

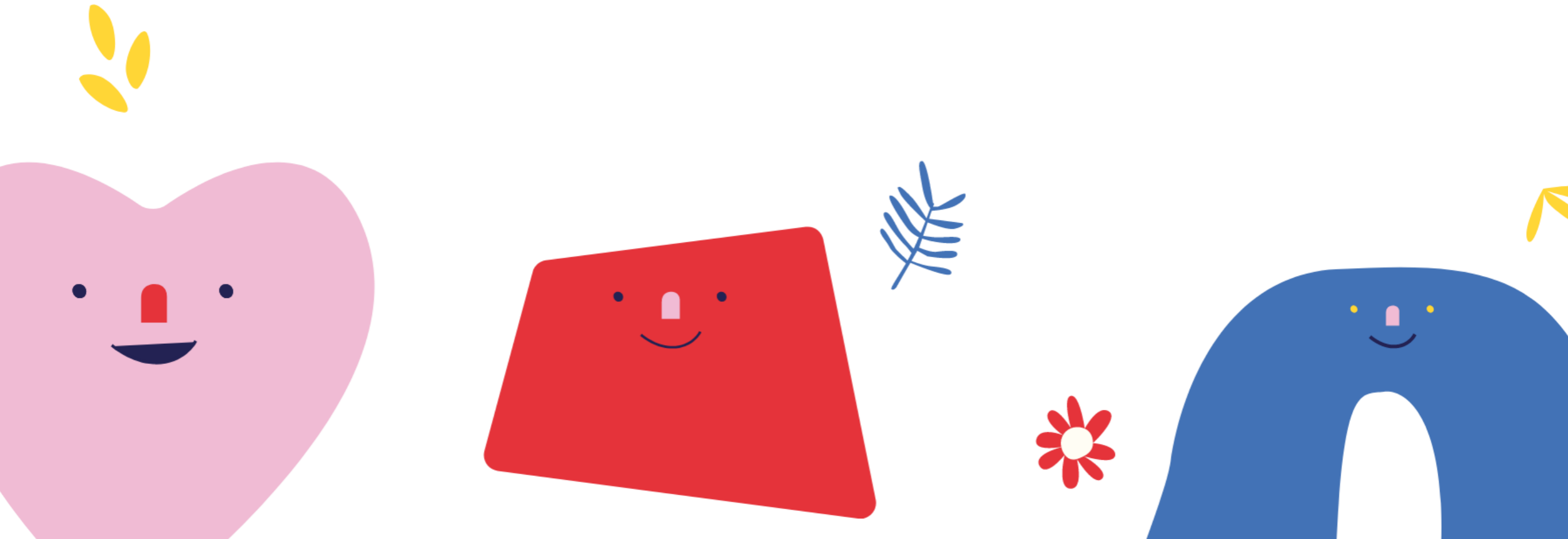


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2020-1-FR02-KA105-017339



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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 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 NOVEMBER 8TH TO NOVEMBER 15TH 2021

The needs we want to address with this training are:

1. To learn a new technique for the design of creative, collaborative and sustainable projects, which will improve the quality of our projects.
2. To acquire new tools to improve the employability, participation and motivation of the young people with whom we work, especially those at disadvantaged situations.
3. To provide strategic vision to our youth workers and trainers, so that they can contribute to improve our organisations.

The main activity of the project is a Dragon Dreaming training course which duration will be 7 days. Each entity will select participants such as youth workers, trainers and other staff involved in the strategic development, through an open and public process who are interested to attend the course. We want to carry out this project because we think that the Dragon Dreaming method is a very useful and comprehensive tool for individuals and entities, to transform their dreams, into successful, realistic and sustainable projects, with which they can also help or inspire other young people.



Dragon Dreaming method supports managing projects of any kind, focusing on deep engagement of every member. It offers methods for the realisation of creative, collaborative and sustainable projects and organisations.

The method integrates holistic aspects which have long been ignored, separated or divided in our culture: our right and left brain hemispheres, logic and intuition, individual and environment, theory and practice, thought and action, work and play, success and failure.

DRAGON DREAMING IS BASED ON LIBERALISING COLLECTIVE INTELLIGENCE, CREATIVITY, COOPERATION AND THE SLEEPING POWER WITHIN OURSELVES AND INHERENT IN OUR COMMUNITIES.





THIS TRAINING COURSE IS BUILT ON EXPERIENTIAL LEARNING AND PARTICIPANTS WILL EXPLORE AND LEARN HOW THEY CAN USE THE METHOD IN THEIR ORGANISATIONS, COMMUNITIES AND FUTURE WORK FOR DEVELOPING SUSTAINABLE LONG LASTING PROJECT.

