

TRAINING COURSE  
INFPACK

---



MARS



MAINSTREAMING ANTI-RACISM  
IN OUR SOCIETIES

---

3.05.2023 - 11.05.2023  
CALARREONA, SPAIN

---

## ABOUT THE PROJECT

---

After almost a decade of working on the concept of invisible racism, Cazalla wants to share our experience with other youth workers and mainstream anti-racist work as one of the essential elements of our daily practice with young people. Over the years we have realized that often the issue of racism is very misunderstood, and it often happens that people have the attitudes necessary to be anti-racist, but lack the knowledge to do so, because for years racism has been understood as an active form of discrimination, and not as a form of systemic oppression, microaggressions that can be as harmful as direct violence, and having its consequences minimized, and not seeing how racism intersects with other types of violence. We want to take this necessary action to maintain what we have started, and make anti-racism a trend in our societies.

**The project will be carried out in the course of 9 consecutive days:**  
**Arrival Date: 3.05.2023**  
**activity Dates: 4.05- 10.05.2023**  
**Departure Date: 11.05.2023**

---

## OBJECTIVES

---

**MARS aims to equip youth professionals with essential knowledge, skills and attitudes to enable them to incorporate anti-racism into their daily activities with young people. The training will be based on the toolkit called CONSTELLATIONS - the toolkit for working with youth on racism and invisible racism, which is about to be published. This toolkit was written by Cazalla Intercultural together with the STAR project partners.**

The objectives of the training are:

- to prepare youth workers, trainers, youth leaders for new challenges related to racism, invisible racism and micro-aggressions
- explore our understanding of racism including issues such as white privilege, microaggressions, colorblindness, power relationships, etc.
- provide the tools to work on these issues directly with young people to further promote good treatment as an approach to be used in working with young people
- reflect on the role of youth work in making the fight against racism a trend and create tips on how to do it.

---

## PARTICIPANT PROFILE

---

- Youth workers;
- Professionals;
- Teachers;
- Group leaders, mentors;
- People working in youth field;
- Facilitators and leaders of youth exchange groups;
- Anyone interested in the topic of invisible racism, inclusion and no-formal education
- over 18 years old



---

TRAVEL COSTS  
PER 1 PARTICIPANT  
(EACH PARTNERS SENDS 2 PARTICIPANTS)

---

MACEDONIA **360€**

GREECE **360€**

DENMARK **360€**

LITHUANIA **360€**

POLAND **360€**

ROMANIA **360€**

SLOVENIA **275€**

SLOVAKIA **275€**

HUNGARY **275€**

ITALY **275€**

BULGARIA **360€**



---

IMPORTANT NOTE

---

All participants will receive the exact amount of money the participant has paid for their journey to Calarreona. However, this sum must not surpass the max amount of the Travel Grant defined by the European Commission.

After the course you will receive the small guide about the reimbursement process. Remember to collect all the tickets and invoices. THE PROOF OF PAYMENT BY CARD or CONFIRMATION FROM THE BANK is not vital for reimbursement.

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

---

## HOW TO PREPARE YOURSELF TO THE PROJECT

---

### **DOCUMENTS**

Be sure that you have vital insurance card and identity card as well with the covid certificate or test done before the travel.

### **TRAVEL ITINERARY**

Don't buy a tickets without previous consultation with the coordinator ([hosting@cazalla-intercultural.org](mailto:hosting@cazalla-intercultural.org))

### **LUGGAGE**

you will stay at our hostel. Take with you your own toiletries and towels.

### **REGISTRATION FORM**

fill in it and submit it on time. Deadline: 1st March 2023. You will find it on the last page.

### **REIMBURSEMENT**

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

---

## VENUE OF THE EVENT CALARREONA

---

The training course will take place in the coastal town of Calarreona, which belongs to the Águilas County. It is a small town with a hostel right by the sea. Accommodation will be in a local youth hostel (Albergue juvenil). The town is about 40km from Lorca and 6,5km from Águilas.

We recommend bringing UV sunscreen with you. In May the sun is already quite strong during the day.

ADRESS: Carretera Águilas-Vera, km.4, 30880  
Águilas, Murcia  
<https://goo.gl/maps/Cia5fkmzAKi5yoTW6>







---

## THE YOUTH HOSTEL

---

All participants will be accommodated in rooms for more or less 4 people.

