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The main logo for INTERAGETION, featuring the word in large blue and orange letters. A small icon of a person sitting is above the 'A', and a small icon of an elderly person with a cane is above the 'I'. Below the word, the tagline "PROMOTING INTERACTION BETWEEN GENERATIONS" is written in orange.

INTERAGETION

PROMOTING INTERACTION BETWEEN GENERATIONS

Erasmus+ KA153-YOU - Mobility of youth workers

Project N°: 2023-3-ES02-KA153-YOU-000170307

TRAVEL GUIDE

Logroño, La Rioja, Spain

24/07/2024 – 30/07/2024

1. TRAVEL BUDGET PER PARTICIPANT

Through this travel guide we will offer different travel options recommended by Gantalcalá for travelling to Logroño, for both green travel and regular travel. We also provide with some important information about the reimbursement procedure in the last page.

In the table below you can check the budget you have access to. Please note that the numbers shown are the maximum amount, but you will only be reimbursed for the amount you spend on your travels, within this limit.

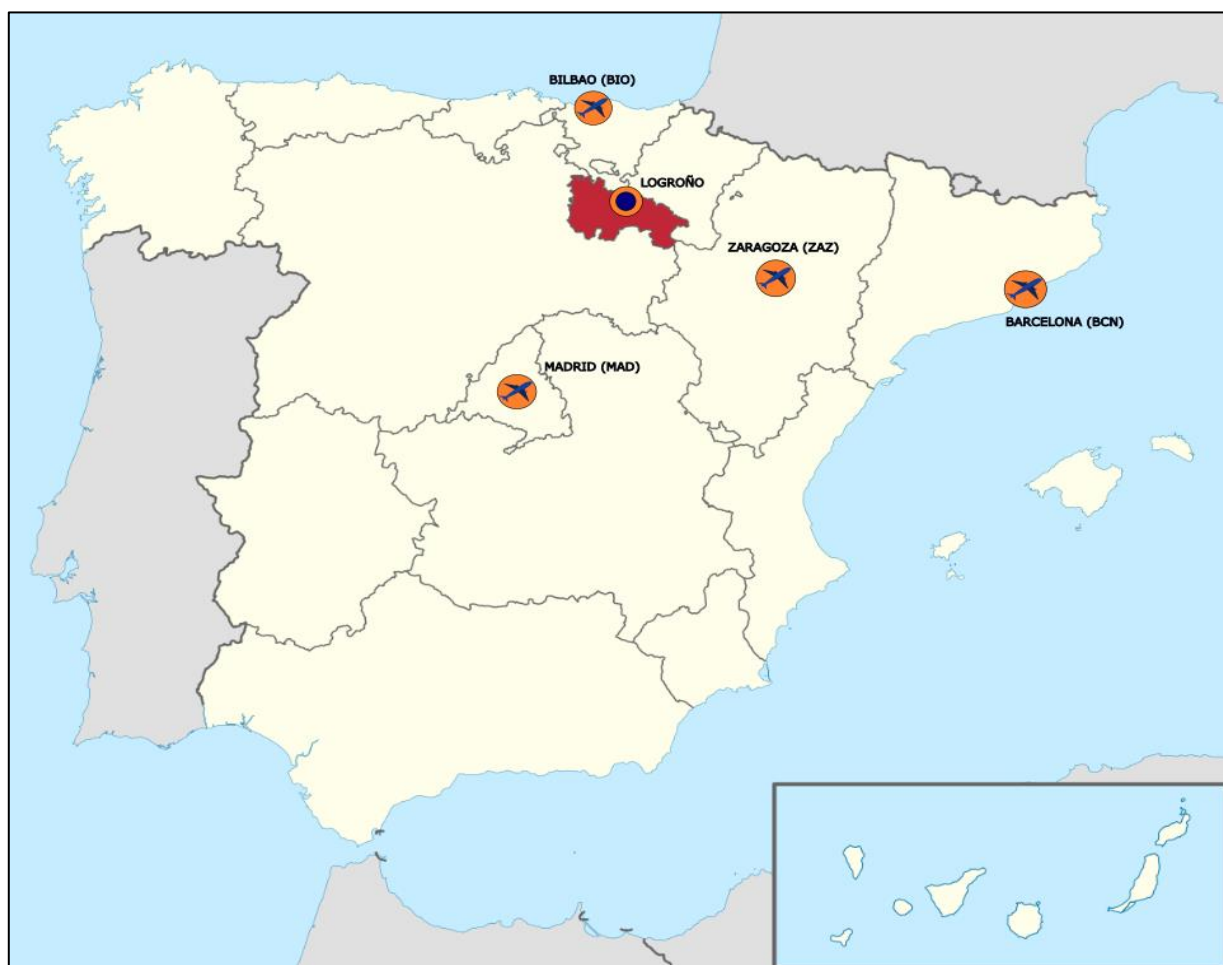
Country	Regular budget	Green travel budget
SPAIN	-	23 €
PORTUGAL*	275 €	320 €
FRANCE*	275 €	320 €
ITALY	275 €	-
CROATIA	275 €	-
POLAND	275 €	-
LITHUANIA	360 €	-
GREECE	360 €	-

