



European Partnership on Adult Education and Mobility for Social Inclusion (EPAEMSI)

Lifelong Learning Programme: Grundtvig Learning Partnership

Guide For Participants

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1. WHAT IS THE GRUNDTVIG – LIFELONG LEARNING PROGRAMME?

1.1. What is the Lifelong Learning Programme?

Lifelong learning was described by the European Commission as all learning activity undertaken throughout life, which results in improving knowledge, knowhow, skills, competences and/or qualifications for personal, social and/or professional reasons. (Source: European Commission, 2001; Cedefop, 2008c.)

The Lifelong Learning Programme enables individuals at all stages of their lives to pursue stimulating learning opportunities across Europe. It consists of four sub-programmes: Comenius (for schools), Erasmus (for higher education), Leonardo Da Vinci (for vocational education and training) and Grundtvig (for adult education). ("What's in it for me" brochure– a quick introduction to the EU's Lifelong Learning Programme – European Commission)

1.2. What is a Grundtvig partnership?

The Grundtvig programme focuses on the teaching and study needs of learners taking adult education and 'alternative' education courses, as well as the organisations delivering these services. It aims to help develop the adult education sector, as well as enable more people to undertake learning experiences, notably in other European countries.

Launched in 2000, Grundtvig aims to provide adults with more ways to improve their knowledge and skills, facilitate their personal development and boost their employment prospects. It also helps to tackle problems associated with Europe's ageing population. It covers not only teachers, trainers, staff and organisations working in the sector, but also learners in adult education. These include relevant associations, counselling organisations, information services, policy-making bodies and others such as NGOs, enterprises, voluntary groups and research centres.

The programme funds a range of activities, including particularly those supporting adult learning staff to travel abroad for learning experiences, through exchanges and various other professional experiences. Other larger scale initiatives involve, for instance, networking and partnerships between organisations in different countries. (http://ec.europa.eu/education/lifelong-learning-programme/grundtvig_en.htm)

2. PROJECT'S SUMMARY

The European Partnership on Adult Education and Mobility for Social Inclusion (EPAEMSI) is a Grundtvig partnership composed of 7 partners from: Spain, Malta, Romania, Poland, Slovenia, Italy and United Kingdom. Its aim is to use the experience of the partner organisations on social inclusion and the active participation of adult learners from disadvantaged social groups to promote and improve social inclusion through education, in particular non-formal and informal education.

Throughout the two-year project, partners will organise mobility activities and activities at local level in order to share their best practices on how to use education for social inclusion and bring light on the issue of social exclusion whilst using this opportunity to create more mobility projects as a mean to further enhance social inclusion. Adult learners will be from disadvantaged social groups and they will have an active and prominent role throughout the project by experiencing the best practices and providing feedback whilst benefiting from an intercultural experience. The sharing of the knowledge and information gathered throughout the project with other public and private organisations will help contribute to improving the quality of educational activities for social inclusion and increasing mobility opportunities for those who most need it.

3. AGENDA OF THE MEETING

The activity will be held in **Logroño, Spain**, from 27th to 29th November 2012.

	Day 1	Day 2	Day 3
9.00-11.00	Arrivals	Presentation of the hosting organisation (origin, activities, etc.) and presentation of the best practices of the hosting organisation.	Departures
11.00-11.30		Coffee break	
11.30-13.00		Revision of the programme of work. General project arrangements and follow-up.	
14.00-15.00		Lunch	
16.00-19.00		Field experience of the best practices of the hosting organisation.	
21:00		Dinner	

4. WHAT WILL THE WEATHER BE LIKE?

Cold temperatures are to be expected in **Logroño** at this time of the year between 5° and 15°C.

We recommend that you bring with you warm waterproof clothes with you.

5. LOCAL TOURISTIC INFORMATION

5.1. Most popular touristic attractions

Here are some of the most famous places in the city of **Logroño**, click on the link next to the name for more information about a place:

- Cubo del revellín (http://web.logro-o.org/cubo_revellin/index.htm)
- "La Redonda" Cathedral (<http://www.laredonda.org/el-templo/plano/la-catedral/>)
- "San Bartolomé" Church
([http://es.wikipedia.org/wiki/Iglesia_de_San_Bartolom%C3%A9_\(Logro%C3%B1o\)](http://es.wikipedia.org/wiki/Iglesia_de_San_Bartolom%C3%A9_(Logro%C3%B1o)))
- Calle Laurel ("Pinchos") (<http://www.callelaurel.org/>)
- Ebro park (<http://es.wikipedia.org/wiki/Logro%C3%B1o>)
- Old town, parliament and churches.

