



**INFOPACK**

# DANCE

Healthier Lifestyles for Youth

(2020-1-PL01-KA105-079885)



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



cantabria  
perma  
cultura

# I N D E X

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# 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 the 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 22ND TO 29TH OF SEPTEMBER 2020

The main activity of the project '**DANCE- Healthier Lifestyles for Youth (2020-1-PL01-KA105-079885)**' is a 8-day training course targeted to youth workers. It is carried out by Permacultura Cantabria in Cantabria (Spain).

The main objective of the project is to exchange and provide, to our youth workers, a set of tools, knowledges and dynamics, to create healthy and collaborative environments, to prevent depression.

This training course "DANCE- Healthier Lifestyles for Youth" **aims to achieve the objectives below through dance and dancing:**

- ▶ Providing young workers with the tools **to create healthy and collaborative spaces** through dance.
- ▶ Increasing the abilities of youth workers to **promote youth participation in** European and civic activities and sharing dance and movement tools.
- ▶ Building up **ideas that lead to future collaborations**, within the framework of the different key actions of the Erasmus + program.

To achieve the purpose of this training course, we propose to each entity to **select youth workers who meet the following requirements:**

1. They should **like dance and dancing.**
2. They are supposed to **lead at least a 2 hour session** to share their dance techniques and skills. (Not essential but highly recommended)
3. Participants must be able to **speak and understand English** to communicate during the Training Course.

**During this activity, there will be a person in charge of logistics, a main facilitator and two experts in contemporary dance. All of them will boost all the areas of exchanging and learning.**

## NUMBER OF PARTICIPANTS:

### There will be 24 participants in this activity 2 per entity:

Participants from Poland (2), Romania (2), Turkey (2), Slovenia (2), Greece (2), Italy (2), Croatia (2), Macedonia (2), Lithuania (2), UK (2), Spain (4) will be part of this training course.

**In addition**, 22 participants from Portugal, Turkey, Romania, Poland, Croatia, Slovenia, Bulgaria, Macedonia, Greece, Lithuania, UK and Spain 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 22ND TO 29TH OF SEPTEMBER 2020

The course will be held from **22nd of September (Arrival Date) – 29th of September (Departure Date), 2020** in one of Permacultura Cantabria's facilities based in **Ramales de la Victoria (Cantabria, Spain)**.



### ARRIVAL DATE

**September 22nd, 2020** at 17:00h.

The meet&greet activities will start around 17.

We'll have the dinner at 20.30h








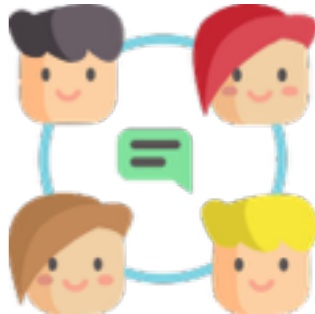


### DEPARTURE DATE:

**September 29th** 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

WHEN	TUESDAY 22ND	WEDNESDAY 23TH	THURSDAY 24TH	FRIDAY 25TH	SATURDAY 26TH	SUNDAY 27TH	MONDAY 28TH	TUESDAY 29TH	
8:30-9:15	Arrival	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:30-11:30		Welcome	Dance Tools 1	Dance Tools 3	Dance Tools 5	Erasmus+ projects (K1, K2, K3) & Future Collaborations	Dance Tools 7	Departure	
11:30-12:00		BREAK	BREAK	BREAK	BREAK	BREAK	BREAK		
12:00-13:30		Presentations	Dance Tools 2	Dance Tools 4	Dance Tools 6	Erasmus+ EYE (Erasmus Entrepreneurs)	Dance Tools 8		
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
15:00-17:00		Project overview + Short intro	Discovering Ramales	Group Choreography Work	Group Choreography Work	Group Choreography Work	Hike to Faro del Caballo (weather dependent)		Group Choreography Work + Wrap up
17:00-19:30				Group Choreography Work		Group Choreography Work + Wrap up			
19:30-20:00				EVALUATION		EVALUATION			EVALUATION
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER		DINNER
21:00-23:00		Social activity	Intercultural party						Farewell party

This planning is a general proposal, some activities and visits could change depending on the weather 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)



