

INFOPACK

BREAKING THE SILENCE

FIGHT AGAINST VIOLENCE AND ABUSE OF WOMEN

(2018-1-HU01-KA204-047751)



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



anthropolis



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ABOUT US

WHERE WE COME FROM:

Permacultura Cantabria was founded in the 2005. It was born as an ecological farm where we carried out social and ecological projects based on permaculture principles. However, we grew and the facilities became too small to support our activities. Therefore, in 2018 we decided to move to a larger area.

[A video of our beginning](#)



WHERE ARE WE NOW:

Currently we have left this farm to start a new stage and create a reference project at European level. Though, adapting facilities to permaculture design takes its time so we are in a 5 years transition period, from 2018 to 2023.

Nowadays, we develop our activities in Ramales de la Victoria and **although the facilities are not designed through permaculture now, we are surrounded by nature**, located nearby forests and mountains and even a river, so we are deep connected with the environment.

[Visit our current facilities with Google Street View](#)



WHERE WE WILL BE:

In the 2023, we will move to another area with more than 6ha where we will placed new and **larger facilities based on the principles of permaculture**. These new facilities, aim to be an international reference project of permaculture and ecology.

PROJECT SUMMARY

FROM 23TH MARCH TO 1ST APRIL 2020

This training course is focused on measures addressing women non violence through emotional management tools.

The main activity of the project '**Breaking the Silence: Fight Against Violence and Abuse of Women**' is a 8-day training course targeted to adult trainers and women. It is carried out by Permacultura Cantabria in Cantabria (Spain).

The main objectives of this Training Course are: to transfer the best practices to counteract violence against women, to acquire new tools and methodologies to counteract gender abuse and violence and to increase the level of awareness of real situation that women experience in terms of violence.

Besides, it aims to strengthen partnerships at the regional, national and European levels with entities that fight for the same cause.

Permacultura Cantabria will conduct a **training course** to counteract violence against women in Spain, where they will share their best practices and emotional management tools. Additionally, we will **visit local entities that work with disadvantaged groups** where they will show us how they work.

During this course, all the entities will have space to **transfer their good practices** and also we will be able to **use a storytelling tool** to raise awareness in this topic.

We expect that participants will improve their capacity to identify and counteract violence against women and help others to do so when working with adult learners and women. That will make them multipliers of that knowledge.

INTRODUCTION TO VIOLENCE AGAINST WOMEN

GENERAL ISSUES

While **addressing the pressing issue of violence against women (VAW)**, and listing all the various possible forms of action to write the project application, partners agreed on adopting a complex approach covering a wide range of possible NGO-level interventions (e.g. treatment for perpetrators; systematic involvement of the police, the involvement of judiciary or law enforcement agencies in some form on a national/ regional/local level; offering specialised support services; addressing new forms of violence as female genital mutilation, forced marriage, forced abortion, forced sterilisation etc.). In order to secure a common understanding of VAW, **the project proposal identified an adequately broad definition** of VAW that served as a common starting point of all action and thus make sure no aspect of the issue is left uncovered in the implementation phase.



In order to have a complex approach towards VAW, the project uses the below two definitions as a basis for mutual understanding.

'GENDER-BASED VIOLENCE' and 'VIOLENCE AGAINST WOMEN' are terms that are often used interchangeably as most gender-based violence is inflicted by men on women and girls. However, it is important to retain the 'gender-based' aspect of the concept as this highlights the fact that violence against women is an expression of power inequalities between women and men. (EIGE definition)

'VIOLENCE AGAINST WOMEN' is understood as a violation of human rights and a form of discrimination against women and shall mean all acts of gender-based violence that result in, or are likely to result in, physical, sexual, psychological or economic harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life. (Art. 3 a, Council of Europe Convention on preventing and combating violence against women and domestic violence)

NUMBER OF PARTICIPANTS:

There will be 25 participants in this activity 5 per entity:

Participants from Hungary (5), Poland (5), Italy (5), Romania (5) and Spain (5) will be part of this training course.

