still use.

Albania is also well-known for its delicious and traditional food. Its strategic location of with a direct proximity to the Mediterranean Sea has great influence on Albanian cuisine.

Mother Teresa (an Indian Roman Catholic nun and missionary) and **Ismail Kadare** (an Albanian novelist, poet, essayist and playwright) are two of the most famous Albanians.

Albania is an incredibly hospitable culture and has its own traditions of courtesy. Many traditions of hospitality come from The Kanun, or "The Code", a 15th-century text written by the powerful Dukagjin Clan, although many of the laws written in the code date from earlier times. As written in The Kanun, the guest will be shown the highest respect by being offered a seat at the head of the table. The guest is then regaled with the best the family has to offer, usually taking the form of home-made raki, traditional liquor. Albanians are friendly and very open towards foreigners who visit their country. If you are lucky enough to be invited to visit an Albanian's home, you will be treated as royalty.

BULGARIA

Bulgaria (established in 681 A.C.), officially the Republic of Bulgaria, is a country in the South-Eastern part of Europe. It is bordered by Romania in the North, by Serbia and Northern Macedonia in the West, by Greece and Turkey in the South, and by the Black Sea in the East. The capital and also the largest city is Sofia; other major cities are Plovdiv, Varna and Burgas. With a territory of 110,994 square kilometres (42,855 sq mi), Bulgaria is Europe's 16th-largest country.

The national flag of the Republic of Bulgaria is a national symbol which expresses the independence and the sovereignty of the Bulgarian state. The national flag of the Republic of Bulgaria is tricolour: white, green and red from the top fields, placed horizontally downwards.

Bulgaria is known for its natural variety: mountains, plains, seas, rivers, lakes and even a small desert. The country is known as the Land of Roses, as The Rose Valley near the town of Kazanlak produces 85% of the world's rose oil. In recent years, Bulgaria also tops lavender oil producers ranking.

However, in Bulgaria we celebrate 5 **unusual traditions** which are really interesting. The first one is Diving to get the cross in the freezing sea/river water on St. Jordan's Day. The second one is Kukeri Festival or chasing the evil spirits. The third one is Trifon Zarezan or the celebration of wine. The fourth one is Baba Marta and the tradition to welcome spring wearing red and white Martenitsa and finally we celebrate Nestinari or the sacred and barefoot dance on fire.

Bulgarian food is tasty, fresh and hearty. Bulgaria is famous for its quality vegetables and dairy products and its variety of mild spices. Pork and chicken are the most common forms of meat, though seafood, fish and veal dishes are also popular and lamb has a special traditional place in Bulgarian cooking.

Bulgarian folk costumes consist of pants, shirts, and vests for men and dresses and aprons for women. The aprons, dresses, and shirts are usually embroidered in regional colours and folk motifs.



Let's talk about the Bulgarian slogan and its meaning. The Council of Ministers approved the motto "Съединението прави силата" as a slogan for the Bulgarian Presidency of the Council of the EU in 2018. The official translation of the slogan in English is "United We Stand Strong".

PORTUGAL

Portugal "Esta é a ditosa Pátria minha amada" ("This is my beloved famous Motherland") with the capital at Lisbon is a secular state. Despite that, Christianity had and still has a lot of influence on most of the Portuguese people. Sanctuary of Fátima is well known among the European Christian community, having a record number of 9.4 million visitors in its centenary year (2017).

In the 15th and 16th centuries, Portugal established the first global empire; Vasco da Gama discovered the sea route to India at the end of the 15th century and Pedro Álvares Cabral discovered Brazil in 1500. The 1755 Lisbon earthquake had a magnitude of around 9 and has affected the kingdoms of Portugal, Spain and Morocco. This earthquake caused a tsunami which affected Southern Great Britain and Ireland;

In addition to Lisbon, Portugal had four other capitals: Guimarães, Coimbra, Rio de Janeiro (Brazil) and Angra do Heroísmo;

Language: Portuguese – in addition to Portugal, it is also spoken in Brazil, Angola, Mozambique, Guinea-Bissau, East Timor, Equatorial Guinea, Macau, Cape Verde, São Tomé and Príncipe; the second language is Mirandese – from Miranda do Douro, Vimioso and Mogadouro. Also, it is recognized the Portuguese Sign Language – recognized in Constitution of Portugal.

