

**INFOPACK**

# Join the circle With Erasmus+

(2018-3-PL01-KA205-061049)



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



medeina





# INDEX

**ABOUT US**

**PROJECT SUMMARY**

**COURSE PROGRAMME**

**APPLICATION AND DOCUMENTS REQUIRED**

**TRANSPORT** (And COVID-19 RELEVANT INFORMATION)

**EXPENSES REIMBURSEMENT**

**FACILITIES**

**IMPORTANT THINGS TO TAKE TO SPAIN**

**PLACES TO VISIT IN CANTABRIA AND SANTANDER**



# ABOUT US

## WHERE WE COME FROM:

**Permacultura Cantabria** was founded in 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 2023**, we will move to another area with more than 6ha where we will place 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 12TH MAY TO 19TH MAY 2020**

This international training is part of the Erasmus+ project: '**Join the circle with Erasmus+**'. It has been designed to comply with one of the goals of the project: To make young people and youth workers acquire **new entrepreneurial skills based on sustainability** through the new methodologies and tools offered during this Training Course, in order to promote **entrepreneurship education and social entrepreneurship** among young people.

The methodology of the course will be a combination between **theoretical participative activities** and the analysis of real case studies, in which the participants will be able to visit local initiatives of entrepreneurship in rural areas of Cantabria while they will attend different workshops about sustainability, entrepreneurship and innovative methods of project design.



**This training in Spain** will bring together participants from each entity, to learn and experiment a participative experience to know more about sustainable entrepreneurship in rural areas.

**THIS TRAINING COURSE WILL  
CONTRIBUTE TO PROVIDE  
YOUTH AND YOUTH WORKERS  
WITH INNOVATIVE TOOLS TO  
PROMOTE SUSTAINABLE  
ENTREPRENEURSHIP.**

## NUMBER OF PARTICIPANTS:

**There will be 30 participants in this activity:**

20 participants from Poland and 10 from Spain.

**In addition,** 12 participants from Macedonia from a course with similar programme, were invited to share the facilities. Therefore participants will have the opportunity to share their best practices and networking with additional foreign trainers during the course.





# COURSE PROGRAMME

## FROM 12TH OF MAY TO 19TH OF MAY 2020

The course will be held from **12th of May (Arrival Date) – 19th of May (Departure Date), 2020** in one of Permacultura Cantabria's facilities based in **Ramales de la Victoria (Cantabria, Spain)**.



### ARRIVAL DATE

**May 12th**, 2020 at 17:00h.

The meet&greet activities will start around 17.

We'll have the dinner at 20.30h




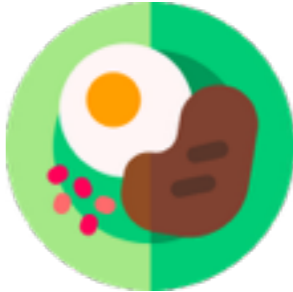



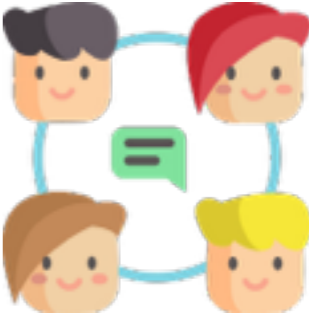


### DEPARTURE DATE:

**May 19th** 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

	ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DEPARTURE
WHEN	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH	SATURDAY 16TH	SUNDAY 17TH	MONDAY 18TH	TUESDAY 19TH
8:30-9:15	ARRIVAL	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30		Welcome	Sustainability	<b>Proder:</b> Local strategic actions of Regional Development	Design methods for sustainable projects	Visit to Santoña Nature Reserve Museum	Erasmus+ Workshop	DEPARTURE
11:30-12:00		BREAK	BREAK	BREAK	BREAK	BREAK		
12:00-13:30		Presentations and intro to field visits	Introduction to Circular Economy	Visit to Sobaos Joselin	Design methods for sustainable projects	Visit to Santoña Anchovies Museum	Presentations	
13:30-15:00		LUNCH	LUNCH	PACKED LUNCH	LUNCH	PACKED LUNCH		
15:00-17:00		Discover Ramales	Team building	Eco cheesemakers La Jarradilla - Alpaca Farm	Research groups	Hike to Mount Buciero	Teamwork to analyse learning process and reflections	
17:00-19:30		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME		
19:30-20:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION		
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21:00-23:00		Short intro		Intercultural party				

This planning is a general proposal, some activities and visits could change depending on the weather, the availability of companies or other factors.