There are shared bathrooms with showers. There are not private bathrooms in the rooms. The hostel provides the bedding but there are not towels. There is WIFI in the hostel.

We recommend the participants to bring with them all printed materials they may need as there is no printing center nearby.

There is no smoking and drinking alcohol 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.

Breakfast, lunch and dinner are provided by the Youth hostel. The kitchen is fully equipped and is open all the time. The participants will declare their special needs (food allergies and preferences) in the registration form.

---

## HOW TO GET TO CALARREONA

---

That's a good question!

Unfortunately, due to changes in the Murcia region, public transportation is not in the best shape. This means that as of today there is NO public connection to Calarreona. And the connection to Lorca is hampered due to track upgrades. So please **read our travel recommendations carefully** and if you have any doubts, please write to Gabi ([hosting@cazalla-intercultural.org](mailto:hosting@cazalla-intercultural.org)).

**WE RECOMMEND CONTACTING GABI AND CONSULTING YOUR CHOSEN ITINERARY AND TIMES BEFORE BUYING TICKETS.**

Once you have determined which airport you wish to land at, we recommend that you contact Gabi for personalized recommendations on getting to Calarreona. She is ready to help you with any doubts.

### **To get to Calarreona we recommend:**

- a bus from Murcia to Águilas + taxi from the bus station to Calarreona (the cost of the taxi should be around 15 euros) or the urban bus to Calarreona (there aren't many)
- a train to Águilas (right now is a bus but you have to take it from the train station in Murcia or Lorca) + taxi or urban bus.
- A bus from Lorca to Águilas + taxi from the bus station to Calarreona or the urban bus.



### BUS FROM MURCIA TO ÁGUILAS

from the bus station, the cost will be around 9 euros. Please see the one from Lunes - Viernes in exception of the grey one.

### SALIDAS DE MURCIA

LUNES A VIERNES LABORABLES	SABADOS LABORABLES	DOMINGOS Y FESTIVOS
11:30	11:00	11:00
13:30	20:15	20:15
16:00		
18:00*		
20:15		

\*sólo viernes

Estación de Autobuses San Andrés - Murcia - Tlfnos.: 968292211 - 968291911

### BUS FROM LORCA TO ÁGUILAS

from the bus station, the cost will be around 5 euros. Please see the one from Lunes - Viernes in exception of the grey one.

### SALIDAS DE LORCA

LUNES A VIERNES LABORABLES	SABADOS LABORABLES	DOMINGOS Y FESTIVOS
8:20	12:00	12:00
10:30	21:15	21:15
12:20*		
14:30		
17:00		
19:00*		
20:00		
21:15		

\* Sale desde el Hospital Rafael Méndez

\*solo viernes

Estación de Autobuses San Andrés - Murcia - Tlfnos.: 968291911 - 968291926

### TRAIN FROM MURCIA TO ÁGUILAS

from the train station, the cost will be around 6 euros. Please remember that it is called train but it will be a bus. Ask the driver if it goes to Aguilas

The screenshot shows a mobile application interface for a train route. At the top, the origin is 'MURCIA DEL CARMEN' and the destination is 'AGUILAS'. Below this, there is a 'CAMBIAR HORA' button and a date/time selector set to 'MIÉ 20 ABR 00:00'. A warning icon and 'Avisos en C2' are also visible. The main part of the screen is a table with the following columns: Salida, Llegada, Duración, Trans., and En.

Salida	Llegada	Duración	Trans.	En
09:42 C2	12:43	3h 1min.	0	-
13:42 C2	16:43	3h 1min.	0	-
21:15 C2	00:16	3h 1min.	0	-

### TRAIN FROM LORCA TO ÁGUILAS

from the train station, the cost will be around 4 euros. Please remember that it is called train but it will be a bus. Ask the driver if it goes to Aguilas.

The screenshot shows a mobile application interface for a train route. At the top, the origin is 'LORCA-SUTULLENA' and the destination is 'AGUILAS'. Below this, there is a 'CAMBIAR HORA' button and a date/time selector set to 'MIÉ 20 ABR 00:00'. A warning icon and 'Avisos en C2' are also visible. The main part of the screen is a table with the following columns: Salida, Llegada, Duración, Trans., and En.

