#WelcomeTo

VALENCIA 2019

Sailors’ Welcome Booklet
Events and Participants Department - Organising Team
Valencia 2019 - 90th International Session of the EYP
The Schwarzkopf Foundation is the international umbrella organisation of the European Youth Parliament (EYP). EYP España is a National Committee in the EYP network.

Supported by:

Co-funded by the Erasmus+ Programme of the European Union

In cooperation with:

Initiated by:
1. Welcome Note from the HOs

Dearest Volunteers and Participants,

After two years of hard work, the ship that sailed to Valencia is finally departing. We could not be any prouder of the team that made it possible and, with all of our work, our hopes and efforts we want to finally welcome you to Valencia 2019, the 90th International Session of the European Youth Parliament. This will be your opportunity to debate about current European issues, share opinions with other participants coming from 40 countries all over Europe and live an extraordinary cultural experience in one of the sunniest places in the continent.

We offer Valencia 2019 IS as an open platform to learn, try things out, learn, grow and be yourself. From the bottom of our hearts, we hope you will take the opportunity to navigate with us as a chance to challenge yourself, to leave your fears back and to come to the session with the purpose of making the most of it.

We want to sail towards a more united Europe, towards critical thinking, towards dialogue, towards peace and solidarity, towards respect and equality, towards employment and transparent politics, towards a socially and ecologically friendly society. We want to sail towards new horizons. And we want you to sail with us.

A warm welcome on board, on behalf of the Organising Team,

María Granero and Aritz Labrador (Head-Organisers)
2. Welcome Note from the President

Dear Delegates and Officials of Valencia 2019,

I would like to take this opportunity to extend a very warm welcome to each and every one of you. I am so excited to have you on board as we sail towards Valencia and towards new horizons. I hope that this will be an unforgettable and impactful journey for you, and that the destination will be more than you could ever have imagined.

The vision for Valencia 2019 is based on building a positive working environment together, to harness the energy in the sunny Spanish surroundings, reflecting the environment in a light-hearted and positive atmosphere. Together we will focus on creating a calm and supportive space, an environment that brings out the best in people, where we build each other up, while not stressing about the small things - focusing on gratitude and appreciating the amazing opportunity we have.

Considering the wellbeing of every participant, we will also focus on efficiency and purpose – being mindful of what we ask of ourselves and of others – giving space to personal development and growth. Valencia 2019 will focus more on how we manage our time, so as the work we do is effective and does not lose momentum.

The way we sail together counts for so much more than arriving at a specific destination. There is no definite destination for an International Session; each one is different and impactful in its own way. Our vision is to focus rather on how we get there, and in focusing on a positive journey we may reach a destination we could never have dreamed of.

I am so delighted to finally welcome you all to Valencia 2019, and am excited to see how each of you brings this session to life in your own way!

Looking forward to new horizons with you,

Julia Fahy (President)
3. Welcome Note
from the Editor

Dear Sailors of Valencia,

You are embarking on a journey which will hopefully stay with you for a very long time. International Sessions are often identified as ‘the best EYP has to offer’, it is however, my conviction that what makes an event so memorable, rewarding and sentimental is not its format but the unique environment which its participants create. With an incredible team of officials and undoubtedly a unique group of delegates, I believe it will be you, participants, who set the sails for Valencia to sail off into a new horizon.

The Media Team in Valencia will set out to accomplish a wide-array of things through various forms of media, while ultimately aiming to present you and EYP to the rest of the world alongside the citizens of Valencia. In line with the session vision, the media team will attempt to connect the session with the city and country, attempting to burst our bubble to let the locals step into our world.

Throughout this journey, we will aspire to stimulate innovation through fostering a pioneer spirit within our team and the rest of the session. The goal will be to realise our full potential and create new opportunities for growth, development and creativity through collaboration and cooperation. Incorporating best practices, converting media theories into the EYP structure; while implementing entirely new concepts, the media team of Valencia will aim to sail the network into new horizons just as much as the participants.

At the session, the media team will attempt at trying many new elements. With projects such as the Media Team Event in which MTM’s will get to present their projects to the rest of the session and get the participants’ input on their work, Committee Livestreams where we will aim to immerse the outside world into the session and share the EYP experience, alongside many other unique opportunities which the team will have the chance to shape together. While not forgetting our roots, we will aim to innovate with a conscientious mindset that focuses on harnessing the unique skill set of every individual in the team through combining our experiences and reflecting on the future.

Beyond the forefront of the media team, our underlying focus will be to prepare each member for their next step – whether that is in EYP, at school or life – using this unique experience to not only develop the network, but ourselves. Our purpose therefore, will not be to reinvent the wheel, but to see if we can make the boat fly.

