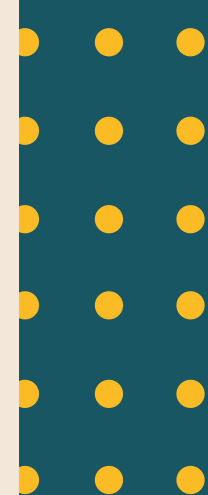




INFOPACK

KUALITY

TRAINING COURSE
24.04.2022 - 30.04.2022
LORCA, SPAIN



ABOUT THE PROJECT

WITH THIS PROJECT WE WANT PARTICIPANTS TO LEARN HOW TO FACILITATE MEETINGS, NON-FORMAL LEARNING AND DECISION-MAKING PROCESSES IN A PROFESSIONAL, PARTICIPATORY AND ENGAGING WAY, THEREBY TAKING A MORE ACTIVE ROLE IN THE ORGANIZATIONS AND MAKING THEIR PROJECTS MORE QUALITY AND INCLUSIVE.

THE GOAL OF THIS PROJECT IS TO PROMOTE INTERCULTURALITY AND RESPECT FOR DIVERSITY IN DECISION-MAKING PROCESSES AT INTERSECTIONAL MEETINGS OF INTERNATIONAL PROJECTS AND LOCAL DECISION-MAKING.

**THE PROJECT WILL BE CARRIED OUT
IN THE COURSE OF
5 CONSECUTIVE DAYS:**

ARRIVAL DATE: 24.04.2022

ACTIVITY DATES: 25.04 - 29.04.2022

DEPARTURE DATE: 30.04.2022

OBJECTIVES

- TO INCREASE THE QUALITY IN THE PREPARATION, IMPLEMENTATION AND EVALUATION OF INTERNATIONAL AND LOCAL PROJECTS, ENSURING THAT THEY ARE INCLUSIVE, INTERCULTURAL AND DIVERSE;
- AWARENESS OF POWER RELATIONSHIPS AND HOW THEY AFFECT OUR INTERNATIONAL RELATIONS, WHILE DEVELOPING STRATEGIES TO BUILD PROFESSIONAL RELATIONSHIPS BASED ON EQUALITY AND INCLUSION;
- DEVELOP STRATEGIES AND ATTITUDES TO GENERATE PARTICIPATORY, INCLUSIVE AND DEMOCRATIC DECISION-MAKING PROCESSES THAT GENERATE OWNERSHIP AND EMPOWERMENT OF PARTICIPANTS;
- LEARN HOW TO CREATE SAFE, DYNAMIC, COMMITTED AND PROFESSIONAL ENVIRONMENTS IN THE DECISION-MAKING PROCESS;

PARTICIPANT'S PROFILE

PARTICIPANT:

- PROFESSIONALS FROM ORGANISATIONS DEVELOPING INTERNATIONAL PROJECTS (KA2, CAPACITY BUILDING AND OTHER PROGRAMMES SUCH AS FUNDAMENTAL RIGHTS)
- YOUTH WORKERS WORKING WITH YOUTH GROUPS
- MENTORS OF SOLIDARITY PROJECTS ESC
- FACILITATORS AND LEADERS OF YOUTH EXCHANGE GROUPS
- YOUTH LEADERS WHO WANT TO DEVELOP FACILITATION SKILLS FOR MEETINGS AND PROJECTS BASED ON THE PRINCIPLES OF DEMOCRATIC PARTICIPATION

TRAVEL COSTS

IMPORTANT NOTE!

ALL PARTNERS (SENDING ORGANIZATION) WILL RECEIVE THE EXACT AMOUNT OF MONEY THE PARTICIPANT HAS PAID FOR THEIR JOURNEY TO LORCA. HOWEVER, THIS SUM MUST NOT SURPASS THE MAX AMOUNT OF THE TRAVEL GRANT DEFINED BY THE EUROPEAN COMMISSION.

GIVE ALL TICKETS AND BOARDING PASSES TO A CAZALLA'S COORDINATOR VIA EMAIL AT CHANA.PEREIRA.ALVES@HOTMAIL.COM OR POST THE ORIGINAL TRAVEL DOCUMENTS TILL 1ST APRIL 2022 TO: CAZALLA INTERCULTURAL, C/ MEDICO PELEGRIN MEDINA, APDO 02, 30800 LORCA (MURCIA), SPAIN.