NUMBER OF PARTICIPANTS:

There will be 26 participants in this activity (2 per entity):

2 participants from **BIGBOSS PROJECT (France)**, 2 participants from **ACTIVE WOMEN ASSOCIATION (Poland)**, 2 participants from **ORIEL (Italy)**, 2 participants from **Creativity Works Preston (UK)**, 2 participants from **Active Youth Association (Lithuania)**, 2 participants from **Association Strive! (Croatia)**, 2 participants from **Novo kulturno naselje -NKN- (Serbia)**, 2 participants from **NGO Youth Club Active (Estonia)**, 2 participants from **JASMA (Latvia)**, 2 participants from **BE INTERNATIONAL (Czech Republic)**, 2 participants from **Asociatia EXPLORATOR (Romania)**, 2 participants from **PASOS (Spain)** and 2 participants from **Permacultura Cantabria (Spain)**.



COURSE PROGRAMME

FROM NOVEMBER 8TH TO NOVEMBER 15TH 2021

The course will be held from **November 8th (Arrival Date) – November 14th (Departure Date), 2021** in one of Permacultura Cantabria's facilities based **in Ramales de la Victoria (Cantabria, Spain)**.



ARRIVAL DATE

November 8th at 17.00h.

We'll have the dinner at 20.30h



DEPARTURE DATE:

November 15th 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

WHEN	MONDAY 8 th	TUESDAY 9 th	WEDNESDAY 10 th	THURSDAY 11 th	FRIDAY 12 th	SATURDAY 13 th	SUNDAY 14 th	MONDAY 15 th	
8:30-9:15		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:30-11:30		Presentation Dynamics	Dragon Dreaming Wheel	Communication (our strengths and weaknesses)	Project planning 2	TICs Youth Workers	Roles and participatory leadership		
11:30-12:00	T R A V E L D A Y	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK		
12:00-13:30		Exchange of good practices	Project Design	Building Teams	EU + Projects	Communication (Things we can do to change the world)	Facilitation	D E P A R T U R E	
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
15:00-17:00		History, Culture & Tools for Dragon Dreaming	Visit/Meeting with local companies	Project planning 1	Visit/Meeting with local companies	Action Phase Theory	Visit/Meeting with local companies		
17:00-20:00		ARRIVAL AND SHORT INTRO	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION		FINAL EVALUATION
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER		DINNER
21:00-23:00	SOCIAL ACTIVITY	INTERCULTURAL EVENINGS					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

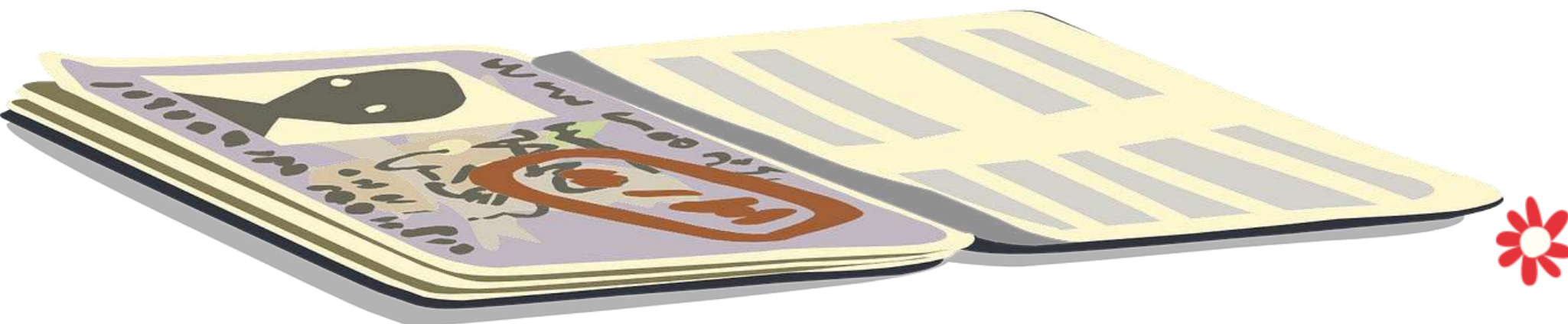
DOCUMENTS REQUIRED

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 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

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.



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 8th of October**. 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 therefor, 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.



To enter Spain, participants should comply with the COVID measures implemented by the Spanish Government (<https://www.spth.gob.es>) such us:

A) To bring the EU Digital COVID Certificate with you. This certificate could be obtained if the traveler:

- 1. Has been vaccinated at least 14 days prior to arrival in Spain.**
- 2. Has recovered from COVID-19 (check the valid period on the website).**
- 3. Has had a diagnostic test, within 48 hours prior to arrival in Spain with negative result.**

B) To fill out a health control form (FCS) and get a Health QR Code that you will have to show (paper or mobile) at the airport health control.

Participants should also accept the COVID protocols implemented by the participating entities, signing a statement of responsibility before traveling.