We are all extremely excited to meet you all very soon and shape this experience with you. See you all onboard!

Ali Okumusoglu (Editor)
4. Valencia, the City

Valencia is a Mediterranean coastal city, capital of the autonomous community of Comunidad Valenciana, located in the east of the Iberian Peninsula.

It is the third largest city in Spain –after Madrid and Barcelona– and it is well-known for its warm weather and famous tourist attractions. Valencia is increasingly becoming a university town, with 8 universities that host over 3,000 Erasmus’ students every year. Moreover, its location provides a combination of both a metropolitan city centre and a more relaxed seaside.

The city of Valencia is of special relevance for us, since it was the starting point of the Head Organisers’ EYP career and has always welcomed us in the many events celebrated in the region. We hope to open the path to other EYP alumni like us to become more engaged with our network and, hopefully, let Valencia become the starting point for many new adventures.

With Valencia 2019 being the first International Session in the city, the local community is eager to welcome you with open arms, so that both EYP and Valencia can fulfil your expectations.

Valencia 2019 is supported by:
5. Session Theme and Concept

‘Every participant working, growing, and sailing further together’

The theme of Valencia 2019, ‘Horizon 2020 – sailing towards new horizons’ allows for both reflection and action – for moving forward together. It emphasises the importance of research, of investing in and promoting knowledge, and of innovation in adapting to our changing world.

The session’s academic theme can be well described by the three key areas of the Horizon 2020 programme: achieving scientific excellence, maintaining industrial leadership and facing societal changes. This thematic focus will allow you to engage in discussions on a wide range of current societally relevant issues. With a focus on the Horizon 2020 programme, more concrete questions about how to continue promoting the values of research and innovation after the end of the programme at its core. This will allow you to tackle the political scene of 2019 while also focusing on issues of continued relevance to European society.

This year, the end of the scheme is near, and thus you are in an excellent place to talk about its successes and failures - What worked? What have we done? Where do we, as the future of the European society, want to go? With 20.4 billion EUR allocated to around 11,000 grants across 130 countries, Horizon 2020 has had a big impact on areas such as research and innovation, yet still we can ask what needs to be improved on if a programme like this is to be repeated.

Oftentimes, the academic aspect of a session lies predominantly in the result. In Valencia, academic excellence does not only refer to high-level debates and resolutions, but also to the experiences and skills all participants nurture along the way. One of our main objectives is to enable Valencia 2019 to become a learning platform that allows all participants to grow and develop their personal and academic skills. We will challenge the feeling of academic pressure, and bring it into the realm of personal development. During Valencia 2019 we must consider how everyone can get the most out of the academic process. EYP opens doors for participants and gives them the tools to sail further than they could have imagined. Being well prepared for the topic you are discussing at a session is the base of academic quality. And for those who find that difficult, it should not be the end. This session will give more to every participant in terms of academics, emphasising and developing the amazing skills that everyone can learn.
6. Dress Code

Dressing respectfully and appropriately

The session will consist of a great variety of events, for which different types of clothing are advised. The suggested dress codes may serve as guidelines for the participants’ clothing choices. The overall intention behind these guidelines is to ensure that participants will dress respectfully and appropriately, bearing in mind the nature of each event and the people that will be attending. **In no way does the aforementioned imply that a strict policy on clothing will be followed and we strongly discourage the use, purchase or acquisition of special items that you don’t feel comfortable in.**

**Casual:**

You are free to wear any type of clothing in which you feel comfortable, as long as the items are suited to the weather conditions (Note: take into account some activities will take place outdoors and bear in mind that it can get very warm in Valencia). This dress code is particularly relevant during Teambuilding, since it will consist of a variety of games that may include running, getting dirty or sitting on the floor. Our recommendation is to avoid those pieces of clothing that you cherish the most and opt for comfortable clothing instead.

**Smart:**

Everything between formal and casual clothing is considered smart clothing. It is definitely not necessary to wear a suit, moreover think about what clothes you would wear for university/high school and it will be appropriate. You are welcome to follow the aforementioned clothing code during Committee Work.

**Formal:**

Formal clothing traditionally accounts for suits with ties, dresses or appropriate length skirts of professional appearance. It is important to remember that a formal attire is usually not one that you would choose to wear to a club. You are welcome to follow this dress code during Opening Ceremony, General Assembly and Euroconcert although it is not compulsory to do so, and we recommend you to wear whatever you feel most comfortable with.