TO PROCESS THE REIMBURSEMENT WE NEED ALL TICKETS AND BOARDING PASSES FROM THE TRAVEL, DON'T BUY THEM WITHOUT CONSULTATION WITH PROJECT COORDINATOR!

TRAVEL COSTS

Country	Participants	Travel grant
Russia	2 participants	820€ + visa 180€ per person
Poland	2 participants	360€ per person
Ukraine	2 participants	530€ per person
Latvia	2 participants	360€ per person
Germany	2 participants	275€ per person
Armenia	2 participants	530€ + visa 160€ per person
Greece	2 participants	360€ per person
France	2 participants	275€ per person
Bulgaria	2 participants	360€ per person
Romania	2 participants	360€ per person
Portugal	2 participants	275€ per person
Spain	2 participants	0,00€ per person

HOW TO PREPARE YOURSELF TO THE PROJECT

DOCUMENTS

BE SURE THAT YOU HAVE VITAL INSURANCE CARD AND IDENTITY CARD. **MAKE SURE TO READ [OUR COVID 19 PROTOCOL](#)**.

TRAVEL ITINERARY

DON'T BUY A TICKETS WITHOUT PREVIOUS CONSULTATION WITH THE COORDINATOR FROM CHANA.PEREIRA.ALVES@HOTMAIL.COM. SEND TO IN ADVANCE YOUR TRAVEL ITINERARY. DEADLINE: **1ST OF APRIL 2022**

LUGGAGE

YOU WILL STAY AT THE YOUTH HOSTEL. TAKE WITH YOU YOUR OWN TOILETRIES AND TOWELS.

REGISTRATION FORM

FILL IN [THE REGISTRATION FORM](#) AND SUBMIT IT ON TIME. DEADLINE: 15TH OF MARCH. YOU WILL FIND IT ON THE LAST PAGE. (ONLY SELECTED PARTICIPANTS)

INTERCULTURAL EVENING

PREPARE YOURSELVES FOR THE INTERCULTURAL EVENING - PRESENT YOUR COUNTRY, YOUR NATIONAL CUSTOMS AND TRADITIONS. TRADITIONAL DRINKS AND SWEETS FROM YOUR REGION! INTERCULTURAL NIGHTS WILL HAPPEN AND WE ARE LOOKING FORWARD TO SEE WHAT YOU WILL SHARE WITH US! PLEASE DO NOT BRING THINGS THAT NEED TO BE COOKED.

COVID-19 IMPORTANT INFORMATIONS

DOCUMENTS

TO ENTER SPAIN AND PARTICIPATE IN THE TRAINING COURSE YOU MUST HAVE A CERTIFICATE OF VACCINATION AGAINST COVID-19 OR A NEGATIVE PCR TEST DONE NO MORE THAN 72 HOURS BEFORE ARRIVAL.

AT SPANISH AIRPORTS, YOU MUST PRESENT A QR CODE TO BE SCANNED. THIS CODE IS GENERATED THROUGH THE GOVERNMENT WEBSITE ([CLICK!](#)) OR APP ON YOUR PHONE BY FILLING OUT A SPECIAL FORM. THIS CODE IS OBLIGATORY.

FIRST DAY OF THE ACTIVITY

IN ADDITION TO THE PCR TEST/VACCINATION CERTIFICATE NEEDED FOR ENTRY INTO SPAIN. ON ARRIVAL, EACH PARTICIPANT WILL BE GIVEN AN ANTIGEN TEST AND EACH 2 DAYS AN ANTIGENIC TEST WILL BE DONE. THE TESTS ARE PROVIDED BY US. THE SPANISH GOVERNMENT REQUIRES THE MASK INSIDE EVEN IF YOUR ANTIGEN TEST IS NEGATIVE.

DURING THE ACTIVITY

KEEP IN MIND THAT WEARING A MASK IS MANDATORY DURING ALL ACTIVITIES. SOME HAND SANITIZING POINTS WILL BE PROVIDED DURING THE TRAINING COURSE. PLEASE REMAIN RESPONSIBLE. IF YOU NOTICE ANY SYMPTOMS, PLEASE INFORM THE COORDINATOR IMMEDIATELY.

HOSTEL

THE HOSTEL WHERE THE TRAINING COURSE HAS OFFICIAL PREVENTION PROTOCOL. THIS INCLUDES DAILY DISINFECTION OF COMMON AREAS. YOU ARE ASKED TO RESPECT THE LIMIT OF PEOPLE IN THE BATHROOMS. THE HOSTEL HAS ONE SPECIAL ROOM IN CASE OF ISOLATION NEEDS.

