

INTERNATIONAL FUTURES, DURHAM

30th August to 6th September 2022

WELCOME TO THE UK

In these joining instructions you will find everything you need to know about the training and conference, what to prepare, travel arrangements, items to bring with you and other information. Please make sure you have saved a copy of this pack to your phone.

We look forward to welcoming you to the UK. We anticipate making new friends and facilitating lasting relationships between young people and organisations.

ARRIVALS/DEPARTURES

You should aim to arrive in the UK on Tuesday 30th August, with check-in at the accommodation in the afternoon between 2-5pm. Durham is in the North East of England so plan journey time versus cost. Your return flights should be some time after breakfast on Tuesday 6th September. If you wish to arrive in the UK on an earlier date or depart later this is possible but please note that any additional accommodation or transport will be at your own expense.

CONTACT NUMBERS



Please make sure that you give your family / next of kin the following emergency contact numbers and emails for the CILL/Momentum World team:

Olga Ambrosiewicz:

+44 7858 061 753 olga@momentumworld.org

Andrew Hadley:

+44 7795 554 202 andrew@momentumworld.org

PROJECT CHECKLIST



Fill out our project registration form



Run your travel itinerary by Sarah -

office@momentumworld.org



Prepare a presentation about youth policy and youth engagement in your country



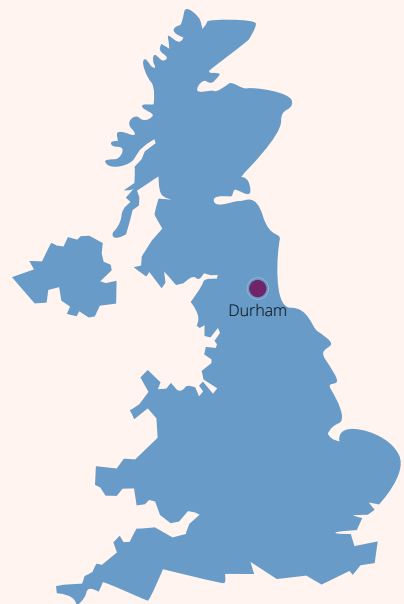
Contact organisers about any reasonable adjustments



Bring items for our intercultural evening

EVENT CHECK-IN

- Accommodation: the address is Stephenson College, Durham University, Howlands Farm, South Road, Durham, County Durham DH1 3DE. A member of our team will help you with the check-in on the day.
- You will receive a key for your room for which you will be responsible, you may be charged a fee if you lose it.



TRAVEL AND MONEY

AIRPORTS

LONDON LUTON, STANSTED OR HEATHROW
MANCHESTER
LEEDS BRADFORD
EDINBURGH
NEWCASTLE
TEESIDE



Note that Durham is 375km from London.

IMPORTANT: For all questions about your travel arrangements and to check your proposed flight times and costs please contact Sarah Young at office@momentumworld.org before booking!

TRAVEL IN UK

Please note that rail travel in the UK can get quite expensive, and you might like to consider booking your train tickets early to secure the lowest fee. If possible, avoid travelling during peak times.

As this is an Erasmus+ funded project and you will be expected to travel at a lowest fare and use public transport wherever possible.

Useful websites: Trainline, Rome2rio, Google Maps, National Express



TRAVEL COST REIMBURSEMENT

Please hold on to all your travel receipts, tickets and boarding passes. We would like to complete the reimbursement procedure as quickly as possible but will only be able to do so with appropriate documentation. Wherever possible, please opt for digital receipts.

TRAVEL ALLOWANCES

€0–€180 United Kingdom
€275 Czech Republic, France, Italy, Poland,
Portugal, Romania, Spain
€360 Bulgaria, Greece
€530 Turkey

LOCAL TRAVEL

Stephenson College is 15 minutes by bus from the railway station. Take bus number 42 towards Mount Oswald and get off at South College stop. Walk back to the main road – South Road – and cross over the road for the entrance for Stephenson College.



FRIENDLY REMINDERS

Run your travel itinerary by Sarah before making ANY booking.

Please bring drinks from your country for our intercultural evening.

Fill out the registration form!

You will be invited to join a WhatsApp group for this project. This will be our primary way of communication when in Derby.

Please only call organisers in absolute emergencies.

Carefully read this info pack.

BANK

The currency of the UK is the pound sterling (GBP). During your stay on the project, all your accommodation, food, and transport during the programme is provided for by us. You will only need pocket money to buy occasional food and drinks while out, and maybe some souvenirs.

Contactless payments are widely accepted around the UK including on public transport (i.e. local buses)

We advise you to change a small amount of money (perhaps £30 - £40) at the airport when you arrive.