**Other:**

The nature and essence of Eurovillage, Night on Board & New Horizons Night is unique and so the dress code varies depending on each activity.
## 7. Venues and Accommodation

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*Auditorio Santiago Griosolía - General Assembly Venue*
Accommodation
Colegio Mayor Universitario Galileo Galilei

The Colegio Mayor Universitario Galileo Galilei is located in the campus of the Universidad Politécnica de Valencia, and right in front of the Campus de Tarongers of the Universitat de Valencia.

Not only is it at a 25 minute walking distance from Valencia’s city centre, but also right next to the other venues where the different activities of the session will be taking place. This will allow for some transfers on foot, so that participants can get a glimpse of the city streets and breathe some fresh air.

More info. at www.galileogalilei.com
**Teambuilding (TB)**

**Beach & Pavelló Malva-Rosa**

Located next to the famous Malvarrosa beach, the Pavelló Malva-Rosa is the perfect pavilion to carry out group activities and exercise indoors, while having a stunning view of the Mediterranean sea. Teambuilding can take place indoors, at the Pavelló, or outdoors, at the beach or closeby open areas.

**Description:**
A series of group exercises aimed at helping the participants design their own rules and working procedures, adapted to their personalities and guided by volunteers with years of experience. During this first day, the participants will learn to overcome prejudice in an atmosphere of constructive discussions, constant feedback and mutual help, strengthening both their spirit and ability to work as a team. We recommend you to wear comfortable shoes and clothing.

**Suggested Dress Code:**
Casual. The Pavelló does not have air-conditioning, so we suggest you wear light clothes.

**Must Bring:**
Sunscreen and, if needed, caps or hats to protect yourself from the sun.

**Mediterranean Night**

**Accomodation’s Terrace**

Outdoor space in Colegio Mayor Universitario Galileo Galilei, ideal to spend a chill night tasting our food and experiencing our culture.

**Description:**
The Mediterranean night will welcome you to Spanish gastronomy and culture.

**Suggested Dress Code:** Casual
Committee Work (CW)  
ESIC Valencia

The facilities of the ESIC Business and Marketing School, one of the leading business schools in the training of marketing professionals in Spain, can be reached by a 20 minute walk from the accommodation, thus facilitating the in-session transfers. The rooms offered are perfectly suitable for these activities, as they have mobile furniture, projectors and high-speed internet connection available. The building also has a large space for Coffee Breaks that will allow all participants to enjoy their break together, and a canteen for lunch. At the end of Committee Work, General Assembly Preparation will be held, as a smooth transition activity from Committee Work to General Assembly the following day.

Description:
Over the following three days, each of the recently formed Committees will face the challenge of writing a Resolution on one of the various topics of debate. Starting from the knowledge gathered during the long period of preparation before the event, you will work to find solutions that are both adequate and innovative assisted by your chairperson. This work will then be compiled into a Motion for a Resolution to be shared with all the participants.

Suggested Dress Code: Smart

Must bring: Notebooks and laptops are advisable. You may also bring any research both in electronic and printed form.

Experts’ Talks
Description:
In Valencia 2019 we do not only want to emphasise the importance of the content of someone’s ideas, but also the way in which these ideas are expressed. For this reason, we will invite a group of coaches to the session in order to train participants on how to enhance their public speaking and non-verbal expression skills. Dale Carnegie, the company that will send their coaches to provide this unique training during Committee Work, will carry out 1:30 hour modules committee per committee giving face-to-face advice to each delegate on how to better express themselves, based on presentations from which the coaches will take notes. These training techniques, which seek to ensure each delegate takes the best out of their potential to stand up for their view, remain true to Dale Carnegie’s core principle: real transformation begins within.

Fair Broadening Horizons
Description:
We will invite various people from various start-ups, local companies, volunteering and eco-friendly projects who will present their ideas at different stands that will be displaced all over the corridors of the Committee Work venue. Participants will have the chance to approach any stand they like and speak to the people there, so that the later can present to them their business initiatives, most of them related to environmentally friendly projects or local commerces.

The idea behind this event is that these guests can share their knowledge and empowering ideas with these youngsters, and thus inspire them with their entrepreneurial spirits. At the same time all participants may provide some input on their projects, based on either their personal experiences as consumers or users and other similar initiatives in their countries. Overall, this fair is an opportunity to learn from each other’s visions on how to make the the world a better place, while also having a local impact on the city.
**Eurovillage**

**Centre Cultural La Beneficiència**

The Centre Cultural La Beneficiència is managed by the Diputació de Valencia and hosted the General Assemblies of the past three Regional Selection Conferences in Valencia. Its large outdoor spaces, with more than enough space for all the participants to enjoy a cultural activity such as Eurovillage, make it the ideal place for this event.

