MY RURAL MENTOR

Community Asset Map of Valdeorras

Activity 2.2 - Community Asset Mapping
March 2026

Co-funded by
the European Union

MY RURAL MENTOR – Community Asset Mapping of Valdeorras
Dissemination Level: Public.
Publication date: 07 March 2026
Authored by Outonía S. Coop. Galega and IGAXES.

MY RURAL MENTOR. Fostering the social health of vulnerable youth in depopulated areas through grassroots mentoring.

[2025-1-ES02-KA220-YOU-000361017]

Co-funded by the European Union under the Erasmus+ Programme – Cooperation partnerships in the field of youth, 2025. Managed by the Spanish National Agency - INJUVE.

This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission or the National Agency cannot be held responsible for any use which may be made of the information contained therein.

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1. Rurality Description

Territorial Identification

Country / Region (Autonomous Community) / Province / Region (*comarca*[1]):

Spain / Galicia / Ourense / Valdeorras

Basic Territorial Data

Territory: *Comarca* of Valdeorras. It comprises the municipalities of A Rúa, A Veiga, Carballeda de Valdeorras, Larouco, O Barco de Valdeorras, O Bolo, Petín, Rubiá and Vilamartín de Valdeorras.

Total area: 968,9 km²

Settlement pattern: essentially rural, with a low density and a dispersed population, dependent on a core urban centre.

Total population (IGE 2025): 25.139 inhabitants

Population density: 25.9 inhabitants/km²

Geographical and Demographic Context

Valdeorras is one of the easternmost rural areas of Galicia, structured around the valley of the Río Sil and surrounded by mountain areas, including peaks such as Pena Trevinca (2,127 m). It covers 9 municipalities, 112 parishes and 152 population centres. The territory is characterised by low density, dispersed settlement, and a clear internal functional pattern: a strong central hub and a more rural periphery that depends on it, creating daily commuting needs and unequal access depending on where people live.

The region has experienced a long-term population decline, slowed down in recent years by international migration. The demographic structure is characterised by pronounced ageing and a relatively small youth population. Valdeorras functions as a “star-shaped” territorial system, with O Barco de Valdeorras acting as the main administrative, economic and service centre, concentrating roughly one third of the population. Smaller municipalities depend heavily on this central hub for education, healthcare and specialised services; A Rúa plays a secondary role with industrial and residential weight and relative continuity with the main hub.

Mobility is highly dependent on private vehicles. The N-120 road is the main axis crossing the Sil valley and connecting the *comarca* to surrounding cities; however, mountainous municipalities face longer and more complex travel times due to terrain and dispersion. Public transport is available but limited in frequency and coverage, which can restrict access to education,

[1] A *comarca* is a territorial division that groups together several neighbouring municipalities with common geographical, historical, cultural or economic characteristics. They act as functional territorial units to coordinate administration and provide common services to several municipalities.

training, employment and cultural activities, particularly for young people living outside the central urban area.

This territorial configuration shapes the social identity of local communities and highlights the diversity within the region. Differences can be observed between populations living in mountain and pre-mountain areas and those settled in the valley and riverside towns, influencing cultural practices, linguistic expressions and ways of understanding and relating to the territory.

Natural and Heritage Resources

Valdeorras has a strong natural capital, with protected areas covering a significant share of the territory (around 40% of the surface), including areas within the Galician Protected Areas Network and the Natura 2000 network. It is a “territory of territories” that combines contrasting landscapes, from high mountain ecosystems near Trevinca to vineyard valleys along the Sil River and mid-mountain areas traditionally used for grazing and cereal cultivation.

Key resources include:

- River ecosystems and water landscapes linked to the Sil and tributaries (Bibei, Galir, Xares, Cigüeño, Mariñán), which shape the landscape and generate ecological, agricultural and recreational corridors. Riverbanks and reservoirs host community leisure areas and gathering spaces, reinforcing a strong local river culture.
- Protected areas and unique ecosystems, notably the Serra da Enciña da Lastra Natural Park (limestone formations, caves/sinkholes, endemic flora such as wild orchids) and the Teixadal de Casaio (one of the best preserved yew forests in Europe). Forest ecosystems dominated by oak, chestnut and holm oak sustain traditional economic activities. Chestnut production represents an important local value chain.
- Routes and outdoor exploration, including several local trails and small routes that support sport, eco-tourism and environmental initiatives.
- Cultural and historical heritage includes megalithic remains and petroglyphs, Roman traces linked to the Via Nova and historic gold extraction, and a wide range of traditional architecture –churches, castles, bridges and sanctuaries. The landscape of the Denominación de Orixe Valdeorras vineyards, together with historic cellar traditions (including cave wineries), forms a distinctive cultural landscape.
- Many villages preserve traditional pottery heritage linked historically to women’s craftsmanship, while intangible heritage includes Carnival traditions, pilgrimages, oral storytelling, wine culture, traditional music and local knowledge systems.

