

Since 1996 | Bring It Promotions



**Team Mizuno
Portugal & Spain Volleyball Tour
April 1 - April 8, 2020**

SINCE 1996 | BRING IT PROMOTIONS

WWW.BRINGITUSA.COM/LIVE

DESTINATIONS



TRAVEL INFORMATION

| Date | Flight # | Departure City & Time | Arrival City & Time |
|---------|----------|-----------------------|---------------------|
| 3/31/20 | AF 65 | LAX 3:20pm | CDG 11:10am |
| 4/1/20 | AF 1624 | CDG 1:10pm | LIS 2:50pm |
| 4/8/20 | KL 1698 | MAD 6:00am | AMS 8:35am |
| 4/8/20 | KL 601 | AMS 9:50am | LAX 11:55am |

CHECK IN & BOARDING

Check-In deadlines vary from one airport to another. If the Passenger's journey includes subsequent flights, it is the Passenger's responsibility to check they are in possession of all the information relating to check-in deadlines for these flights. Passengers must arrive sufficiently in advance of the flight in order to be able to carry out all necessary formalities for their journey; in any event, they must comply with the check-In deadline. Passengers must be present at the boarding gate prior to the boarding time specified at check-in.

BAGGAGE CHECK-IN

The weight limit for check baggage is determined by the carrier, and relevant information can be found on the website of the appropriate airline. On most airlines economy class passengers are permitted one (62 inches / 50lbs.) piece of checked luggage. A second piece is permissible but the cost typically runs between \$50-\$100.

HAND BAGGAGE

Rules may vary by airline. Hand baggage of a size of 45 inches (e.g. 9 by 16 by 20) is generally accepted, with the weight limit being somewhere between 5 and 11 lbs. It is advised to pack sharp metal objects (scissors, pocket knife, etc.) in check baggage, since according to the security regulations, these cannot be taken on board aircraft.

LOST BAGGAGE

When you land, if one or more members of your party is missing luggage, give the lost luggage department the name, address and number of your hotel at your destination. They will bring your luggage to the hotel when it arrives. Don't leave without collecting a claim tag for your luggage and a phone number for lost luggage.

HOTELS



Lisbon: Holiday Inn Express Lisbon, Ave. Liberdade

R. Alexandre Herculano No. 40, 1250-011 Lisboa, Portugal

+351 21 829 0402

<https://www.ihg.com/holidayinnexpress/hotels/us/en/lisbon/lisal/hoteldetail>

Sevilla: Hotel Don Paco

Plaza Padre Jerónimo de Córdoba, 4, 41003 Sevilla, Spain

+34 954 50 69 99

<https://www.hoteldonpaco.com>

Madrid: ESPA Hotel Gran Via

Espahotel Gran Vía

C/ Gran Vía, 65

28013 Madrid

Telf: + 34 915 41 31 70

<https://www.espahotelgranvia.es/en/>

ITINERARY



April 1: Arrive to Lisbon and get check into the hotel for 3 nights. We'll have a match for each team tonight and get oriented in the city.

April 2: Morning of sightseeing and matches in the afternoon. Dinner with other team TBC. Our goal will be to have a meal (or at least a snack) with each team that we play

April 3: Full day of sightseeing in and around Lisbon.

April 4: Early breakfast and then bus to Sevilla. This will be about 4.5 hours of drive time (plus at least one stop), and we'll arrive directly in the gym outside of Sevilla for our matches. Check into the hotel for two nights after playing and then get into town for dinner and to get oriented.

April 5: Full day of sightseeing in Sevilla. This is "Semana Santa" (Easter Week) so it will be pretty crazy, but very fun.

April 6: Early breakfast and then bus to Madrid. This will be 5+ hours of drive time, but we'll stop somewhere (likely in Trujillo in Cáceres) for lunch and some quick sightseeing, and then get to Madrid in the mid-afternoon to check in for our last 2 nights and get in the Plaza Santa Ana area for tapas and sightseeing.

April 7: Morning sightseeing in Madrid and late afternoon matches (TBC) in Alcobendas with dinner with the other team. We're trying to get something special set up here for the last night.

April 8: Breakfast and very early bus to the airport in Madrid for our 6:00am flight. Arrive back to LAX the same day

TEAM CHECKLIST



GENERAL

[Click here to get BIP's Ultimate Packing List for team travel to Europe.](#)

You can find anything in Europe, so if you forget something you can buy it on tour. You are traveling to Europe in the spring. Be sure to check the weather forecast for the region you'll be traveling to. In general, Americans pack way too much on tour, so we really recommend limiting the amount of clothes that you bring. Please make sure you limit your bags to one main bag and one carry-on bag.

