

# Orientation Webinar: AAIDD Delegation to Spain

September 28 to October 10, 2019





# Logistics

- AAIDD's travel partner is **Colibri Boston**.
- Please send AAIDD your flight info ASAP; travelers that **arrive in Madrid before September 28** or do not deliver their itinerary by **September 1** are responsible for arranging their own transportation.
- Madrid hotel check in is guaranteed from 2 pm on September 28. Please inform us if you need early check-in.
- If you need extra hotel nights (at your own expense) please call or email Colibri at 617-301-1237/ [info@colibríboston.org](mailto:info@colibríboston.org)
- Last reminder to share food allergies or issues; it is your responsibility to question servers/inspect food *before* you dine.
- Tipping is generally not expected; however, if you've had good service: 1 euro per person for a simple daytime meal and 5-10% for evening meals is reasonable. All group meals already include tips.
- **Free WIFI in hotels** and in some public spaces. Wi-Fi in both countries may be slower and spotty compared to the United States.
- Luggage space in hotel/airport transport vehicles and in hotel rooms is quite limited.

# Weather, Dress Code, & Packing

## Weather

- While the days will likely be warm, the nights are cooler. Expect daytime temperatures around **70F/21C** and nights to be around **54F/12C**.

## Meetings Dress Code

- We will be visiting universities, public schools, and provider organizations with dress codes that mirror those found in the US, that is “**business casual**.”
- As we will be walking distances on uneven ground, up and down hills, and climbing stairs, **comfortable shoes** are strongly recommended.
- Clothing that can be layered for cooler nights is a good idea, as well as a sun hat and umbrella.

## Packing

- Plan to travel light. Space for bags in hotels and on transport is limited, and the weight limits for the flights between Madrid, Bilbao, and Barcelona is less than in the US: **45lb/20kg for checked bags and 15lb/7kg for carry on**. Only one checked bag is included in your program fee, additional bags are at your expense.

# Travel Tips

## Before you leave the country

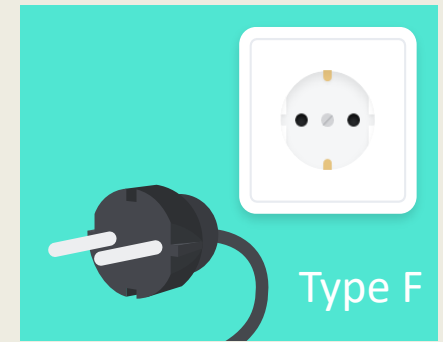
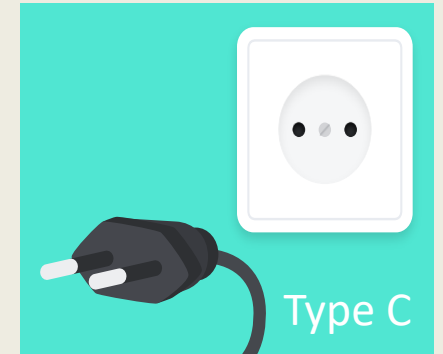
- Arrange with your **cell phone provider** for international calling/data for Spain or be prepared to purchase SIM card.
- Alert your **bank** (if you will use ATM) and **credit card issuers** (if you will shop) about your dates/location of travel. *In addition to being in Spain, you may make connections in other countries.*

## Bring a power converter

- Outlets in Spain supply electricity at 230V (outlets in the US are 120V)
- The plug types in Spain are C & F (two round pins, F has additional grounding clips)

## Make/carry a hard copy

- Bring a hard copy of your emergency insurance card.
- Carry a photocopy of your **passport**, along with the **hotel addresses**, and **phone numbers for emergencies, including Maggie (301-325-0493) & Sylvia (617-301-1237)**



# Travel Tips

## continued

### Money Exchange

- 1 USD = .89 Euro
- Bring some cash with you; the **best** exchange rates are going to be via ATM withdrawal.
- ATM machines accept Visa, Master Card, and your bank card (use an ATM associated with your bank's network). Some ATMs will add on a service fee; you can cancel the transaction and try another ATM down the block that won't charge an additional fee.
- The airport will have the worst exchange rates
- There are numerous cash exchange offices (Cambios); however the rates will not be as good as ATMs.

### Insurance

Colibri provides basic travel insurance to all participants that starts from September 28 through October 10. It covers medical emergency with 500 deductible and up to \$50,000, evacuation up to 500,000. You must have primary US insurance to qualify. If you need trip cancellation insurance, flight disruption insurance you will need to purchase it on your own – Allianz offers such policies.

### Emergency numbers:

Emergency: 112; Police: 091; Health: 061; US Embassy: (+34) 91-587-2200

# Travel Tips

## continued

### Time zones

- Spain is on Central European Time, that is 2 hours ahead of GMT or 6 hours ahead of New York City.

### Hotels

- Breakfast, internet, and bottle water included
- You are responsible for extra services that you use, including the mini bar
- Laundry service will be available in hotels at additional per item cost, and expect it to take 2 days to get your laundry returned.

### Health and hygiene

- Be up to date on your immunizations.
- Bring anti-bacterial gel, mosquito repellent, and sun block.
- Avoid untreated water, unpasteurized dairy and juice, and undercooked or raw meats or egg.
- Tap water quality and access to clean drinking water varies from region to region. Even slight changes in water composition can cause “traveler's diarrhea.” For example, tap may have no ill effect on the local population, but due to different treatment standards there may be higher concentrations or unfamiliar strains of E.coli bacteria present. This can cause diarrhea since you do not develop immunity during short-term exposure.

