

TED Ideas worth spreading*

"ACCEPT THE UNEXPECTED AND TAKE
ADVANTAGE OF IT RATHER THAN
COMPLAINING BECAUSE THINGS DIDN'T
HAPPEN AS YOU PLANNED".

ADELA ÚCAR



TEDx AlmendraMedieval
x = independently organized TED event

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VITORIA-GASTEIZ

Weekly English Practice



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English
Coaching
Projects S.Coop.

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TED.com comes to Vitoria with 'TEDx AlmendraMedieval'

After the success of last year's event in the Casa del Cordón, this year will see a mix of local, national and international experts bring their visions and ideas to the revamped Palacio Europa

to take place: to occur, to happen

held (to hold): to arrange, to organise

to blend: to mix, to combine

growth: increase, expansion

to revamp: to give a new and improved image or structure
to feature: an important or significant aspect of something

world-renowned: to be famous internationally

to overcome: to resolve a difficult situation or problem

goals: objectives, ambitions, desires, aims

own: personal

Have you ever heard of TED.com? It's a great website for watching short videos of great presentations made by experts from all over the world on a wide variety of fascinating topics. It's free and you can watch the videos in English with English subtitles (other languages are available). You can even download them to watch later.

TEDx events are locally-organised events that **take place** all over the world and on April 16th there will be one here in Vitoria-Gasteiz - [TEDx AlmendraMedieval](http://TEDxAlmendraMedieval). This is the second consecutive year that Vitoria has **held** a TEDx event and this year the title is "Shake it, Mix it!" which reflects the organisers desire to show us how mixing, **blending** and being open to new ideas can bring innovation, transformation and **growth** to all aspects of life.

This year's event will be at the newly **revamped** Palacio Europa and **features** 12 talks as well as 3 performances. One of the performances will be by a very special trio composed of comedian Jose Mota, comedy writer, actor

and motivational speaker Mago More and Eduardo Anitua, the **world-renowned** surgeon and researcher whose biotechnology firm BTI is based in Vitoria. Together they will bring a mix of science and humour to the proceedings. Another will be by the Auzodanza and Koldo Mitxelena dance groups, also from Gasteiz.

TED talks are no longer than 18 minutes and describe a very specific subject in an interesting and entertaining manner. Those who attend the TEDx AlmendraMedieval event this year will hear about such diverse topics as nanotechnology, internet activism, exhuming common graves from the Spanish Civil War, our personal responsibility for the environment, addictions, bullying, the future of education and the digital transformation of newspapers. There will also be personal stories of **overcoming** obstacles to achieve our **goals**.

Speakers will come from all over the world to be at the Palacio Europa but perhaps the most emotional presentations will come from local people. Local chef Asier Urbina will talk about how competing in triathlons has helped him overcome health problems. Double world rhythmic gymnastics champion Tania Lamarca will show us how sporting values can help us in both our personal lives and in business through her **own** experiences as a successful international athlete.

Four of the 12 talks will be in English so the event is a great way to practice your listening skills ;-)

Find out more information and how to get tickets at the [TEDx AlmendraMedieval website](http://TEDxAlmendraMedieval), on [Facebook](https://www.facebook.com/TEDxAlmendraMedieval) or on [Twitter](https://twitter.com/TEDxAlmendraMedieval). And click [here](#) for images of previous events.



TEDx AlmendraMedieval also organises regular TEDx Salon events that cover one single topic and include audience participation

“iLook, iThink, iSpeak”

Express yourself better!



“Let's chat about that!”

(read the article on page 1)

ECP coach Rob Hextall spoke to Cristina Juesas, one of the founders and organisers of [TEDx AlmendraMedieval](#), about the challenges of organising an event like this.

RH: What made you set up TEDx AlmendraMedieval in Vitoria-Gasteiz?

CJ: I have a friend who's living in Madrid who told me about organising a TEDx here after I had attended a TEDx event there. I have organised events in Vitoria every month since 2009, so a TEDx seemed like a natural evolution. Another friend also joined the team, and this is how it all started. In 2015 I went to a TEDGlobal event.



The license allows us to organise 100+ events. It was time to bring the “**Ideas Worth Spreading**” from other parts of the globe to Vitoria, and also to put a loudspeaker to some of the ideas from here.

RH: Events like these require a tremendous amount of organisation and you need as much help as you can get. What's the secret to organising the large group of volunteers that you have?

CJ: We need to have fun. Both the organising team and the volunteers need to have fun when working, because it's very hard work and it has no other reward than making friends and enjoying yourself. Everybody needs to feel they are an essential part of the process and of the event.

RH: What do volunteers (and you) get out of helping at events like these? What motivates them?

C.J: Everyone has their own motivation. In my case, I meet a lot of people and make contacts that might be helpful in my work. And I love the idea behind TED - I can't change the world, but I can help change my little world by helping to spread good ideas. Some of the volunteers are here because they want to change their worlds, some because they make new friends, and others because it's good for their résumés. Everyone has a reason. A TEDx experience lived from the inside is so different from watching a TED talk comfortably sitting at your desk!



English Coaching Projects recommends...

“Bring on the learning revolution!”

by Ken Robinson

In this poignant, funny follow-up to his fabled 2006 talk, Sir Ken Robinson makes the case for a radical shift from standardized schools to personalized learning - creating conditions where kids' natural talents can flourish.

Ken Robinson

Author/educator

Creativity expert Sir Ken Robinson challenges the way we're educating our children. He champions a radical rethink of our school systems, to cultivate creativity and acknowledge multiple types of intelligence.



- Have you ever used the [ted.com](#) website to watch videos in English?
- If you have: What did you watch? Was it interesting? Do you think the website is useful?
- Do you think Vitoria (or your city) benefits from events like this? If so, in what way?
- Some of the speakers and performers are from Vitoria. What do you know about Tania Lamarca, Asier Urbina, Eduardo Anitua and Auzodanza?
- Do you think you could give a talk about your own personal experiences that would help or inspire other people? Don't be shy!
- Think about what people have helped or inspired you during your life. Describe them briefly and explain how they influenced you.

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Student Socials



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