



## INFORMATION PACK

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# SENTYR project, final conference – Quart de Poblet, Spain

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**SENTYR PROJECT**  
Final Conference

**Empowering youth in  
risk for a better future**



НАЦИОНАЛНА  
АСОЦИАЦИЯ НА  
РЕСУРСИТЕ  
УЧИТЕЛИ - БЪЛГАРИЯ





## SENTYR PROJECT AND ITS INTELLECTUAL PRODUCTS

Our partnership combines the efforts of 6 organisations from 5 countries, representing distinct regions in Europe (Mediterranean, Central, North and South Eastern Europe) to develop evaluation methodology and training methodology for youth workers that will enable them to identify adequately the training needs of young people and provide entrepreneurship and self-awareness training to diverse youth groups in risk.

Our intellectual outputs are ***Evaluation methodology for identifying youth in risk*** and ***Training methodology for youth workers about self-awareness and entrepreneurship for youth in risk***.

***The Evaluation methodology*** is designed for a specific target group: youth in risk of social exclusion at the age between 16-18. The Evaluation methodology gives you answers on when is the most appropriate time for evaluating in order to have the maximum impact. It presents concrete steps on the evaluation process and proposes concrete evaluation methods to be applied in different situations with youth groups at risk of social exclusion.

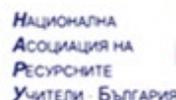
***The Training methodology*** provides youth workers or any professionals working with and for youth, with the necessary training tools and essential state-of-the-art knowledge base, enabling them to structure their self-awareness and entrepreneurship training with youth at risk. By using the training methodology, youth workers expand and upskill their training portfolio in the field of self-awareness and entrepreneurship education methods. The training methodology enables effective facilitation, participatory and experiential learning and thus will lead to sustainable knowledge and skills gained for the intended participants

The envisaged ***impact*** on young people:

- increased opportunities for making a free and informed choice for their potential career/personal development and take the appropriate actions through applying the skills and competencies;
- increased chance for employability by applying the self-awareness, self-belief, entrepreneurial competences and other learning outcomes;
- increased opportunities for having active participation in society by applying the communication skills, intercultural and self-awareness skills.

The envisaged ***impact*** on youth workers :

- better quality of their work and activities in favour of young people;
- increased opportunities for professional and career development and satisfaction in their daily work;





- improved knowledge and skills in delivering training in entrepreneurship to youth groups in risk;
- improved knowledge and skills in motivating young people for development; ➤ improved motivation and skills to engage in international collaboration work with other youth workers on the field.

## PRACTICAL INFORMATION

- **City of the conference and transport**

The conference is going to take place in “Quart de Poblet”, a city close to Valencia. In order to arrive from Valencia to Quart de Poblet, there are different options:

***If you're coming from Valencia's city center:***

**-Bus** → You can take the bus number 150 (to Manises airport) and it's the stop right in front of Quart de Poblet's city hall. It takes more or less 30 minutes from Valencia's city center. Each single trip costs 1,45 €.

**-Subway** → It's one of easiest ways to reach the city. You can take the line 3, 5 or 9 to go to “Aeroport” or “Ribaroja” and stop in “Quart de Poblet”. The cost is 2,10€ a single trip and 4€ the round trip. But also you can buy a card with 10 trips for 11 €.

***Remember when you buy the tickets that you have to select the zone AB.***

**-Taxi** → It takes from 10 to 15 minutes from Valencia's city center and the cost is 10-15€.

***If you're coming from Valencia's airport:***

**-Bus** → You can take the bus number 150 and it's the stop right in front of Quart de Poblet's culture house. It takes more or less 20 minutes from Valencia's airport. Each single trip costs 1,45 €.

**-Subway** → You can take the line 3 or 5 to go to “Maritim-Serreria”, “Machado”, “Alboraya” or “Rafelbunyol” and stop in “Quart de Poblet”. The cost is 2,10€ a single trip and 4€ the round trip. But also you can buy a card with 10 trips for 11 €.