Socioeconomic Indicators

The economic base is centred on:

- Viticulture and agriculture, strongly linked to the Denominación de Orixe Valdeorras (over 1,100 hectares of vineyards). It generates mainly seasonal employment.
- Chestnut production, an important local economic niche, also in household and informal economies across the region.
- Agricultural and forestry activities, often organised through small-scale holdings (ageing ownership, limited generational renewal).
- Slate extraction industry, mainly in the municipalities of Carballeda and A Veiga, integrated in international value chains (capital-intensive, cyclical, male-dominated, low youth entry).
- Service sector, mainly retail, hospitality, public administration, education and healthcare, mostly concentrated in O Barco de Valdeorras.

The labour market shows low sector diversification, more seasonal/cyclical employment, and fewer opportunities for professional progression. Many young people face a choice between unstable local work or outmigration to pursue further education or more qualified jobs.

Demographic and education indicators confirm high pressure:

- 65+ population: 34.8% (higher than Galicia's 31.4%)
- Population under 15: 9.1% (below Galicia's 10.7%)
- Ageing index: 382 older people per 100 minors (vs 294 in Galicia)
- Total dependency rate: 78.4% (≈6 points above Galicia)
- 15–24 group: 8% of the population (vs 9% in Galicia), of which 16% are of foreign origin.
- Higher education attainment: 13.8% (vs 19.9% in Galicia)

Although no specific NEET rate is available at *comarca* level, the educational and labour profile suggests a moderate-to-high risk of educational and labour disengagement, particularly among young people with incomplete secondary pathways or without post-compulsory education.

Services and Infrastructure

Valdeorras has functioning basic services but uneven distribution and strong dependency on the main hub. Access to educational, cultural and employment opportunities depends strongly on place of residence and family resources:

- Education: coverage for compulsory education across the territory, with clearer concentration in O Barco and A Rúa; post-compulsory options (Bachillerato/FP) exist mainly in these nuclei but with limited pathways; no university centres in the comarca, requiring external mobility (Ourense/Lugo/León), reinforcing early youth outmigration.
- Facilities: Culture, sports and community facilities are concentrated in O Barco. Smaller municipalities rely heavily on local associations and volunteer initiatives.

- Health: integrated in the Ourense–Verín–O Barco health area, with health centres in main municipalities and a reference hospital in O Barco (adequate equipment, but territory + ageing + staff shortages generate pressure and unequal access for peripheral areas).
- Social services: present in all municipalities through local social work units (UTS), typically small teams (1–2 people), limiting preventive capacity and consistent youth-focused work.
- Mobility: The N-120 corridor connects the region with the cities of Ponferrada and Ourense, but secondary roads involve long, winding journeys. Travel times from mountain municipalities to O Barco can exceed 45 minutes, or even longer in winter.
- Transport: rail line Ourense–León with stations in O Barco, Vilamartín and Sobradelo, but with limited frequency and low usefulness for daily youth mobility; Railway services have experienced reductions in recent years, and interurban buses exist but are low-frequency and poorly coordinated across small settlements.
- Digital connectivity: broadband has improved and is targeted by rural connectivity programmes, but remains uneven between urban and rural nuclei; costs, speed and stability can still limit access to online learning, telework and digital participation.

Stable youth meeting spaces are scarce across the territory and cultural programming is often irregular. Many initiatives remain vertical or assistance-oriented rather than participatory, which reduces youth social participation and reinforces perceptions of limited leisure and community engagement opportunities.