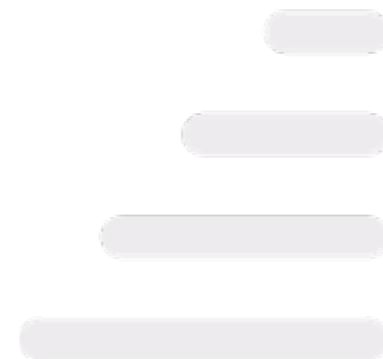
## DOCUMENTS REQUIRED

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

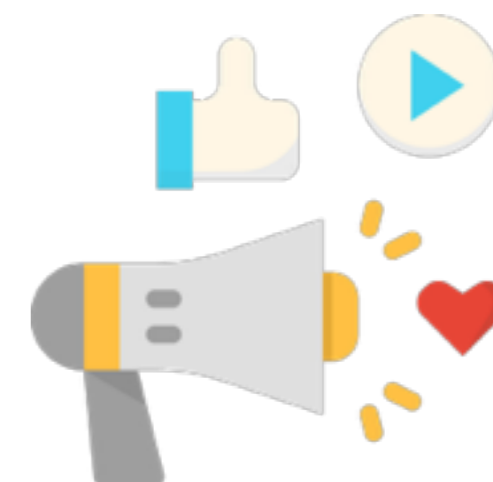
**Please prepare this presentation in advance** and send it to us to:

[permaculturacantabria@gmail.com](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 Permacultura Cantabria wants to clarify some issues:**

- ▶ In the current situation, traveling to Spain and especially to our Region, Cantabria, is totally safe. In Cantabria, there are no travel restrictions and mobilities can be carried out normally. Only the use of personal mask and hand sanitizer gel (Hydroalcoholic gel) is required. Therefore, this activity can be developed in safe conditions.
- ▶ However, if the international situation changes, any travel restrictions could be implemented and could affect this mobility. For this reason, it is necessary to **contact Permacultura Cantabria before buying any flight tickets or travel reservations.**
- ▶ Each sending entity should have a **list of participants and a travel/flights proposal ready, before the 22nd of August (one month before the course start).** That date, this information must be shared with **Permacultura Cantabria, who will confirm the mobility can be carried out.** Only then, the flight's purchase can be made.

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

## DEADLINE FOR SENDING DOCUMENTS

**August 28th is the deadline to submit the documentation detailed below:**

- ▶ Participants list from each Partner Organization. Participants on the list should be also registered through the application form.
- ▶ Scanned copy of the flight tickets and ID / passport's participants.

**Documents have to be uploaded to a shared folder in which partner organisations can collect all documents:**

[Go to the folder](#)



## IMPORTANT

Only full set of documents of Participants will be a confirmation of Participants involved in the course.