* Participants from Portugal and France will have access to extra budget if they decide to go for green travel. If they come to Spain by regular travel (flying), they will not have access to this extra budget.

2. REGULAR TRAVEL GUIDE TO LOGROÑO

The participants will prepare their travel to Logroño (capital city of La Rioja). The city has a very small airport (Aeropuerto Logroño-Agoncillo - RJL) and flights are normally too expensive or limited. They are suitable or recommended in case partners can buy them **in connection with other flights from Iberia coming from Madrid (only)**. From Logroño airport to its city centre, only taking a taxi is possible as there are no bus connections.

In any case, Gantalcalá recommends landing at the following airports: Madrid, Barcelona, Bilbao or Zaragoza. There are also other more or less nearby airports with international connections (such as Santander or Vitoria), but the options are more limited. In the next picture you can appreciate where the airports which we recommend to travel through are located in Spain:



2.1 THROUGH BILBAO (136 Km to Logroño)

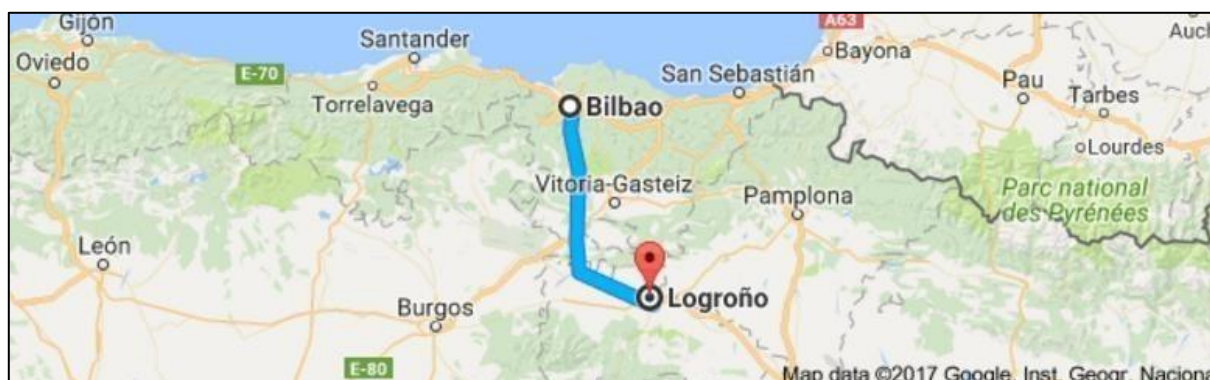
To arrive to the city center of Bilbao from the airport, you will need to take the bus line A3247, which leaves the airport every 20 minutes, and goes to the central bus station of Bilbao (Bilbao Intermodal).

For this bus, the prize to the station is 3€, and you will have to purchase the ticket at counter of Bizkaibus, located at the end of the airport on the right-hand side as you exit the arrivals terminal.

- Bilbao Airport – Bilbao Intermodal: from 06:15 to 23:15, every 20 minutes.
- Bilbao Intermodal - Bilbao Airport: from 05:25 to 21:55, every 20 minutes.

FROM BILBAO TO LOGROÑO

The easiest way to travel from Bilbao to Logroño is by bus (although there are also some trains available daily, we don't recommend this option since it's more expensive and can take even longer).



a) By bus



The main company that links Bilbao and Logroño is Cuadrabus (<https://cuadrabuslineas.com/>). It is better to buy the tickets beforehand on the Internet. You will need to buy your tickets from Bilbao (Intermodal) to Logroño (Estación de Autobuses). You can check the time tables in the link shared before.