The flag has a special meaning: Green – the hope of the Portuguese people; Red – the blood of those who died serving the nation; Armillary sphere – important astronomical and navigational instrument for the Portuguese sailors who ventured into unknown seas during the Age of Discoveries; Seven castles – a symbol of the Portuguese victories over their Moorish enemies; Five shields arranged in a cross – representing his divine-led victory over the five enemy kings; Silver bezants - Christ's five wounds.

Traditions: Music: - Fado; - Cante alentejano; - Tunas (universitary musical groups); Rancho; - Bailinho da Madeira; - Chamarrita.

Portugal has a rich traditional folklore (*Ranchos Folclóricos*), with great regional variety. Regarding <u>Folk dances</u> we may include: <u>Circle dance, Fandango</u> (of the <u>Ribatejo</u> region), <u>Schottische</u> (Chotiça), <u>Corridinho</u> (<u>Algarve</u> and <u>Estremadura</u> regions), <u>Vira</u> (<u>Minho</u>), <u>Bailarico</u>, Vira de Cruz, Vira de Macieira, Sapatinho, Tau-Tau, Ciranda, etc. Portuguese traditional dress varies regionally, but it typically consists of bouffant long skirts for women and shortened leggings, waist coasts and sombreros for men. Known as saia, women's skirts display vibrant checkered or striped patterns, most often in red and white, and the outfit is completed with a kerchief to cover the hair.



POLAND

Warsaw - Warsaw's Mermaid

The capital city of Poland – Warsaw – is located by the river Vistula. A young fisherman called Wars went there everyday to hunt for fishes. He was swimming on his boat, and at some point he noticed a beautiful mermaid called Sawa. They fell in love with each other. The name of the city of Warsaw is a union of their names – Wars+Sawa (Warszawa)



Gdansk - Golden vodka



In the past, the city of Gdansk founded a new fountain with a monument of Neptun. People believed that throwing golden coins into the fountain would bring them luck. Neptun wanted to reward the citizens, and one night transformed water into golden vodka. When the owners of local pubs found out about it, they stole this alcohol to sell in their pubs. Then Neptun transformed vodka into water again.

Cracow - Wawel's dragon



In Cracow under the castle Wawel there was a cave where a dragon lived in. This dragon was eating many habitants every day and was destroying buildings. Many knights tried to kill the dragon but they lost. Then the king called Krak announced that if someone defeats the dragon, then he marries his daughter – princess. A young shoemaker – Dratewka filled a sheep with Sulphur and left it near the cave. After dragon ate the sheep his stomach started to burn, so he went to drink water from river. He was drinking and drinking until he burst.

Wroclaw -Gnomes

Gnomes were small beings who helped people. They cleaned dishes, combed horses' hair, and if people left them food, they took care of you and your house. Gnomes lived everywhere in Poland, but people from Wroclaw wanted to honor them, and they built a lot of sculptures of gnomes. They can be found all around the city, sometimes they are very well hidden.



Gniezno - Three brothers



In the legend, there were 3 brothers – Lech, Czech and Rus. They were travelling together and at some point, they decided that want to establish their own countries. Every brother went different direction – Czech founded Czech Republic, Rus – Russia and Lech was looking for a sign. One day he noticed a nest and a white eagle inside. Then he decided to stay there, founded the first capital city of Poland – Gniezno – and since then, the white eagle has been the symbol of Poland.

Katowice -Skarbek

There are many coal mines in Katowice. In the past, working in a mine was a hard and dangerous job. Very often walls of coal fell on miners, killing them or blocking them under the ground. The trapped miners were visited by a spirit called Skarbek. He saved good people, but left the bad ones. Besides that, according to a legend, Skarbek was watching a treasure hidden underground. It could be found only by a really brave person.



Poznan - White goats





In the year 1551, Poznan's city hall building was getting renovated and the architects ordered a master artist to build a clock for the tower. For the grand opening there was a feast, but unfortunately the roasted meat got burned. The cooks went on a quick hunt, and they found two white goats. They started chasing them, but the goats ran up the tower, and stood in front of the clock, butting heads. The mayor was so amused by the situation that he ordered the artist to create two figures of goats, to commemorate the event.