In addition, 7 participants (3 from Poland, 2 from Italy and 2 from Spain) from a course with similar programme were invited to share the facilities. Therefore your participants will have the opportunity to share their best practices and networking with additional foreign trainers during the course.



COURSE PROGRAMME

FROM 23TH MARCH TO 1ST APRIL OF FEBRUARY 2020

The course will be held from **23th of March (Arrival Date) – 1st of April (Departure Date), 2020** in one of Permacultura Cantabria's facilities based in **Ramales de la Victoria (Cantabria, Spain)**.

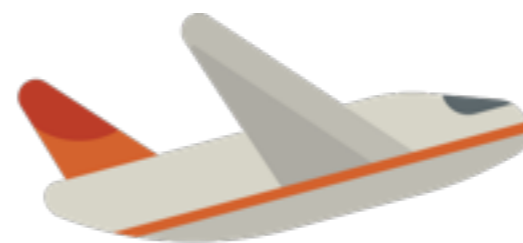


ARRIVAL DATE

March 23th, 2020 at 17:00h.

The meet&greet activities will start around 17.

We'll have the dinner at 20.30h


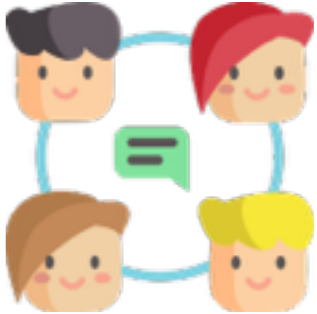


DEPARTURE DATE:

April 1st after breakfast.

*These dates and hours are established according to the granted budget.
If these hours and dates are not complied by the participants, the sending organisation will be responsible of the costs that should be returned to the National Agency.*

DAILY ORGANIZATION

DAWN	8.30	MORNINGS	13:30
 <p>PROPOSALS FROM PARTICIPANTS TO WAKE UP</p>	 <p>BREAKFAST</p>	 <p>DYNAMIC THEORY</p>	 <p>MEAL</p>
AFTERNOONS	BEFORE DINNER	20:00	NIGHTS
 <p>WORK IN GROUPS AND PRACTICE THEORY</p>	 <p>DAILY EVALUATION</p>	 <p>DINNER</p>	 <p>SOCIAL INTERACTION AND PROPOSALS OF LUDIC ACTIVITIES</p>

PLANNING

SUMMARY OF THE PROGRAM

	ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4
WHEN	MONDAY 23TH ARRIVAL	TUESDAY 24TH WELCOME AND PRESENTATION	WEDNESDAY 25 TH INTRODUCTION TO EMOTIONAL MANAGEMENT: Feelings & emotions + tools	THURSDAY 26 TH OPPRESSIONS & SOCIAL EXCLUSION + TOOLS	FRIDAY 27TH VISIT TO ENTITIES WHICH WORK WITH EXCLUDED SOCIAL GROUPS
MORNING	Arrival DAY	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
		Presentation of the participants and the entities: Welcome, presentation of the entities, ice-breaking and general overview of women's situation in each country. (*)	Feelings and Emotions	Social analysis of oppressions and social exclusion. Internalised messages. Oppressed - Oppressor roles.	Visit to ICASS (Entity of the Cantabria Government which manage social services) + Visit to a NGO dedicated to work with Migrants, Disabilities, Romani Community or LGTBIQ+*
AFTERNOON		LUNCH	LUNCH	LUNCH	LUNCH
		Walking along Ramales de la Victoria. + Presentation of the daily evaluation methodology.	Tools: thinking and listening + Group of interest	Panels (men and women) which generate alliances through active listening.	Cultural visit in Santander
	DINNER	DINNER	DINNER	DINNER	DINNER

NIGHTS: Each entity will have the possibility to organise a special night. It could be a presentation of their European projects or an activity for the group* (This is optional. The first day we will prepare a planing with all the night activities).

