Galicia is quite different from Spain. Some people know that if you are going to travel to Galicia, you will not understand what people is saying, even if they know how to speak Spanish. This is because in Galicia they have their own language: Galician. In the past, this language was called Galician-Portuguese and it was spoken in Galicia and Portugal, but as they got divided, they took different paths, becoming two different languages. Nowadays, we could say that if we mixed Portuguese and Spanish, we would have Galician. But this is not the only difference between Galicia and Spain.

A vegetarian diet decreases the risk for some chronic diseases like obesity or diabetes. More than the half of all diseases are related to our diet. Vegetarian diets not only help us preventing and treating heart diseases due to the fat, but also reducing the risk of cancer. A normal diet that includes meat tends to be higher in saturated fat and cholesterol, while a vegetarian diet has a higher ingestion of plant nutrients. Even though many people believe that they could not live without meat, they should start thinking about reducing meat and being aware of how many problems it causes.

Being tolerant and respectful about linguistic diversity is very important for the development of humanity. Linguistic diversity is part of the culture, history, origin, and traditions of a lot of people around the world. Respecting the linguistic diversity is necessary as this helps to preserve the foundations of different cultures. Nowadays, we can find cultural supremacism, which means that some people believe themselves superiors because for their historical origins. And also believing that one language is better than the other. This type of racism damages our culture from many points of view, so we must fight against these groups by always promoting linguistic respect.

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