

SEMINAR "SPREADING CHARM"



ABOUT THE PROJECT

"Spreading CHARM" is a seminar with the elements of the Partnership Building, which will be held from 17th (arrival day) to 22 (departure day) of April 2017 in the city of Lorca, in the south eastern region of Spain. In this project will participate 23 youth workers, NGO leaders and trainers from Italy, Macedonia, Russia, Georgia, Armenia, Estonia, Bulgaria, Romania, Germany and Spain.

Main objectives of the seminar:

- To explore the topic of HR and inclusion in the Youth NGOs environment
- To work out the strategies for the inclusive youth organisation and inclusive youth workers
 - To discover the realities of the inclusion and human rights in the youth NGOs in different countries and realities
 - Networking
 - To motivate organisations to promote HR and inclusion through their activities
 - To create a partnership with the appropriate inner support systems for learning and promoting human rights and inclusion

The main topic of the seminar is inclusion and creation of the youth work free from racism, discrimination and stereotypes that are in line with the main objectives and priorities of the Erasmus+ programme.

The expected direct impact of the project - sensibility of the youth organisations and youth workers about the topics of inclusion and respect of Human Rights. Also one of the main objectives of the project is development of new partnerships, projects and initiatives in order to make stronger international network of organisations, sustainability of the project results in the long-term perspective and also to contribute to development and visibility of the Erasmus+ Programme.

YOUTH CENTER



This youth center is inspired in TV series, so you can sleep in rooms based on Breaking Bad, Game of Thrones, Big Bang Theory... and other series. We want you to feel comfy, inspired and to have fun, of course!

ARRIVAL DAY: 17th of April
DEPARTURE DAY: 22nd of April

PARTICIPANTS

COUNTRY	PARTICIPANTS	BUDGET FOR TRAVEL
SPAIN	2 PAX	0 PER PAX
ITALY	2 PAX	275 PER PAX
MACEDONIA	2 PAX	360 PER PAX
RUSSIA	2 PAX	530 PER PAX
GEORGIA	2 PAX	530 PER PAX
ARMENIA	2 PAX	530 PER PAX
BULGARIA	2 PAX	360 PER PAX
ROMANIA	2 PAX	360 PER PAX
ESTONIA	2 PAX	530 PER PAX

PROFILE OF PARTICIPANTS

- REPRESENTATIVES OF PARTNERS
NGOs, YOUTH WORKERS, TRAINERS



THE VENUE OF THE EVENT

Lorca is a beautiful small city in the South-East of Spain. It is called "the city of the sun" because it is usually sunny here. Despite this, April is a bit of a crazy month, so please bring mixed type of clothes. This hostel is 15 minutes away from the city center and two minutes away from the Railway station **Lorca San Diego**.

While in the second floor there is the actual hostel, in the first floor there are the working rooms, the offices of Cazalla and also of Lorca Youth Council.

LODGING in

The participants will be accommodated in rooms for 4. There are 3 bathrooms, one for women, one for men (both with showers) and a mixed one (only with toilets). Please don't expect private bathroom in your room. The hostels provides bed linens but **NO TOWELS** so don't forget to take them! There is **WIFI** in the hostel, but you can as well get it in the cafés nearby the hostel. Please try to arrange all journeys and print as much documents as you can in advance. However, we can provide you a printer for urgencies (for instance if you have to do the booking online for the plane).

There will always be a person waiting for you when you arrive at the hostel, but if the group arrives during the night, please, get in touch with us in advance. You can see the number of Cazalla's mobile phone at the end of this info pack, you can also write us on Whatsapp.

HOW TO GET TO THE VENUE

Please DO NOT fly to or from Murcia airport, the connection is REALLY bad

FROM ALICANTE AIRPORT

(PLEASE DO NOT BUY TICKETS THAT MAKE YOU ARRIVE AFTER 20:15 OR LEAVE BEFORE 11:00 ON WEEK DAYS AND 12:00 ON SUNDAYS)

Option 1: take a bus directed to Murcia from the station just in front of the airport, on the top level: there are buses every 2 hours from 7:15 to 21:15 – the trip takes 45 minutes and costs around 6€.



Once in Murcia go from the bus station to the train station by bus (take the n.26A). Then take a train from Murcia to Lorca San Diego (it is the first station of Lorca coming from Murcia): there are trains every hour from 6:15 to 22:15 – the trip takes one hour and costs around 6€ or you can take a bus from the bus station of Murcia and it will bring you to bus station, which is next to the train station (Lorca Sutullena) which is 2 km away from the hostel. If you want to check the schedule go to www.renfe.es, then Cercanias: Murcia/Alicante

Option 2: Take a city bus from the Airport and ask the driver to tell you when you arrive in San Gabriel's stop. From there take a local train (Cercanias) to Murcia, then take another local train to Lorca (you can buy in San Gabriel directly a ticket to Lorca, if the machine is not working you can buy it right on the train itself).