Each entity has to prepare a 10 minute presentation about women's and gender violence situation in each country, specially about information in relation with straight/heterosexual couples (Others problems or different points of view will be also welcomed)

	DAY 5	DAY 6	DAY 7	DAYS 8	DEPARTURE
WHEN	SATURDAY 28TH ERASMUS+ SHARING IMPRESSIONS OF WHAT HAVE BEEN LEARNT	SUNDAY 29TH HISTORY TELLING + PREVENTING GENDER VIOLENCE	MONDAY 30TH VIDEOMAKING AN HISTORY TELLING	TUESDAY 31TH CULTURAL VISIT AND FINAL EVALUATION	WEDNESDAY 1ST
MORNING	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	Departure DAY
	New initiatives to fight violence and abuse on women (future KA2 projects)	Presentation of History Telling: a communication tool.	Videomaking a video storytelling	Cultural visit	
	LUNCH	LUNCH	LUNCH	LUNCH	
AFTERNOON	Working in groups: reflexion about what have been learnt the day before (Day 4).	Tools: thinking and listening + Protocols of action and identification of gender violence in Spain (invited expert).	Videomaking a video storytelling	Final evaluation	
	DINNER	DINNER	DINNER	DINNER	
	NIGHTS				

APPLICATION & DOCUMENTS

APPLICATION FORM

How can I participate in the training course?

Fill out the application form even if you have been selected already. This way, you get registered and we can organise the training course and logistics successfully.

Application Form



Please, make sure you have filled it in.

IMPORTANT

**It is completely necessary to fill and submit the whole form.
If you find any problem, please let us know as soon as possible.**

permaculturacantabria@gmail.com



DOCUMENTS REQUIRED

We need your passport or ID previously

Please, **send to our email a copy of your passport or identity card** before you travel.

According to the Spanish law, we must register all visitors in advance.

permaculturacantabria@gmail.com



WHAT DO I NEED TO PREPARE BEFORE THE COURSE?

Presentation

Each organisation will present themselves, their main activities, working areas, best practices, interests pursued in this activity, expectations, etc.

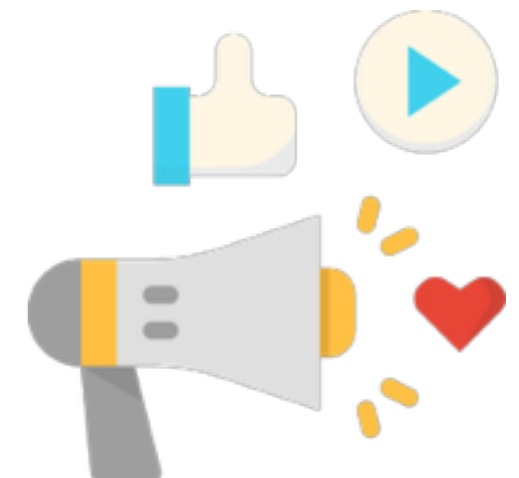
Please prepare this presentation in advance and send it to us to:

permaculturacantabria@gmail.com



DISSEMINATION AGREEMENT

For the proper dissemination of the project, please consider that coming to the activity you accept to disseminate the project and activities via your social networks and that we can disseminate pictures/videos of the activity and the participants on the internet.



TRANSPORT

HOW TO GET TO SPAIN:

Santander Airport

These are the best options to arrive and the links to find timetables and make reservations:

[Santander Airport Webpage](#)

It is 15 minutes far from the city center. It is a local airport, which counts with low cost airlines like RYANAIR. The rest of flights could be expensive.

[RYANAIR Webpage](#)

Bilbao Airport

It is probably one of the best options. It is a small airport, but much more active than Santander's. It is located outside of the city of Bilbao.

[Bilbao Airport Webpage](#)



HOW TO REACH THE VENUE PLACE:

The activity will take place, mainly, in a village called Ramales de la Victoria, in Permacultura Cantabria's facilities. This village is famous for its prehistoric caves.