VENUE OF THE EVENT

ABOUT LORCA

LORCA IS A BEAUTIFUL SMALL TOWN IN THE SOUTH-EAST OF SPAIN. IT IS CALLED "THE CITY OF THE SUN" BECAUSE IT IS USUALLY VERY SUNNY HERE. CHECK THE WEATHER FORECAST HERE:

[HTTPS://WWW.WORLDWEATHERONLINE.COM/LORCA-WEATHER/MURCIA/ES.ASPX](https://www.worldweatheronline.com/Lorca-weather/Murcia/es.aspx). LORCA IS LOCATED IN THE VALLEY, BECAUSE OF THAT THE EVEN IN THE WINTER IS WARM, HOWEVER THE NIGHT CAN BE COLD AND WINDY.

HOWEVER THE VENUE OF THE EVENT WILL BE OUTSIDE THE CITY, AT THE COUNTRYSIDE. PLEASE HAVE IT MIND WHILE YOU WILL LOOK FOR THE CONNECTIONS AS WE WILL HAVE ONLY 1 BUS TO TAKE YOU TO THE PLACE OF STAY. THE HOSTEL IS LOCATED IN CALARREONA ([HTTPS://WWW.ALBERGUEDECALARREONA.COM/](https://www.alberguedecalarreona.com/)).

IMPORTANT : THE COST OF THIS BUS WILL BE SHARED AMONG ALL PARTICIPANTS IN THE TRAINING COURSE AND DEDUCTED FROM THE FINAL REIMBURSEMENT (ABOUT 20 EUROS).

**THE BUS WILL WAIT FOR YOU AT 20:30
ON THE 24TH APRIL AT THE BUS
STATION LORCA**

HOW TO GET TO LORCA

ALICANTE AIRPORT

WHEN YOU BUY YOUR AIRPLANE TICKET PLEASE BEAR IN MIND NOT TO ARRIVE AT ALICANTE TOO LATE OR DEPARTURE FROM ALICANTE BEFORE 11:00. THERE IS NO BUS/TRAIN CONNECTION LORCA-ALICANTE AIRPORT BETWEEN 8 PM - 8 AM.

OPTION 1:

UPON YOUR ARRIVAL AT ALICANTE AIRPORT TAKE A BUS TO MURCIA FROM THE BUS STATION ON THE TOP LEVEL OF THE AIRPORT. THERE ARE BUSES EVERY 2 HOURS FROM 10:15. TO 19:15. THE TRIP TAKES 45 MINS AND COSTS AROUND 6€. THE BUS COMPANY IS ALSA AND YOU CAN BUY THE TICKET IN ADVANCE ONLINE AT WWW.ALSA.ES

ONCE YOU ARE IN MURCIA YOU CAN TAKE A BUS TO LORCA. THEN YOU WILL ARRIVE TO LORCA BUS STATION WHERE THE BUS PROVIDED BY US WILL WAIT AT 20:30 TO TAKE YOU TO THE PLACE OF THE AVENUE.

OPTION 2:

TAKE A CITY BUS FROM AIRPORT (LINE C6) AND ASK THE DRIVER TO TELL YOU WHEN YOU ARRIVE AT SAN GABRIEL'S STOP (IT SHOULD BE A 3RD STOP). WHEN YOU GET THERE, TAKE TRAIN (CERCANIAS) TO MURCIA, CHECK THE SCHEDULE HERE ([CLICK!](#)). THEN TAKE A BUS FROM TRAIN STATION TO BUS STATIONS (OR TAKE A 20 MIN WALK) AND TAKE A BUS TO LORCA

AS THE TRAINS FROM MURCIA TO LORCA ARE SUSPENDED THERE WILL BE SOME SPECIAL BUSES TO LORCA FROM THE TRAIN STATIONS. WHEN YOU WILL BE BUYING THE TICKET AT SANT GABRIEL YOU CAN CHOOSE LORCA AND GO THERE WITH THE SAME TICKET. THE TEMPORARY BUS WILL HAVE A STOP AT MURCIA TRAIN STATION AND WILL GO AROUND 1,5H TO LORCA SUTULLENA (NEXT TO A BUS STATION LORCA)

OPTION 3:

BY THE CITY BUS (C6) 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 BUS LEAVES AT 9:45 PM. AND THE FIRST ONE AT 03:30 AM.