[Statement of responsibility.](#)

More information on Covid-19 travel restrictions [HERE.](#)



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**

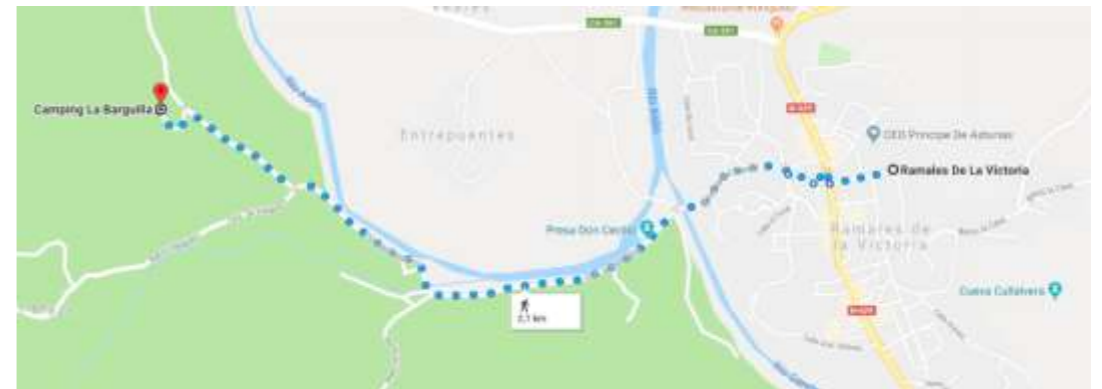
B U S

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.

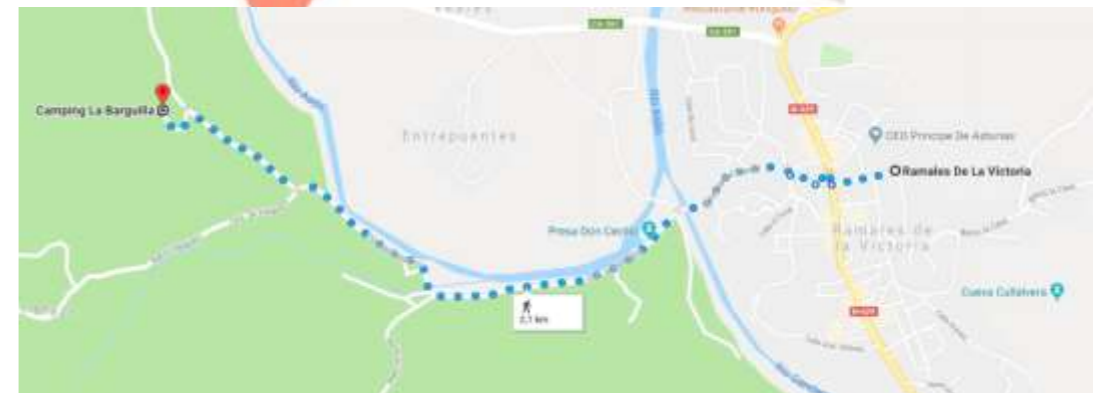
Step 2: Santander Bus Station to Laredo Bus Station: Buy the tickets at [ALSA](#) company, to Laredo. The cost is approximately 2,88 euros. Please consult the time schedules on the website.

Step 3: Laredo Bus Station to 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



The transfer from the airport will be arranged by the sending organisation, and will only be available for groups travelling together, and not for individuals, in order to facilitate the organisation.

Those who travel individually can choose one of the travel options explained above to reach Permacultura Cantabria facilities.

EXPENSES REIMBURSEMENT

REIMBURSEMENT POLICIES

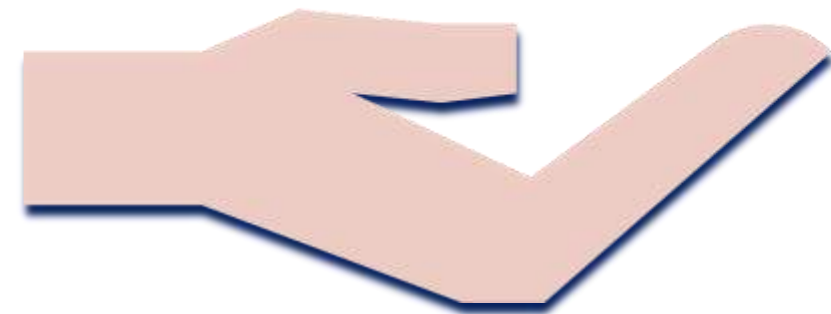
Erasmus + makes us keep all the invoices, flight tickets and boarding passes and **test costs** for a correct Financial Reporting of the activities.

