

Information pack

What you need to do now

Please read the information below thoroughly!

Everything that you need to know about being at ASHA during the COVID-19 Pandemic

ASHA is committed to continuing to deliver inspiring, educational opportunities during the current global health crisis while adhering to U.K. government health guidelines. Currently, larger gatherings of people are allowed for educational purposes. Under the circumstances and to ensure everyone's safety, we ask that you kindly but strictly observe the following rules before travelling:

BEFORE TRAVEL TO THE UK

1. Download a Covid-19 Symptom App

At least 2 weeks before travel to the UK, or immediately upon deciding to come, please download and start using your country's Covid-19 symptom app. These apps are designed to enable 'digital contact tracing.' It works by using Bluetooth technology to flag close contact with anyone who has tested positive for Covid-19. Please contact your sending organisation for any help you might need in identifying, downloading, and using the app.

2. You will be asked to fill in an online form 24 hours before you arrive asking you to confirm that you have not had symptoms or been in contact with anybody who you know has Covid-19 symptoms within the last 14 days.

In case of any Covid-19 symptoms, or similar symptoms please provide us with a Covid-19 negative test result before your departure.

3. Do not book your travel too early

Please do not book your travel to and from ASHA earlier than 7 working days before your departure. Before booking your tickets, please look for refundable options and confirm your travel route with ASHA's Project Manager Ivana Jandreska.

This is to reduce the chance of lost travel in case of last-minute cancellation of the course. If the course is cancelled due to a worsening health situation, then ASHA will reimburse all travel costs incurred within the 7 working days period before the start of the course.

You must complete the [passenger locator form](#) online before you arrive in the UK from any country. This includes if you are travelling from a country or territory where you do not have to self-isolate when you arrive in the UK. You must complete this form even if you have already completed a different form to enter another country. If you do not complete the form before you

arrive in the UK, you might be refused boarding at your departure airport. You cannot submit the form until 48 hours before you are due to arrive in the UK.

You will need to provide an address of your stay in the UK which is:

The ASHA Centre Gunn Mill House Lower Spout Lane Flaxley GL17 0EA

This means that you must come straight to the ASHA Centre on arrival to the UK.

4. Send us your travel documents digitally before travelling

We will be reducing contact between staff and participants on the course to only what is necessary. Please, therefore, send us before travelling, your travel documents by email. This means we will be able to calculate your reimbursements without having to take physical documents from you when you arrive.

5. Avoid social gatherings before travelling

Please reduce your social contact with larger groups of people outside your household two weeks before the course. When you are at ASHA, you will form a social bubble; until then, follow the precautionary social distancing measures.

6. Take all possible precautions while travelling

It is obviously important that you do not contract Covid-19 while travelling. Therefore, please do whatever you can to protect yourself from infection. Please do the following:

- Wear Personal Protective Equipment
- Wash your hands thoroughly and frequently
- Avoid touching your face
- Maintain social distancing of 2 meters wherever possible
- Avoid unnecessary interactions with others

Travelling to the United Kingdom


When travelling to the UK by air, the nearest airports are listed below in order of distance and convenience of travel to Gloucester:

Non-London Airports:

Birmingham Airport	(Approx. 2 h to Gloucester by train)
Bristol Airport	(Approx. 2 h to Gloucester by train and bus)

London Airports:

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



Travelling to Gloucester

If you are flying to and/or from any London airport, please travel by coach (the cheapest and most convenient way).

While travelling from Gatwick, Luton or Stansted Airport, the cheapest way is to travel first to London Victoria Coach Station and then from there to Gloucester (two separate bookings).

National Express is the most reliable coach company in the UK and travels between all the above airports and Gloucester. When booking your coach please look for fully flexible fare – amendable and refundable.

Please note that when travelling with National Express, there are three bus stations in and around Gloucester. Do not book travel to Gloucester (Longlevens) or Gloucester, Kingsholm Stadium.

Only travel to the station simply called GLOUCESTER. It is the central station in the city.

When typing the destination on the National Express website, be sure not to type a space after typing Gloucester, otherwise it will not present you with the correct stop.