HOW TO GET TO LORCA

MADRID BARAJAS AIRPORT

PLEASE KEEP IN MIND THAT IN ORDER TO ARRIVE TO LORCA THE SAME DAY, YOU SHOULD BE AT THE AIRPORT BY 3:00 PM., NOT LATER, TO CATCH THE TRAIN AT 4:30 PM.

BY TRAIN:

TAKE THE CERCANIAS TRAIN (FOR FREE WITH A TRAIN TICKET TO MURCIA - GO WITH YOUR TICKET TO THE INFORMATION POINT FROM RENFE TO RECEIVE YOUR FREE TICKET FOR CERCANIAS) FROM THE AIRPORT TO MADRID ATOCHA TRAIN STATION (YOU WILL HAVE TO CHANGE THE LINES TWICE OR THREE TIMES). THEN TAKE A TRAIN TO MURCIA. IN MURCIA YOU CAN GET BY BUS TO LORCA THAT IS PROVIDED BY RENFE AS THEY CLOSED THE RAILWAY BECAUSE OF SOME CHANGES.

THE TICKET COSTS BETWEEN 38€ AND 47€. TO CHECK THE TRAIN SCHEDULE VISIT PLEASE WWW.RENFE.ES. IF YOU DECIDE TO TRAVEL BY TRAIN, WE ADVISE YOU TO BUY A TICKET IN ADVANCE ONLINE AS THE MADRID - MURCIA CONNECTION IS VERY POPULAR AND TRAINS ARE USUALLY FULL!

BY BUS:

THERE ARE DIRECT BUSES (CA. TWICE A DAY) FROM TERMINAL 4 TO LORCA. THE TICKET COSTS AROUND 35€ AND THE TRIP TAKES 6,5 - 7H. YOU SHOULD BUY IT IN ADVANCE AT THE WWW.ALSA.COM. YOU CAN ALSO PURCHASE TICKETS ONLINE IN WWW.MOVELIA.COM YOU CAN ALSO CATCH A BUS FROM ONE OF THE BUS STATION IN MADRID TO LORCA.

HAVE IN MIND THAT THAT THE BUS THAT WE PROVIDE TO TAKE YOU TO THE VENUE OF THE EVENT WILL DEPARTURE AT 20:30 FROM LORCA.

HOW TO GET TO LORCA

CORVERA AIRPORT MURCIA

PLEASE KEEP IN MIND THAT IN ORDER TO ARRIVE TO LORCA THE SAME DAY, YOU SHOULD BE AT THE AIRPORT BY 10:30 AM IF YOU WANT TO CATCH THE BUS AT THE AIRPORT AT 11 AM AND AFTER THE BUS 11:42 AM OR 12:42 PM IN MURCIA DEL CARMEN. YOU CAN TAKE THE TAXI AT 5:30 PM AT THE AIRPORT AND TAKE THE BUS IN MURCIA AT 6:35 PM.

BY BUS:

THERE ARE NOT DIRECT BUSES FROM THIS AIRPORT TO LORCA. YOU WILL HAVE TO TAKE THE BUS TO MURCIA (STATION OF SAN ANDRES) THAT CAN BE TAKEN AT 11 AM, 9 PM OR 10 PM. THIS TICKET COSTS 5€ AND IT TAKES AROUND 30 MINUTES. YOU CAN BUY IT AT THE AIRPORT OR ONLINE COMPRASWEB.INTERBUS.ES/VENTA/

AFTER ARRIVING IN MURCIA, YOU WILL HAVE TO TAKE ANOTHER BUS IN THE STATION MURCIA DEL CARMEN (15 MINUTES FROM THE STATION SAN ADRES) WHICH IS AVAILABLE FROM 6:20 AM UNTIL 10:20 PM. (CHECK THE SCHEDULE [HERE](#)).

THE TICKET COSTS AROUND 6€ AND YOU SHOULD BUY IT AT THE STATION MURCIA DEL CARMEN. IT TAKES AROUND 1H TO ARRIVE AT LORCA SUTULLENA.

BY TAXI Y BUS:

THE OTHER OPTION IS TO TAKE A TAXI FROM THE AIRPORT UNTIL MURCIA DEL CARMEN. IT COSTS AROUND 30€. AFTER YOU SHOULD TAKE THE BUS FROM MURCIA DEL CARMEN UNTIL LORCA SUTULLENA

HAVE IN MIND THAT THE BUS THAT WE PROVIDE TO TAKE YOU TO THE VENUE OF THE EVENT WILL DEPARTURE AT 20:30 FROM LORCA.