Ramales de la Victoria is not so well connected in terms of public transport. There are a few daily buses from Santander.

The address is:

Barrio Vegacorredor, S/N, 39800 Ramales de la Victoria, Cantabria, Spain.

OTHER OPTION:

The best and easiest option that has worked for everyone before, is to HIRE A CAR.

This is the preferred choice for most entities since it provides freedom of movement during the activity (a quite cheap option for groups of 3-4 people).

The prices for a car rental (in Santander or Bilbao airport) are around 20 euros per day, depending on the car's engine. We recommend you to use this company:

HERTZ

This is the fastest and most comfortable option.



OTHER OPTIONS

FROM BILBAO TO RAMALES DE LA VICTORIA: PUBLIC TRANSPORT

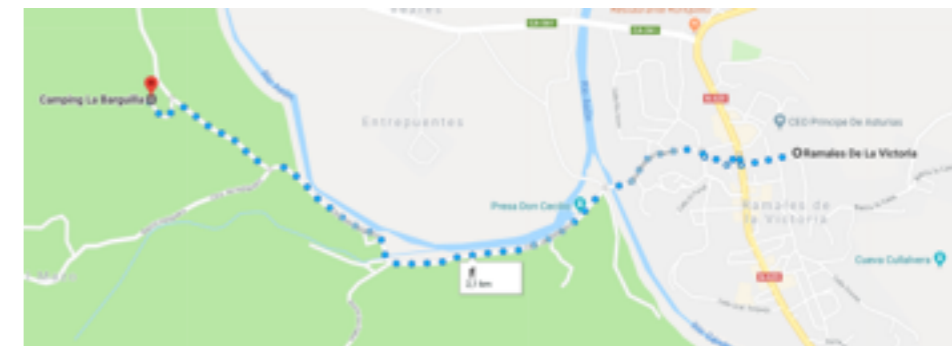
BUS

Step 1: Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are **buses from the airport** every 30 minutes. The cost is approximately 1,45€. It is the public bus line (**Bizkaibus**) and the **line number is A3247**.

Step 2: San Mamés Bus Station to Laredo Bus Station: Buy the tickets at **ALSA** company, to Laredo. The cost is approximately 3,64 euros. Please consult the time schedules on the website.

Step 3: Laredo Bus Station to Ramales de la Victoria: Buy the tickets at **ALSA** company, to Ramales de la Victoria. The cost is approximately 1,90 euros. Please consult the time schedules on the website.

Step 4. Walk from Ramales de la Victoria Station to Vegacorredor: (2,1 km) in the following direction:



Click here to get the full map:

<https://bit.ly/2I4d1Dz>



FROM **SANTANDER** TO RAMALES DE LA VICTORIA:

PUBLIC TRANSPORT:

B U S



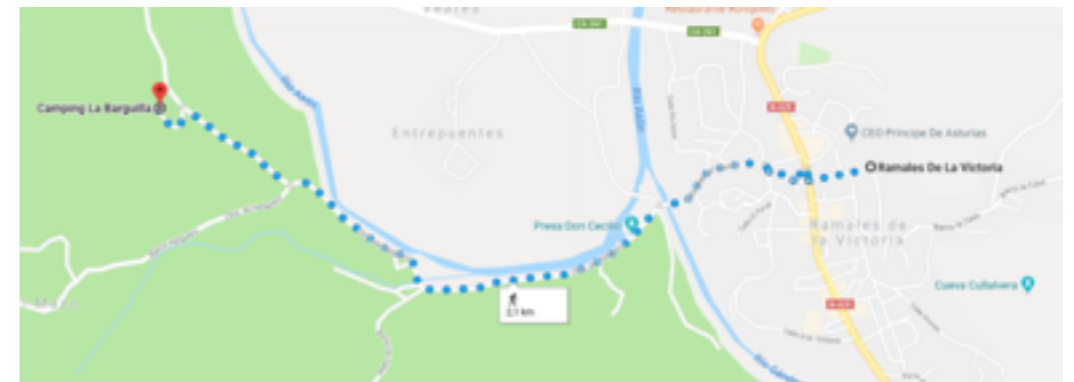
Step 1: Airport to Santander: In order to go to Santander, you have **buses**, every 30 minutes, taking only 10 minutes to the city centre.

