



SOCIETY

Ordino celebrates culture and traditional dance

The Contradans festival opens with the collaboration of local and foreign dancers

L'Esbart de les Valls del Nord and various Catalan dancers fill the parish with live music



ANA/M.F.

►► Scene from one of the inaugural Contradans dances, last Friday in Ordino.

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This year's new edition of Contradans once again fills the streets of the parish of Ordino with traditional music and dances. Last Friday the starting shot was given with the performance of 'La Rumba', 'Pa amb oli' and 'El Bruc' by Esbart Valls del Nord in La Closa square. At this inauguration, several personalities attended such as the consuls of Ordino, Josep Àngel Mortés and Eva Choy, the syndic general, Sandra Codina, the Minister of Culture, Youth and Sports, Mònica Bonell, the delegate of the Generalitat of Catalonia in Andorra, Anna Vives, among others. The streets of the Ordino parish were the scene of the traditional parade with festi-

ve bestiary, the Olivella Dragon, and the capgrossos from different parishes in the country who did not want to miss the event.

Ordino's junior consul, Eva Choy, made some statements to the press, excited to witness and present the event. Choy declared that in this third edition, «we have prepared a program full of dance shows accompanied by the craft market», in addition to the great novelty of the workshops that will complement the festival program. The consul has great expectations for this weekend of culture and traditional dance, explaining that «we expect to have a lot of traffic due to the coincidence with the long-weekend on October 12th and many people have come to Andorra to spend the weekend. Therefore, we hope that the parish will be

The Contradans festival celebrates its third edition, this fact being proof of its consolidation

filled with people to be able to come and see the Contradans». Choy explained the beginning of this initiative, also the result of citizen participation, which «began in 2020 with the winning project of the participatory budget», as she narrated. The previous year, the festival took place in the parish of La Massana, while this year's edition, the setting is the parish of Ordino. The consul explained that, thanks to a two-year agreement signed by the municipalities of both parishes, they also subsidize Esbart de les Valls del Nord to make the event possible. The consul thanked the fact that companies and artists from outside the country came to the festival, but with special emphasis on «the performance that will be done with three groups from Andorra, who have jointly agreed to be



Eva Choy

JUNIOR CONSUL OF ORDINO

«I hope it's the beginning of a sum of all the country's fringes so that they can act together»

Meritxell Rabadà

PRES. OF THE VALLS DEL NORD

«(El Contradans) is gaining weight and importance and we hope to maintain it and give it continuity»

able to make a representation I hope that this will be the beginning, for future editions, of a sum of all the country's fringes and that they will be able to act together in one place and that it will be a sample of the wealth of popular culture that we have.»

The president of Esbart de les Valls, Meritxell Rabadà, celebrated the already mentioned agreement, which seems to consolidate this festival. «They guaranteed us these two years, and I think it's already gaining weight and importance and we hope to keep it to give it continuity», declared Rabadà. The president also explained that she would not be able to highlight one activity over another, since «it is like asking a mother which child she loves most», but clarifying that «the shows are of high quality», which range from grassroots representations referring to the Catalan and Andorran textile industry, to fusions of flamenco and contemporary that are embodied in George Orwell's work, 'Rebel • lió a la Granja'. ≡

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Interview ▶ Parlem amb Lola Vega, medalla de plata en karate a l'Euro

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«Each competition has helped me to progress day by day»

LOLA VEGA karateka

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Lola Vega is an athlete from the country who competes in karate. Although she is also a student, the young bride devotes a large part of her time to training in order to continue to achieve her goals. The competition she remembers most fondly is the European Small States, where she won the silver medal.

-How did you start in the world of karate?

-I started with the world of karate because with my father we always watched fighting movies and we began to imitate them and play as if we were them, until one day my father came home with the registrations and from here it all started.

-It has evolved over the years. What do you consider to be your biggest milestone?

-Well, yes, as time goes by I have been evolving and each competition has helped me to progress day by day, but the biggest milestone I have achieved today is the silver in the European Small States, since it had more merit because I was coming back from injury.

-How did this competition go?

-Honestly, very well! I think I did a really good job and mentally I got something I've been looking for a long time and that was to have my head at peace before competing. The head is what controls everything and it is very difficult to know how to control it, because there are many emotions, many thoughts, many people and a thousand things that at that moment I wish were not in my head, but in this championship I have reached my goal which was to know how to manage everything before going out on the tatami. So I'm very happy with what I got and now I'm going for more and to do better.

-How was it prepared?



▶ Lola Vega on the podium of the European Small States.

-In terms of training, as I said before, I had an injury relatively recently and I stopped training and then the summer came. It was complicated. But two of my teammates and I were training at the end of July, later we also had training with our coach, Javi and we

went back to the first week of September when we were training all week. On a mental level, I think the injury served to prepare me mentally. I consider the break I took to be very necessary to be able to shape my head and to be able to think and work on myself.

-It is not easy to combine sport with studies. What is your strategy?

-Yes, it's complicated because at the end you notice that you don't have time, but it's about prioritizing. In the end, when you are clear about what you want, the only thing left is to be responsible with yo-

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«For me, my sporting references are and will always be my coaches: Xavi and Sandra Herver»

urself and do the things that come before the ones we would like.

-At a sporting level, what would you say is your goal?

-Honestly, I don't have a fixed goal, I just want to keep falling in love with this sport and keep practicing it until it stops making me happy.

-Do you have a competition for which you are preparing?

-Yes, soon we have the second day of the national league in Álava and also the championship in Madrid. The dates are approaching and every day I am more prepared.

-Every athlete has a reference. What would you say is yours?

-For me, my references are and will always be my two coaches who are also competitors, Xavi and Sandra Herver. I think that Sandra, both as a person and as a competitor, has always been a reference and my coach, Xavi, is an admirable man. Both will always play an important role in my life in this regard.

-What is karate for you?

-I can't define with one word what karate is for me, it's a mixture of very strong emotions of love, happiness, passion, and a thousand other things. Karate makes me extremely happy, I don't think I can explain how it makes me feel. Karate is and will always be a big part of my life and I will be eternally grateful to have enjoyed this sport. ≡

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