Risks and Barriers

Main barriers are structural and mutually reinforcing, shaping young people's life opportunities and their relationship with the territory:

- Isolation and reduced mobility: dispersion + limited public transport + reliance on private vehicles restrict young people's autonomous access to education, work, culture and participation (especially outside the main hub). Isolation is also relational and symbolic: many feel unheard and with limited influence in community life.
- Internal territorial inequality: strong centralisation of services in O Barco creates daily displacement pressures and unequal opportunities by place of residence.
- Demographic ageing and weak youth retention: shrinking youth base weakens young people's sense of belonging and reinforce outmigration expectations. Many grow up with few local role models and limited visibility of viable life paths.
- Educational disengagement risk: mobility constraints, service instability and rotating staff can undermine sustained educational pathways and future planning.
- Gender inequality: rural productive model and labour market structure remain highly gendered; young women face constraints in stable qualified work, care

expectations, and lower access to leadership/decision spaces; male-dominated sectors (slate, construction, forestry, parts of agriculture) shape local training and opportunity landscapes.

- Migrant women and care chains: In more isolated areas, migrant women working in care roles may experience double vulnerability, often employed as live-in carers with undefined schedules and facing additional social, cultural and mobility barriers.
- Stigma and discrimination: Stigma linked to unemployment, vulnerability or rural residence may discourage participation in community initiatives without targeted support. Combined with traditional gender roles and structural labour inequalities, these dynamics can reinforce patterns of exclusion and limit young people's confidence in their future within the territory.

2. Community Asset Mapping

The research and tracking of assets (local associations, institutions, schools, public & heritage spaces, community services, etc) was driven by the Outonía and Igaxes teams based in Valdeorras, drawing primarily from three principles:

1. Previous collaboration with initiatives, projects, individuals and other stakeholders in community actions and/or those linked to social participation, care and well-being.

2. The network and social connections of these assets with their immediate communities, prioritising those who participate in initiatives that are not their own.

3. A clear alignment with the project's values, principles and objectives.

Based on these principles, both teams proposed a preliminary list of assets. It was agreed that those assets that had not achieved a minimum score of 8 points in the Prioritisation Scores would not be included in the mapping. This decision was based both on the aforementioned criteria, and on these additional considerations:

- Some community resources, although of global interest, did not show a clear link with My Rural Mentor's activities.
- Asset diversity (profiles, mission, activity, territory) was taken as added value to trigger analytical-territorial reviews in other places, fostering future uptake.
- In order to place care at the centre, assets that respond to the needs of vulnerable young people in this rural area were prioritised.
- All assets selected act from a gender and care perspective.

To make a final refinement to the mapping, it was decided to seek input from the community itself. To that end, the Outonía and Igaxes teams invited members of the pre-selected assets to an open meeting to exchange ideas and explore collaborations within the framework of the project. The meeting was held on 11 February 2026 at the Igaxes headquarters in Barco de Valdeorras and

was attended by 32 community members, who were able to make specific proposals to provide content for future activities and explain the individual collaboration commitments they would be willing to undertake. The data collected during this final contrast scan was used to refine and finalise the mapping.

AMFAR Os Navall

Type: Rural women association

Contact: +34 988 323 164

Address: Outardepregos, 48, 32373 O Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/Pg7XTu5w8nhqUbtJ7

Working Language: GAL / ES

Potential Function in My Rural Mentor project:

- Space for group meetings
- Community activities
- Cares

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

ASC A Rebusca

Type: Association (cultural and outdoor activities)

Contact: Tania Sánchez (president) — arebuscamanzaneda@gmail.com

Address: Rúa de Atrás, 11 - 32781 Manzaneda (Ourense)

Google Maps: https://maps.app.goo.gl/f47uyScPKWaB9EBx7

Working Language: GAL / ES / EN

Availability: Thu–Sun

Potential Function in My Rural Mentor project:

- Space for group meetings
- Outdoor activities
- Community activities

- Accessibility: Need for a personal car

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2

Total Score: 10

ASC ASTEAVAL

Type: Association (family and disabilities)

Contact: +34 605 459 046

Address: Casa de Xuventude. Academia Dequidt 6 - O Barco de Valdeorras (Ourense).