**Description:**
Eurovillage embodies European diversity by bringing together culinary specialities from across the continent. It is the opportunity for you to bring food, souvenirs, traditional clothes from their home countries. You will be provided with a table to decorate and set your dishes on. Plates and cutlery will also be provided. However, you will not be able to cook at the venue, nor will there be any fridge to leave your food until Eurovillage, so bear this in mind when choosing your dishes. Make sure to plan your Eurovillage stand carefully with your delegation before the session!

**Suggested dream code:**
We would love for you to wear traditional clothes from your country. Stay creative and think about what could represent your country best! It is a good chance to share with other participants a piece of your home country through the creativity that fashion allows!

**Must bring:**
Keep in mind the alcohol policy and don’t bring any drink that is over 15%. Avoid bringing food that needs to be kept in the fridge.

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**Euroconcert: Palau de les Arts - Teatre Martin i Soler**

**Description:**
The Euroconcert is the cultural highlight of the International Session, giving the participants the opportunity to shine on stage. It will feature musical and artistic performances from participants of all teams. You are very much encouraged to participate in this unique event. If you are willing to perform in Euroconcert, fill in the information in the form provided by the International Office.

**Suggested Dress Code:** Formal

**Must bring:** If you are scheduled to perform, any soundtracks, music sheets or personal instruments you might need for your act.
General Assembly sponsored by Fundación Princesa de Girona
Ciudad de las Artes y las Ciencias - Auditorio Santiago Grisolía

Description:
The two last days in Valencia will bring together all the participants at a plenary session where each Motion for a Resolution will be presented, debated and voted. At the end will be the Closing Ceremony of the session.

Suggested dress code:
Formal

Must bring:
Laptops and other working materials are advisable

Opening Ceremony and Reception Dinner
Aula Magna Facultat de Medicina - Universitat de València

Description:
This event will mark the official beginning of the session, which will be opened by a number of guest speakers and followed by a reception dinner in the same venue.

Suggested dress code:
Formal

Committee Dinners
Valencia City Centre

Description:
On this night, you will be taken by committees to different restaurants across Valencia to taste its food with their teammates.

Where?
Different restaurants in Valencia

Suggested dress code:
Formal

Must bring:
This dinner is on you, so make sure to bring around 20€ to cover the expenses!
Night on Board
Real Club Náutico de Valencia

Description:
As you already know, the theme of the session is “Sailing towards new horizons”. What a better way to represent this spirit than to host a party by the sea, inspired in all the elements the ocean has to offer? We welcome you on board of our valencian Ship, where the crew will be ready to celebrate!

Suggested Dress Code: As part of our diverse sailing crew, we would love for you to dress up as sailors, pirates, mermaids, sea animals or any other costume related to this theme.

Must bring:
Make sure to bring a nice, original costume!

Free Morning
Various locations

Description:
As in all International sessions, the free morning is meant to be the time for all participants to relax before GA Prep, and enjoy a small break between intense days of Committee Work and General Assembly. After some days of hard work and lots of fun, you will have a well-deserved morning to rest. There will be different options to choose: going to the beach with an option to practice some sports and activities meanwhile, a yoga session, sightseeing Valencia, doing volunteering activities, other activities to get to know Spanish culture better or just resting at the accommodation.

Where: Beach, City Gardens, City Center, Association Más Que Palabras, Real Club Nautico de Valencia and Accommodation.

Suggested dress code: Casual.

Must bring:
Most activities will be outdoors, so make sure you bring sunscreen and wear appropriate clothing for a very warm day.
Officials and Delegations’ Dinner
Valencia City Centre

Description:
You will have the opportunity to have dinner together with their delegation and share their different experiences in the session.

Where: Different restaurants around Valencia.

Suggested dream code: Smart

Must bring: This dinner is on you, so make sure to bring around 20€ to cover the expenses!

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Morning Activities
Various locations

Description:
We are planning on offering the possibility of joining some morning activities, that can include exercising or other cultural activities. You will be informed about this possibility at a later stage.
**Media Team Event**

**Description:**
The Media Team Event will bring together all of the session participants to celebrate the power of our collective creativity. We will aim to engage participants in not only seeing parts of the Media Team projects, but also partaking and interacting with them. It is our belief that each participant of the session should have input on the work that we produce and can get the chance to join our journey in creating these projects. Throughout this event, each person will get to be a media team member, help shape the Media Team’s projects and interact with different media to discover new things.