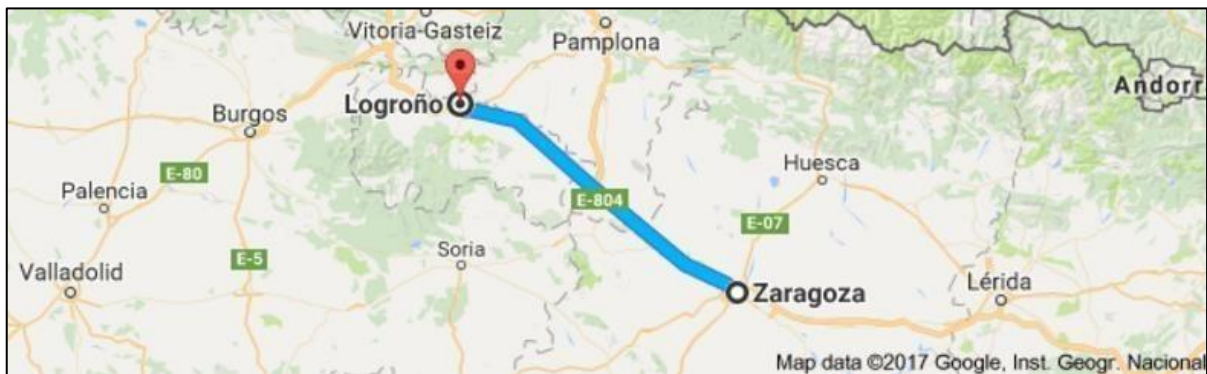
2.2 THROUGH ZARAGOZA (176 Km to Logroño)

To arrive to the city center of Zaragoza from the airport, there is a regular bus line with ALSA every 30 minutes (Line 501) to Delicias Central Station (where all the buses and trains to and from the city stop). More information can be found at the following link: <https://www.consortiozaragoza.es/content/linea-501-zaragoza-plaza-aeropuerto>. However, this ride can take up to 45 minutes.

Cabify is also operating in Zaragoza, and one trip from the airport to Delicias Station is around 15€. You will also find regular taxis parked at the airport, and the price should be similar.

FROM ZARAGOZA TO LOGROÑO

There are two possible ways to travel from Zaragoza to Logroño: bus and train.



a) By bus **AUTOBUSES JIMÉNEZ**

The company that links Zaragoza and Logroño is Autobuses Jiménez (<https://jimenezmovilidad.es/>). It is better to buy tickets before online. You will need to buy your tickets from Zaragoza (Delicias) to Logroño (Estación de Autobuses). You can check the time tables in the link shared before.

b) By train

There are also trains that links Zaragoza (Delicias Station) and Logroño. The services are run by RENFE (<http://www.renfe.com/>). Tickets must be bought before on the Internet. Please be sure to select "Zaragoza Delicias" on the origin field for the purchase. You can check the time tables in the link shared before.

2.3 THROUGH MADRID (328 Km to Logroño)

There is **no need to go to the city centre**, since there are several buses per day to Logroño leaving from the Barajas Airport bus terminal. But if you prefer it, you can always check options departing from “Avenida de América bus terminal” .

To get from Madrid-Barajas Airport to the city centre, you can take the Metro line 8, or bus lines 200 and 203 from all terminals. However, we recommend travelling to Logroño directly from the airport.

FROM MADRID TO LOGROÑO

There are two possible ways to travel from Madrid to Logroño: bus and train.



a) By bus

ALSA

**AUTOBUSES
JIMENEZ**

There are two companies operating this line: ALSA (www.alsa.es) and Autobuses Jiménez (<https://jimenezmovilidad.es/>). The Airport Bus Terminal is located next to the Terminal 4, so if you are landing at any of the other terminals, you will need to take the shuttle bus to T4. For these options, you will need to select “Madrid (Barajas T4)” on the origin field, and “Logroño (Estación de Autobuses)” as destination. You can check the time tables in the link shared before.