Polish traditional food



Poznań – Rogal Marciński

Croissant with white poppy seed filling and raisins.



Toruń - Piernik

Soft gingerbread cookie.



Zakopane-Oscype Smoked cheese from sheep's milk



Białystok - Sękacz

Sponge cake consisting of many layers baked individually over the fire.



Kraków – Obwarzanek

Bagel sprinkled with poppy seeds, sesame or other spices.



Wadowice - Kremówka

Cake made of puff pastry and cream pudding, sprinkled with powdered sugar. Favorite cake of Pope John Paul II, from his hometown.



Olsztyn - Kartacz

A dumpling made of potato dough, usually filled with meat, cabbage, mushrooms, or cheese

ROMANIA

Romania, with the capital city in Bucharest, derives from the <u>Latin</u> *romanus*, meaning <u>"citizen of Rome"</u>. The first known use of the name was attested to in the 16th century. It is located in the South-Eastern part of the European continent and has a climate that is <u>temperate</u> and <u>continental</u>, with four distinct seasons.

There is a well-known legend, that of Count Dracula, the Vampire, about a character created by the Irish writer, Bram Stoker in 1897 but the real character was Vlad Tepes (Vlad the Impaler). He was a Romanian prince and military leader who fought bravely against the invading Turkish army in the mid 1400's.

The Romanian flag has a special meaning: Blue-Freedom, Yellow-Justice, Red-Blood.

Romanian cuisine is a blend of different dishes from various traditions with which we have come into contact, but it also maintains its own character.

There are different types of dishes included under generic terms; -*ciorba*- wide range of soups (meat and vegetable soups) with sour taste (by using <u>lemon juice, vinegar</u> or), tripe soup (*ciorbă de burtă*), fish soups. <u>Ţuică</u> (plum brandy) is the name of a strong <u>alcoholic</u> drink in Romania.

Folk traditions have survived because of the rural character of the Romanian communities, which has given us a creative traditional culture. Traditional folk arts include: wood carving, ceramics, weaving and embroidery of costumes, dances, folk music, etc.

<u>Music</u> and <u>dance</u> represent a lively part of the Romanian folklore and there are great varieties. The doina (a sad song either about one's home or about love) is considered to be unique in the world and the (one of the most famous group dances) and men's folk dances Că<u>luşarii</u> are very well-known and complex.

A well-known piece of traditional clothing which is worn by women, the *ie* (a type of shirt) has a three-part decor code: the underarm embroidery, the *altiță*, a single horizontal row on the sleeve (*increț*), and diagonal stripes below the armpit and shoulder (*râuri*). Each blouse tells a story about the region it comes from through its particular symbols and colors.

Another important traditional piece of clothing worn by men is the *iţari* (original from Moldova region), long peasant trousers, sewn from *ţigaie* (a special breed of sheep wool) and narrow, crimped on the leg from the ankle to the knee.







About Cluj-Napoca, the location of the youth exchange....

Located in the heart of Transylvania, Cluj-Napoca has a special charm, given by the 2000 years history, the geographical location and the people, because here, time flows differently, and the people take the time to say hello to each other, to walk between the boomed trees in the Botanical Garden, to watch the reflection of the sun beams in the twin buildings on the Mirror Street, to smile and to invite you to discover the local culture and traditions.

Cluj-Napoca is the country's second largest city, located in the center of Cluj County. Specific to the area of Transylvania, Cluj-Napoca is a multiethnic and pluriconfesional city, with a a population of 324.576 inhabitants according to the 2011 census. Another 80.000 students, as non-permanent residents, increase the population of Cluj-Napoca by coming to study here and work.

The cultural and material influences left their mark on Transylvania and gave to the posterity a rich tourist heritage, materialized through monuments and artifacts dating from ancient times, medieval and modern churches and cathedrals, and also museums that now represent a true legacy for the future.

Nowadays, Cluj-Napoca brings together historical communities of Romanians, Hungarians, Germans, Armenians, Hebrew, Roma, as well as recent communities of Italians, French, British, Dutch, Turkish, Asians. There is an ethnic, cultural-economic and religious diversity of communities that live in peace and learn from each other.