**Suggested dress code:**
Smart

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**New Horizons Night**
**Casino de Valencia**

**Description:**
This will be the farewell event in which we will all say goodbye to each other and put an end to the session in the most unforgettable way possible, which is why we have prepared a very special event to enjoy our final “night on board” after this long journey.

**Where:** Casino of Valencia: it hosts more than 400 corporative events per year, with a big disco area, two restaurant, two open-air spaces and a warming VIP area.

**Suggested Dress Code:** Choose an outfit with which you feel comfortable for celebrating the last night at Valencia.

**Must bring:**
Although food and drinks will be provided during dinner, you may want to bring some extra money to purchase drinks after dinner.
8. Teams

Three teams, one common dream

Organising Team
Led by: María Granero and Aritz Labrador (ES)

The team of Organisers has one very important duty: to make the session happen. The Project Managers, María Granero and Aritz Labrador, who are the leaders of the Organising team, have been working hard since February 2017 in order to prepare this session.

By their side, the Core Team formed by Cecilia Bitrián, Pepe Bono, Rafael González, Laura Marca and Oriol Roche have been their main support since the very beginning. The organisers are the people in charge of fundraising, the choosing of venues, planning the programme, ensure lodging etc. They simply do everything that is necessary for the smooth course prior, during and after the session.

Academic Team
Led by: Julia Fahy (IE)

Each committee is led by an experienced member of EYP, a Chairperson. The academic team, formed by chairpersons, is led by the Board of the session, consisting of a President and three Vice-President. The task of a Chairperson is to motivate their committee to work as a team and to provide it with support and guidance, if needed, throughout the process of discussion.

They are also responsible for the academic preparation of participants and thus ensure their educational progress.

Julia Fahy is the President of Valencia 2019 and Saga Eriksson, Irida Karasmanoglou and Matthias Masini support the team as Vice-Presidents.

Media Team
Led by: Ali Okosomoglou (LU)

The Media Team consists of experienced and active members of the EYP who are interested in the field of journalism.

The Media Team aims to enhance the participants’ experience of the session. Through media output they capture everything that happens during the session, but also contribute to the academic level of the discussions and bring some fun features to the debates. To ensure the high quality of the outcome, the Media Team is led by Editor and their assistants, who possess skills in professional graphic design, languages and technology.

Ali Okumuşoğlu is the Editor and Ausma Cirulniece, Anthony Fedorov and Dominika Wojcik support the team as Editorial-Assistants.
Organising Team

ORGANISING TEAM
Valencia 2019 – 9th International Session of the European Youth Parliament

[Image showing the organising team members]
Media Team

Valencia 2019 - 90th International Session of the European Youth Parliament

Media Team Members:
- Al Okumagba
- Anthony Petkovic
- Aurora Garibaldi
- Dominika Wójcik
- Armin Abdulovic
- Guadha Dikla
- Dora Oncel
- Mattia Leone
- Gulia Giagirouni
- Sofir de Jong
- Nikita Klaar
- Thomas Mekheber
- Marilyn Hossny
- Jaron Salter
- Sanya Sherkhoud
- Levon Tashvoryan
- Lauren Wijdeveld
- Harlava Zigka

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- Levon Tashvoryan
- Lauren Wijdeveld
- Harlava Zigka
9. Programme

Note: While the main parts of this programme are set, there might still be small changes to the final schedule. 
Note 2: Please note that we will not be offering wake-up calls. All participants are expected to wake up and be ready for the official programme on time.

Only volunteers
Wednesday 24th July 2019

Organisers’ Arrivals (until 10:30)
11:00 - 20:00 Organisers’ Teambuilding and Training

Thursday 25th July 2019

10:00 - 11:00 Valencia 2019 Press Conference
Volunteers’ Arrivals (until 20:00) – Chairs Team and Media Team

Friday 26th July 2019

9:00 - 20:00 Volunteers’ Teambuilding and Training (Chairs Team and Media Team)

All participants
Saturday 27th July 2019

Delegates’ Registration (until 16:00)
18:00 - 20:00 General Teambuilding
20:30 - 23:30 Mediterranean Night

Sunday 28th July 2019

9:30 - 19:00 Teambuilding
20:00 - 23:30 Eurovillage

Monday 29th July 2019

9:00 - 18:00 Committee Work + experts talks
19:30 - 20:30 Opening Ceremony
20:30 - 22:00 Reception Dinner

Tuesday 30th July 2019

9:00 - 20:00 Committee Work + Public Speaking Activity

21:00 - 23:00 Committee Dinners

Wednesday 31st July 2019

9:00 - 11:00 Committee Work
11:00 - 13:00 Broadening Horizons Fair
11:00 - 20:00 Committee Work
20:30 - 23:00 Night on Board