Google Maps: https://maps.app.goo.gl/8BzoHCggtFs823FPA

Working Language: GAL / ES

Availability: Fri 17:00–19:30

Potential Function in My Rural Mentor project

- Space for group meetings
- Community activities
- Care approach
- Training

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 11

ASC Cancro de Pácreas

Type: Association (social services/health)

Contact: +34 660 804 128

Working Language: GAL / ES

Potential Function in My Rural Mentor project:

- Publicity and dissemination

- Community activities

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

ASC Mulleres Rurais Éntoma

Type: Informal women association

Contact: +34 686 451 554

Address: Lugar Éntoma, 1. As Escolas - 32336 O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/JNEAAoWBto3AjrBY9

Working Language: GAL/ES

Availability: mon - fri

Potential Function in My Rural Mentor project:

- Space for group meetings
- Community activities
- Care approach

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1

Total Score: 9

ASC Mulleres Rurais Veigamuíños

Type: Women association

Contact: +34 620 436 015

Address: San Tirso 61, Veigamuíños - O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/CkbCNCSCZWeoeyUf9

Working Language: GAL/ES

Availability: mon - fri

Potential Function in My Rural Mentor project:

- Space for group meetings
- Community activities
- Care approach

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1
  Total Score: 9

ASC O Regueiral

Type: Rural community association

Contact: asociacionoregueiral@gmail.com

Address: Rubiá (Ourense)

Working Language: GAL / ES

Potential Function in My Rural Mentor project:

- Space for group meetings
- Community activities
- Training

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

ASC Robreda

Type: Association, cultural activities

Contact: +34 611 586 608

Address: Viana do Bolo (Ourense)

Working Language: GAL/ES/EN

Availability: one-off activities during the year

Potential Function in My Rural Mentor project:

- Workshops
- Community activities

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 1
- Sustainability: 1
  Total Score: 8

ASC Sofá Malva de la Casa Rosa

Type: Association (theatre & cultural activities)

Contact: https://www.instagram.com/sofa_malvadelasalarosa/

Working Language: GAL/ES

Availability: mon – fri

Potential Function in My Rural Mentor project:

- Cultural activities
- Support
- Publicity

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 1
- Possible Commitment: 3
- Sustainability: 1
  Total Score: 9

ASC Torna-Xeira

Type: Association (cultural and outdoor activities)

Contact: Xulio Vizcaya (president) - +34 659 927 454 | tornaxeiraviana@gmail.com

Address: Praza de María Pita - 32550 Viana do Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/suvg4LXVf2A3TbVc6

Working Language: GAL / ES / EN

Availability: All days

Potential Function in My Rural Mentor project

- Workshops
- Community activities

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 3
- Sustainability: 2

Total Score: 13

Aula da Natureza Larouco

Type: Public space

Contact: +34 988 348 002

Address: Estrada da Portela 2 - 32358 Larouco (Ourense)

Google Maps: https://maps.app.goo.gl/tsV6kZRid9xdJNAr8

Working Language: GAL/ES

Availability: all days

Potential Function in My Rural Mentor project:

- Community activities
- Space for group meeting

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 1
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

  Total Score: 9

Axouxere da Pepita

Type: Company (children and youth)

Contact: +34 699 258 932

Address: Nicolás Tenorio 32 - 32550 Viana do Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/y81tUYWNKnPvNqE66

Working Language: GAL/ES

Availability: Mon - Fri 7.00 - 20.00h

Potential Function in My Rural Mentor project:

- Workshops
- Youth activities

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1
  Total Score: 9

Biblioteca Municipal de O Barco

Type: Public space

Contact: +34 988 684 157 - bibliotecaflorencio@concellodobarco.org

Address: Academia Dequidt 6 - 32300 O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/gJ2GurbKhHfpWgPUA

Working Language: GAL / ES

Availability: Mon–Fri 09:45–20:30; Sat 10:00–13:00

Potential Function in My Rural Mentor project:

- Publicity and dissemination
- Public spaces to meetings

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Casa do Maior Agarimo

Type: Social Services/Health

Contact: Adrián Garrido (founder-worker) — cm.agarimo@gmail.com —

Address: César Conti 38 - 32373 O Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/czWwSaEnDBZYddnHA

Working Language: GAL / ES

Availability: Mon–Fri, 09:00–17:00

Potential Function in My Rural Mentor project

- Space for group meetings
- Outdoor activities
- Community activities

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 3
- Sustainability: 2

Total Score: 13

Casa Niño Filomena

Type: Child services

Contact: Lorena González, founder - worker, +34 666 625 570

Address: Estrada da Portela 2 - 32358 Larouco (Ourense)

Google Maps: https://maps.app.goo.gl/tsV6kZRid9xdJNAr8

Working Language: GAL/ES

Availability: mon - fri

Potential Function in My Rural Mentor project:

- Community activities
- Publicity

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1

Total Score: 9

Centro Cultural Avenida

Type: Public space

Contact: +34 988 310 116

Address: Rúa do Progreso 90 - 32350 A Rúa (Ourense)