5.2. Places to go out for a meal

Here are a few suggestions of places to go for a meal:

- Juan y Juan (<http://www.restaurantejuanyjuan.com/>)
- Ton de Luna (<http://www.tondeluna.com/>)
- Pan y vino (<http://www.restaurantepanyvino.com/>)
- En ascuas (<http://www.enascuas.com/postres.html>)
- Kabanova (<http://www.kabanova.com/>)
- Calle Laurel (<http://www.callelaurel.org/>): This street is full of bars serving "pinchos" which can be defined as the equivalent of the tapas in the North of Spain. Each bar has one or two specialities and customers hop from one bar to the other, usually drinking calimotxo or Rioja wine.

5.3. Places to go out for a drink

Here are a few popular places to go for drinks:

- Bar "El viajero"
- Cafetería "La tertulia"
- Bar "La Luna"
- Bar "Odeón"

- Bares/Cafeterías "Noche y día".

5.4. Average bus, tram, metro and taxi fares

- Bus= 0,57€ one way
- Taxi = not really expensive

5.5. "You should not leave without going to/doing ..."

You should not leave **Logroño** without **eating pinchos!**

6. LOCAL CUSTOMS AND CULTURAL INFORMATION ABOUT THE HOSTING COUNTRY.

6.1. Languages

In La Rioja the spoken language is Spanish. Unlike other regions of Spain, no other languages are spoken (at all...).

6.2. Currency

The currency in Spain is the Euro (€).

6.3. Hours

Lunch is between 1.30pm and 3.30pm; dinner is between 8.30pm and 10.00 pm. People often have a quick first breakfast and then a "PINCHO" around 11 am.

6.4. Popular food

Some of the most popular food/dishes in La Rioja include: pinchos, patatas a la riojana, chuletón de ternera, pimientos del piquillo, fardelejos, chuletas de cordero al sarmiento, gordillas, ajos asados, chistorra, tortilla de patatas, etc.

6.5. Popular drinks

Some of the most popular drinks include: Vino tinto de Rioja (Red wine), mosto (no alcohol), calimotxo (a mix between cola soft drink and red wine), Vino blanco (Rioja o Rueda) (white wine), moscatel, etc.

6.6. Tips

In Spain, service is always included, however a few Euros tips is customary in restaurants, in particular if service was good. You don't need to give a tip in bars.

6.7. Meeting/greeting someone

In Spain, while formal greetings mainly involve shaking hands, when meeting informally a man will always kiss a woman on the cheeks (one kiss for each cheek) and men will often hug briefly".

6.8. Gestures to avoid

To order a red wine that is not made in La Rioja...

6.9. Stereotypes about your country that you would like to correct, contradict...

Not all of us love bullfighting. There is no flamenco or Sevillanas in the North. We normally do not drink Sangría in the North. Riojans are not vasques and have nothing to do with their language or politics.

6.10. Sense of humour

Very funny and natural :D

For more information about interacting with other cultures, you can also check the fasten your seatbelt website : <http://www.fastenseatbelts.eu/en/continent/0/by-Continent>.

7. A FEW WORDS OF VOCABULARY

English	Spanish	Phonetically
Hello/Hi!	¡Hola!	ola
How are you?	¿Qué tal?	keh tal/
Good morning	Buenos días	bwenos deeyas
Good afternoon/evening	Buenas tardes	bwenas tardes
Good night	Buenas noches	bwenas noches
Goodbye	Adiós	Adeeyos!
Excuse me! / Sorry	¡Perdón! / ¡Lo siento!	perdon / lo seeyento
Yes	Sí	see
No	No	no
OK	¡Vale!	bale
Please	Por favor	por favor
Thank you	Gracias	gratheeyas
Thank you very much	Muchas gracias	moochas grateeyas
Your welcome	De nada	de nada
How much is that?	¿Cuánto es?	kwonto es
The bill please	La cuenta por favor	La kwenta ... por favor
A beer	Una cerveza	oona therbetha
A Tea	Un té	oon teh
A Coffee	Un café	oon kafeh
Black / With milk	Solo / con leche	solo / kon lecheh
A Fruit Juice	Un zumo de fruta	oon thoomo deh froota
A Red wine	Un vino tinto	oon beeno teento
A White Wine	Un vino Blanco	oon beeno blanko
What's your name?	¿Cómo te llamas?	komo teh l-yamas?
My name is...	Me llamo...	meh l-yamo...
Do you speak English?	¿Habla inglés?	Abla eengles?