Thursday 1st August 2019

9:00 - 13:00 Free Morning
14:30 - 16:00 GA Prep
16:30 - 18:30 Media Team Event
19:30 - 20:30 Reception Dinner
20:30 - 22:30 Euroconcert

Friday 2nd August 2019

9:00 - 10:15 Opening of GA
10:15 - 18:15 General Assembly sponsored by Fundación Princesa de Girona
20:30 - 23:00 Officials & Delegation Dinner

Saturday 3rd August 2019

9:30 - 16:45 General Assembly sponsored by Fundación Princesa de Girona
16:45 - 18:00 Closing Ceremony
20:30 New Horizons’ Night

Sunday 4th August 2019

All day: Participants’ Departures

DEPARTURES: you are free to leave the session at any time. Please do keep in mind that you will have to leave your hostel room at 11:00, and don’t forget to check out! There will be organisers in the lobby to help you with this process. After that, we wish you a good journey home and hope to see you somewhere in Europe!
10. FAQs and Practical Info.

1. Can I cancel my participation at any time?
After May 31st, cancellations will not have a subsequent fee reimbursement. Please remember that in case of cancellation due to a medical emergency a doctor’s note is required to reclaim participation fees. This should be sent to the International Office at is@eyp.org. We kindly ask you to plan in advance and reflect on whether you can certainly attend the session. Reservations will have to be modified in case you drop-out from the session and this can imply an extra financial burden for the session.

2. How can I register my participation in Valencia on the Member Platform?
Once you have assigned a spot as a delegate for Valencia International Session, you’re kindly asked to register for the event on the EYP Member Platform, if you have any difficulties, please reach out to support@valencia2019.org. If you haven’t registered on the member platform yet, and have trouble doing so, reach out to hr@eyp.org.

3. What should I do if my luggage gets lost?
Having your luggage lost is always a very stressful moment. Although it may all seem quite overwhelming, try to avoid panicking about the situation and approach the Information window at the baggage claim area. They will instruct you on the steps you need to follow. It is important that you let the Organising Team know about the situation, so we can follow up on the status of your luggage and help you recover it. It is important that once you have followed the established protocol set out by the airline and contacted the Organising Team, you continue to attend the session program.

Furthermore, it is important that you are aware of your surroundings at all times and that you control your personal possessions, especially in airports and stations, so as to avoid theft or loss of your belongings.

4. What time zone does Valencia follow?
Valencia follows CEST time during the session (GMT+2). Make sure you keep this in mind, especially when preparing your arrival to Valencia.

5. Will there be access to internet connection?
The vast majority of phone companies now offer a roaming service, meaning that you will be able to have internet connection in your phone as if you were in your home country. On top of that, almost all venues have internet connection that can be accessed with a password. It is worth mentioning that there may be times where internet connection via WiFi is rather limited, if needed for organisational, academic or media purposes.

6. I have a food allergy/special dietary needs. Will these be catered for?
Valencia 2019 will ensure that your dietary needs are met. For this, you will receive a form in which you will have to state any special diet that you follow or any food allergies. Once this information is gathered, food caterings will be reserved, taking into account the aforementioned. Please do be aware, however, that special dietary needs or food allergies will have to be communicated to the Organising Team. If you do not inform us of your needs, we cannot guarantee that we’ll be able to cater for them.

7. What is included in the participation fee?
The participation fee includes 9 accommodation nights, and all meals and coffee breaks from the 27th of July until the 4th of August. Please be aware that no lunch will be given on departures’ day, and that you will have to cover the costs of your dinner two of the nights - Committee Dinners and Delegation Dinners and extra snacks or drinks during evening activities -. Materials are also included in the participation fee, although we do advise you to bring a notebook and a pen, which may come in handy at any point.
8. Due to personal reasons (e.g. religious practices, ceremonies, medical appointments…) I would like to leave the session at certain times. Is that possible?
Generally, you are expected to join and follow the established programme of the session. Exceptionally, we will try to accommodate to your needs, if personal special causes concur. You must explain your situation and petition to the organising team via email, prior to the session.

9. How do I academically prepare for the session?
An International Session requires a great level of academic preparation and you are expected to have some knowledge on the topic your assigned committee will debate. Nevertheless, it is up to your Chairperson to instruct you on the best way to prepare for Committee Work, as this largely depends on the chairing style and the topic at stake. Therefore, we would recommend you to contact your Chairperson. On a general note, you are expected to have read the Academic Preparation Kit, that will be made available to you prior to the session’s commencement. Contact directly your committee chair at: committee@valencia2019.org (eg. envi2@valencia2019.org).

