

<mark>24.11 – 02.12.2015</mark>

ASHA CENTRE

INFO PACK









INTRODUCTION

What?

The aim of the course is to provide an introduction to Hinduism, its beliefs, practices and significance for young European people today. It follows many previous courses at the ASHA Centre that have been either about Interfaith Dialogue in general or Islam in particular.

Why?

Interfaith dialogue in Europe is often focused on the so-called 'Abrahamic' faiths of Judaism, Christianity and Islam. This approach to religions is often to the detriment of religions originating in other parts of the world, which, in terms of population, antiquity, historical influence and cultural richness are just as important; Hinduism is the third largest religion in the world and of these large religions, the very oldest one. This course seeks to do justice to that fact in the context of interfaith dialogue.

How?

The course will use non-formal educational methods, including presentations, group work, sharing and games. Specific sessions will look at practices like yoga and meditation, include a visit to a beautiful Hindu Temple, question and answer sessions with Hindus about their religion, an Indian story telling session, and an exploration of Indian history and philosophy.

DATES:

24.11 (arrival day; all day) 02.12 (departure day; all day)

THE VENUE

ASHA Centre Flaxley, Gloucestershire http://www.ashacentre.org

For more info: http://www.facebook.com/ashacentre



PARTNER ORGANISATIONS

Partners involved:

ASHA Foundation (UK) – 4 participants VMDO e.V. (Germany) – 4 participants Oportunidades Europeas (Spain) – 4 participants TURISTICNO DRUSTVO ZETALE (Slovenia) – 4 participants Youthfully Yours Gr (Greece) – 4 participants Be International (Czech Republic) – 4 participants EuroSud (Italy) – 4 participants Scambieuropei (Italy) – 4 participants

Participants need to be over 18. We will not be able to host any underage participants.

All participants need to complete the application form (attached) and e-mail it back to <u>youthinaction@ashacentre.org</u> by October 20, 2015

TRAVELLING TO THE UNITED KINGDOM

ASHA Centre is located in the Forest of Dean, near Gloucester. The nearest airports are (listed by distance/convenience of travel to Gloucester):

- Bristol Airport (Approx. 2h to Gloucester by coach)
- Birmingham Airport (approx 2h to Gloucester by coach)
- Heathrow Airport (Approx. 3-4 hrs to Gloucester by coach)
- Luton Airport (Approx. 4-5 hrs by coach to Gloucester by coach)
- Gatwick Airport (Approx. 5h to Gloucester by coach)
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- Stansted Airport (Approx. 5h to Gloucester by coach)

Travelling by coach from all London Airports (apart from Heathrow) involves a change at London Victoria. Please check for the cheapest travel option from your city and contact ASHA Project Team (youthinactinon@ASHAcentre.org) for route and price approval.

TRANSPORT TO / FROM THE ASHA CENTRE

Please be advised that coaches offer cheapest services for local transport within the UK. We advise you to travel to Gloucester using only this mean of transport. National Express provides services from all major London airports



National Express http://ww.nationalexpress.com

- We recommend you to travel by coach from the airport to <u>Gloucester</u> by National Express coaches. Please, check www.nationalexpress.com for schedules and prices. You can buy the tickets beforehand in the internet, but, please, bear in mind that the tickets have fixed time, that's why it might be better to buy the tickets on the spot at the airport.
- You need to take a coach to <u>Gloucester</u> (Gloucester Coach Station, situated in the centre of the city
 do NOT buy tickets for Gloucester Longlevens)
- We will only reimburse DURING the training so you should also buy RETURN tickets from the airports to Gloucester). Those of you who are planning to stay in the UK outside project dates longer should also buy RETURN tickets from the airports to Gloucester.

ASHA will arrange pick-ups from Gloucester coach station to ASHA Centre (no public transport is available on this route). We will contact you with details of pick-up arrangements once all arrival times and dates will be confirmed.

TRAVEL COSTS

ASHA will reimburse your travel expenses at 80% of the overall cost.

Please bare in mind the new Erasmus Plus travel limits for your country. However, if for good reasons your travel costs exceed the limit, we will still reimburse at 80%.

If you do intend to purchase tickets that exceed the Erasmus + limit for your country, **you must contact ASHA first for approval before purchasing the ticket.** If you do not, we will only reimburse a maximum of 80% of travel costs **up to a maximum of the travel limit for your country.**

! Note: Please note if you bought your ticket in your local currency which might be different than EUR, we will calculate your travel costs according to the exchange rates from official European Commission web-site http://ec.europa.eu/budget/inforeuro/index.cfm?Language=en

III Note: Please make sure you have return tickets for all stages of your travel (return plane tickets, return bus tickets, etc.). Reimbursement will be given only on the basis of an existing ticket. No advance reimbursement for future tickets will be given.

Image: If you plan to travel outside the official project dates you need Asha's approval first. Please contact us at youthinaction@ashacentre.org Tickets for travel outside the official travel dates purchased without Asha's approval may not be reimbursed.

HEALTH INSURANCE

Health insurance will not be provided or reimbursed by the organisers. All participants are required to purchase health insurance individually.

ACCOMMODATION

All rooms have either baths or showers. Towels and bed linen will be provided.

Photos of the ASHA Centre's residential facilities can be found here: http://www.ashacentre.org/index.php/gallery/item/628-house

In You will be sharing room(s) with another person(s) of the same sex in mixed national groups. We advise you to <u>bring your own suitcase</u> as you will not be sharing rooms with your friends/colleagues from the same country.

In the Note: Please note that ASHA will not provide any additional accommodation for your stay in the United Kingdom outside the training dates. Those of you willing to arrive few days earlier or depart few days later should inform us and we will assist you in booking a hotel or hostel in the UK.

!!! Note: Wireless internet is available at the ASHA Centre. Please note no computers will be made available to participants so you need to bring your own device!

!!! Note: The ASHA Centre has carpeted areas where shoes are to be removed. We advise you to bring a comfortable pair of house shoes/slippers.

III UK electric plugs/sockets differ from continental/European – please bring your own electrical adapter

<u>!!! The check-out time on the departure day is at 10 AM. The last transfer from the ASHA Centre to Gloucester will leave at 11:00 AM on the last day of the project</u>

PREPARATION

Please be prepared to briefly present your organisation during the training.

Please also bring some national drinks and snacks for the intercultural evening :)

ABOUT THE UNITED KINGDOM

If you want to know more about our country here are some useful links: www.visitbritain.com www.lonelyplanet.com/england And for Gloucestershire http://www.visit-gloucestershire.co.uk/

CONTACT

If you need help, have questions or need further information please contact:

ASHA Team @ youthinaction@ashacentre.org

TRAVEL BUDGET LIMITS

<u>Please remember that theamounts listed below include local transport in the UK (airport – Gloucester – airport); coach</u> and train travel between some airports and Gloucester can amount to 60-80 EUR

VMDO e.V. (Germany) – 275 EUR Oportunidades Europeas (Spain) – 275 EUR TURISTICNO DRUSTVO ZETALE (Slovenia) – 275 EUR Youthfully Yours Gr (Greece) – 360 EUR Be International (Czech Republic) – 275 EUR EuroSud (Italy) – 360 EUR Scambieuropei (Italy) – 360 EUR