Google Maps: https://maps.app.goo.gl/n7Uga2kpiEHVzDfB6

Working Language: GAL / ES

Potential Function in My Rural Mentor project:

- Space for group meetings
- Community activities
- Publicity and dissemination

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Centro de Información Á Muller (CIM) - Viana do Bolo

Type: Social Services/Health

Contact: +34 088 340 020 - cim.viana@gmail.com

Address: Rúa María Pita, 0 - 32550 Viana do Bolo, Ourense

Google Maps: https://maps.app.goo.gl/5U3n9wmscpBWHr2E9

Working Language: GAL / ES

Availability: Mon–Fri 09:00–14:00

Potential Function in My Rural Mentor project

- Publicity and dissemination
- Support
- Public spaces for meetings

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 2

- Possible Commitment: 2
- Sustainability: 2

Total Score: 11

Club de Montañismo Montañas de Trevinca

Type: Association (outdoor activities)

Contact: +34 616 546 972 - club@montanasdetrevinca.es

Address: Vilanova de Trevinca s/n - 32366 A Veiga (Ourense)

Google Maps: https://maps.app.goo.gl/zbBMSa1s2hhqSUDV8

Working Language: GAL/ES

Availability: all days

Potential Function in My Rural Mentor project:

- Community activities
- Outdoor experiences

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1
  Total Score: 9

Club Náutico Viana do Bolo

Type: Association, cultural and outdoor activities

Contact: +34 611 586 607 - clubnauticovianadobolo@gmail.com

Address: Estrada de Vilariño 18 - 32550 Viana do Bolo

Google Maps: https://maps.app.goo.gl/SvhmLnUqKmAPsioQ7

Working Language: GAL/ES/EN

Availability: one-off activities during the year

Potential Function in My Rural Mentor project:

- Community activities
- Outdoor experiences
- Support
- Space for meetings

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1
  Total Score: 9

De Nai a Nai

Type: Association

Contact: denaianai@gmail.com

Address: Casa de Xuventude (4th floor). Academia Dequidt 6 - O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/JyuJuJm8PWqYY5AW8

Working Language: GAL / ES

Availability: Second and fourth Wednesday of each month, 17:30–19:00

Potential Function in My Rural Mentor project:

- Space for group meetings
- Community activities
- Care approach
- Training

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Eco dos Teixos

Type: Outdoor space & activities

Contact: +34 609 592 459 - info@ecodosteixos.com

Address: Igrexa, s/n – Casaio - 32337 Carballeda de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/F235VS66xLkv2ya77

Working Language: GAL / ES / EN

Availability: Mon–Sun

Potential Function in My Rural Mentor project

- Space for group meetings
- Community activities
- Outdoor experiences

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 2

Total Score: 12

Estudio Garabizo

Type: Artist (graphic design, cultural activities)

Contact: +34 641 336 603

Address: Nicolás Tenorio 32 - 32550 Viana do Bolo (Ourense)

Working Language: GAL / ES / EN

Availability: Mon–Fri, 10:00–20:00

Potential Function in My Rural Mentor project

- Publicity and dissemination
- Network / connections
- Workshops
- Public spaces for meetings

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 3
- Sustainability: 2

Total Score: 12

Femlegal

Type: Company

Contact: + 34 988 093 007

Address: Praza Maior 6 - 32550 Viana do Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/3Czp4E6d5tTG3N8s7

Working Language: GAL / ES

Availability: Mon–Sat 09:00–14:00

Potential Function in My Rural Mentor project:

- Publicity and dissemination
- Network / connections
- Training

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 2

Total Score: 11

Fundación Florencio Delgado Gurriarán

Type: Foundation (culture and heritage)

Contact: fundacion@florenciodelgadogurriaran.gal

Address: Rúa San Roque, 8 - O Barco de Valdeorras

Google Maps: https://maps.app.goo.gl/5PcrUyhxG3Mqiuq36

Working Language: GAL / ES / EN

Potential Function in My Rural Mentor project:

- Community activities
- Local heritage

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 1
- Sustainability: 2

Total Score: 9

GEM Águilas Verdes

Type: Association (outdoor space & activities)

Contact: +34 684 015 879 - aguilasverdes2.0@gmail.com

Address: Rubiá (Ourense)

Working Language: GAL/ES

Availability: mon – sun

Potential Function in My Rural Mentor project:

- Outdoor activities

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 1
- Sustainability: 1
  Total Score: 8