# 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](mailto:permaculturacantabria@gmail.com)





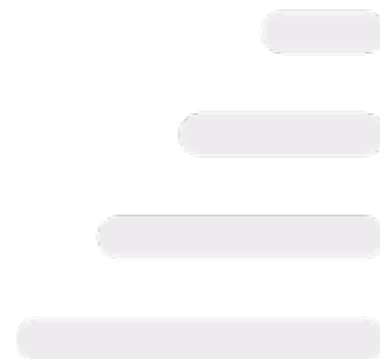
## DOCUMENTS REQUIRED

### 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](mailto:permaculturacantabria@gmail.com)



# WHAT DO I NEED TO PREPARE BEFORE THE COURSE?

## Presentation

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

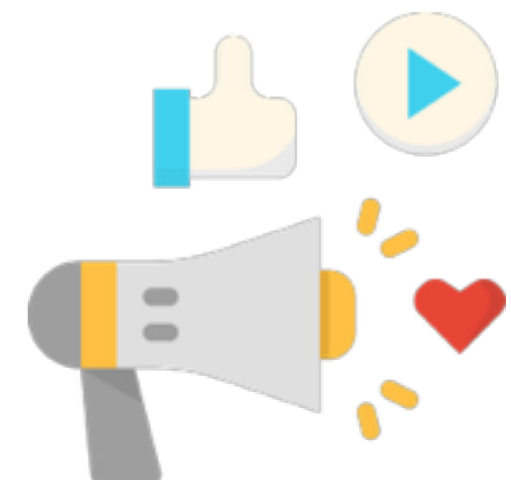
**Please prepare this presentation in advance** and send it to us to:

[permaculturacantabria@gmail.com](mailto: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

## RELEVANT INFORMATION REGARDING COVID19

Due to the CO-VID 19 crisis and the changing situation, Permacultura Cantabria wants to clarify some issues:

- ▶ The situation in our Region, Cantabria, is not so risky as in other Spanish Regions. The number of citizens affected by COVID-19 is very low and still under control. However, our Regional Government can impose travel restrictions, at any moment, in order to prevent a collapse of our health-care system. Therefore, this mobility could be affected.
- ▶ Each sending entity should have a list of participants and a travel/flights proposal ready, **before the 27th of April**. That date, this information must be shared with **Permacultura Cantabria**, who will determine, then, after consulting the authorities' recommendations, **if it is possible or NOT to carry out the mobility and therefore, to proceed with the flights' purchase**.



**Sending entities or participants WILL NOT BUY any flight tickets, before consulting with Permacultura Cantabria and receiving our explicit agreement.**

# 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:

Other 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

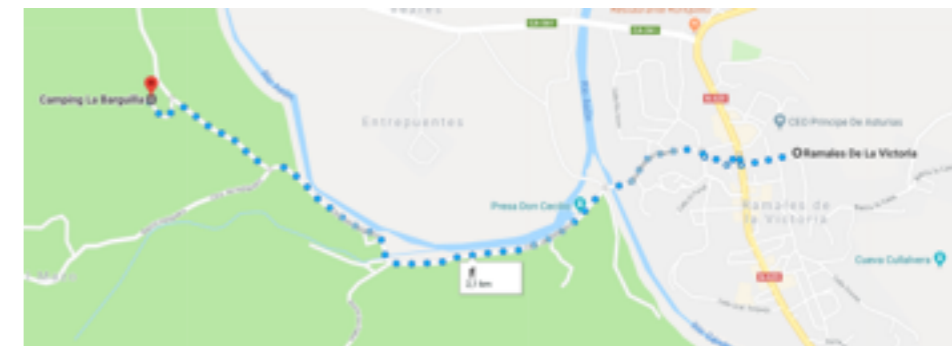
#### BUS

**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**



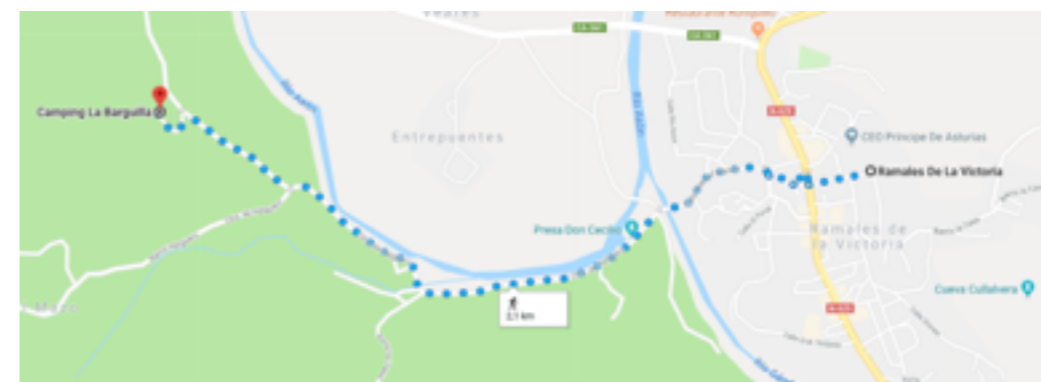
**Step 1:** Airport to Santander: In order to go to Santander, you have **buses**, every 30 minutes, taking only 10 minutes to the city centre.