Money: An ATM card is the best way to handle money. They work the same as in the states and they are everywhere however you'll need to notify your bank that you'll be traveling outside the country. During your trip you will use the Euro (EUR) in Portugal and Spain. Please note that the exchange rates are subject to change daily as the market is highly volatile right now. As of 2/29/20 the exchange rate are 1 Euro = 1.10 US Dollar.

Passport: Make a copy of the inside cover of your passport and keep in a separate location. This is helpful if you lose your passport.

Internet & Electrical Items: All your hotels will have wireless internet. Computers, iPads, phones etc. do not need a convertor, but you will need an adapter to plug them into the wall socket. Europe is on a different system so you will need a convertor for your electronics.

Personal Items: All personal items to last for the entire trip. You can buy whatever you need; however they might not have the brand you prefer.

Snack Food: Your favorite snack food or energy bars, as there is a good chance you will not be able to find it in Europe.

VOLLEYBALL ITEMS

Water bottle: Make sure you bring a reusable water bottle. In Europe, most of the bottled water is mineral water. Save the bottle and refill from the tap. In Europe the water in cities is drinkable.

Towel: We will shower at the gym after some matches and they will often not provide towels.

T-Shirts: Bring extra T-shirts (used is fine) to use as gift exchanges.

MEDICAL AND FOOTWEAR

Medication: All medications that you currently use and a copy of your prescriptions. Please make sure that you pack one set of volleyball gear in your carryon luggage. Just in case your luggage gets lost you will need it to practice or play.

There are really only two important differences in Europe versus the States. 1) Ice is almost impossible to get in Europe, so you need to be prepared for this. 2) We really recommend ankle braces over taping where ever possible as taping requires a lot of time that might not be possible at times due to sightseeing demands. Otherwise, just prepare and bring the same items that you use in the states.



WALKING, BIKING & PUBLIC TRANSPORTATION

For over 20 years, BIP has been running tours throughout Europe & the rest of the volleyball world. Logistics are constantly under revision due to the fact that travel changes year to year. If you visit a destination once and return 5 years later, chances are, there will be something different about it.

Over the years, we feel the increase in tourism. More people are traveling today than 20 years ago. The era of social media has left no stone unturned and has essentially abolished the term "Hidden Gem". More people means more traffic and more tour buses. Which means iconic destinations on your sightseeing list, such as Central Florence, Cinque Terre or the Colosseum, have regulations being put into place to help preserve them with all of the traffic they are seeing. Gone are the days when you can pull right up to a sight to unload and reload big tour buses. More walking is being tacked on.



The biggest shock factor we see on tour with our groups is the amount of walking logged over the course of 9-12 days. As Americans, we are conditioned to driving everywhere. We get in the car to go to work, the grocery store, or even the park. The rest of the world is not set up the same. People walk more than they drive and that is how we set up our tours; using public transportation and walking. It simply gives you a better experience of the cities, rather than be carted around from site to site.

The result we see from all of the new traffic-curbing regulations is more walking. Summer is peak travel time, and major cities are packed. We want you prepared for the amount of walking needed when you come on tour now more than ever. For example, instead of being dropped off directly at the train station to get to Cinque Terre, you have to walk a kilometer to get on that same train. Being able to adapt to change is what makes a good traveler and we want to help get you to that point to ensure the best experience possible.

When building our tours, we also like to use public transportation, especially in major cities. Not only is it faster and easier to get around, taking public transportation gives one a better feel of the city, rather than just being bussed from location to location. As we mentioned above, summer is prime tourist season. Which means the public transportation can be very crowded, sometimes even hot and sticky. But the positives outweigh the negatives, so we continue to use trains, metros, trams and sometimes even public buses.

WALKING, BIKING & PUBLIC TRANSPORTATION



Taking a train from city to city - or taking a metro within a city - enhances your experience. For example, when we charter a bus from Venice to Rome, it takes at least 7 hours with stops; more if there's traffic. On a train, where you can walk around, use the bathroom, or go to the restaurant car, it takes only 4 hours. We don't like to waste your time on tour, and utilizing public transportation systems optimizes time and gives you the best tour experience.

Winding through big, crowded cities by bus is a good way to eat up your time. But if you know how to hop on a metro, you can travel across the city in minutes!

In major cities, one of our concerns is pickpocketing, and we see a lot of this on public transportation. When it's crowded and people are getting pushed around, it's easy to lose a wallet if you are not paying attention to it. If you are aware of where your belongings are at all times in crowded areas and don't put anything in your back pockets, you will be fine. Awareness is key while traveling, and our guides will be sure to impress this fact upon you daily.

