

HOW TO ARRIVE TO THE HOSTAL?

More info: <http://goo.gl/cR5Dgd>



WHERE WE WILL SLEEP?

We will all stay at the "**Grelo Hostel**" in the city of Ourense, very close to the city center (3 min.) and urban bus stops.

In the hostel we will be divided into 3 mixed rooms, with bunk beds.

Each person has an individual locker with a key next to bed, sheets, a blanket and individual pillow.

There are divided bathrooms and showers, laundry service and wifi.
In the hostel we will give: sheets, towels and soap for the shower.

<http://www.grelohostel.com>



INCORPORATION

The welcome will be on the 8th by 19:00 at the hostel.
We will have to leave the hostel on the 16th before 12:00 noon.

If you arrive before or after the welcome time please tell us the arrival time.

FOOD

All meals are financed by the ERASMUS +, breakfast will be provided by the hostel, lunch and dinner will be provided by a catering service.

The meals outside the hostel (routes, excursions etc) are also included. **On day 8 is only included the dinner of the exchange and the day 16 is included breakfast.**

THINGS TO BRING

- Bathroom for baths;
- Towel for the hot springs;
- Flip flops;
- Comfortable shoes for hiking / nature activities;
- Comfortable clothing suitable for activities and climate;
- Personal hygiene items;
- Camera /smartphone (if you have one);
- Musical instruments, equipment or accessories (whenever possible use during the youth exchange);
- European health card / Identification card;
- Some food typical of your region that does not need cold and also to be cooked;
- A traditional object that can represent your region;

THINGS TO PREPARE

- "Cultural suitcase"

In this exchange we would like to present all the countries, we would love if you prepare something about your region/country to present (very briefly) in the cultural night. A dance, song, food, language, traditional games ... what you like more!

-Activities

We love to participate and do things together, if you are like us do not be ashamed to prepare

a super cool activity to do in the exchange. Something you would like to share with others, the imagination is free. You can write to us and tell us what you are thinking !!

TRAVEL

By plane:

(www.aena.es), Tel: +34 902 404 704

Labacolla aeropuerto en Santiago de Compostela, Tel: +34 981 547 501

Alvedro (La Coruña), Tel: +34 981 187 200

Peinador aeropuerto (Vigo), Tel: +34 986 268 200

By bus:

- Linea A Coruña-Santiago-Pontevedra-Vigo. Compañía MONBUS (www.monbus.es)

Tel: +34 902 292 900

- Linea Lugo-Santiago linea. Compañía Freire (www.empresafreire.com.) Tel +34 982 220 300

Bus estation:

A Coruña. Tel +34 981 184 335

Lugo. Tel +34 982 223 985

Santiago de Compostela. Tel +34 981 542 416

Vigo. Tel +34 986 373 411

Ourense. Tel +34 988 216 027

Ferrol. Tel +34 981 324 751

By train:

RENFE (www.renfe.es), Tel: +34 902 240 202

LVEF (www.feve.es), Tel: +34 981 370 401

DOCUMENTATION

The 30 participants must bring the **European health card** and the **national identity card**.

CONTACTS

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