# 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

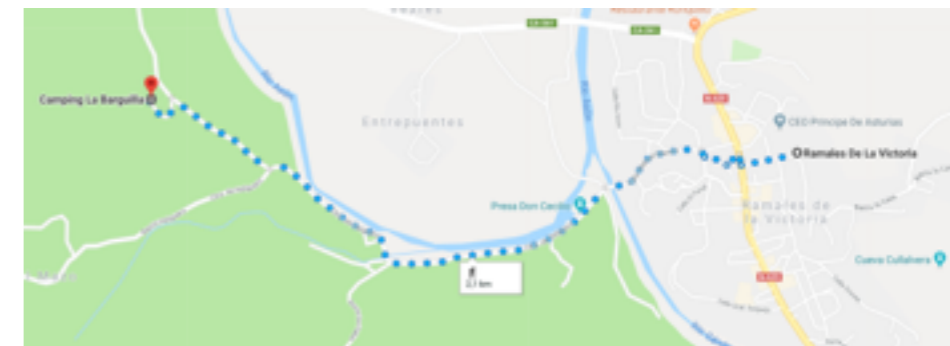
#### BUS

**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:

#### BUS



**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.

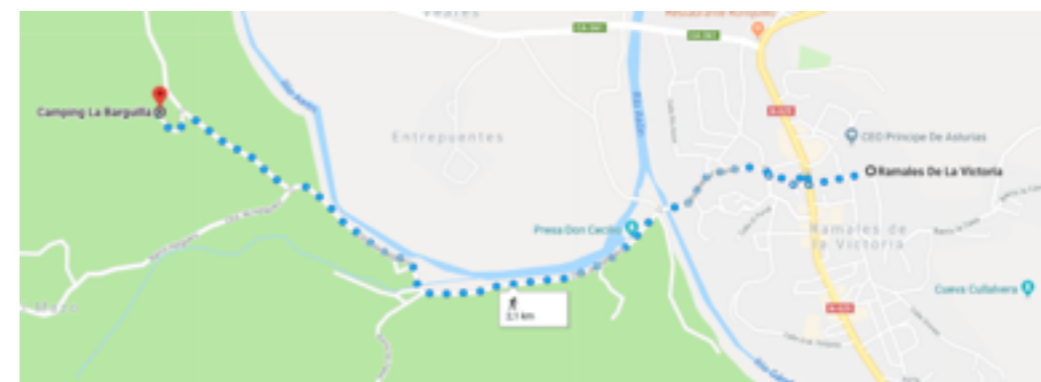
**Step 2:** Santander Bus Station to Laredo Bus Station: Buy the tickets at **ALSA** company, to Laredo. The cost is approximately 2,88 euros. Please consult the time schedules on the website.

**Step 3:** Laredo Bus Station to 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:

**[Barrio Vegacorredor, S/N, 39800](#)**

**[Ramales de la Victoria, Cantabria, Spain.](#)**



**Click here to get the full map:**

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



## PUBLIC TRANSPORT:

### TRAIN

**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

### TAXI

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.



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## REQUIREMENTS AND CONDITIONS

For the project 'DANCE- Healthier Lifestyles for Youth (2020-1-PL01-KA105-079885)'.

Erasmus+ has authorised the following budget:

### Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT (Maximum quantity)
POLAND	2	275 €
ROMANIA	2	360 €
TURKEY	2	360 €
SLOVENIA	2	275 €
GREECE	2	360 €
ITALY	2	275 €
CROATIA	2	275 €
MACEDONIA	2	360 €
LITHUANIA	2	360 €
UK	2	275 €
SPAIN	4	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 entity** to provide you information regarding the transportation tickets and reimbursement details:

- ▶ ACTIVE WOMEN ASSOCIATION (POLAND) - [EDUPROJECT.SAK@GMAIL.COM](mailto:EDUPROJECT.SAK@GMAIL.COM)
- ▶ EURO EDUCATION FEDERATION (ROMANIA) - [EURO.MUSIC.DANCE@GMAIL.COM](mailto:EURO.MUSIC.DANCE@GMAIL.COM)
- ▶ SAREM (TURKEY) - [ERASMUSYOUTHPROJECT@HOTMAIL.COM](mailto:ERASMUSYOUTHPROJECT@HOTMAIL.COM)
- ▶ AKADEMIJA ZA RAZVOJ MLADIH (SLOVENIA) - [LEARDANI@YOUTHMODERN.ORG](mailto:LEARDANI@YOUTHMODERN.ORG)
- ▶ BE VISIBLE BE YOU (GREECE) - [BEVISIBLEBEYOU@GMAIL.COM](mailto:BEVISIBLEBEYOU@GMAIL.COM)
- ▶ ORIEL ETS (ITALY) - [SILLIAN.FERRARI@GMAIL.COM](mailto:SILLIAN.FERRARI@GMAIL.COM)
- ▶ MERAKEI (CROATIA) - [NGO.MERAKEI@GMAIL.COM](mailto:NGO.MERAKEI@GMAIL.COM)
- ▶ YOUTH ASSOCIATION INFO FRONT - PRILEP (MACEDONIA) - [INFOFRONTPRILEP@GMAIL.COM](mailto:INFOFRONTPRILEP@GMAIL.COM)
- ▶ VSI "UMUNTHU" (LITHUANIA) - [UMUNTHUPROJECTS@GMAIL.COM](mailto:UMUNTHUPROJECTS@GMAIL.COM)
- ▶ CREATIVITY WORKS PRESTON (UK) - [STEVE@CREATIVITYWORKSPRESTON.ORG.UK](mailto:STEVE@CREATIVITYWORKSPRESTON.ORG.UK)
- ▶ PASOS (SPAIN) - [ONGPASOS@GMAIL.COM](mailto:ONGPASOS@GMAIL.COM)
- ▶ PERMACULTURA CANTABRIA (SPAIN) - [PERMACULTURACANTABRIA@GMAIL.COM](mailto: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).