HOW TO GET TO LORCA

VALENCIA AIRPORT

BY BUS:

TAKE THE 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. LATER YOU HAVE TO TAKE A BUS TO LORCA SUTULLENA. THERE IS SOME DIRECT BUSES FROM VALENCIA TO LORCA BUT NOT MANY.

BARCELONA AIRPORT

BARCELONA IS QUITE FAR AWAY FROM LORCA, TRY NO TO BUY THE FLIGHT TO THERE. IF YOU DON'T HAVE ANY OTHER OPTION.

TAKE A BUS FROM THE AIRPORT TO PLAZA DE ESPAÑA. IT COSTS 2.00 €. WHEN YOU GET THERE TAKE THE BUS TO BARCELONA SANTS STATION (SANTS ESTACIO), WHICH ALSO COSTS 2.00 €. YOU CAN ALSO TAKE THE METRO, WHICH IS VERY NEAR THE BUS STATION. THE BUS AND THE METRO WILL TAKE YOU STRAIGHT TO THE TRAIN STATION. THE TRAIN TICKET TO LORCA COSTS 58.00 €. KEEP IN MIND THAT THERE IS ONLY ONE TRAIN TO LORCA AT 12:00. YOU CAN PURCHASE A TICKET AT WWW.RENFE.ES REMEMBER THAT BECAUSE OF THE CHANGING THE TRAIN FROM MURCIA TO LORCA IS CLOSED AND THERE IS TEMPORARY BUS PROVIDED BY RENFE.

**IF YOU HAVE PROBLEMS TO FIND A CONNECTION
PLEASE CONTACT
CHANA.PEREIRA.ALVES@HOTMAIL.COM AND WE
WILL DO OUR BEST TO HELP YOU**

FREQUENTLY ASKED QUESTIONS

ACCOMODATION AND FOOD

THE ERASMUS+ PROGRAMME PROVIDES ACCOMMODATION AND FOOD. IF YOU HAVE ANY ALLERGIES PLEASE LET US KNOW IN THE REGISTRATION FORM, SO WE CAN MAKE YOUR EXPERIENCE AS ENJOYABLE AS POSSIBLE.

CAN I STAY LONGER?

THE PROJECT STARTS 24TH APRIL 2022 AS AN ARRIVAL DATE AND FINISH 30TH APRIL JANUARY 2021 - DEPARTURE DATE.

IF YOU WANT TO STAY MORE THAN 2 DAYS BEFORE AND/OR AFTER THE TRAINING COURSE THE PROJECT WILL NOT COVER YOUR TRAVEL COSTS, YOUR ACCOMMODATION AND FOOD COSTS. PLEASE INFORM US BEFORE BUYING THE TICKETS.

HOW TO GET A REIMBURSEMENT?

ONLY PARTICIPANTS WHO ATTEND AT LEAST 80% OF THE PROGRAMME OF THE TRAINING COURSE ARE ENTITLED TO REIMBURSEMENT OF THEIR EXPENSES. BEAR IN MIND THAT THE PROJECT ALLOWS THE PARTICIPANT TO ARRIVE FOR THE TRAINING COURSE UP TO 2 DAYS BEFORE ITS BEGINNING AND UP TO 2 DAYS AFTER ITS ENDING

WHAT CAN I DO IF I CANNOT BUY THE TICKETS IN ADVANCE?

PLEASE CONTACT US AT CHANA.PEREIRA.ALVES@HOTMAIL.COM AND WE WILL TRY TO HELP YOU. DO NOT RISK TRAVELING WITHOUT TICKETS.

FREQUENTLY ASKED QUESTIONS

ARE TAXIS, RENT CARS OR CARPOOLING ACCEPTED AS A MEANS OF TRANSPORT?

EVEN THOUGH THE ERASMUS+ PROGRAMME IS QUITE FLEXIBLE IN TERMS OF HOW YOU TRAVEL, WE RECOMMEND USING THE TRADITIONAL MEANS OF TRANSPORTATION, SUCH AS AIRPLANES, TRAINS, BUSES. OTHERWISE, PLEASE INFORM US IN ADVANCE FOR YOUR TRAVEL INTENTIONS SO WE CAN DISCUSS YOUR OPTIONS AND NECESSARY PAPERS FOR REIMBURSEMENT.

