

Welcome to Ulex



In this document
you will find info on

[How to get to the La Solana Youth Hostel](#)

[How we live there](#)

[Health Insurance](#)

[What to bring with you](#)

[Reclaiming Attention](#)

[Daily Schedule](#)

[Communications](#)

[Useful contacts](#)



Travel arrangements



ADDRESS

Carrer Raval Capdevila, 25693
Salàs de Pallars (Lleida, Spain)
exact location in google maps



Most people who visit Ulex travel by land, passing through Barcelona. We all know that avoiding short-haul flights can considerably reduce the environmental impact of a journey. It can also provide a richer experience, allowing valuable time for reflection and adjustment.

As a project supporting pan-European solidarity we obviously want to encourage solidarity with the ecosystem that all of our lives depend on. We fully understand that for some people their circumstances mean they need to fly. Please make the best choice for you.



USEFUL WEBSITES FOR BOOKING TRAVEL OVER LAND:

trains: loco2.com
buses: flixbus.com

BARCELONA - SALÀS DE PALLARS (SIMPLEST OPTION)



Take an **ALSA bus** (direction **La Pobla de Segur**) from Barcelona **Estació del Nord** (Arc de Triomf Metro) at 2:30pm to arrive to **Salàs de Pallars** on time the day the course starts.

TICKETS FROM BARCELONA NORTH

Please buy your tickets in advance online, as there'll be 30-40 of you at the training, so you need to make sure that you definitely have a place on the bus. (The bus company will put extra buses if needed once the bookings come in).



ARRIVAL: FIRST DAY OF THE COURSE

we'll meet you at the venue, so make your way there once you arrive. It's a 5min walk from the bus stop

DEPARTURE: LAST DAY OF THE COURSE

Take the bus from the same bus stop in the village around 8:45am, which gets into the Barcelona by around 13.30h. (you can get off at Palau Reial metro or stay until Estacion del Nord). **Please plan to arrive and leave on the event dates that are specified.**

TRAVEL VIA LLEIDA

As most people come via Barcelona, if you come via Lleida, you'll need to make sure that you are able to arrive to the village. Please let us know if you won't be coming with the bus from Barcelona.

BUS FROM LLEIDA: Runs several times each day. Check **ALSA bus** for details.

TRAIN LLEIDA - SALÀS DE PALLARS

For details check out **HERE**

Please note that: The train station in Salàs is not in the village itself, but a 25 minute walk away from the venue (which involves walking by the road for the first 15 minutes - though it's a minor road and there's very little traffic).



How we live in La Solana centre

A bit about the La Solana centre

The hostel is located on the edge of the medieval village Salàs de Pallars, in the middle of the Pallars Jussà County, 1 km from Sant Antoni Reservoir. It has several traditional buildings adapted to modern needs.

If you have needs around mobility, especially around use of stairs, please let us know so we can work out how we might best support you. Whilst the main spaces (dining room, big workshop room, main courtyard area) are wheel-chair accessible and there is one wheel-chair accessible dorm with 3 beds, we will be making use of all the hostel and its different levels so it's really important to know if use of stairs or steep ramps will be an issue for you.

The accommodation at the centre is in shared mixed-gender dormitories, with between 3 and 4 people per room. If you have any needs around this, or want a gender-specific space, please let us know so we can support you.

The Ulex Project is inclusive of trans and gender nonconforming people and participants are trusted to select the accommodation option that they feel is most appropriate for them. We do not expect that people must look a certain way to stay in a dorm they feel is appropriate. All rooms have their own bathroom. Camping is an option. Please let us know in advance if you would like to do this.

Bedding is provided but please bring your own towel and toiletries. You may also want to bring a torch for the night.

Please note that the village has a very basic shop with limited opening hours and products - so bring any essentials you will need with you. It's also worthwhile bringing some kind of insect repellent and sunscreen for summer months and warm clothes/ waterproof in the winter.

Visit the venue's website



Dietary information

All of the food we will provide is vegan. Please let us know in advance if you have any food allergies/dietary needs, in the online form which we have sent you or will be sending you. Please bear in mind that cooking for 50+ people is a complex logistical endeavour, so we ask you only share with us dietary needs rather than preferences.

You won't have direct access to the kitchen, but there'll be a hot drinks station throughout the day. There will also be snacks provided in between meals: mainly snack mixes, rice & corn cakes, spreads, and fruit; so if you need your crisps and sweets and chocolate and ... then also bring it with you, as the shop in the village has limited opening hours and products.

Drugs and Alcohol

The course space is alcohol/recreational drug free. This is a policy we have across all Ulex courses to support those who may have a difficult relationship with these substances and to enhance the learning of everyone.