Salida	Llegada	Duración	Trans.	En
11:12 C2	12:43	1h 31min.	0	-
15:12 C2	16:43	1h 31min.	0	-
22:45 C2	00:16	1h 31min.	0	-



## URBAN BUS FROM AGUILAS TO CALARREONA YOUTH HOSTEL

There is an urban bus which stop in Aguilas bus station and goes to Calarreona youth hostel. The problem of it is that they don't have puntual schedule and they only present the hour of the first station. More or less you have to count 15-20 minutes more. The line is called 1A. As the schedule changes very often contact Gabi before and she will call to the bus company for the most updated one.

### LÍNEA 1a: Calabardina - Calarreona

Lunes - Sábado por la mañana

<b>● Calabardina - 1</b> 8:15 / 9:25 / 10:25 / 12:25 / 13:25 16:25 / 17:25 / 18:25 / 19:25	<b>● 15 - Calarreona</b> 9:57 / 11:57 / 15:57 / 18:57
<b>Los Collados - 2</b> 8:20 / 9:30 / 10:30 / 11:30 / 12:30 13:30 / 14:30 / 15:30 / 16:30 / 17:30 18:30 / 19:30 / 20:30	<b>14 - Mercadona</b> 8:56 / 9:53 / 10:53 / 11:53 / 12:53 13:53 / 14:53 / 15:53 / 16:53 / 17:53 18:53 / 19:53 / 20:53
<b>●●● C. Comercial - 3</b> 8:29 / 9:35 / 10:35 / 11:35 / 12:35 13:35 / 14:35 / 15:35 / 16:35 / 17:35 18:35 / 19:35 / 20:35	<b>13 - Colegio C. del Mar</b> 8:55 / 9:52 / 10:52 / 11:52 / 12:52 13:52 / 14:52 / 15:52 / 16:52 / 17:52 18:52 / 19:52 / 20:52
<b>● Las Delicias - 4</b> 8:30 / 9:36 / 10:36 / 11:36 / 12:36 13:36 / 14:36 / 15:36 / 16:36 / 17:36 18:36 / 19:36 / 20:36	<b>12 - Colegio Las Lomas</b> 8:54 / 9:50 / 10:50 / 11:50 / 12:50 13:50 / 14:50 / 15:50 / 16:50 / 17:50 18:50 / 19:50 / 20:50
<b>● Club Náutico/E.Autobús - 5</b> 8:32 / 9:38 / 10:38 / 11:38 / 12:38 13:38 / 14:38 / 15:38 / 16:38 / 17:38 18:38 / 19:38 / 20:38	<b>11 - I.E.S. Rey Carlos III</b> 8:53 / 9:49 / 10:49 / 11:49 / 12:49 13:49 / 14:49 / 15:49 / 16:49 / 17:49 18:49 / 19:49 / 20:49
<b>● Paseo Parra - 6</b> 8:34 / 9:40 / 10:40 / 11:40 / 12:40 13:40 / 14:40 / 15:40 / 16:40 / 17:40 18:40 / 19:40 / 20:40	<b>10 - Troli</b> 8:50 / 9:46 / 10:46 / 11:46 / 12:46 13:46 / 14:46 / 15:46 / 16:46 / 17:46 18:46 / 19:46 / 20:46
<b>● Cuesta del Sol - 7</b> 8:36 / 9:42 / 10:42 / 11:42 / 12:42 13:42 / 14:42 / 15:42 / 16:42 / 17:42 18:42 / 19:42 / 20:42	<b>9 - Juan Carlos I ●</b> 8:38 / 9:44 / 10:44 / 11:44 / 12:44 13:44 / 14:44 / 15:44 / 16:44 / 17:44 18:44 / 19:44 / 20:44
<b>● 8 - Pizarro</b> 8:37 / 9:43 / 10:43 / 11:43 / 12:43 / 13:43 / 14:43 / 15:43 16:43 / 17:43 / 18:43 / 19:43 / 20:43 / 21:43 / 22:43	