b) By train

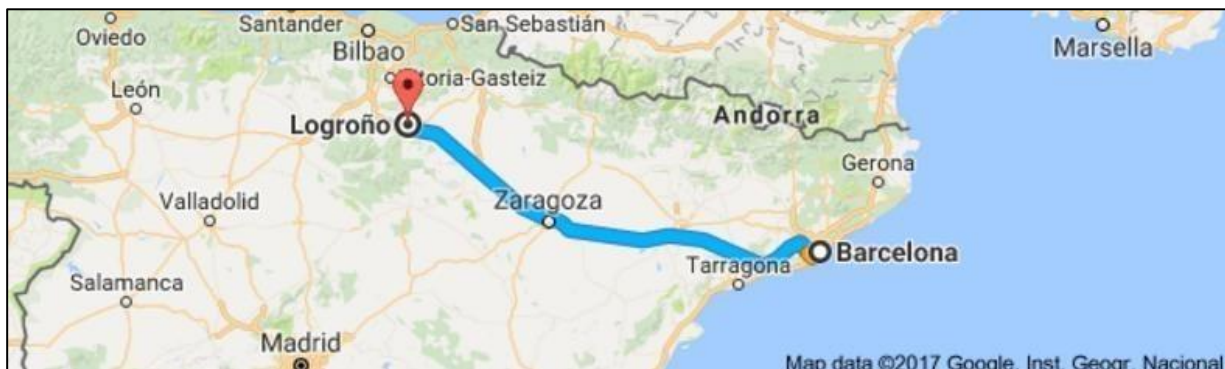
renfe

If you choose to travel by train, you will need to go from the airport to Atocha Station, in the city centre. The services are run by RENFE (<http://www.renfe.com/>). Tickets must be bought before on the Internet. Please be sure to select “Madrid Atocha” on the origin field for the purchase. You can check the time tables in the link shared before.

2.4 THROUGH BARCELONA (484 Km to Logroño)

To arrive to the center of Barcelona from the airport, there are several ways which you can check in the next link (the ones we recommend are by bus, train or metro): http://www.barcelona-airport.com/eng/transport_eng.php. You will need to go either to Sants Station (for trains and buses) or to Nord Station (only for buses).

FROM BARCELONA TO LOGROÑO



a) By bus **ALSA**

The main company operating this line is ALSA (www.alsa.es). For this option, you will need to select "Barcelona Sants" or "Barcelona Nord" (there are more options from Barcelona Nord Station) on the origin field, and "Logroño (Estación de Autobuses)" as destination. You can check the time tables in the link shared before.

b) By train **renfe**

If you choose to travel by train, you will need to go from the airport to Sants Station, in the city centre. The services are run by RENFE (<http://www.renfe.com/>). Tickets must be bought before on the Internet. Please be sure to select "Barcelona Sants" on the origin field for the purchase. You can check the time tables in the link shared before.

3. GREEN TRAVEL GUIDE TO LOGROÑO

a) For participants from Greece, Lithuania and Poland (two to three days)

For those participants coming from these countries, we do not recommend taking into account the green travel options, as to arrive in Logroño before the time and date indicated, it would take you a minimum of two days of only travelling, in which only your transport costs will be reimbursed (food or other expenses you may have will be at your own expense). However, participants can always decide to come to the venue by any mean of transport that they consider, and travelling by train/bus is always possible even though you will travel for at least two full days.

b) For participants from Croatia and Italy (two days)

The best way to travel with green travel from your country to Spain is to buy an interrail card from your city to Logroño. You can find more information on the following link: <https://www.interrail.eu/es/interrail-passes/global-pass>. The quickest way to arrive to Logroño from your country is arriving to Barcelona by train (via Marseille – Montpellier). Once you are in Barcelona, you can check the two different options (train and bus) to arrive to Logroño, shared in the chapter before.

c) For participants from France (one day)

You will need to arrive to San Sebastian, in the Basque Country, next to the French border. To arrive there, you can take bus lines from different French cities, or you can also take a bus or train from Bayonne – Biarritz to San Sebastián (there are many options every day).

To travel from San Sebastián to Logroño, the main bus company operating the line “San Sebastián – Logroño” is “La Estellesa” (<https://taquilla.laestellesa.com/>). Tickets must be bought before on the Internet. You can check the time tables in the link shared before.

d) For participants from Portugal (one day)

For participants departing from Porto, there are two companies operating between Logroño and Porto. The services usually are twice per week. You can check the availability in the next links:

- Interurbana Andorrana: <https://www.interurbana.ad/contingut//pagina-2> .
- Autobuses Lázara: <https://autobuses-lazara.diagram.es/es/>

You will be able to find bus several daily connections linking Lisbon and Porto with different Spanish cities, where you will be able to find buses to come to Logroño. All the available lines are from ALSA: <https://www.alsa.es/> .