Another great way to get around on tour is by bike. This year many major cities, especially if you have Italy or China on your itinerary, have added the latest trend of bike sharing to their cities: the dock-less or 'free floating' bike-sharing concept. Many cities have always had bike sharing but they've been on fixed docking stations and registering to use them has been difficult. Now it's easier than ever. Thanks to the new system, each bike is equipped with smart lock technology and a built-in GPS system that allows you to unlock the bike with the app you have downloaded on your phone and when you are finished with your ride, you simply lock it and leave it where it is. You don't have to be concerned about where you leave it or getting it back to a certain dock. And it's cost-efficient, usually <\$1 for a trip that lasts up to 30 minutes. Seeing the sights by bike enables you to be able to see more in a shorter amount of time and isn't as tiring as walking miles and miles. It can also be a lot of fun!

The companies we have seen most are "MoBike" and "Ofo", but in Rome, it's "oBike". If you download these apps before you come on tour, and load a few dollars into your account, then when you see a bike, you simply pull out your phone, scan, and you're off! (You do need to have data on to check out the bikes, but it's worth it!)



DIFFERENCES IN RULES



General:

- Middle and setter pushes are called much tighter in International rules.
- Screening the serve is allowed and is common practice.
- The setter has first right to the ball, even if part of the ball is over the net. Many Americans get called for "net over" even though they are legal by NCAA rules.
- Substitution rules are 1 entry and 6 total substitutes. 99% of the time NCAA teams are allowed to play unlimited substitutes on tour, but this is an important rule for players considering international play after school. Basically it means outside hitters have to pass and there is no such position as a defensive specialist, just the libero.
- Any ball touching the ceiling (or anything hanging from the ceiling) is out of play.

Match warm up:

- In general European teams take much longer to warm-up than USA teams. Our suggestion is simply this rule: "Act European on tour." When they run you run, when they stretch you stretch, when they pepper you pepper.
- Shared hitting: All international matches use a shared hitting, meaning you have to hit the line in warm-ups. First you hit on the outside and then half way through you switch to hit on the right side. Setters, make sure you never run the middle attack right over the European teams setter to avoid a "six pack" in warm-up. Not a great move for international relations! You also never shag your own balls. You shag the European teams balls and they shag your balls. So you never cross over the net and the libero does not try to dig balls as this can lead to balls under the net during hitting.

- Shared Serving: After hitting lines both teams have two minutes to serve at each other. Often passers and the libero use this time to work on passing. It's very important that jump servers protect themselves from volleyball coming under them during shared serving time.

Matches:

- All matches are considered friendly matches, meaning the majority of them will use one official and no line judges.
- Most matches will not use technical timeouts at 8 and 16.
- Some national teams might just wear matching shirts because they don't have their national team jersey for the match.
- Often we play a fourth and fifth set even if the match is 3-0 for one team. Friendly matches are used as "teaching moments" vs "winning and losing" moments by most European teams. Meaning coaches will substitute more freely than normal. For example, the match might be tied 2-2 and a European coach will put in the bench for the 5th set as they are more concerned with getting all players time on the court than winning the match.

Volleyballs:

- You will play with a lot of different balls on the trip. If you play a National or Junior National Team you will use the blue and yellow Mikasa ball that is used in the Olympics. But if you play a local club team you will most likely use the ball that is approved for the country league. For example, in Czech Republic they use Gala and in Italy they use Molten. So your team needs to be prepared for a different volleyball for each match. In addition, in general an International volleyball is much harder and moves much more on the serve.

Subscribe to BIP and receive our FREE GUIDE TO INTERNATIONAL VOLLEYBALL

<http://bringitusa.com/live/guide-to-international-volleyball/>.

LISBON, PORTUGAL AT A GLANCE



Welcome to Lisbon, Portugal's vibrant seaside capital. The capital of Portugal is relatively small compared to most European capital cities and very easy to explore by foot. Be prepared hiking some steep streets because Lisbon is a city of seven hills. If you don't want to hike, then you'll love the "elevadores" (little yellow vintage trams) scattered throughout the city. The Elevador de Santa Justa is the most famous, designed by Raul Mesnier de Ponsard, a student of Gustave Eiffel, creator of the Eiffel Tower.



One of the unique traits of Lisbon is that unlike most major European cities, it's not over run with mass tourism. The city center of Lisbon is filled with colorful baroque, gothic and roman style buildings surrounding town squares filled with vintage fashion shops, contemporary art galleries and pastry shops. You'll definitely get your fix of sugary delights and fashion!