***Remember when you buy the tickets that you have to select the zone AB.***

**-Taxi** → It takes 10 minutes from Valencia's airport and the cost is less than 10€.



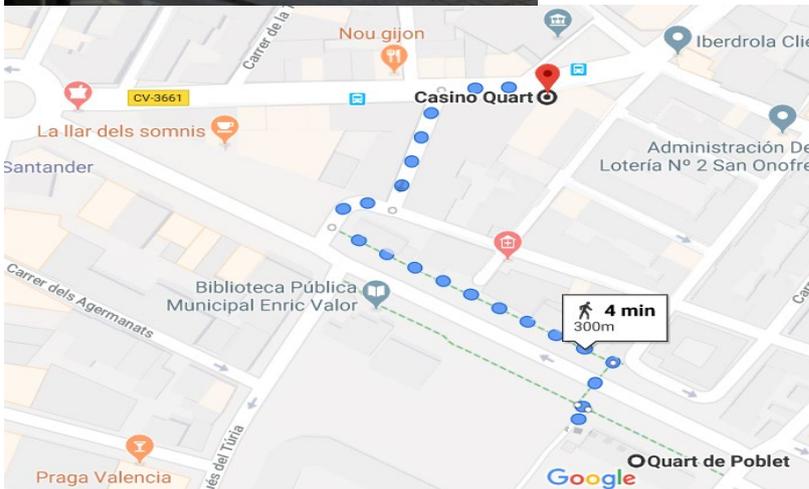


The exact location of the conference it'll be the **Cultural Center "El Casino"**, in Quart de Poblet. → Carrer Joanot Martorell, 13A, 46930 Quart de Poblet, València

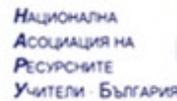
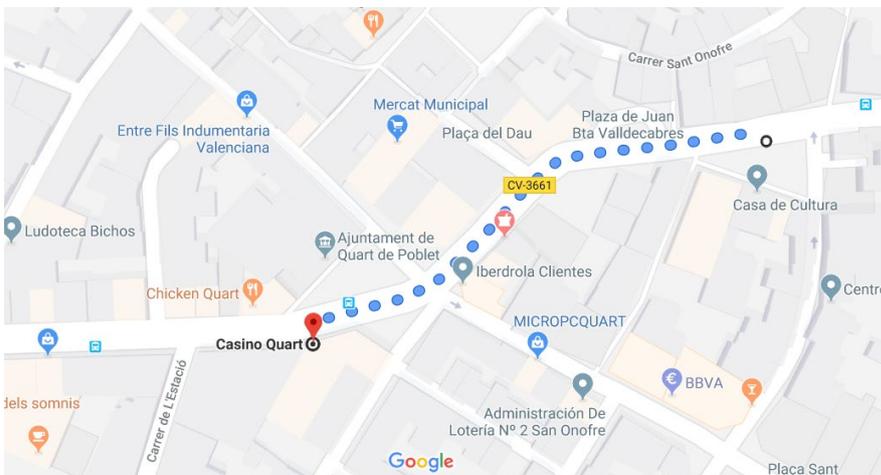


The place is 3 minutes by walking from the subway station and just in front of one of the bus stops.

Arrival from "Quart de Poblet" subway stop to Cultural Center "El Casino" by walking



Arrival from Quart de Poblet's Culture House to Cultural Center "El Casino" by walking