Option 3: With the city bus you can go to Alicante's bus station and take a bus to Lorca. There are very few buses and you mostly need to buy the ticket in advance on www.alsa.es. Note that the last one leaves at 21:45 and the first one at 3:30 in the morning.

From MADRID BARAJAS AIRPORT

BY BUS: There are direct busses (ca. twice a day) from Terminal 4 to Lorca. The ticket costs around €35 and the trip takes 6,5–7h. You can also catch a bus from one of the bus stations, Estación de Autobuses – Estación Sur. In order to get there take metro (pink line) until the end (Nuevos Ministerios) and then change to the grey line going to Mendez Alvaro. To check the bus schedule go to www.alsa.es. You can also purchase tickets online in www.movelia.com.

BY TRAIN: Take metro from the airport to Madrid Chamartín train station (you will have to change the lines twice or three times). Then take a train to Murcia. In Murcia you can get the ticket to Lorca San Diego for free in the ticket machines with the code written on the ticket from Madrid to Murcia (“Combinado Cercanías”). The ticket costs between €38 and €47. To check actual train schedule go to www.renfe.es. If you decide to travel by train, we advise you to buy the ticket in advance (online) as the Madrid–Murcia connection is very popular and trains are usually full!

You can download the Madrid metro plan from here www.metromadrid.es.

Please keep in mind that in order to arrive to Lorca THE SAME DAY, you should be in the airport by 15h, not later, to catch the train at 16:30

From VALENCIA AIRPORT

BY TRAIN: Take metro from the airport to Valencia Estació del Nord train station (ticket costs around €4,90) and take a train to Murcia del Carmen (tickets between €20–40). The trip takes 3–3,5h. After arriving to Murcia, you will have to buy a ticket to Lorca San Diego (first train station). You can get it in the ticket machines inside the train station (“Cercanías”) and it costs €5,60. The train ride takes ca. 50 minutes. To check train schedule go to www.renfe.com.

BY BUS: Take metro from the airport to Valencia bus station and take a bus to Murcia (€17,59). The trip takes 3–5,5h. To check the bus schedule go to www.alsa.es. You can also purchase tickets online.

FROM BARCELONA AIRPORT

Take a bus from the airport which goes to the Plaza de España. It costs 2€. Then, in the same place you need to change the bus which goes to the Barcelona Sants station (Sants Estacio), which also costs 2€. Also, you can take metro, which is very near the bus station. The bus (and metro also) will take you straightly to the train station.

The train ticket, directly to Lorca, costs 58€. There is a possibility to book it before and it should be a bit more cheaper.

Another option: carpooling

As the new programme is more flexible in terms of how do you travel, you can do it also by car or taxi. Anyway we ask you to keep all the receipts and invoices and get to the Youth Exchange on time. You can try on www.blablacar.es (always keep in mind that English is not widely spread in Spain, so a lot of people just communicate in Spanish).

HOW TO PREPARE YOURSELVES FOR THE EVENT

- * Bring anything that could make the evenings and free time funny and chill! Music instruments, games, we're here to have fun and learn, any help is more than welcomed!
- * Don't forget your own toiletries :)
- * Closer to seminar days some task from the facilitators team can appear via e-mail:-)

FREQUENTLY ASKED QUESTIONS

BUYING LOCAL TRANSPORT TICKETS

You need to buy train/bus tickets in advance (except for Renfe Cercanías). Usually tickets are sold out very fast (specially from the Madrid Airport to Lorca). Please buy the tickets through MOVELIA www.movelia.es, as other websites sometimes don't accept international cards.

ACCOMMODATION AND FOOD

Accommodation and food is provided by Erasmus+ programme. If you have any special needs please let us know in the form, so we can make your experience as enjoyable as possible.

VISA AND INSURANCE

We kindly ask the **European participants** and non EU participants to take care of the insurance for both the travel and the duration of the Seminar. Otherwise any expense raising from medical care in Spain will be considered personal costs of the participants. **The insurance costs will not be reimbursed for participants.** Anyway we strongly recommend to bring with you your European health insurance card or, if you are outside of EU a travel insurance (more info here: <http://ec.europa.eu/social/main.jsp?catId=559>)

CAN I STAY LONGER THAN THE Seminar?

Travel days are the 17th and the 22nd of April. If you want to spend one or two days more in Spain is not a problem, but the project won't cover your lodgment and food. Please inform us before buying the tickets.

