

# Welcome to Ulex



Vidàlia



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you will find info on

How to get to Vidàlia

How we live there

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What to bring with you

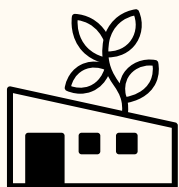
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## ARRIVAL AND DEPARTURE POINT:

**Bus stop Cal Vidal,**  
08692, Puig-Reig.



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: [raileurope.com](https://raileurope.com)  
buses: [flixbus.com](https://flixbus.com)



## ARRIVAL: THE FIRST DAY OF THE COURSE

Arrive between 15:00 and 17:00. Please do not arrive before 15:00 without checking with us, and let us know if your travel connections mean you can only arrive after 17:00.



## BARCELONA - PUIG-REIG

Take the bus from the Estació del Nord to Puig-Reig.

## TICKETS FROM BARCELONA NORTH

Book the ticket **here** (Cal Vidal as a stop doesn't appear, so book your tickets to/from Puig-Reig). The bus usually has ***Berga*** as its destination on the front window.



Ask the driver to stop at Cal Vidal (***Colonia Cal Vidal***) before Puig-reig. It's important because otherwise you will end up in the town 5 km further up the road. **In Spanish:** *Mi parada es Colonia Cal Vidal, gracias!*

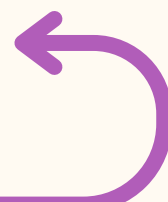
## DEPARTURE: THE MORNING OF THE LAST DAY OF THE COURSE

Vidàlia needs participants to leave by 11am latest

- If the course finishes on a Saturday the only public buses available to Barcelona in the morning are at 5:53 and 8:53.
- If the course finishes on a Sunday the only one is at 7:23, so we could book a hire bus to leave at 9am if enough people are interested so don't book your ticket yet.

## BOOK THE TICKET HERE:

**ALSA BUS** (from Puig-Reig to Barcelona (or wherever you're going)).





# How we live in Vidàlia

## A bit about Vidàlia

Vidàlia is an intentional community that is renovating the industrial heritage site "Colonia Vidal" and transforming it into a housing, work and consumer cooperative. It used to be a textile colony conceived as a self-sufficient nucleus, with housing for workers, church, school, etc built on the banks of the river Llobregat. The site is now included in the Inventory of the Architectural Heritage of Catalonia.

Some participants had the experience that the space reminded them of old factories, religious buildings or other kinds of old institutional surrounding - it is quite an unusual environment! Many participants and we as a team have also found it a beautiful and interesting place to be learning in - there are large open spaces, and there are many nooks, hidden places, and surprising eruptions of art and history around the place. But it is unusual, and some people have found it a little 'strange' and in some places it has something of a rough feel. Of course, everyone's experience is different and people may bring different associations with them, so we wanted to mention this.

If needed, you can [check their website](#) to get some sense from the pictures.

### **THE SITE IS NOT ACCESSIBLE:**

the workshop space and all sleeping options require going up a flight of stairs, and the eating and hanging out spaces are on the ground floor. 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.

### **WE WILL BE A BIGGER COMMUNITY:**

we expect to have around 30-40 participants plus the facilitation and organising team.



## Your Accommodation

Your accommodation will be provided in the rehabilitated buildings. It will consist of a big (up to 20 people) shared mixed-gender dormitory (with bunks in small cubicles) and smaller rooms which accommodate 2-4 people per room. If you have any needs around this, or need a gender-specific or solo space, please let us know so we can see what we can do to best 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 for them. Beds will have sheets, blanket and a pillow, but please bring your own towel.

## 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. There is no smoking inside the event space. If you want to smoke tobacco, we ask that you go outside to a designated smoking area in the courtyard.

## Dietary information

We have requested that the food for the Ulex course be vegan. Please let us know in advance if you have any food allergies/ dietary needs, in the online form which we have sent you.

You won't have 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 rice & corn cakes, juices, nuts and fruit; so if you need your crisps, sweets and chocolate bring them with you, as the venue is quite remote and you won't have access to a shop for the duration of the course.

## Toilets, Washing and Laundry Facilities

The toilet facilities are regular toilets with a dry compost toilet as well. The showers and washing facilities are gender neutral and communal (in cubicles). If you have any concerns or specific needs around these issues please let us know. You will need to bring your own toiletries and any medicines that you need. We recommend that you bring enough clothes for the week (including warm sleeping clothes, clothes for all weather and rain-proof garments) as there are no clothes machine washing facilities for participants on site. However, handwashing is possible and there is a washing line in the courtyard space.



# 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.



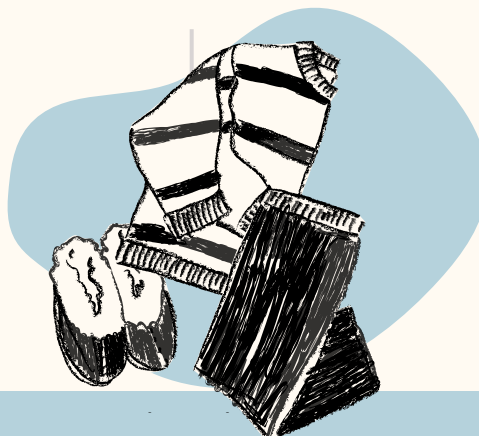
# Things to bring with you

## Essentials:

- Towel (no need for bedsheets, those will be provided),
- Range of layered clothing for all weathers.
- **Check the forecast** as seasons can vary. It can get cold in late autumn/ winter, and very hot in spring summer,
- Head torch,
- 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,
- Health Insurance.

## 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 ☺),
- Any treats you cannot live without as there aren't any shops nearby.





# 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. To support each other reclaim our attention, we will be asking that no online activity, phone calls, or text messaging happens in the shared spaces in the centre, unless your course facilitators have asked you to bring your laptop as part of the course learning. 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 can also arrange to get important/urgent messages through to you if this will support you to switch off your phone. The internet access at the centre is limited and not of great quality, but we can provide you with it if it's essential for your stay.

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



## Daily Schedule

Our courses normally have the following schedule. Each facilitation team might make slight changes, but you can expect it will 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**

## 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.

## Daily Tasks

We ask that everyone taking part in the course is available to help out with a small number of designated 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.

## 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.

**Please note there is an intermittent phone signal in the venue so wifi calls or via messages are advised whenever possible.**

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.