11. Packing List

1. The first thing you have to take into account before packing is that it can get very warm in Spain during the summer, especially in the Mediterranean coast. The average temperature in Valencia in July and August is 30ºC, so you may want to bring sunglasses, caps and sunscreen.

2. If you come from a EU country, don’t forget your European Health Insurance Card (EHIC), here you have more information on how to get it.

3. You do not have to bring neither bed sheets nor towels, as they are provided by the accommodation.

4. There will be two theme parties, and you may want to bring costumes and accessories to get dressed accordingly. As explained earlier, the two theme parties are: Night on Board and New Horizons Night.

5. Regarding money, you will have to pay for themselves both Committee and Delegation Dinner. Each of them should not exceed 20€, and it is preferable to bring cash, as some of the restaurants will not accept cards. You may also want to bring money to buy the official merchandising of the session.

6. The currency in Spain is the Euro, you can get euros at the airport and main train stations. Don’t worry about running out of cash, there are ATMs near the venues and most places in Spain accept credit cards.

7. If you need to take some medicines, please bring them from home. The organising team cannot give you any kind of medicine.

8. In case you are performing in Euroconcert, don’t forget your instruments. If you need some specific music or video bring a memory stick or send us the media support in advance.

9. If you come from the UK, Ireland, Italy or Switzerland remember that plugs in Spain are Type F, and you may need a plug adapter.

10. € 10 deposit for the room key.
12. Rules and Legal Notes

It is essential you read in detail and follow the Code of Conduct of the session you will get forwarded. Please note that drug consumption is completely prohibited during the session and assistance to all activities throughout the event is compulsory.

Insurance
It is vital that all participants have their own valid and 24-hour comprehensive personal travel and health care insurance. Travel insurance should cover loss of luggage, accidents, illness, etc. Participants should make sure they bring their insurance card with them if their respective insurance company requires such a procedure. We urge you to check these details with your insurance company in advance.

Participants from EU Member States are encouraged to make sure they have a valid European Health Insurance Card with them.

All participants are expected to bring a copy of their Travel and Health Care Insurance.

Leaving the Official Programme
Please note that all participants are expected to participate in all the official session elements listed in the Session Element section. The participants should be aware of the fact that managing a conference with over 300 participants entails legal and insurance obligations for the Organising Team. This means that you cannot leave without the permission of an Organiser. Under no circumstances can a participant leave the session by themselves and uninformed.

Medication
Please note that the organisers are not allowed to buy medication for you should you need it. In this case, please make sure you bring all medication needed for the duration of the Session with you, as you may have little chance to purchase more during the course of the session. During the session Organisers will have a first aid kit, for small injuries like cuts or bruises. However, in any other injury cases you will be sent to a hospital, for this reason you must have an insurance.

Alcohol and Drug Policy
1. Only alcoholic beverages under the threshold of 15% Alcohol by Volume will be permitted at the session to participants over the age of 18 due to restrictions imposed by Spanish national law and the policies of the European Youth Parliament.
2. The above point applies to all events during the session (including e.g. Eurovillage and Committee Dinners), and during the full duration of the session outside of official programme elements. Please do refrain from bringing or buying any hard alcohol.
3. All participants are expected to drink responsibly to a point that it does not hinder their attendance or
participation in the session programme in full. Participants found overindulging or drinking alcohol over 15% will initially be given a warning by the Board of EYP Spain and the Organising Committee who will inform their corresponding chaperone; in case of a second violation the participants in question will be sent home at their own expense.

4. The Organising Team as well as the Board of EYP Spain reserves the right to confiscate alcoholic drinks on grounds of high alcohol content, underaged drinking or overindulgence. Session participants who are not underaged may collect their confiscated alcoholic beverages at the end of the International Session.

5. The EYP operates a zero tolerance policy on drugs and the possession of soft drugs is a criminal offence in Spain. If a participant uses drugs or is found to be in the possession of drugs, they will be removed from the session and sent home at their own expense. The participation fee will not be refunded. Any possession of hard drugs will be reported to the police and could result in an arrest.

6. The above applies to all session participants: delegates, Officials and guests.

For more information on EYP policy on Code of Conduct, please see here. For information on EYP policy on International Sessions, please see here.