**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](mailto: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.



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





**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:

- ▶ **POLAND (Medeina):** [medeinafoundation@gmail.com](mailto:medeinafoundation@gmail.com)
- ▶ **SPAIN (Permacultura Cantabria):** [permaculturacantabria@gmail.com](mailto:permaculturacantabria@gmail.com)



### THE SENDING ORGANISATIONS MUST KNOW:

#### **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).



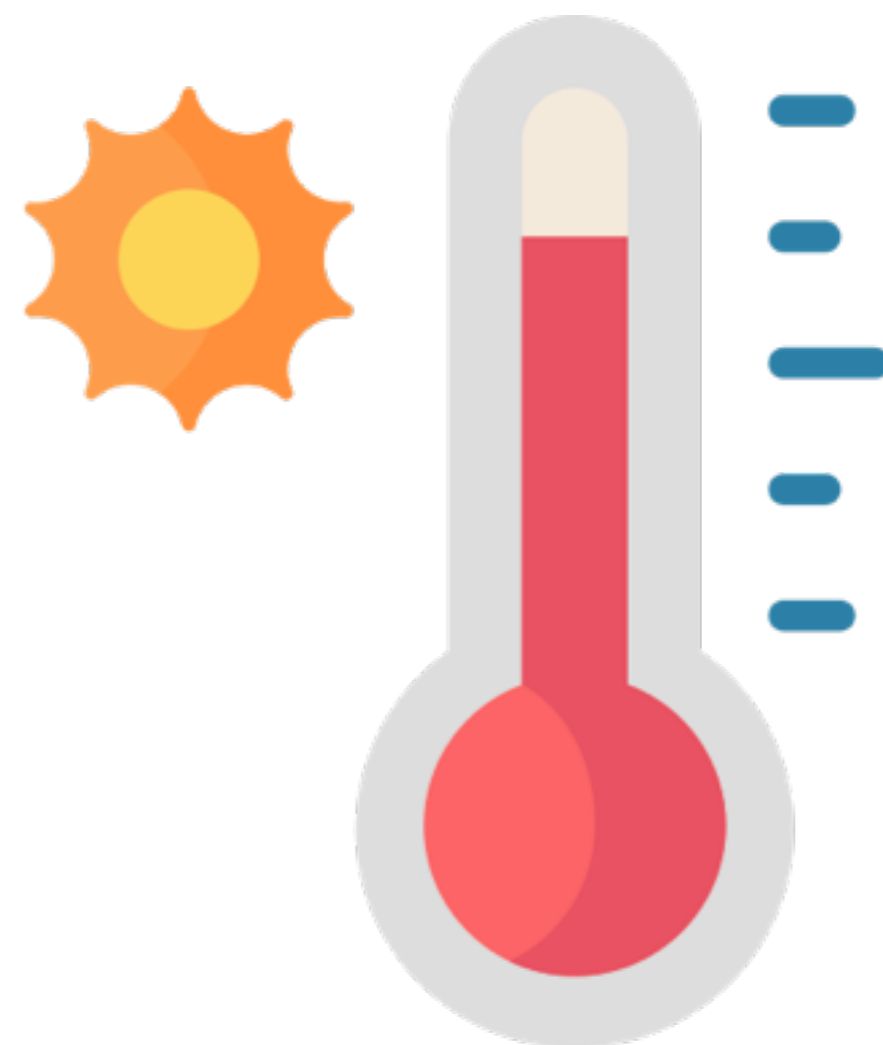
## WEATHER

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>

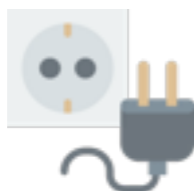




# THINGS FOR THE SUITCASE



**CLOTHES FOR COLD WEATHER AND RAIN**



**PLUGS**

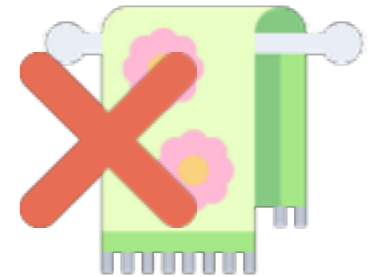
(PLUGS IN SPAIN ARE THE MOST COMMON IN EUROPE. THEY ARE: V230 - 50HZ )



**PLUGS IN SPAIN**



**PERSONAL HYGIENE PRODUCTS**



**TOWEL IS NOT REQUIRED**



**BRING YOUR OWN REUSABLE BOTTLE TO REDUCE PLASTIC WASTE (IF IT IS POSSIBLE)**



**CLOTHES FOR HOT WEATHER**

# 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 km<sup>2</sup>, 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.







# Pasiegan Valleys



A wide-angle landscape photograph of a coastal region. The foreground shows a grassy cliffside with some purple flowers. The middle ground features a bay with vibrant turquoise water, bordered by layered, light-colored cliffs. In the background, a city with various buildings is visible on a hillside under a blue sky with scattered 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!