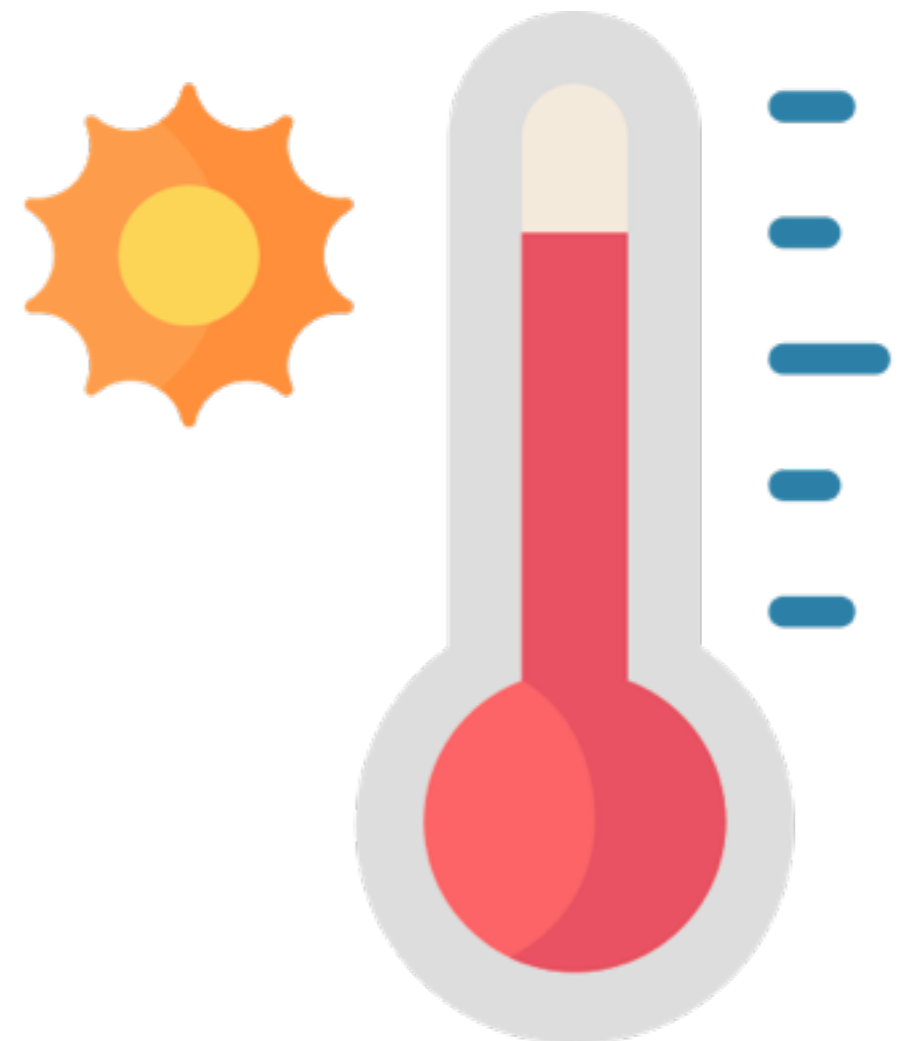
## WEATHER

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>

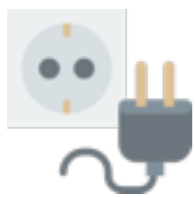




# THINGS FOR THE SUITCASE



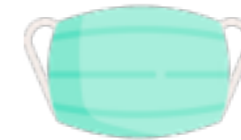
**CLOTHES FOR COLD WEATHER AND RAIN**



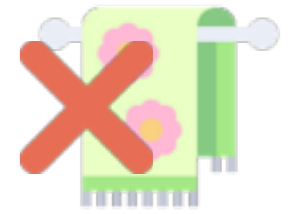
## PLUGS

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

## PLUGS IN SPAIN



**PERSONAL MASK**



**TOWEL IS NOT REQUIRED**



**PERSONAL HYGIENE PRODUCTS**



**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.



I N D E X



# Pasiegan Valleys

A scenic view of a coastline with turquoise water, white cliffs, and a city in the background. The water is a vibrant turquoise color, and the cliffs are white and layered. In the background, a city is visible on a hillside under a blue sky with 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!





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