### Horario Secundaria (L-V)

Calabardina: 7:30 / Collados: 7:40 / Geráneos: 7:41 / I.E.S. Europa: 7:42  
C.S. Norte: 7:43 / Carlos V: 7:44 / M. Inmaculada: 7:48 / Troli: 7:50 / I.E.S. Rey Carlos: 7:55

### Los Collados - MERCADO - C. Comercial

8:25 / 9:35 / 10:35 / 11:35 / 12:35 / 13:35 / 14:35

\*Sábados por la mañana



---

## ALICANTE AIRPORT

---

### **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](http://www.alsa.es)

Once you are in Murcia you can take a bus to Aguilas (the company is interbus, you can find the schedule at the previous pages). then you can take a taxi from the Aguilas bus station to Calarreona or the urban bus.

### **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!](#)). As the trains from Murcia to AGUILAS are suspended there will be some special buses to Aguilas from the train stations. When you will be buying the ticket at Sant Gabriel you can choose Aguilas and go there with the same ticket. The temporary bus will have a stop at Murcia train station and will go around 4h to Aguilas. Use the bus with the name "ESTACIONAL", don't enter to "SEMIDIRECTO"!

### **OPTION 3:**

By the city bus (C6) you can go to Alicante's bus station and take a bus to Lorca or Murcia. There are very few buses and you mostly need to buy the ticket in advance on [www.alsa.es](http://www.alsa.es). Note that the last bus leaves at 9:45 pm. and the first one at 03:30 am and that later you have to take a bus to Aguilas.

---

## MADRID BARAJAS AIRPORT

---

### **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 Aguilas 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](http://www.renfe.es). If you decide to travel by train, we advice you to buy a ticket in advance online as the Madrid - Murcia connection is very popular and trains are usually full! Double check this option with Gabi before purchasing it.

### **BY BUS:**

There are direct busses (ca. twice a day) from Terminal 4 to Lorca and Murcia. The ticket costs around 35€ and the trip takes 6,5 - 7h. You should buy it in advance at the [www.alsa.com](http://www.alsa.com). you can also purchase tickets online in [www.movelia.com](http://www.movelia.com) You can also catch a bus from one of the bus station in Madrid to Lorca, they are a little bit more bus hours.

**REMEMBER THAT LATER YOU WILL HAVE TO TAKE A BUS TO ÁGUILAS. THERE IS ONE BUS TO AGUILAS FROM ALBACETE AS WELL.**

**Please keep in mind that in order to arrive to Calarreona THE SAME DAY, you should be at the airport by 3:00 pm., not later, to catch the train at 4:30 pm.**

---

## VALENCIA AIRPORT

---

### **BY TRAIN:**

Take the metro from the airport to Valencia Estación 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 to Murcia, buy a ticket to Aguilas.

You can get it from the ticket machines inside the train station ("cercanias") and it costs 5,60€. The train ride takes ca. 50 mins. if your ticket to Murcia has a combinado code you can go to the information point and ask for a free ticket to Aguilas.

To check train schedule go to: [click!](#) remember that now there are not trains, you will have to go by bus.

### **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](http://www.alsa.es). You can also purchase tickets online. later you have to take a bus to AGUILAS . There is some direct buses from Valencia to Lorca but not many. Later you will have to take a bus to Aguilas, please have it mind!

## **IMPORTANT!**

**DON'T TRAVEL TO MURCIA AIRPORT! IT IS A VERY SMALL AIRPORT WITH A VERY BAD URBAN CONNECTION WITH MURCIA AND LORCA.**



---

## THINGS YOU SHOULD KNOW

---

### **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 Youth Exchange. 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.

### **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

---

## THINGS YOU SHOULD KNOW

---

### **REIMBURSEMENT:**

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

The reimbursement will be done till one month after receiving all of the necessary documents.

### **CAN I STAY LONGER?**

The project starts 3rd of May 2023 as an arrival date and finish 11th May 2023- departure date. If you want to stay more than 2 days before and/or after the Youth Exchange the Project will not cover your travel costs, your accommodation and food costs. Please inform us before buying the tickets.

---

## CONTACT

---

**GABI**

**[hosting@cazalla-intercultural.org](mailto:hosting@cazalla-intercultural.org)**

working hours: 10:00 - 14:30

**OFFICE WHATSAPP:**

**+34 644 91 07 72**

REGISTRATION FORM

