



CENTRERED II

Lorca, Murcia

24 JUNE - 1 JULY 2019



ABOUT THE YOUTH EXCHANGE

'CentreRED II' youth exchange, or CRED II for short, is a natural continuation of our previous project, which was focused on establishing the first and only youth centre in the town of Lorca (Murcia).

In the past two years, we have concentrated our efforts on finding local young people who were willing to dedicate their free time to organise and/or participate in different workshops that take place in our youth centre.

Therefore, the ultimate aim of CRED II is to exchange good practice and to continue exploring new and innovative ways of attracting and involving the young people to participate actively in the daily life of their local community.

Taking part in an international youth exchange at the age of 14 can raise the motivation of the participant and inspire them to develop their own workshops when they return to their local youth centres. It can strengthen the sustainability of our youth centres within Europe and create a network that can lead to long-term collaboration.



OBJECTIVES

- To promote active citizenship of young people by introducing different models of social integration and collaboration;
- To devise a plan of various activities for M13 youth centre in Lorca;
- To promote intercultural understanding and European citizenship among young people;
- To create a safe and open workspace to exchange ideas and increase creativity;
- To share good practice between our youth centres.

DATES OF THE YOUTH EXCHANGE

Arrival Date: 24 JUNE 2019

'Activity Dates: 25 JUNE – 30 JUNE 2019

Departure Date: 1 JULY 2019

PROFILE OF THE PARTICIPANTS



1. REQUIREMENTS OF PARTICIPANTS:

4 YOUNG PEOPLE PER PARTNER

- Young people between the age of 13-17;
- Young people who have limited social and economic opportunities;
- Young people who want to develop basic skills and abilities such as communication, self-esteem, self-expression, intercultural learning, etc;
- Young people who desire to improve their English competence and skills;
- Young people who are motivated to take part in various initiatives and to be active citizens.

2. REQUIREMENTS OF GROUP LEADERS:

4 YOUNG PEOPLE PER PARTNER

- Has the experience and the capacity, as well as the necessary qualifications, to lead a group of young people under the age of 18;
- Possesses relevant experience in the field of non-formal education and the execution of youth exchanges;
- Is willing to be involved in the preparation of the youth exchange programme as well as the activities;
- Has written confirmation stating the lack of a criminal record in relation to working with children issued by the relevant government authorities.

TRAVEL BUDGET



COUNTRY	PARTICIPANTS	TRAVEL GRANT
Slovenia	5 (4 participants + 1 group leader)	275.00 € per person
Spain	5 (4 participants + 1 group leader)	0.00 € per person
Greece	5 (4 participants + 1 group leader)	360.00 € per person
Italy	5 (4 participants + 1 group leader)	275.00 € per person
Poland	5 (4 participants + 1 group leader)	360.00 € per person
Slovakia	5 (4 participants + 1 group leader)	275.00 € per person



HOW TO PREPARE YOURSELF FOR THE EVENT

*** Fill in the REGISTRATION FORM <https://forms.gle/MyA1nxN4nHqN3Uza6> and submit it NO LATER THAN 24 MAY 2019

- > Please send, in advance, your travel itinerary to hosting@cazalla-intercultural.org
- > Bring with you anything that could make the evenings and leisure time fun and relaxed. For example, music instruments, games, playing cards, etc. We are here to learn and to have fun
- > Participants are expected to bring their own toiletries and towels
- > Please ensure that you bring your European Health Insurance Card (EHIC) for any possible medical emergencies;
- > The sending organization should check what the national state requirements are for underage young people who wish to leave the country for a short period of time.
- > Furthermore, the sending organization should also ensure that all national state conditions are fully complied with;
- > The group leader should ensure that the parents of the young participants have signed the following papers and that the necessary paperwork is brought with them to the youth exchange:
 - Declaration of Personal Data Protection;
 - Authorization for use of photograph/video/audio/image.

VENUE OF THE EVENT



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>

The Youth Hostel is 20 mins away from the city centre. On the first floor of the building is situated our working space (Cazalla's offices and Lorca Youth Council). On the second floor is the Youth hostel.



@ the YOUTH HOSTEL...

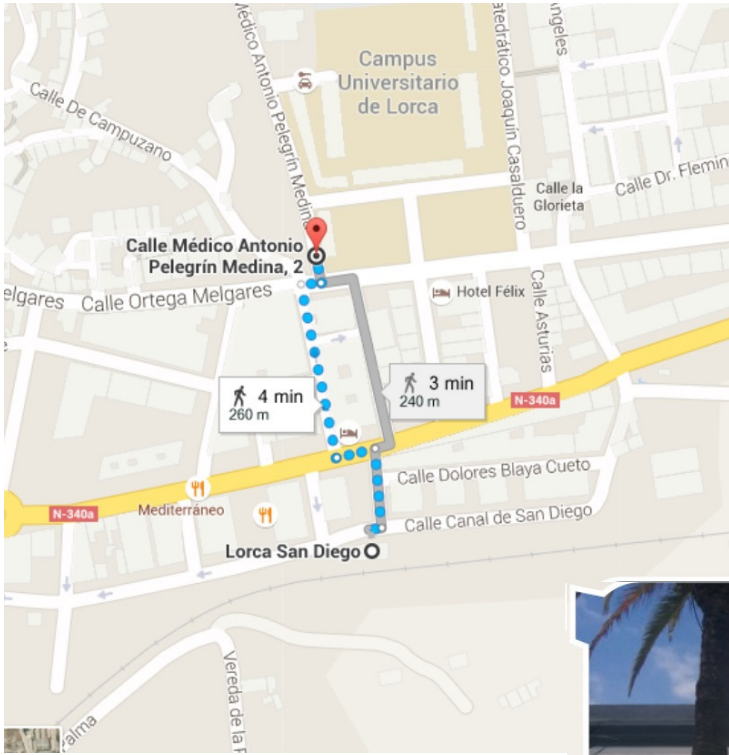


This youth centre is inspired by TV series J The participants will sleep in rooms based on Breaking Bad, Game of Thrones, The Big Bang Theory, etc. We want everyone to feel comfortable and to have fun.

