



**Association Citrus**  
**Délégation Régionale Solidarités**  
**Jeunes en Midi-Pyrénées**  
24 Route de la Lauressie  
82250 LAGUEPIE  
Tel : 0033 5 63 65 94 06



**Erasmus+**

**Citrus is happy to welcome you to :**

## **COOP & PLAY**

Training Course  
Laguépie  
14-23 september 2016

## **TRAVEL** **GUIDELINE**

### DATES

#### Arrival day

14th of september, before 18:30

#### Start of the program

14th of September at 19:00

#### End of the program

22nd of September at 21:00

#### Departure day

23rd of September after 13:00

*If you want to arrive earlier or leave later and you need accommodation contact us before the training, so that we can help you to find a place to stay.*

# HOW TO GET TO LAGUEPIE

## From Paris to Lagu pie

Lagu pie is far from Paris (650km). If you plan to land in Paris and then use the train to Lagu pie, it can be very expensive (around 150  for one way), so if possible buy tickets [on-line](#) as soon as possible. You can also use bus lines such as [MegaBus](#) or [FlixBus](#), which are longer but cheaper. Anyway, plan at least one day trip to get to your destination.

## Travel days

Wednesday September 14th and Friday September 23th are travelling days. You are expected to arrive on Wednesday 14th and to leave on Friday 23th.

## Trip from the airport Toulouse Blagnac

You should take the shuttle (navette) that brings the passengers to the MATABIAU train station in Toulouse. It is easy to find, the stop is just in front of the airport exit door. The shuttle leaves every 20 minutes and it takes more or less 20 to 45 minutes to get to the train station according to the traffic. (You should count 2 hours between your plane arrival time and the train departure). The cost is 5  , one-way.

\* Trans-European buses also arrive in Toulouse 5 minutes walking from the train station.

## Trip from the train station Toulouse Matabiau SNCF

You have to take a train towards FIGEAC. You will get off the train at LAGUEPIE. The travel cost is around 17 euros and is approximately 1h15.

### *TOTAL COST RETURN TICKET (Shuttle + train)*

from Toulouse Blagnac Airport to Lagu pie and back is around 45 Euros.

It is very important that you keep all your travel tickets as well as your flight boarding passes in order to get reimbursed of the expenses, without these, we will not refund.

Please inform us in advance of your estimated arrival time.

When in doubt for the last part of your travel call us :)

We will meet you at LAGUEPIE train station

If you are lost, you can call :

Christelle, project coordinator

+33 7 82 72 37 03 / [volontariat@citrus.asso.fr](mailto:volontariat@citrus.asso.fr)

## Here is the train time-table

but there might be some unexpected changes so

please check also on internet:

[www.voyages-scnf.com](http://www.voyages-scnf.com)

Departure from Toulouse Matabiau	Arrival in Lagu�pie
6h54	8h18
8h57	10h17
13h03	14h15
17h04	18h17
18h11	19h28
19h08	20h23

If you miss the last train, there is ONE possibility: take a train to GAILLAC (pronounce "GAYAK") - it's almost halfway to Lagu  pie. We can organise to come and pick you up there with a car, but it's a 40 mn drive. Please try to avoid missing the last train.

Departure from Toulouse Matabiau	Arrival in Gaillac
19h28	20h18
21h15	21h58
00h09	01h08

If you can't reach Lagu  pie or Gaillac at the indicated time, please inform us well in advance.

**RETURN TRAIN TIME-TABLE** to organise your travel back to Toulouse airport, please check also on internet: [www.voyages-sncf.com](http://www.voyages-sncf.com)

Departure from Lagu��pie	Arrival in Toulouse
13h04	14h21
15h07	16h23
16h06	18h50
19h10	20h23

#### Participation fees:

Each participant will be asked 30   that need to be paid by bank transfer before August 20<sup>th</sup>.

Lodging and accommodation costs are covered as well as partial travel reimbursement according to the E+ distance calculator and grant awarded (see below.)

#### Refunding of travel expenses

All participants have to provide all their travel documents (flight, train and shuttle tickets, boarding passes) to Citrus. We will not refund during the project. Refunding will be done by bank transfer after the TC according to the travel documents we have received from participants. Participants should send their bank details to Citrus as soon as possible (bank name and location, IBAN).

In the following boards you can find the details regarding transport fees.

Organisation	Country	Travel fees covered for one participant	Number of part.	Total travel grant (��)
ATPDSC	Romania	360	3	1080
EGYESEK	Hungary	275	3	825
ELIX	Greece	360	3	1080
GENCTUR	Turkey	530	3	1590
Inex	Czech Republic	275	3	825
INFORMA GIOVANI	Italy	275	3	825
Jaunatne Smaidam	Latvia	360	3	1080
Proyecto Kieu	Spain	275	3	825

Travel  
grant for  
Training  
Course :

To find Laguépie on the web

<http://www.laguepie.fr/>



### Contacts

Christelle Przybyl, project coordinator  
0033 782 723 703 / [volontariat@citrus.asso.fr](mailto:volontariat@citrus.asso.fr)

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[www.citrus.asso.fr](http://www.citrus.asso.fr)  
[www.solidaritesjeunesses.org](http://www.solidaritesjeunesses.org)

**SEE YOU SOON !**