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

Erasmus+ has authorised the following budget:

Travel support			
Entity/Country	Travel per participant	Participants	Total per entity
BIGBOSS PROJECT (France)	275 €	2	550 €
ACTIVE WOMEN ASSOCIATION (Poland)	275 €	2	550 €
ORIEL (Italy)	275 €	2	550 €
Creativity Works Preston (UK)	275 €	2	550 €
Active Youth Association (Lithuania)	360 €	2	720 €
Association Strive! (Croatia)	275 €	2	550 €
Novo kulturno naselje -NKN- (Serbia)	275 €	2	550 €
NGO Youth Club Active (Estonia)	360 €	2	720 €
JASMA (Latvia)	360 €	2	720 €
BE INTERNATIONAL (Czech Republic)	275 €	2	550 €
Asociatia EXPLORATOR (Romania)	360 €	2	720 €
PASOS (Spain)	20 €	2	40 €
Permacultura Cantabria (Spain)	20 €	2	40 €

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 behaviors are totally prohibited.** So racist, sexist or other kind of disrespectful behaviors (against the identity of a person or a social group) will not be tolerated during the activities.



TICKETS PURCHASE/REIMBURSEMENT

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

- **BIGBOSS PROJECT (France):** kohhiba_hh@hotmail.com
- **ACTIVE WOMEN ASSOCIATION (Poland):** youth.awa@gmail.com
- **ORIEL (Italy):** Orielassociation@gmail.com
- **Creativity Works Preston (UK):** steve@creativityworkspreston.org.uk
- **Active Youth Association (Lithuania):** info@activeyouth.lt
- **Association Strive! (Croatia):** youthassociationstrive@gmail.com
- **Novo kulturno naselje -NKN- (Serbia):** mateshat@gmail.com
- **NGO Youth Club Active (Estonia):** info@clubactive.eu
- **JASMA (Latvia):** renka@jasma.lv
- **BE INTERNATIONAL (Czech Republic):** projects@beinternational.cz
- **Asociatia EXPLORATOR (Romania):** ongexplorator@gmail.com
- **PASOS (Spain):** ongpasos@gmail.com
- **Permacultura Cantabria (Spain):** permaculturacantabria@gmail.com



Participants might also require **additional measures** to come back to their country without going into quarantine, such as taking a COVID test before leaving Spain. **The sending entities will provide specific information** on the number and kind of test required, if the tests could be partially or totally covered by the project and the documentation needed to be refunded.

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



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).



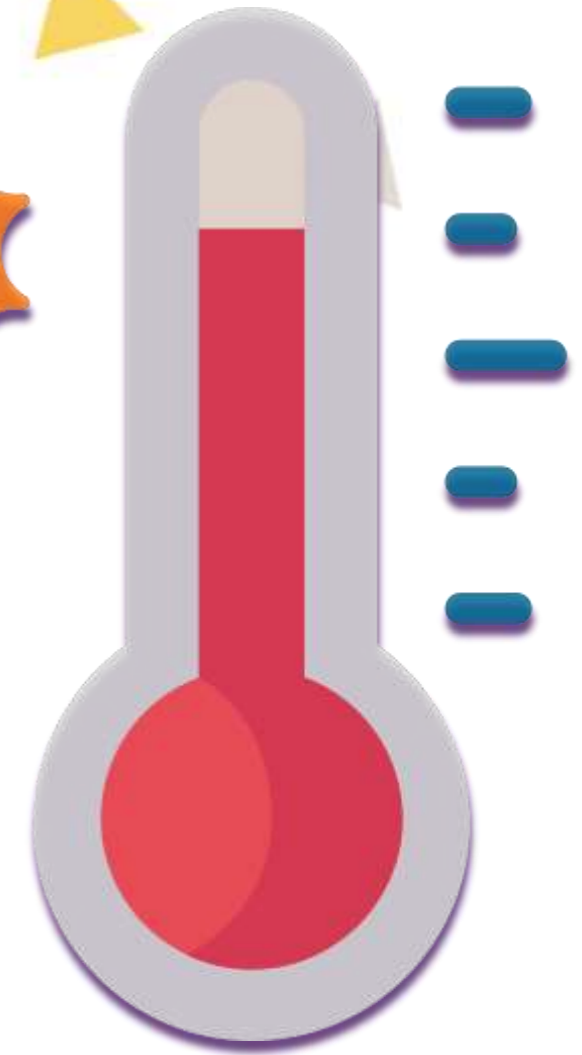
WEATHER

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



PERSONAL HYGIENE PRODUCTS



TOWEL IS NOT REQUIRED



PLUGS

(Plugs in Spain are the most common in Europe.
They are: V230 - 50Hz)

PLUGS IN SPAIN



CLOTHES FOR HOT WEATHER



MULTICULTURAL ACTIVITIES

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

E.g.:

■ **FOOD**

■ **MUSIC**

■ **PICTURES**



■ **STORIES**

■ **CRAFTS**

■ **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





**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