**Participant Welfare Policy**

Apart from the Alcohol Policy, the EYP has an extensive Welfare Policy for International Sessions, which covers rules regarding behavioural standards, e.g. discrimination, abuse (of trust), (sexual) harassment, violence, consent and child protection. Should the unfortunate event ever occur in which behavioural standards are not met, whether with regards to you or another participant, please do not hesitate to contact any official at the session. All officials have been briefed on how to support you in such a situation. Officials, in turn, are supported in these efforts by the appointed Safe Person of the session. You are also always free to contact the Safe Person directly with any issues or questions. Information about the assigned Safe Person will be given at the session.

**Privacy**

The European Youth Parliament stores and processes application data for the purpose of ensuring a smooth and adequate implementation of the event, and for the purpose of conducting an evaluation of the event. Your personal data will not be passed on to third parties, and will be deleted 5 months after the event has taken place. You are free, at any time, to request the deletion of your data via is@eyp.org, in which case it will be immediately deleted. If you wish, you can also request for your data to be removed from the Members’ Platform. If you do not indicate this your information will be kept until indicated otherwise. You can read more about your data privacy on the members’ platform.
### 13. Useful Spanish and Valencian Words

<table>
<thead>
<tr>
<th>English</th>
<th>Spanish</th>
<th>Valencian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good evening. (greeting)</td>
<td>Buenas noches.</td>
<td>Bona nit.</td>
</tr>
<tr>
<td>Hello, my name is Laura.</td>
<td>Hola, me llamo Laura.</td>
<td>Hola, em dic Laura</td>
</tr>
<tr>
<td>What is your name?</td>
<td>¿Cómo te llamas?</td>
<td>Com et diuen?</td>
</tr>
<tr>
<td>How are you?</td>
<td>¿Qué tal estás?</td>
<td>Com estàs?</td>
</tr>
<tr>
<td>I am fine.</td>
<td>Estoy bien.</td>
<td>Estic bé.</td>
</tr>
<tr>
<td>Nice to meet you.</td>
<td>Encantado/a de conocerte</td>
<td>Encantat/da de conéixer-te.</td>
</tr>
<tr>
<td>See you later.</td>
<td>Hasta luego.</td>
<td>Fins després.</td>
</tr>
<tr>
<td>I am lost. Where is the restroom?</td>
<td>Estoy perdido. ¿Dónde está el baño?</td>
<td>Estic perdat. On està el bany?</td>
</tr>
<tr>
<td>Excuse me.</td>
<td>Perdona / Perdóname</td>
<td>Perdona.</td>
</tr>
<tr>
<td>Please.</td>
<td>Por favor.</td>
<td>Per favor.</td>
</tr>
<tr>
<td>Thank you.</td>
<td>Gracias.</td>
<td>Gràcies.</td>
</tr>
<tr>
<td>I’m sorry.</td>
<td>Lo siento.</td>
<td>Ho sent.</td>
</tr>
<tr>
<td>You are welcome.</td>
<td>De nada.</td>
<td>De res.</td>
</tr>
<tr>
<td>How much does it cost?</td>
<td>¿Cuánto cuesta?</td>
<td>Quant costa?</td>
</tr>
<tr>
<td>How many are there?</td>
<td>¿Cuántos hay?</td>
<td>Quants n’hi ha?</td>
</tr>
<tr>
<td>There are many.</td>
<td>Hay muchos.</td>
<td>N’hi ha molts.</td>
</tr>
<tr>
<td>Do you want to buy this?</td>
<td>¿Quieres comprar esto?</td>
<td>Vols comprar això?</td>
</tr>
<tr>
<td>What time is it?</td>
<td>¿Qué hora es?</td>
<td>Quina hora és?</td>
</tr>
<tr>
<td>How do you say ‘maybe’ in Spanish?</td>
<td>¿Cómo se dice ‘tal vez’ en español?</td>
<td>Com es diu “potser” en espanyol?</td>
</tr>
<tr>
<td>Yes.</td>
<td>Sí.</td>
<td>Sí.</td>
</tr>
<tr>
<td>No.</td>
<td>No.</td>
<td>No.</td>
</tr>
<tr>
<td>I do not understand.</td>
<td>No entiendo.</td>
<td>No entenc.</td>
</tr>
<tr>
<td>Could you speak lower, please?</td>
<td>¿Puede hablar más despacio, por favor?</td>
<td>Pot parlar més lentament, per favor?</td>
</tr>
<tr>
<td>Who?</td>
<td>¿Quién?</td>
<td>Qui?</td>
</tr>
<tr>
<td>Why?</td>
<td>¿Por qué?</td>
<td>Per què?</td>
</tr>
<tr>
<td>Where?</td>
<td>¿Dónde?</td>
<td>On?</td>
</tr>
</tbody>
</table>
‘Ships are safe in harbour, but that’s not what ships are for’