If you are flying to and/or from either Birmingham or Bristol Airport, please [Click Here](#).



Travelling to the ASHA Centre

From Gloucester Transport Hub (Gloucester Bus Station) you will need to take a bus to Littledean, Mitcheldean, or Newnham on Severn. These three towns are the closest to the ASHA Centre. The journey from Gloucester to any of these three towns will last approximately 30 minutes. An ASHA Staff member will pick you up at your arrival destination.

Please use the [Stagecoach website](#) to plan your journey from Gloucester to ASHA.

ASHA's Project Manager Ivana will be available to support you fully with booking your travel and finding the best option to reach ASHA.



Living at the ASHA Centre

As these are exceptional times, our arrangements will also have to be exceptional. The main difference will be reduced contact with staff members in the first days while we establish our social bubble together. The ASHA team has taken the situation seriously and has lived as a social bubble since March reducing their social activities outside of ASHA to a minimum.

When you arrive at ASHA, we will induct you into the procedures we intend to apply to the arrangements for your stay. It will modestly affect our interactions. Although we will still be leaving the ASHA Centre to spend time in the surrounding Forest of Dean, we will not be making visits to places which would require interaction with people outside of our group.

If there is a case of symptoms developing during the course, we will be offering self-isolation and testing. For youth health and safety, you must bring your European Health Insurance Card.

If you think you have packed, THINK AGAIN! [Click Here](#) for a list of things you will need to bring!

All rooms have either baths or showers. Towels and bed linen will be provided. You will be sharing a room with no more than three other persons of the same sex from your country.

Limited Wireless Internet is available at the ASHA Centre.

Please [Click Here](#) and read thoroughly all of the ASHA Centre's House Requests before arriving.

Reimbursement of travel costs

ASHA reimburses travel expenses at 100% of the overall cost (but no higher than the Erasmus+ travel distance band ceilings). The Erasmus+ travel distance band ceiling is the maximum amount of money you can be reimbursed for when participating in Erasmus+ projects. The distance is a one-way travel from the legal base of your sending organisation to the hosting organisation's venue.

COUNTRY	PARTNER ORGANISATION & CONTACT EMAIL (FOR ENQUIRIES REGARDING PARTICIPATION)	NUMBER OF PARTICIPANT SPACES	TRAVEL BUDGET CEILING: 100% TOTAL AMOUNT REIMBURSED UP TO...
BULGARIA	The Starry Start of Talents Foundation petkov@zst-bg.org	2	360 euros
	SDRUZHENIE WALK TOGETHER walktogetherbulgaria@gmail.com	2	
GREECE	the s p i r a l, holistic education, human values, lifelong learning info@thespiral.gr	2	360 euros
	NEOI ELLADOS SE EYROPAIKI DRASI youthfullyyours@gmail.com	2	
ITALY	S.S.D ar.I. L'Orma project@ormasite.it	2	275 euros
	JOINT exchanges@associazionejoint.org	2	
LITHUANIA	ASOCIACIJA TAVO Europa verseckas89@gmail.com	2	275 euros

Furthermore, please take note of the following information:

- All travel costs will be converted and subsequently calculated and paid in euros (EUR) on the basis of the European Commission's website
- Reimbursement will be given only based on existing tickets which have been presented to the ASHA project team. No advance reimbursement for future tickets will be given.
- All flight tickets and invoices must contain the name(s) of passenger(s), date(s) of flight(s), inbound and outbound locations, airline, and price. All other tickets must contain the route, date, and price of travel.
- If you book your flight with *Easyjet*, *Ryanair* or *Wizzair*, you will need the actual email confirming your booking (also containing name, route, price).

Can I be reimbursed for any of the following?

- Oyster Card travel
- Petrol receipts (and associated costs such as tolls), unless you are a resident of the UK
- Receipts without travel company logos
- Health insurance
- Travel insurance

No, unfortunately, none of the above is considered eligible costs by the Erasmus+ UK National Agency.

For any other queries, please contact Ivana at ivana@ashacentre.org

Thank you so much for your cooperation and understanding. We are very excited to welcome you to ASHA, and to be able to offer a hopefully thrilling and inspiring experience during these challenging days.