All participants will be accommodated in rooms for 4 people. There are 3 bathrooms with showers (1 for women, 1 for men and a mixed one only with toilets). There are no private bathrooms in the rooms. The hostel provides the bedding but there are no towels. There is WIFI in the hostel. We recommend the participants to bring with them all printed materials they may need. Otherwise there is a copy centre near our hostel. Smoking and drinking alcohol are not allowed anywhere on the hostel premises.

There always will be someone from the coordinators' team in the hostel and at the participants' disposal during their stay. However the hostel does not provide a 24-hour reception therefore all participants have to inform us in advance for their exact date and time of arrival in Lorca.

Breakfast, lunch and dinner are provided by the Youth hostel. The participants will declare their special needs (food allergies and preferences) in the registration form.





HOW TO GET TO LORCA, SPAIN

Please DO NOT fly to or from Murcia airport, the connections are REALLY bad!

I. FROM ALICANTE AIRPORT TO LORCA (MURCIA)

When you buy your airline ticket please bear in mind not to arrive at Alicante after 8:15 pm or departure from Alicante before 11:00 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 07:15 am to 9:15 pm. The trip takes 45 mins and costs around 6.00 €.

Once in Murcia take the bus #26A to get to the train station. There are trains from Murcia to Lorca San Diego (this is the first station of Lorca when coming from Murcia) every hour from 06:15 am to 10:15 pm. The trip takes one hour and costs around 6.00 €. You may also take the bus to Lorca from Murcia's bus station but the bus station at Lorca is 2 km away from the Youth hostel. For further information please check <http://www.renfe.com/viajeros/cercanias/murciaalicante/index.html>

OPTION 2.

Take a C6 city bus from the airport and ask the driver to tell you when you arrive at San Gabriel's stop. The price of the bus ticket is 3,85 euros. When you get there take a train (Cercanias) to Murcia, then transfer to another local train to Lorca. At San Gabriel train station you must buy a direct ticket to Lorca or you can buy the ticket also on the train. The price of the ticket is 5,75 euros

OPTION 3.

By 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 bus leaves at 9:45 pm and the first one at 03:30 am.

II. FROM MADRID BARAJAS AIRPORT TO LORCA (MURCIA)

BY BUS:

There are direct busses (ca. twice a day) from Terminal 4 to Lorca. The ticket costs around 35.00 € and the trip takes 6,5-7 h. 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 the 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 38.00 € and 47.00 €. To check the train schedule visit please 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 at the airport by 3:00 pm, not later, to catch the train at 16:30.

III. FROM VALENCIA AIRPORT TO LORCA (MURCIA)

BY TRAIN:

Take the metro from the airport to Valencia Estació del Nord train station (ticket costs around 4,90 €). There take a train to Murcia del Carmen (tickets between 20-40.00 €). The trip takes 3-3,5h. After arriving at Murcia, buy a ticket to Lorca San Diego (first train station). You can get it from 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 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.

II. FROM BARCELONA AIRPORT TO LORCA (MURCIA)

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 €. There is a possibility to book it beforehand and it should be cheaper.

Bear in mind that on the train from Murcia to Lorca there is no written or audio system that announce the names of the train stations. When you come by train you must get off at Lorca San Diego train station. Below you can find the itinerary of the train from San Gabriel to Lorca San Diego.



FREQUENTLY ASKED QUESTIONS

BUYING LOCAL TRANSPORT TICKETS

Bear in mind that on the train from Murcia to Lorca there is no written or audio system that announce the names of the train stations. When you come by train you must get off at Lorca San Diego train station. Below you can find the itinerary of the train from San Gabriel to Lorca San Diego.

ACCOMMODATION 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.

VISA AND INSURANCE

We kindly ask the European participants to take care of the health insurance for both travel and stay during the seminar. 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 (more info here <http://ec.europa.eu/social/main.jsp?catId=559>)

CAN I STAY LONGER?

The project envisages 24 June as an arrival date and 1 July – departure date. If you want to stay more than 2 days before and/or after the seminar the Project will not cover your travel costs, your accommodation and food costs. Please inform us before buying the tickets.

REIMBURSEMENT

All partners 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. All participants should keep their boarding passes/bus/travel tickets, etc. and upon arrival to give them to Cazalla's Coordinator. Upon return to their home country all participants have to post the original travel documents till 1 August 2019 to: Cazalla Intercultural, Apdo 02, 30800 Lorca (Murcia), Spain.

HOW TO GET THE REIMBURSEMENT?

Only participants who attend at least 80% of the programme of the youth exchange are entitled to reimbursement of their expenses. Bear in mind that the Project allows the participant to arrive for the seminar up to 2 days before its beginning and up to 2 days after its ending.

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, busses. Otherwise, please inform us in advance for your travel intentions so we can discuss your options and necessary papers for reimbursement.

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

Please contact us and we will try to help you. Do not risk travelling without tickets.

**CAZALLA INTERCULTURAL
CENTRO DE FORMACIÓN Y RECURSOS JUVENILES M13 CONTACTS:**

E-MAIL: HOSTING@CAZALLA-INTERCULTURAL.ORG

ADDRESS: CALLE ANTONIO PELEGRÍN MEDINA, 14 LORCA (MURCIA). CENTRO DE FORMACIÓN Y RECURSOS JUVENILES M13 (JUNTO AL CAMPUS UNIVERSITARIO DE LORCA)