REIMBURSEMENT

All the partners will receive the travel cost amount according to the documents that participants will present us, but not more than it is written in the beginning of the info pack, anyway we need to keep all **tickets, receipts, boarding passes (in case) and original signed reimbursement sheets.** Please bring all the documents you have with you and send the rest of the documents by post once you get back home.

HOW TO GET THE REIMBURSEMENT

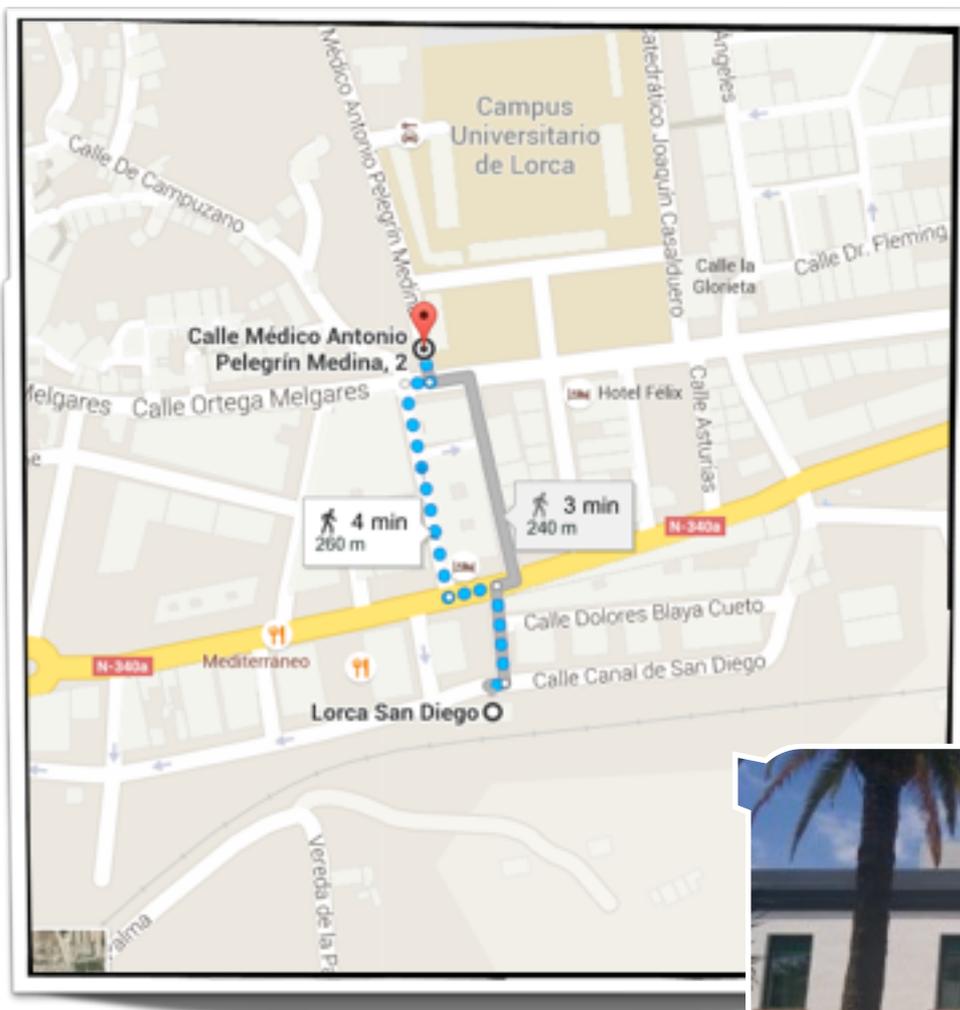
Only participants who attend at least **80% of the programme of the Seminar** are entitled to reimbursement of their expenses.

WHAT CAN I DO IF I CAN'T BUY THE TICKETS IN ADVANCE?

Please contact us and we will try to help you. Don't risk to travel without tickets.

ARE TAXIS, RENT CARS OR CARPOOLING ACCEPTED?

The new programme is more flexible in terms of means of transport. Just make sure you get tickets and invoices for everything. The amount of money you will receive is fixed, it doesn't depend on how much you spend.



CHECK THE WEATHER
FORECAST HERE:

[http://
www.worldweatheronline.com/
lorca-weather/murcia/es.aspx](http://www.worldweatheronline.com/lorca-weather/murcia/es.aspx)



CONTACT US

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Time when available: mornings 10-14 CET

Monday to Friday (other timings only for emergencies).

**Cazalla Intercultural
Centro de Formación y
recursos juveniles M13**

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