IES Carlos Casares

Type: School

Contact: +34 988 788 594

Address: Estrada da Rúa 104 - 32550 Viana do Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/F235VS66xLkv2ya77

Working Language: GAL / ES / EN

Availability: Mon–Fri, 09:00–16:00

Potential Function in My Rural Mentor project

- Publicity and dissemination
- Space for group meetings
- Community activities

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 3
- Sustainability: 3

Total Score: 13

IES Cosme López Rodríguez

Type: School

Contact: +34 988 783 830 - ies.cosme.lopez@edu.xunta.gal

Address: Vicente Risco s/n - 32350 A Rúa (Ourense)

Google Maps: https://www.edu.xunta.gal/centros/iescosmelopez/

Working Language: GAL/ES

Availability: mon - fri 9.00h -13.00h, wed 16.00h-20.00h

Potential Function in My Rural Mentor project:

- Publicity
- Spaces for group meeting
- Community activities

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 3
- Protection and Safeguarding: 2
- Possible Commitment: 1
- Sustainability: 1
  Total Score: 9

IES Lauro Olmo

Type: School

Contact: +34 988 320 175 - ies.lauro-olmo.valdeorras@edu.xunta.es

Address: Rúa Calabagueiros s/n - 32300 O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/jR2Z4YYX1npkMS7R7

Working Language: GAL/ES/EN

Availability: mon - fri 8.30h -14.00h

Potential Function in My Rural Mentor project:

- Publicity
- Spaces for group meeting
- Community activities

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 3
- Protection and Safeguarding: 2
- Possible Commitment: 1
- Sustainability: 1
  Total Score: 9

IES Martaguisela

Type: School

Contact: +34 988 320 931 - ies.martaguisela@edu.xunta.gal

Address: Rúa A Coruña 22 - 32300 O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/DcxC9v6bHwdkpDGp7

Working Language: GAL/ES

Potential Function in My Rural Mentor project:

- Publicity
- Spaces for group meeting
- Community activities

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 3
- Protection and Safeguarding: 2
- Possible Commitment: 1
- Sustainability: 1
  Total Score: 9

Matria Cheas de Vida

Type: Company

Contact: https://www.instagram.com/matria.cheas.de.vida

Address: Petín (Ourense)

Working Language: GAL/ES/EN

Potential Function in My Rural Mentor project:

- Training
- Publicity
- Gender equality
- Care approach

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 1
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1
  Total Score: 8

Nadel ASC

Type: Association

Contact: Jorge Moral (president) — jorge@nadel.gal

Address: No space

Working Language: GAL / ES / EN

Availability: Email/phone

Potential Function in My Rural Mentor project:

- Community activities
- Training

Accessibility: One-off activities during the year

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Oficios Vivos

Type: Cultural association

Contact: Bea Iglesias (founder) — bea@oficiosvivos.com

Working Language: GAL / ES / EN

Availability: One-off activities during the year

Potential Function in My Rural Mentor project:

- Workshops
- Community activities

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Recordar Historia

Type: Informal women group

Contact: María Luisa Valcarce, president

Address: Casa de Xuventude (4th floor). Academia Dequidt 6 - O Barco de Valdeorras (Ourense).

Google Maps: https://maps.app.goo.gl/JyuJuJm8PWqYY5AW8

Working Language: GAL/ES

Availability: thu 18.00h - 20.00h

Potential Function in My Rural Mentor project:

- Space for groups meetings
- Community activities
- Care approach
- Training

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1
  Total Score: 9

Residencia de Maiores O Bolo

Type: Social Services/Health

Contact: +34 988 323 227 - bolo@fundacionsanrosendo.es

Address: Rúa Serro - 32373 O Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/c2iXG9AQn1d3sYpKA

Working Language: GAL / ES

Availability: All days

Potential Function in My Rural Mentor project:

- Community activities
- Space for group meetings
- Publicity and dissemination

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Terras Altas de Trevinca

Type: Company

Contact: +988 310 223

Address: Lg. Xares 83 - 32365 Xares, A Veiga (Ourense)

Google Maps: https://maps.app.goo.gl/4zPvQvXDkZNm7wNv9

Working Language: GAL/ES

Availability: all days

Potential Function in My Rural Mentor project:

- Community activities
- Outdoor experiences

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1
  Total Score: 9

Town Council of A Rúa

Type: Local government

Contact: +34 988 310 116 - alcaldia@arua.gal

Address: Velázquez 2 - 32350 A Rúa (Ourense)