VISA

PARTNER ORGANISATIONS

BULGARIA - ABS
CZECH REPUBLIC - Oko Centrum
FRANCE - Centre Leo Lagrange
GREECE - OENEF
ITALY - Associazione Joint
POLAND - Regional Volunteer Centre
PORTUGAL - Proposito Inadiavel
ROMANIA - FITT
SPAIN - BB&R
TURKEY - System & Generation

BREXIT



You can cross the UK border using a passport which should be valid for the whole time you are in the UK. Please check you possess a valid document before you travel. EU ID cards will no longer be accepted.

PARTNER COUNTRIES



**CREATE
YOUR
FUTURE**

WHERE YOU WILL STAY

Accommodation will be at Stephenson College, Durham University, Howlands Farm, South Road, Durham, County Durham DH1 3DE

View the location: <https://www.durham.ac.uk/colleges-and-student-experience/colleges/stephenson/accommodation/>

You are asked to arrive at the accommodation on 30th August to check in after 2pm and your departures will take place after breakfast on 6th September.

Remember that when visiting the UK you will need a UK power adapter for electrical items. This is a three point adapter and can be purchased in most travel stores and airports.



Halls of Residence



Social space



Social space



Bedroom

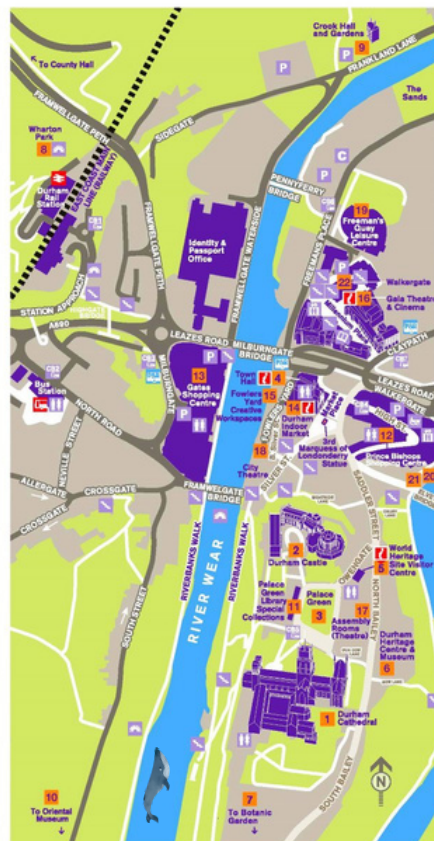
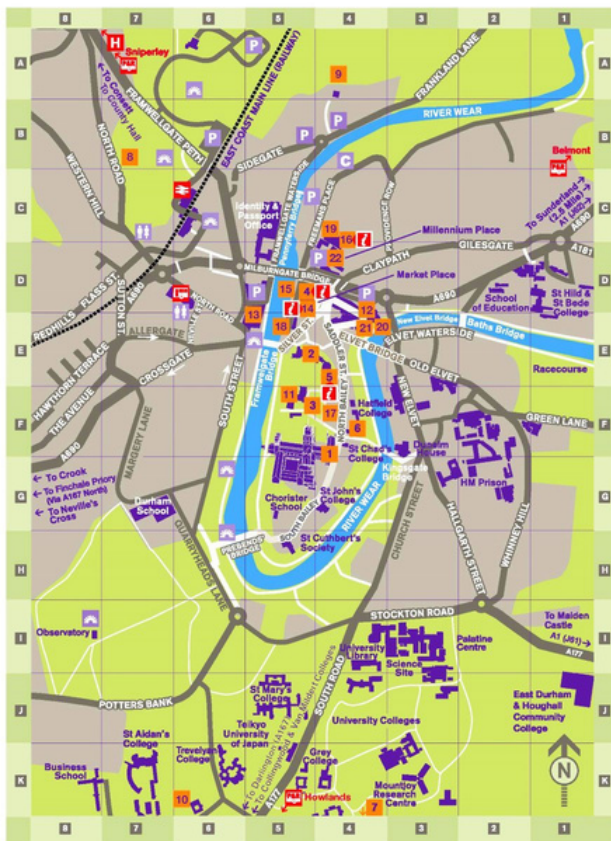