# Context



## History

- A monarchy since the 1500's, became a military dictatorship in the 1930's (Francisco Franco), became constitutional monarchy in the 1970s, entered the European Economic Community (which became the EU) in the 1980s.
- Joining the EU resulted in a economic boon for 20 years, followed by a financial crisis beginning in 2008. Current economic issues are high unemployment, burst housing bubble, weak economy, high illegal immigration, and massive emigration of native workers.

## Government & Language

- Spain has 17 autonomous communities and 2 autonomous cities, which are further broken down into 50 provinces.
- Autonomous means that each of these autonomous communities has its own executive, legislative, and judicial powers. These are similar to, but not the same as, states in the United States of America.
- Spanish is the sole official language in all but 6 autonomous communities, it is the co-official language in Catalonia (Catalan and Occitan) and the Basque Country (Basque)
- Current King is Felipe VI (since 2014) and Prime Minister is Pedro Sánchez (since 2018)
- In April 2019, people with ID secured the right to vote

# Professional Visits & Gifts

- Bring **business cards**
- Bring a notebook and pen to visits.
- Bring **eleven (11) small presentation gifts** – they will be given where you see the \* on the itinerary
- Gifts are provided as a “thank you” to our hosts for sharing their time and expertise.
- Gifts will be combined into an AAIDD (conference style) bag for single presentation to each host *as we leave the hotel that day’s visits.*
- What are appropriate gifts?
  - Small items of interest to a professional colleague (branded items are fine), such as flash drives, pens, articles or books, desk items, note cards or art by self-advocate artists, etc. 
  - Promotional pamphlets or other advertisements, clothing, liquids, bulky items, etc. are discouraged. 



# Madrid: Ibis Centro

Calle de Manuela Malasaña, 6, 28004 Madrid  
+34 914 48 58 16

Basic Business Hotel

From Airport: 30 – 45 min by car

- Restaurants in hotel and within steps of the property
- 10 min walk to major markets, department stores
- 15-30 min walk to major sights



# Bilbao: Hotel Gran Bilbao

Indalecio Prieto Hiribidea, 1-48004 Bilbao

+34 637 09 32 28

Mid range business hotel

- 500 yards from old town
- 15 min walk to most attractions
- 35 min walk to Guggenheim Museum



# Barcelona: Hotel 1882 Barcelona

Carrer Corsega 482, 08025 Barcelona

+34 933 47 84 86

Luxury, upscale hotel

- Within historic area
- Within 5-30 min walk to major sites





# Madrid Itinerary

## September 28 (Saturday)

6:00 PM Welcome Dinner and orientation (dress code casual)



## September 29 (Sunday)

- AM: Tour **Las Ventas Bullring**
- Mid-day: Travel to **Toledo**- walking tour & group picnic lunch
- Group dinner, **Flamenco show** (cultural experiences)



## September 30 (Monday)

- AM: **CERMI \***  
*Explore national system of disability certification and approach to services, CERMI's national public policy advocacy platform, and the work of the women's foundation.*
- Group Lunch
- PM: **Plena Inclusión \* \***  
*Explore the role of the network of Plena Inclusión entities (the national organization and the Madrid chapter) in setting rates, providing technical assistance, and assuring quality in services for people with ID.*
- Group dinner



# Madrid Itinerary continued

## October 1 (Tuesday)

- AM: **A la Par\***  
*Observe one model of employment supports for people with ID in the Community of Madrid.*
- Group Lunch
- PM: Travel to Bilbao by plane
- Group Dinner

A LA PAR 



# Bilbao Itinerary

## October 2 (Wednesday)

- Full day seminar at **GORABIDE\***  
*Explore the Basque context for service provision, particularly public policy and funding. Explore the role of GORABIDE in promoting quality, supporting demonstration projects, and providing technical assistance.*
- Group Dinner



## October 3 (Thursday)

- AM: **Lantegi Batuak** (United Workshops)\*  
*Observe the Basque model of employment supports for people with ID.*
- Group Lunch
- PM: Webinar with **University of Salamanca**
- Visit Guggenheim
- Dinner on own



## October 4 (Friday)

- Day trip to **San Sebastian** (cultural experience)  
*Walking tour of the old part of the city, drive along the coast, view from Mt. Igeldo. Possible stops at Zumaia and Getaria.*
- Lunch on own
- Group dinner



# Barcelona Itinerary

## October 5 (Saturday)

- AM: Depart for Barcelona by plane
- Visit to **Sant Pau Recinte Monernista**, group lunch, and visit to **Sagrada Familia**. (*Cultural experience*)



## October 6 (Sunday)

- AM: Free time
- Lunch on own
- PM: Trip to **Santa Maria Montserrat** by bus and cog-wheel train or cable car. (*Cultural experience*)
- Dinner on own



## October 7 (Monday)

- AM: Seminar at **UAB, CERSIN\***
- *Explore the research being undertaken in inclusion and special education in the Catalanian context.*
- Group lunch
- Visits to Casa Batlló and Parc Guell (*Cultural experience*)
- Dinner on own

**UAB**

Universitat Autònoma  
de Barcelona



# Barcelona Itinerary

## continued

### October 8 (Tuesday)

- AM: Seminar at **Universitat Ramon Llull\***  
*Explore the Catalanian context of public policies concerning child and adult supports, explore the research being undertaken at Blanquerna.*
- Group lunch
- PM: **Projecte Aura** (Aura Foundation)\*  
*Observe employment service provision for people with ID in the Catalanian context.*

### October 9 (Wednesday)

- AM: **Costa i Llobera** school\*  
*Observe inclusive primary education for children with ID in the Catalanian context.*
- Group Lunch
- PM: **Icaria Iniciatives Socials** (Icaria Social Initiatives)\*  
*Observe work of multi service agency for adults and children in the Catalanian context.*
- Farewell Dinner

### October 10 (Thursday)

- Departures/airport transfers from hotel





# Questions?