Becoming the "European Youth Capital" in 2015, the city is a vibrant one, with unusual events that make you get out of the house and of your daily routine. Cluj-Napoca hosts a number of cultural festivals of various types: music, film, sport, opera, theater or food. Cluj-Napoca has been ranked in several European and worldwide tops as the friendliest city with foreigners in Europe: 91% of Cluj inhabitants have a positive perception of foreigners.

Culture and accesability for people with hearing impairment

Albania

In terms of accesability of cultural events, there are subtitles for movies in cinemas, but not for all movies, as Albanian movies do not have subtitles. Unfortunately there are no subtitles in theatres, which makes it very difficult for hearing impaired people to attend the shows. Some of the museums might have interpreters but other locations hosting cultural events do not have sign language interpreters. The public TV station has interpreters during the news time (15 mins)

Bulgaria

All movies in Bulgarian cinemas have subtitles because most of the people do not speak English. If someone needs a sign-language interpreter they can find one and pay for the interpretation, but this must be aproved by the organizer of the event. There aren't interpreters in theatres yet (as it is considered that the interpreter might distract the other people), or deaf guides or interpreters in museums. There is a TV programme one time per week which provides a live interpret

Poland

Foreign movies have Polish subtitles, but Polish movies don't have any, however there are NGOs that make CC. Culture Without Barriers Foundation creates CC for theatre performances. Some theatres do it on their own and some have also sign language translation. There are museums that have guided tours with sign language translation, some have recorded sign language videos and in five museums there are deaf guides. As a support we use: the induction loop, FM systems,interpreters, CC (Culture without barriers festival, music and film festivals). One region has an accessibility program which trains all employees to make all events accessible. There are 2 public stations that have interpreters and some channels have subtitles.

Portugal

In terms of accesibility of cultural events in Portugal, all foreign movies have subtitles and in theatres there are sometimes interpreters on specific occassions or special events. In museums or other cultural institutions there are interpreters only if it has been scheduled before. The public TV channel has interpreters and sign-language translation in all programs.

Romania

In cinemas there are subtitles for all movies, except for Romanian ones. There is not translation into sign language in theatres, museums and if deaf people need interpreters they must pay for it (it is very expensive). At cultural events there is an interpreter only if it has been requested before. There are some movies which are made to be accessible for persons with disabilities and there are special festivals for them. There are interpreters at the public TV stations

Starting with April 2019 all Local Council meetings în Cluj-Napoca will be interpreted into sign-language by an authorized sign-language interpreter.

NATIONAL SIGN-LANGUAGES AND INTERPRETERS

Albania	There is no Association for interpreters in Albania, there is a signlanguage dictionary and research in the field. The national signlanguage was created in 2000.
Bulgaria	There is no Association for interpreters in Bulgaria, there is a sign-language dictionary in paper format and online as well. There is a lot of research in the sign-language field and its origin. It was created during World War I and it was then improved.
Poland	There are around 5 Associations for interpreters. There are dictionaries of Polish sign-language. There is a Sign-language department in Warsaw University which analyzes sign language in Poland. Since 2012 Polish sign-language is recognized as an official language.
Portugal	There are 2 Associations for interpreters. There are paper and online dictionaries of Portuguese sign-language as well as researches in the area. The Portuguese sign-language was recognized by the government in 1997.
Romania	There is an Association for interpreters in Romania and there is research available and a sign language dictionary as well.

ACCESSIBILITY IN TERMS OF:

- Education
- Public services
- Employability- support from government?
- Health support support for hearing aids and implants?

• Education

	Albania	Bulgaria	Poland	Portugal	Romania
Number of schools for people with hearing impairment	1 "Institution of deaf children"	3	32	Only mixed schools	16
Interpreters at schools for hearing impairment people	No	No	No	Yes	Yes, but not employed on that position. Most teachers have certificates and use sign language
Interpreters in Universities	No	No	Yes (Paid by the Gov.)	Yes (Paid by the Gov.)	Yes (paid by the Association)

• Public services

	Albania	Bulgaria	Poland	Portugal	Romania
Interpreters in City	No	Only in 1	Available if	No	Trained
Halls/ Hospitals/	interpreters	Hospital	needed		employees
Other public		(Sofia)			and
institutions					available if
					needed

Employability- support from government

Albania

- There aren't so many opportunities when it comes to education and there is a lack of a secondary school for deaf children, there is only one primary school. Deaf people do not receive special support from the government to find an appropriate job. There are no activities which encourage deaf people to work în Albania. People do not receive social benefits în case of unemployment. Most deaf people work în factories or they are self-employed în farms/villages.