Step 2: Santander Bus Station to Laredo Bus Station: Buy the tickets at **ALSA** company, to Laredo. The cost is approximately 2,88 euros. Please consult the time schedules on the website.

Step 3: Laredo Bus Station to Rames de la Victoria: Buy the tickets at **ALSA** company, to Rames de la Victoria. The cost is approximately 1,90 euros. Please consult the time schedules on the website.

Step 4: Walk from Rames de la Victoria Station to Vegacorredor: (2,1 km) in the following direction:

[Barrio Vegacorredor, S/N, 39800](#)
[Ramales de la Victoria, Cantabria, Spain.](#)



Click here to get the full map:

<https://bit.ly/2I4d1Dz>



PUBLIC TRANSPORT:

T R A I N

Step 1: Airport to Santander: In order to go to Santander, you have **buses**, every 30 minutes, taking only 10 minutes to the city center.

Step 2: Santander Train Station to Gibaja Train Station: Buy the tickets at **Renfe** company, to Gibaja. The cost is approximately 4,05 euros. Please consult the time schedules on the website.

Step 3: Take a taxi to:
Barrio Vegacorredor, S/N, 39800 Ramales de la Victoria, Cantabria, Spain.

DEPARTURE	DESTINATION	DEPARTURE TIME	ARRIVAL TIME
Santander	Gibaja	7:58	9:26
Santander	Gibaja	14:00	15:32
Santander	Gibaja	19:00	20:26

PRIVATE TRANSPORT

T A X I

The taxi option will only be available for special timing, such as late at night or very early in the morning. Its price is around 120 euros per taxi.



PERMACULTURA CAN MANAGE YOUR TRANSPORTATION

Permacultura Cantabria can also manage your transportation from Bilbao and Santander to reach the venue (round trip).

Once all the participants have filled in the application form, we will be able to see all participants' flights details. With this, we will make groups according to your time and place of arrival so that one car can take you to the venue.

We will contact you and let you know the spots where we can pick you up.

permaculturacantabria@gmail.com



APPLICATION FORM

Please, make sure you have filled it in.

EXPENSES REIMBURSEMENT

REIMBURSEMENT POLICIES

Erasmus + makes us keep all the invoices, flight tickets and boarding passes for a correct Financial Reporting of the activities.

We also have to duly justify all payments done from our bank account for accounting purposes.

For these reasons, you need to comply some requirements and conditions before we reimburse your expenses.

Coming to the activity or starting using the Funds of this activity means that you accept these conditions and requirements.

You need to attend to all the activities of the course to get the refund.



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of the European Union

REQUIREMENTS AND CONDITIONS

For the project '**Breaking the Silence- Fight Against Violence and Abuse Women** (2018-1-HU01-KA204-047751).

Erasmus+ has authorised the following budget:

Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
HUNGARY	5	275 €
ROMANIA	5	360 €
ITALY	5	275 €
POLAND	5	360 €
SPAIN	5	20 €

To get all the expenses reimbursement it is necessary to follow the next points during all the activities:

- ▶ **You need to attend to all the activities** of the training course to get the refund.
- ▶ **The consumption of alcohol or drugs is not allowed**, nor in Permacultura Cantabria facilities, but neither during the outdoor activities such as cultural visits.
- ▶ **Discriminatory behaviours are totally prohibited.** So racist, sexist or other kind of disrespectful behaviours (against the identity of a person or a social group) will not be tolerated during the activities.