SEVILLA & TRUJILLO, SPAIN AT A GLANCE



Plaza de España, Sevilla // photo credit @iv2fi

Sevilla

With a population of approximately 1.5 million, Sevilla is the largest city in Andalusia and the fourth largest in Spain. Its “old town” city center is home to three UNESCO World Heritage Sites including the the Alcázar (royal palace), the 16th century Byzantine Cathedral and the General Archive of the Indies (repository of historic documents from the Spanish Empire). The Cathedral of Sevilla is where Christopher Columbus is buried and if you climb to the top of the bell tower, you’ll be able to capture a panoramic view of the city. Aside from its stunning architecture, Sevilla is most notably known as the birthplace of Flamenco music and the city where the most amazing Easter processions take place each year!



Trujillo, Spain

Trujillo

“Trujillo can feel truly magical. The town's historic core is one of the best-preserved medieval towns in Spain.” - Lonely Planet

Located in the Province of Cáceres, the town was originally settled as a fort for conquistadors, and is now a center for tourism due to its well preserved city center filled with medieval and renaissance buildings. The most notable historic sites in old town are the castle, the 13th century church of Santa María and the church of San Francisco.

MADRID, SPAIN AT A GLANCE



Welcome to the grand metropolis of Madrid, Spain's capital and one of the world's most lively cosmopolitan cities. Everywhere you look you'll find examples of Baroque and neoclassical structures of 17th and 18th century architecture. The hotel's central location ensures access to Madrid's best shopping and entertainment on *Gran Vía* (broadway). You're also only steps away from the historic Plaza Mayor and the hidden dining gem of Plaza Santa Ana.

We'll give you a walking tour of the almost-400-year-old square known as *Plaza Mayor*. Originally built in honor of the Madrid's patron saint, this imagination inspiring arena once played host to bull fights attended by 50,000+ spectators. We'll also visit the area around the Cathedral, the Palacio Real (Royal Palace) and Plaza de España.

You'll also have plenty of free time to pay a visit to a big name art museums like the *Museo del Prado* to lay your eyes on the works of Goya and Velázquez, the *Centro de Arte Reina Sofía* for a sampling of Picasso and Dalí. Or take a tour of Estadio Santiago Bernabéu - the home of Real Madrid soccer.





Cory Solomon

Cory Solomon serves as the Director of Recruiting for International Tours and Tournaments. Solomon is uniquely qualified for these positions because of his extensive background in coaching volleyball at the collegiate, juniors, and high school levels, and also his years travelling and living abroad. After earning his bachelors degree from the University of Utah in 1987, he served as an assistant coach at Utah for five seasons. During his final three seasons, the "Utes" advanced to three consecutive NCAA 2nd round appearances.

After leaving the University of Utah, Solomon joined forces with Tim Kelly and assumed a lead role in the development of an International Recruiting Service as well as the expansion of Bring It Promotion's International Tours. Solomon originally conducted business from his home in Innsbruck, Austria, and had the opportunity to watch European volleyball first hand. Living in Europe also afforded him the opportunity to serve as a coach on numerous Bring It Promotions tours. Solomon coached the Bring It USA team to a first place finish in the Sibillini, Italian Tournament with a win over the top under-20 team from Belgrade, Yugoslavia. He has led numerous tours through the Europe, Australia, New Zealand, Fiji and Japan. Solomon is also the director of the Global Challenge tournament which is held each July in Pula, Croatia and features over 24 teams from around the world. In addition, this year Solomon returned to his roots of coaching to lead the Chitwan Tigers to the Championship of the AADHI AABADI Nepal National Championships in Katmandu, Nepal.

Solomon resides in Maribor, Slovenia with his wife Andreja and their two daughters Daša and Mija.

CARBON OFFSETTING

Since air travel is a major contributor to greenhouse gas pollution, Bring It Promotions has partnered with Offset Alliance, to lower emissions related to our tours through their verified carbon offset projects.

Our tours to Europe emit an average of 2,778 pounds CO₂e per person. We are committed to offsetting emissions for our tour staff, and encourage your team to play a bigger sustainability role by offsetting your Central America tour emissions for just \$12.86 per person. Together we will be lowering greenhouse gas pollution through the Los Santos Project in Costa Rica.

And because communities least responsible for climate change are affected by it the most, when you offset your team's emissions through this program, Bring It Promotions will make a donation to Paso Pacifico- a certified 501(c) (3) whose work in Nicaragua protects biodiversity and provides environmental education for children.

Learn more about how to support climate justice and make your volleyball travel sustainable at Offset Alliance here:

<https://www.offsetalliance.co/bring-it-usa-sustainability>



photo // Los Santos Wind Energy Project



photo // Environmental Education