Bulgaria

There are organizations (such as ARDUS) which are trying to help deaf people find a decent job. They offer support în creating Cvs, finding interpreters, they look for the right job opportunities and organize seminars to teach people the most important things/attitudes towards work. Unemployed deaf people receive social pensions from the state (they are quite insignificant). Most common jobs among deaf people în Bulgaria: lawyers, vloggers, writers, software programmers, dental technicians, etc.

Poland

There is an institution called PFRON which refunds salaries of workers with disabilities, they also give grants for making the job place accessible. In Poland there are different organizations which have projects which encourage and support employment of deaf and of hard of hearing. Until 2003 deaf people got social benefits because of unemployment,

nowadays it is a lot harder to obtain it. All people with disabilities, also deaf, have a small social benefit. Some years before, most deaf and hard of hearing were working physically, nowadays the trend is changing and more and more people attend Universities.

Portugal- Companies have fiscal benefits for hiring deaf or hard of hearing people (above 60% incapacity). Deaf or hard of hearing people earn a subsidy pay from the government when their incapacity is at least 60% or above, if their incapacity is between 60-80%, the subsidy is proportional with their deficiency, but if their incapacity is under 60% there is no financial support from the state. Nowadays deaf and hard of hearing people can have any kind of work.

Romania

The deaf and hard of hearing people receive social benefits (allowance, parking cards, free bus, train tickets, etc) which are provided by the state to persons with disabilities. The employment of persons with disabilities, including the deaf, is supported by the state through special measures, like offering benefits (they do not have to pay taxes for their salaries) to employers if they hire persons with disabilities. Persons with disabilities benefit from the fact that they do not pay taxes out of their salaries and they do not pay taxes for their properties (houses, apartments, car). Some schools prepare pupils for certain professions according to their profiles and some deaf people attend the courses of Universities. There are recent discussions which mention the fact that there will be governmental support meaning offering vouchers for employers to make the work places accessible for persons with disabilities.

Health support

Albania

-there is no financial state support for buying hearing aids/implants

Bulgaria

Care for hearing impaired people starts from birth, as they have neonatal screenings in hospitals. Then there are centres for early rehabilitation of hearing and speech which are attended by children for free. The families are financially supported by the Ministry of Social Policies. Teacher assistants are provided at school and they work individually with children. Many non-governmental organizations also support families of hearing impairment children. They provide books, hearing and cochlear implant batteries and rehabilitation camps at the seaside and in the mountains. Young

people are also assisted in universities for the purpose of understanding and learning. The government understands the problems of hearing impaired people and helps them to find jobs.

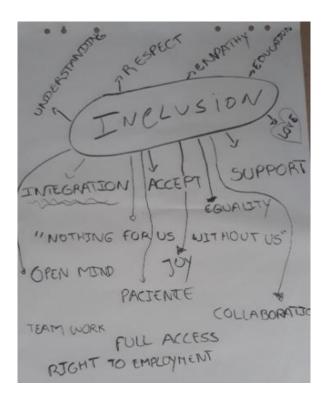
Poland- there are refunds -implants are 100% refunded, hearing aids are refunded up to 80% for persons under the age of 26 and for seniors

Portugal- hearing aids are sponsored by the government, but not 100%, Implants are not paid by persons who need them, they are free in hospitals.

Romania

There is a National Program for treating persons who are hard of hearing through cochlear implants and hearing aids. The state pays for cochlear implants according to certain criteria, for children under age 6 and replaces the external part of the implant, the sound processor every 7 years or when it deteriorates and it cannot be repaired. The costs of implants and hearing aids are very high in Romania.

Photo-Voices of our youth exchange experiences...