SEND BACK YOUR TICKETS

Please, **contact your sending organisation** to provide you information regarding the transportation tickets and reimbursement details:

ANTHROPOLIS ASSOCIATION (HUNGARY)
anthropolis.iroda@gmail.com

ASOCIAȚIA DE TINERI DIN ARDEA (ROMANIA)
office.ata@gmail.com

ASSOCIAZIONE AGRADO (ITALY)
info@associazioneagrado.com

YOUTH - ACTIVE WOMAN ASSOCIATION (POLAND):
youth.awa@gmail.com

PERMACULTURA CANTABRIA (SPAIN):
permaculturacantabria@gmail.com



BOARDING PASSES, FLIGHT TICKETS AND OTHER TRAVEL INVOICES:

These documents will be required during the training course: each organisation should keep the flight tickets and boarding passes for the correct justification of the project.

I N D E X

**PERMACULTURA
CANTABRIA'S
FACILITIES**



FACILITIES

WHERE WE ARE?

The course will take place at

Permacultura Cantabria's facilities:

Barrio Vegacorredor, S/N, 39800 Ramales de la Victoria, Cantabria, Spain

It is located in **Ramales de la Victoria**, with:

1. Lunch room
2. Classroom
3. Apartments
4. Green Areas

4 person per each apartment.

Each apartment has 2 double rooms, so they are ready for 4 people.

It also has a private bathroom.

The maximum capacity of the facilities is 80 people.



REMINDER:

Remember that our facilities are currently temporary and are not based on permaculture.

More info in 'ABOUT US'

FACILITIES



FACILITIES

I N D E X



IMPORTANT THINGS TO TAKE

PERSONAL DOCUMENTS

PASSPORT

To enter Spain, you need a **valid identity document** (passport or identity card).

VISA

Whether you need a Visa for entry depends on your nationality. **Citizens of EU and EFTA countries do not need a Visa.**

If you need a Visa, make sure you apply for it immediately because it can take a long time. **If you need an invitation or confirmation letter from Permacultura Cantabria, please let us know.**



INSURANCE:

As a member of the European Union, Spain has agreements for the recognition of insurance systems. Those who possess a **European insurance card** should therefore be covered for illness and accidents in the same way as they are in their country, so please bring this card with you.

In any case, please remember that health insurance as well as travel insurance is your responsibility, we assume no liability knowing that EU health card is enough. So, do not forget to **check & bring your insurance card with you!**

How to issue it?

Click here:

<http://ec.europa.eu/social/main.jsp?catId=559>



CURRENCY

The currency in Spain is the **Euro**. You will need to bring money only if you need something for the travel or if you want to buy personal things (like presents for your family or if you wish to go out).