Kitchen in each flat in Halls



Halls of Residence

This is durham City Map

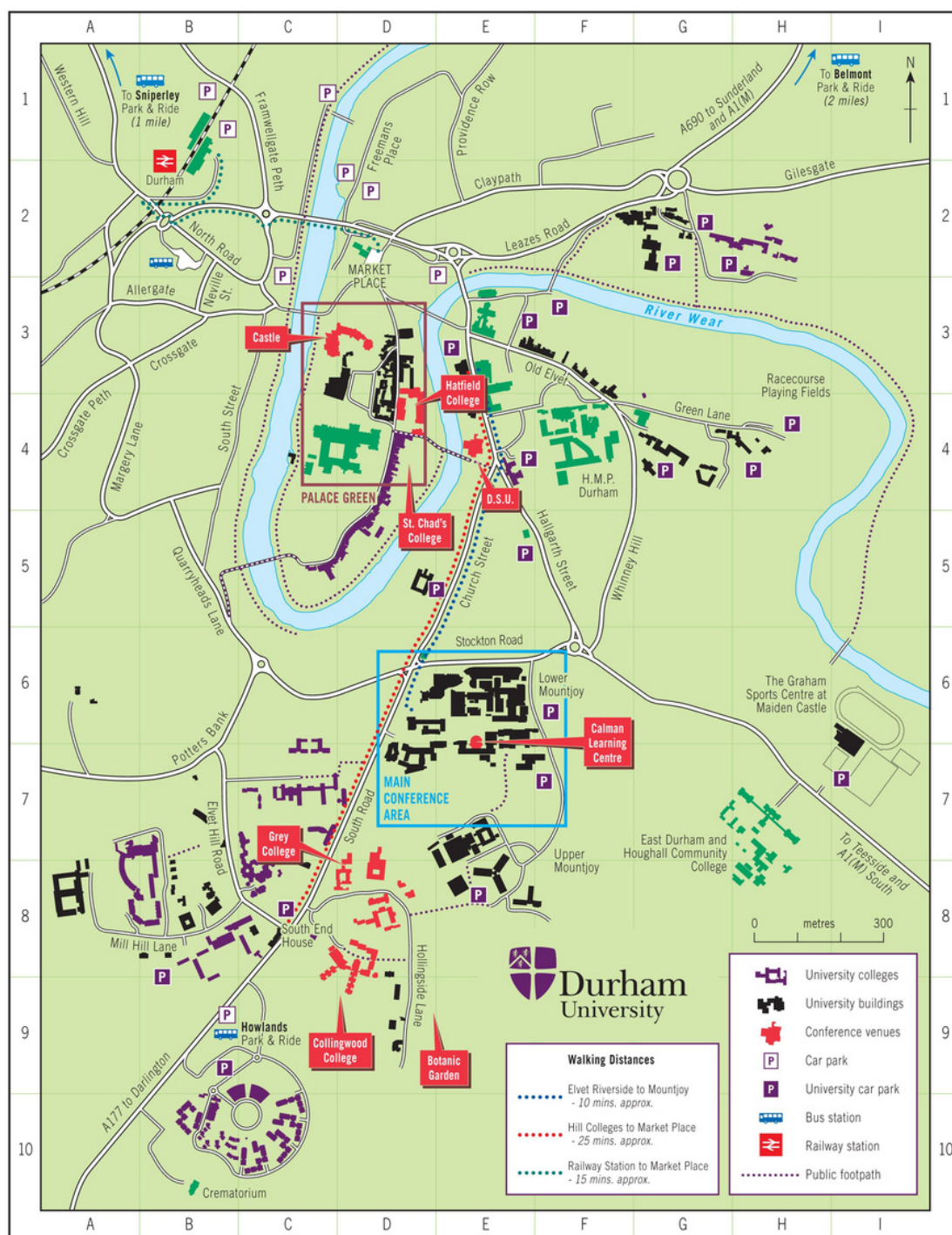


- 11 University Hospital
- 12 Durham Rail Station
- 13 North Road Bus Station
- 14 Visitor Information Points
- 15 Car Park
- 16 Coach Park
- 17 Shopmobility
- 18 Library
- 19 Toilets
- 20 Lifts
- 21 Stairs
- 22 View Point
- Park & Ride Car Parks
- 23 Sniprley
- 24 Belmont
- 25 Howlands
- Heritage
- 1 Durham Cathedral
- 2 Durham Castle
- 3 Palace Green
- 4 Town Hall
- 5 World Heritage Site Visitor Centre
- Museums & Gardens
- 6 Durham Heritage Centre & Museum
- 7 Botanic Garden
- 8 Wharfedale Park
- 9 Crook Hall & Gardens
- 10 Oriental Museum
- 11 Palace Green Library, Special Collections
- Shopping
- 12 Prince Bishops Shopping Centre
- 13 The Gales Shopping Centre
- 14 Durham Indoor Market
- 15 Fowlers' Yard Creative Workspaces
- Culture
- 16 Gala Theatre & Cinema
- 17 Assembly Rms (Theatre)
- 18 City Theatre
- Sport & Leisure
- 19 Freeman's Quay Leisure Centre
- 20 Prince Bishop River Cruises (Summer)
- 21 Rowing Boat Hire (April - October)
- 22 Walkergate
- City Centre Map Symbols
- Park & Ride Bus Stops
- Cathedral Bus Stops
- Rail Station
- Bus Station
- Milbrough
- Market Place
- Cathedral & Castle
- Car & Coach Park
- Claypath