Google Maps: https://maps.app.goo.gl/Q9fAxwDDh1bL1gvo9

Working Language: GAL / ES

Availability: Mon–Fri 09:00–14:00

Potential Function in My Rural Mentor project:

- Publicity and dissemination
- Support
- Public spaces for meetings

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2

- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 3
- Sustainability: 1

Total Score: 10

Town Council of Larouco

Type: Local government

Contact: +34 988 348 122 - lilianatraballosocial@gmail.com

Address: Rúa do Comercio, 0 - 32358 Larouco (Ourense)

Google Maps: https://maps.app.goo.gl/ed7EoXAs87XwkfUP8

Working Language: GAL / ES

Availability: Mon–Fri 09:00–14:00

Potential Function in My Rural Mentor project:

- Publicity and dissemination
- Support
- Public spaces for meetings

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 3
- Sustainability: 1

Total Score: 10

Town Council of O Barco de Valdeorras

Type: Local government

Contact: +34 988 320 202 - servizosociais@concellodobarco.org

Address: Praza de España 1 - 32300 O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/eW11y9qWdSU2e78x5

Working Language: GAL / ES

Availability: Mon–Fri 08:00–15:00

Potential Function in My Rural Mentor project:

- Publicity and dissemination
- Support

- Public spaces for meetings

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 3
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Town Council of O Bolo

Type: Local government

Contact: +34 988 323 030 - contacto@obolo.es

Address: César Conti 33 - 32373 O Bolo (Ourense)

Google Maps: https://share.google/caTXeIaatj1y3RUZw

Working Language: GAL / ES

Availability: Mon–Fri 09:00–14:00

Potential Function in My Rural Mentor project:

- Publicity and dissemination
- Support
- Public spaces for meetings

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

Town Council of Petín

Type: Local government

Contact: +34 988 310 223 - alcaldia@petin.gal

Address: Rúa do Barcelo 7 - 32356 Petín (Ourense)

Google Maps: https://maps.app.goo.gl/ssDRhFsBkbJKJNNu8

Working Language: GAL/ES

Availability: mon - fri 9.00h - 14.00h

Potential Function in My Rural Mentor project:

- Publicity
- Support
- Publics spaces for meetings

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 2
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 1
- Sustainability: 1
  Total Score: 9

Town Council of Viana do Bolo

Type: Local government

Contact: + 988 340 120 - concello.vianadobolo@eidolocal.es

Address: Rúa María Pita, 0 - 32550 Viana do Bolo (Ourense)

Google Maps: https://maps.app.goo.gl/8BzoHCggtFs823FPA

Working Language: GAL / ES

Availability: Mon–Fri, 09:00–14:00

Potential Function in My Rural Mentor project

- Publicity and dissemination
- Support
- Public spaces for meetings

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 2
- Sustainability: 2

Total Score: 11

Vagalume Valdeorras

Type: Association

Contact: José Fernandez, president. +34 988322744

Address: Rúa de España, 5 (ground floor). 32300 O Barco de Valdeorras (Ourense)

Google Maps: https://maps.app.goo.gl/vkMRZPwvxk81DZsM6

Working Language: GAL / ES

Potential Function in My Rural Mentor project:

- Community activities
- Consulting

Prioritisation Scores

- MRM Congruence: 1
- Operational Synergy: 2
- Protection and Safeguarding: 2
- Possible Commitment: 1
- Sustainability: 2

Total Score: 8

Valdeorrasconorgullo

Type: Youth association

Contact: IG - https://www.instagram.com/valdeorrasconorgullo/

Working Language: GAL / ES

Potential Function in My Rural Mentor project:

- Publicity and dissemination
- Network / connections

Accessibility: No barriers

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 1
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 1

Total Score: 10

VeroVieira

Type: Artist (graphic design)

Contact: https://www.instagram.com/vero_vieira_/

Working Language: GAL / ES / EN

Availability: One-off activities during the year

Potential Function in My Rural Mentor project

- Workshops
- Community activities

Accessibility: Need for a personal car

Prioritisation Scores

- MRM Congruence: 3
- Operational Synergy: 2
- Protection and Safeguarding: 3
- Possible Commitment: 2
- Sustainability: 2

Total Score: 12

HISTORY OF CHANGES		
VERSION	PUBLICATION DATE	CHANGE
1.0	07/05/2026	First version, reviewed by all partners