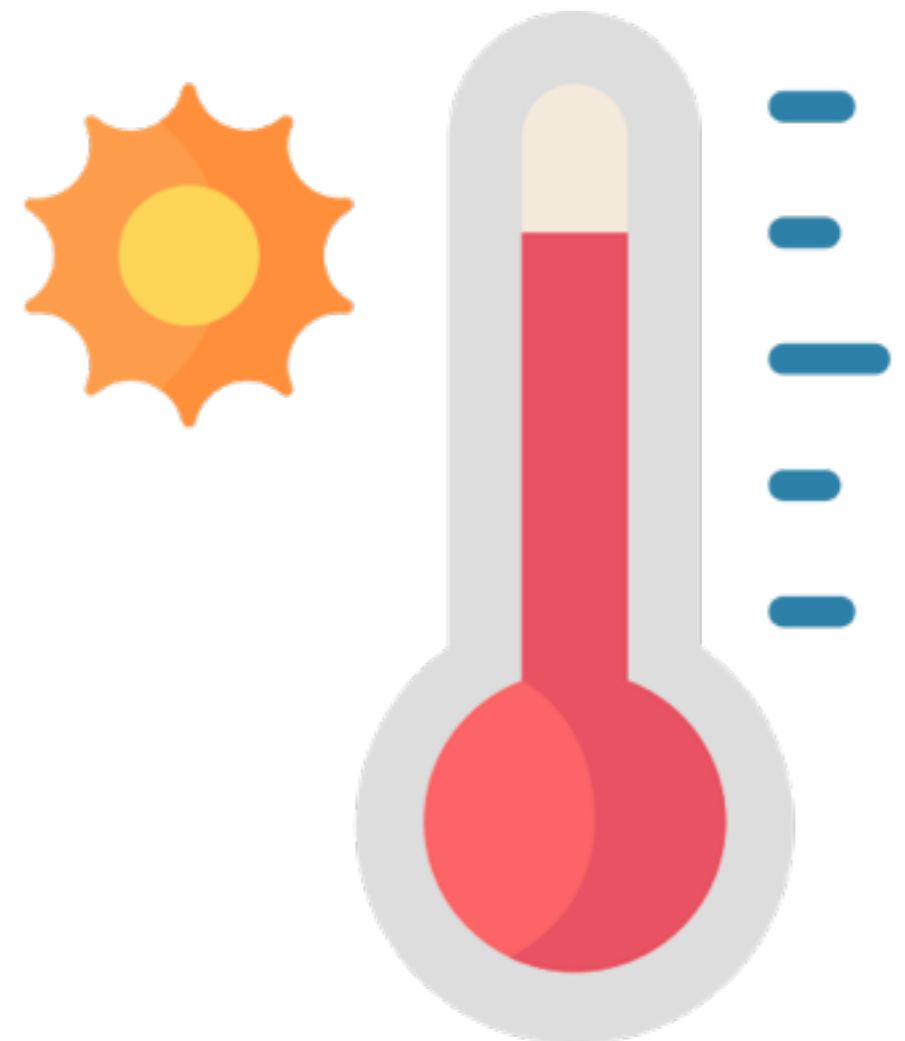
WEATHER

The weather might change from one day to another.

If the weather permits, we will go to a walking tour in the mountains during the free time.

If you just want to **check the forecast before coming**, please click on the following link:

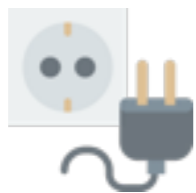
<http://www.aemet.es/es/eltiempo/prediccion/municipios/ramales-de-la-victoria-id39057>



THINGS FOR THE SUITCASE



CLOTHES FOR COLD WEATHER AND RAIN



PLUGS

(Plugs in Spain are the most common in Europe.)

They are: V230 - 50Hz)



PERSONAL HYGIENE PRODUCTS



TOWEL IS NOT REQUIRED

CLOTHES FOR HOT WEATHER



PLUGS IN SPAIN



MULTICULTURAL ACTIVITIES

Please **bring something** you would like to share with us **from your country**.

E.g.:

FOOD

STORIES

MUSIC

CRAFTS

PICTURES

GAMES

...



Places to visit in Cantabria

The area is only a little over 5,000 km², but it really has it all. Whether you´re a nature lover, culture fan, sport enthusiast or a foodie, you´ll find your niche here.

Cantabria displays a surprising range of landscapes: coasts, marked by cliffs and beaches, always green valleys and the mountain range with the famous Peaks of Europe. Surfing and mountain climbing are among the most popular activities around here.

[Video about Cantabria](#)

CAVES: Cantabria's underground paradise

Beneath its beautiful mountains and meadows, Cantabria hides a priceless underground treasure. It is a mysterious world of extreme beauty, packed with art, fanciful shapes, faint lights and shadows, and resonating sounds: a huge network of fascinating caves and caverns.

Mountains

There are many mountains around Cantabria. Get immersed in them and contemplate the beautiful landscapes.



I N D E X



Pasiegan Valleys

A scenic view of a coastline with turquoise water, white cliffs, and a town in the background. The water is a vibrant turquoise color, and the cliffs are white and layered. In the background, a town with buildings and a church spire is visible on a hillside. The sky is blue with some white clouds.

Places to visit in Santander



Santander's beaches



Sardinero



Boat trip from Santander to Somo

<https://www.losreginas.com>



Paseo Pereda



Magdalena's Palace

AT LAST BUT NOT LEAST...

Bring good vibes and your best smile!