VISA AND INSURANCE

WE KINDLY ASK THE EUROPEAN PARTICIPANTS AND NON-EU PARTICIPANTS TO TAKE CARE OF THE HEALTH INSURANCE FOR BOTH TRAVEL AND STAY DURING THE TRAINING COURSE. OTHERWISE, ANY EXPENSES FOR MEDICAL CARE IN SPAIN WILL BE CONSIDERED AS PERSONAL COSTS OF THE PARTICIPANTS. CAZALLA INTERCULTURAL WILL NOT REIMBURSE THE PARTICIPANTS FOR ANY MEDICAL COSTS. WE STRONGLY RECOMMEND TO BRING WITH YOU YOUR EUROPEAN HEALTH INSURANCE CARD OR FOR PARTICIPANTS OUTSIDE THE EU - A TRAVEL INSURANCE (MORE INFO HERE [HTTP://EC.EUROPA.EU/SOCIAL/MAIN.JSP?CATID=559](http://ec.europa.eu/social/main.jsp?catid=559)) WE ALSO HAVE COVID 19 PROTOCOL WHICH ASKS YOU TO HAVE AN INSURANCE!

CONTACT

CENTRO DE FORMACIÓN Y RECURSOS JUVENILES M13

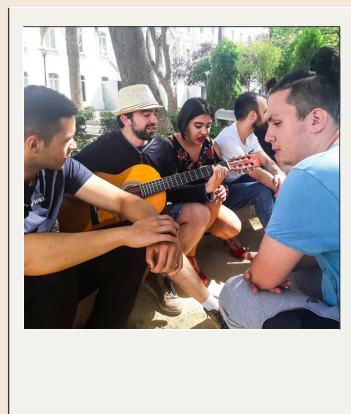
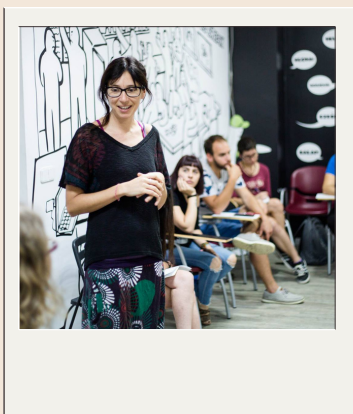
COORDINATOR: CHANA PEREIRA ALVES

E-MAIL: CHANA.PEREIRA.ALVES@HOTMAIL.COM

TEL NUMBER: PROVIDED VIA EMAIL IN CASE OF
EMERGENCY PROBLEM

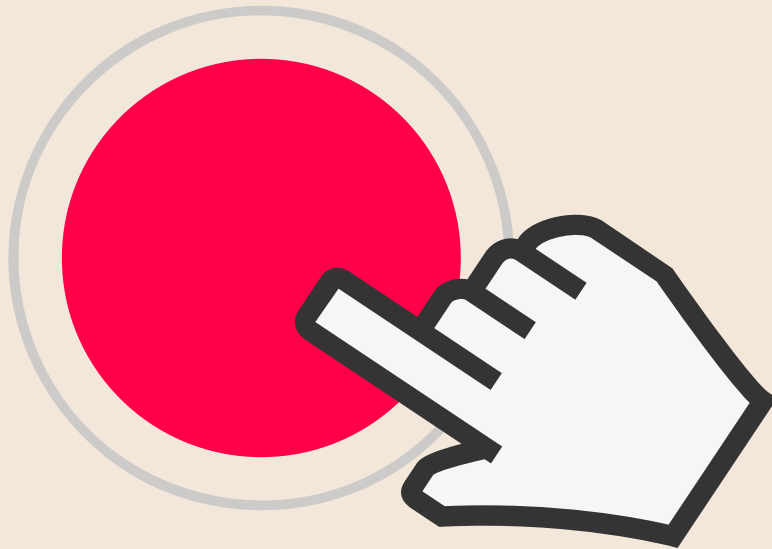
WORKING HOURS: MONDAY - FRIDAY: 10:00 -
14:30.

ADDRESS: C/ ANTONIO PELEGRÍN MEDINA 14
(LORCA), APDO. CORREOS N° 2, 30800 LORCA
(MURCIA), SPAIN



REGISTRATION FORM

THE SENDING ORGANIZATION HAS SELECTED
YOU?



FULFILL THE REGISTRATION FORM