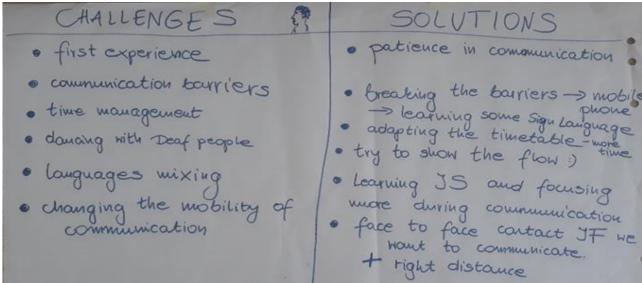


What does inclusion of persons with hearing deficiencies imply?

INCLUSION:

"Nothing for us without us...!

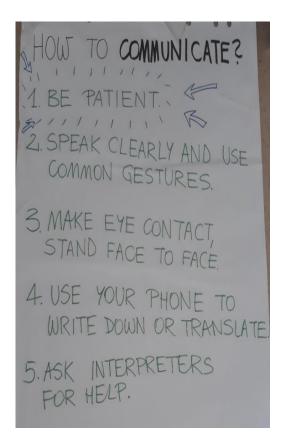
The perspectives of the young participants with and without hearing impairments can be seen in the photo...



It is well-known that life brings about all kinds of challenges...but all challenges have solutions! We debated challenges faced by persons with hearing deficiencies and solutions to overcome them, together.



Working together in mixed groups can be quite rewarding...





In order to transcend communication barriers, we need to know the most appropriate means to communicate with persons with hearing deficiencies.

These are a few tips....to be taken into consideration!



The intercultural night, moments of personal and cultural bonding...



The national groups are teaching us the basics of their sign-languages
...starting with...the alphabet

Each national group shared videos of their countries, insisting on their cultural specificity...intercultural dialogue





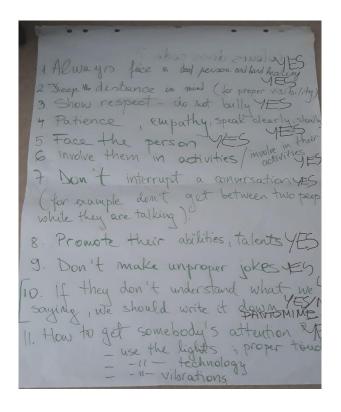
We are learning the basics of the international sign language...the alphabet and useful expressions



and then we are practicing it together...anytime, anywhere



Outdoor energizers...

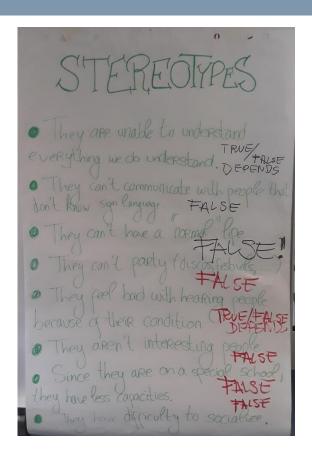


Further Communication Tips which ease communication with persons with hearing deficiencies

Gaining skills which lead to breaking communication barriers

Discusing some results of team work with the whole group generate more ideas and debate subjects





Analizing stereotypes which could lead to discrimination situations

and

Breaking stereotypes together...

Evaluation, Youth pass certificate -key competences and its roles in the recognition of non-formal education.



1. Communication in the mother tongue. 2. Communication in the foreign languages. 3. Mathematical competence and basic competences in science and technology. 4. Digital competence. 5. Learning to learn. 6. Interpersonal, intercultural and sessing competence. 7. Entrepreneurship. 8. Cultural expression.





We shared customs and traditions within a Creative Workshop organized at "Romulus Vuia" Ethnographic Park. The participants were presented the cultural and traditional heritage in a guided tour of the park and they crafted their own bookmarks using traditional techniques and materials, which became traditional souvenirs. We also played Treasure Hunt together, discovered traditional clues and won special painted Easter eggs.



The Orthodox Metropolitan Cathedral, Cluj-Napoca



Union Square and Mathias Rex Statuary Ensemble

We were offered a citytour of the historical centre of Cluj-Napoca, organized by an authorized guide from the Tourist

Information Center of the Municipality of Cluj-Napoca, which promoted the local tourist potential and heritage.

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The information and views set out in this publication are those of the authors and do not necessarily reflect the official opinion of the European Union.

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