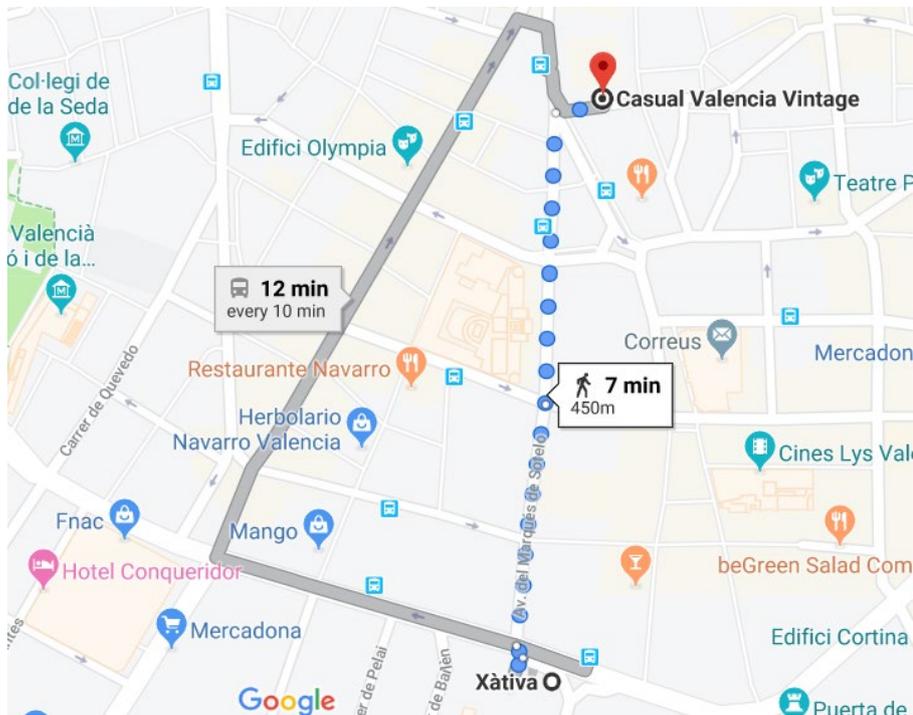


- **Accommodation**

If you're going to stay in a hotel or hostel for the conference, we recommend you to stay in Valencia's city because in Quart de Poblet there isn't any hotel and the city of Valencia is very close to Quart. There are a lot of options available of accommodation in the city, but here are some affordable options:

- **“Casual Vintage Valencia”**. Economic hotel in the center of Valencia, near the Cathedral or La Lonja. Ideal to see the City Hall on its terraces overlooking the square. The prize is around 70 € per night and it's 7 minutes from the subway station “Xàtiva”

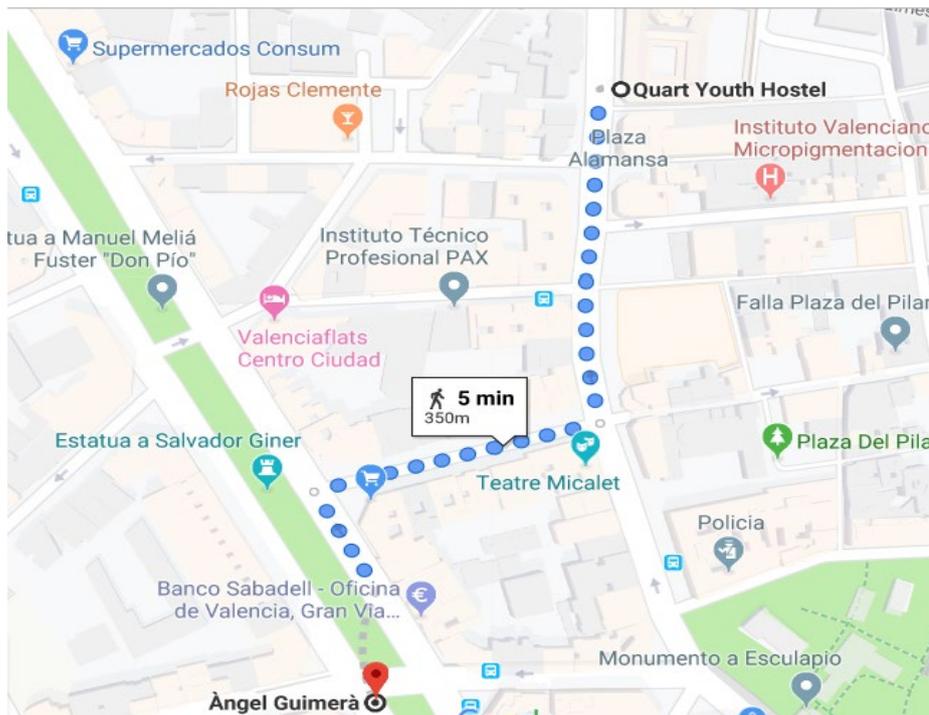
<https://casualhoteles.com/hoteles-valencia/casual-valencia-vintage>





-“**Quart Youth Hostel**”. Economic hostel but with very good facilities located in the old town. It is located 5 minutes from the "Angel Guimera" metro stop and 10 minutes from major monuments such as the Lonja or the Mercado. The prize of the rooms is about 28 €

<http://quarthostel.com/>



- **Cultural tours and main attractions**

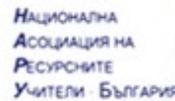
In **Quart de Poblet** there are a few important monuments, but very interesting as they shown all our history. There are a touristic map with the most important places, as the churches, the city hall or the library, that you can download in the following link:

<http://turisme.quartdepoblet.es/wp-content/uploads/mapaTURISTICOsobreA3-V04.pdf>

Also, there is available a tour about the history of the city in the Spanish Civil War. You can find more information in this link: <http://turisme.quartdepoblet.es/project-view/ruta-qdp-36-39/>

For further information about the cultural and touristic options of the town →

<http://turisme.quartdepoblet.es/>





**Valencia** is a city rich in history and culture. It has one of the most extensive old town in Spain. You can't miss the area of the city of arts and sciences, the historic center or the port area.



Valencia's city hall



Valencia's train station



Municipal market &  
Serrano's towers



The city of arts and sciences



Malvarrosa's beach

If you're interested in a free tour through Valencia's city → <https://freetourvalencia.com/>

- **Restaurants**



FONDATION  
FUTURE  
FOR ALL OF US



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- **In Quart de Poblet:**

- **Restaurant of the cultural center “El Casino”** (place of the conference) → Mediterranean food. Menus around 10 € at morning.
- **“Bovary” Restaurant** (Av. Sant Onofre, 62, 46930 Quart de Poblet) → Burguers, tapas and sandwiches. Dishes are around 5-8 €. Vegetarian options available.
- **“Nou Gijón” Restaurant** (Carrer Joanot Martorell, 16, 46930 Quart de Poblet) → Traditional food and grill. Dishes are around 9-13 €.

- **In Valencia:**

There are a lot of restaurants in all the city centre of Valencia, but some interesting zones are “Ruzafa”, “El Carmen”, the zone of the city hall and “Arena’s beach”

- **“El Camerino Ruzafa”** (Calle Cura Femenia, 16, 46006 Valencia) → Mediterranean food and tapas. From 10-20 € per person. [https://www.tripadvisor.es/Restaurant\\_Review-g187529-d7618496-Reviews-El\\_Camerino\\_Ruzafa-Valencia\\_Province\\_of\\_Valencia\\_Valencian\\_Country.html](https://www.tripadvisor.es/Restaurant_Review-g187529-d7618496-Reviews-El_Camerino_Ruzafa-Valencia_Province_of_Valencia_Valencian_Country.html)
- **“Rinconet”** (Plaza Polo de Bernabé nº 4 bajo, 46010 Valencia) → Mediterranean food, tapas and traditional food. From 10-15 € per person. Vegetarian options available [https://www.tripadvisor.es/Restaurant\\_Review-g187529-d6109636-Reviews-Rinconet-Valencia\\_Province\\_of\\_Valencia\\_Valencian\\_Country.html](https://www.tripadvisor.es/Restaurant_Review-g187529-d6109636-Reviews-Rinconet-Valencia_Province_of_Valencia_Valencian_Country.html)
- **“Khambú”** (Calle Quart, 27, 46003, Valencia) → Vegan fast food. From 8-10€ per person. [https://www.tripadvisor.es/Restaurant\\_Review-g187529-d14796237-Reviews-Khambu-Valencia\\_Province\\_of\\_Valencia\\_Valencian\\_Country.html](https://www.tripadvisor.es/Restaurant_Review-g187529-d14796237-Reviews-Khambu-Valencia_Province_of_Valencia_Valencian_Country.html)
- **“Racó del Turia”** (Calle Císcar, 10, 46005 Valencia) → Traditional paella, mediterranean food and other dishes with rice. It’s a Little expensive, but perfect if you want to try traditional dishes. 35-40€ per person. [https://www.tripadvisor.es/Restaurant\\_Review-g187529-d1216207-Reviews-Raco\\_del\\_Turia-Valencia\\_Province\\_of\\_Valencia\\_Valencian\\_Country.html](https://www.tripadvisor.es/Restaurant_Review-g187529-d1216207-Reviews-Raco_del_Turia-Valencia_Province_of_Valencia_Valencian_Country.html)

**If you have any question, don’t hesitate to ask us:** [sentyr2017@gmail.com](mailto:sentyr2017@gmail.com) // Gilberto (Backslash): +34 677 15 56 29 // Cristina (Backslash): +34 622 07 95 61

