



CONTACT SEMINAR

01/10 – 07/011



Regeneration is an Erasmus+ project that has the objective to exchange good practices and interconnect the realities of different regenerated spaces, encouraging them to participate in international mobilities.

CONTACT SEMINAR

The aim of the meeting is to create contact between all the people involved in the project, such as between the regenerated spaces projects and the coordinating associations.

STRUCTURE OF THE CONTACT SEMINAR

The first two days of work will be dedicated to getting to know each other, sharing expectations, ideas, good practices and reflections on urban regeneration, presenting each other's work, and sharing their own ideas on good practices and reflections on urban regeneration, to present each other's regenerated space and to network.

The next two days will focus on sharing knowledge among participants, visiting different regenerated spaces in the region, as well as visiting the 3 local spaces recovered and making an introduction to social entrepreneurship accompanied by experts in order to start thinking about common projects.

Finally, the last day will be a dissemination event of the project in the city, managed by the participants, to make it known and it will be time for them to connect, think about common projects and focus on the next actions to be carried out.

The seminar will end with an evaluation and the definition of a concrete plan of action for the coming months, establishing and allowing all the actors involved to identify the objectives of the project.

PARTICIPANTS PROFILE

The participants of the contact seminar are:

- Two youth workers from each association (Link, Intercultura, Spin, La Vibria Intercultural)
- Three people active in the recuperated spaces selected in each country, one from each project



NUMBER OF PARTICIPANTS

ITALY	5
PORTUGAL	5
FRANCE	5
SPAIN	5



Erasmus+

PRACTICAL INFORMATION

Arrival day: 01/10/2021

Departure day: 07/10/2021

AIRPORT TO BARCELONA CENTER

By train

From BCN airport Terminal 2 to the stop BCN Sants. From there you have to take the metro L3 line, stop at Plaça Espanya and then take the L1 line to Marina. The hostel is at 5' walking.

By metro

L9 is the line connecting the city and the airport. You'll have to stop in Torrassa, change to L1 line and stop in Marina. The hostel is at 5' walking.

By bus

Aerobus A1 & A2 are the bus lines connecting the terminals with Barcelona city centre (Plaça Catalunya). There you will have to take the metro L1 line to Marina. The hostel is at 5' walking.

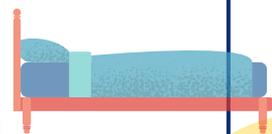
WHAT SHOULD YOU BRING WITH YOU?

- Eagerness to learn, positive mood, lot of Energy!
- Refillable bottle for water.
- Practical clothes for chilly weather (Mornings and nights could be chilly in October).
- Comfortable shoes and jacket for outdoor activities.
- Personal hygiene things, a towel, medicine you usually take, other things you need for personal comfort and well-being.
- Brochures, presentation materials about your organization/ work – no need for extra luggage yet please come ready to share what you do locally.



Erasmus+

ACCOMODATION



Participants will sleep in a modern eco-friendly hostel called Twentytú Hostel, in Barcelona. The rooms will be shared and all include individual lockers, sheets and bathrooms. There is a communal kitchen, a chill-out lounge and dining areas.

The hostel is situated 10 minutes walk from Nova Icaría Beach and the Olympic Port.

Address: Carrer de Pamplona, 114,
08018 Barcelona



TRAVEL

The travel costs are reimbursed up to:

ITALY	275€	FRANCE	180€
PORTUGAL	275€	SPAIN	24€

The reimbursement is conditioned to the active participation before and completion of the tasks. We highly recommend traveling by land, using bus/train if possible. or sharing a car. This recommendation has 2 aspects: Ecological and Health protection.

For train we recommend Trainline: <https://www.thetrainline.com/>

For bus we recommend FlixBus: <https://global.flixbus.com/>

Please keep your travel tickets and receipts with you and send them by mail to vibria.intercultural@gmail.com in order for us to know your travel plan and to reimburse you the costs of the travel.

NOTE: Please use only public transportation, economy class. Taxi costs or other transport methods different from public transportation are **not eligible costs**. Car sharing can be consulted.

FINANCIAL ASPECTS

Regeneration is funded by the Erasmus+. We have picked the quality standard accommodation and meals in a way so we are comfortable offering these to the participants. However, the focus of this event is strictly educational. 3 Meals per day, refreshments, accommodation, and intensive learning activities are covered. Yet we are not magicians either please let us know about your dietary needs so you can find us prepared.

COVID-19 MEASURES

We strongly recommend that the participants be fully vaccinated, as the vaccination certificate exempts the travelers from COVID-19 testing before traveling to Spain and returning to their countries. The fee of COVID-19 testing will be covered by the project budget. We may arrange testing from a laboratory directly before returning to the participant's country. If a participant turns COVID-19 positive in the testing occurring before the arrival to Spain, we commit to fully reimburse his/her travel expenses, given the provision of a positive verifiable certificate. The participant also needs to fully respect the health protocol imposed by the authorities at the time of the training, the safety measures that apply to group events. These measures are subject to fast changes, however, we commit to communicating them with you profoundly 2 weeks prior the training. Please count with wearing masks, keeping distance and regular temperature checks.

INSURANCE

The hosting organization **does not cover travel and health insurance.** European Health Card is mandatory. Each participant shall have valid health insurance and should have travel insurance during participation in the training course. Please consider purchasing also additional COVID-19 travel insurance.



THE HOSTING ORGANIZATION

Carrer del Racó, 13, Terrassa

08222 Barcelona

www.vibria.org



[vibria.intercultural](https://twitter.com/vibria.intercultural)

PARTNER ORGANISATIONS



Erasmus+