4. HOW TO GET TO THE VENUE

All participants should arrive to Logroño at its train or bus stations. Both of them are located at the same place, opposite each other.



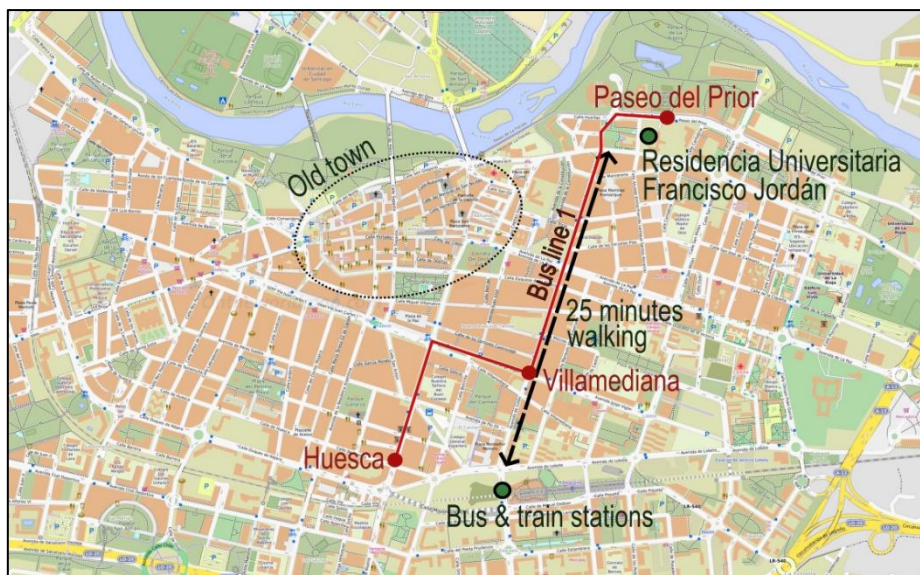
Logroño train station



Logroño bus station

To arrive to the venue, you will find the next options:

- **Walking:** you can walk from the bus and train stations in about 25 minutes.
- **Bus:** you can take bus line 1 from the stops "Huesca" or "Villamediana", to the stop "Paseo del Prior". The bus ticket costs 1€ and you will have to buy it from the bus driver (only cash and currency not bigger than 20 euros bills).
- **Taxi:** There is also the possibility of calling a taxi. You might find some of them just in front of the stations (on the train station sidewalk), otherwise, the number of the main taxi company in Logroño is (+34) 941505050. The taxi driver will charge approximately 10€ (cash and credit card).



5. REIMBURSEMENT PROCEDURES

WHEN CAN I BOOK MY TICKETS?

Before purchasing any of the trips, all participants must send all the information (travel itinerary, timetables...) by e-mail to "mobility@gantalcala.org". Once we have given you the go-ahead, you can proceed to buy your tickets.

WHAT WILL BE REIMBURSED?

For reimbursement, all the following ORIGINAL documentation must be provided:

- **Flight:** Boarding passes and flight reservation.
- **Train/tram/metro:** Ticket (with invoice if possible)
- **Bus:** Ticket (with invoice if possible)
- **Ship/ferry:** Ticket (with invoice if possible)
- **Taxi:** Ticket (with invoice if possible)
- **Car:** Claimsheet provided by Gantalcalá specifying the distance driven. According to the Spanish policies, the maximum reimbursed cost per kilometer will be 0,26€.

No other costs than those mentioned above will be reimbursed. If you plan to take more days for your trips (apart from the official travel days), we will not reimburse accommodation or food expenses.

WHAT DO I HAVE TO DO TO GET REIMBURSED?

Every participant will have to send all ORIGINAL documents required to justify their travel costs (please pay attention to the conditions specified before); by email if the document is online, and by postal mail if the document is printed.

Postal address: Calle Hermanos Moroy 1, oficina 303; 26001 Logroño; La Rioja, España.

In the last day of the Training Course, we will send you a document to fill in specifying your itinerary and expenses. Once all the team documentation for each country is correct, we will send a transfer to the sending organisation in each country with the reimbursement of all the equipment. This process normally takes between one and two months, depending how long each participant takes in managing all the documentation.