The historic city of Durham, regarded as one of the most beautiful in the UK is compact, yet varied and easy to get around. The university is one of the top in the world.

University map

DURHAM CITY



ACCESSIBILITY

Many of the Durham University buildings are modern and designed for accessibility but a small number of the colleges and departments in Durham City are in very old, listed buildings where getting around isn't always straightforward. Please let us know if you have accessibility issues.

DIETARY REQUIREMENTS



Breakfast, lunch and dinner will be provided during the duration of the project.

We will do our best to cater to your dietary requirements, and allergies- it is vital you indicate these on the registration form.

STAYING CONNECTED



Now the UK left the EU you might be subject to additional roaming fees when using your phone. Please check this information with your network provider prior to your arrival in the UK.

TIMEKEEPING



You will be expected to arrive for activities on time. This will ensure the programme runs smoothly. If you are experiencing any trouble with transport please let the organisers know. We recommend you travel in a group, and always check where you need to be and at what time against the daily schedule (it will be provided upon arrival).

CODE OF CONDUCT

Be kind and respectful
Bring in positive energy and sense of humour
Take part in all activities
Be prepared for new challenges
Have an open mind



WEATHER



The weather at this time of year in the UK is usually warm but can be changeable. The average temperature in Durham is 19 degrees centigrade but it can sometimes be hotter (or colder). There is also always the chance of rain showers!



DRAFT PROGRAMME

Day 1

Arrivals

Informal Welcome

Day 2

Welcome; Introductions; Mission Impossible; Preparing for the conference

Day 3

International Futures Summit

Day 4

Review & debrief; Durham Scavenger Hunt; Intercultural Evening

Day 5

Project Skills; Postcards, podcasts & films; Intercultural skills masterclass

Day 6

Project skills; Excursion

Day 7

Project planning; Presentations; Evaluation; Free time in the city; Farewell Party

Day 8

Departures

Draft programme for information only – subject to changes

HOW TO APPLY

International Futures is a policy dialogue project for anyone aged over 18 who is interested in the subject of youth mobility. If this is you:-

**PLEASE FILL IN THE APPLICATION FORM AS SOON AS POSSIBLE AT
<https://bit.ly/IFconf22>**

There is a small participation fee (50 Euro) which will be deducted from travel reimbursements.

WHAT TO BRING

- Everyday clothes – shirts, trousers, T-shirts, underwear, socks etc.
- Formal clothes (for conference day)
- Outdoor clothing – be prepared for hot, cold or wet weather – English weather is very changeable!
- Comfortable practical shoes for walking out
- Toiletries – toothbrush, toothpaste, soap, shampoo, shower gel, suncream, etc.
- Towels
- Pens and paper will be provided but you may like to bring your own anyway.
- You might want to bring your laptop/ tablet.
- Any necessary medication – if it is serious medication let the staff know. (A first aid kit will be supplied by CILL/ Momentum World for emergencies).
- Small bag or backpack for going out
- Items for your intercultural evening (Drink, and Flag from your countries – NOTE FOOD IS NOT ALLOWED TO BE BROUGHT INTO THE UNIVERSITY)

INTERCULTURAL EVENING

Prepare a short entertainment or presentation for the Intercultural Evening, (no video or Powerpoint allowed!) to represent your country and culture. This could involve music, dance, drama, games, quiz etc. It should be interactive – something that everyone can enjoy together. The funnier the better!

DUE TO A STRICT ALLERGY POLICY AT THE UNIVERSITY FOOD IS NOT ALLOWED TO BE BROUGHT IN. Alcohol is allowed but please remember you must either buy it from Duty Free at the airport or pack it in your checked luggage.

Also if possible please bring a large flag of your country – we will use these to decorate the walls during the week as well.

SOCIAL MEDIA

Make sure to follow us on social media #internationalfutures #erasmusplus @momentumworld @cill_uk



WE LOOK FORWARD TO WELCOMING YOU TO DURHAM!