If this is going to be challenging for you please let us know in advance. If you want to smoke tobacco, we ask that you go offsite, or into the courtyard areas.



Health Insurance

You will need an European Health Insurance Card (blue card) or private health insurance to get health cover in Spain. You'll need this in case of an emergency doctor visit in Spain. It's free to get an EHIC card, but may take time to obtain. We strongly recommend you to get this before travelling. **Apply here** for an EHIC. If you are a UK resident you will need the **GHIC card** instead. Otherwise, a private health insurance is strongly recommended for the period of your travel.



Daily Schedule

Our courses normally have the following schedule. Each facilitation team might make slight changes, but you can expect for it to more or less look like this:

8:00 - 8:30 Optional awareness practice

8:30 Breakfast

9:30 - 10:30 Check-in & practicalities

10:30 - 12:00 Session 1

12:00 - 12:30 Break

12:30 - 14:00 Session 2

14:00 Lunch

16:00 - 16:30 Optional bodywork

16:30 - 18:00 Session 3

18:00 - 18:30 Break

18:30 - 20:00 Session 4

20:00 Dinner



Things to bring with you

Essentials:

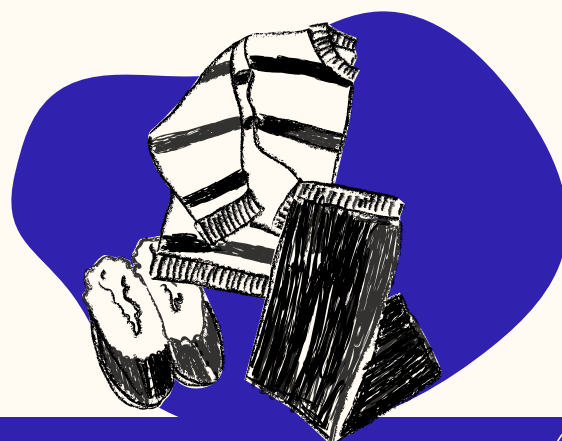
- Towel and toiletries (no need for bedsheets, those will be provided),
- Range of layered clothing for all weathers. Bring a few warm layers - especially for the late autumn/winter courses - we are quite far north and up near the mountain border so nights can get chilly!

Check the forecast.

- Head torch (there's not many bed-lamps!),
- Ear plugs/eye mask if you sleep lightly,
- Sunscreen, hat and insect repellent for April to October,
- Any medicines that you might need as there is not a pharmacy nearby,
- EU health card, that we strongly recommend you to get before travelling **[apply here](#)**

Might be useful:

- Sturdy hiking shoes/boots for rocky terrain in case you want to go walking,
- Water bottle,
- Pyjamas/night clothes for sleeping in as you will be sharing dorms,
- Alarm clock and/or watch (not your mobile phone, so you can turn that completely off ☺),
- Slippers (some people find it more comfortable to be around the venue),
- Any treats you cannot leave without as the village shop has limited opening hours and products.





Reclaiming Attention

In our courses, we would like to create an environment where we can give each other, and our learning, our full attention.

We find it nourishing and radical to generate spaces of togetherness where we aren't distracted by constant external stimuli. Our experience at Ulex shows that people stay more engaged and get more out of courses if they do not have to attend to outside distractions (work and/or other life commitments). If you are able to, we encourage that you do all your necessary e-mailing and internet work before you arrive, and that you negotiate "time-off" from other commitments.

We will ask that people reduce as much as possible their use of phone and/or internet (unless for course-specific purposes).

We can also arrange to get important/ urgent messages through to you if this will support you to switch off your notifications.

Please get in touch if you have any doubts, so we can make arrangements and accommodate your needs.
Thanks!

Daily Tasks

We ask that everyone taking part in the course is available to help out with tasks to assist with the smooth running of the course and contribute to the temporary community we will build together for the week. You will work together in base groups whose responsibilities will include tasks like clearing up after meal times, sweeping the floor, preparing the training space for workshop sessions, etc. This work will be split across the group and you won't have to do something every day.

Tasks will be adapted to participants' abilities and access needs.

Communications

In the online form you've been sent to fill, we ask you for consent to add you to our Mobilize platform.

We will use this online tool for sharing logistical info and schedule updates. Facilitators might also use it to share information or requests in advance of the course.

Useful contacts

Emergency: 112 this is a universal number for all the emergency services.

They should be able to connect you to someone who speaks English.

The course organiser (who will be picking you up on the first day of the course): please check their mobile number through our online platform Mobilize close to the date of arrival.

Looking forward to seeing you soon



If you want to see more photos of the venue, please see this [webpage](#)
 If you have questions about the venue's accessibility or any other questions
 regarding your stay, please contact your project coordinator.