



INFOPACK

Arising consciousness in Youth about Everyday Sexism

(2019-3-FR02-KA105-016814)



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

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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 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.



FROM 20TH NOVEMBER TO 28TH OF NOVEMBER 2021

This training course is focused on measures addressing the fight against power abuse and gender inequality through emotional management tools.

This main activity of the project '**Arising consciousness in Youth about Everyday Sexism**' is a 8 days long training course targeted to youth workers and it is carried out by Permacultura Cantabria in Cantabria (Spain).

This training course aims to bring into contact youth workers interested in widening their **Emotional Management perspective** in order to acquire new skills to improve their work while dealing with violence and abuse related to everyday sexism and while working with sexism victims.



Through Emotional Management knowledge and methodologies, participants will broaden their capacities and gain new abilities for their daily work with the everyday sexism and to raise awareness in the society about this problem. Therefore, their tools for preventing and counteracting everyday sexism in youth communities will improve and wider significantly

We expect that participants will improve their capacity to identify feelings and emotions, and their ability to manage them, and help others to do so when working with youth with gender perspective. That will lead to an easier communication and a better psychosocial well-being and will also make them multipliers of that knowledge.



NUMBER OF PARTICIPANTS:

There will be 22 participants in this activity, 2 per entity:

Participants from France (2), Greece (2), Croatia (2), Hungary (2), Turkey (2), Latvia (2), Czech Republic (2), Poland (2), Spain (2), Italy (2), Portugal (2) will be part of this training course.

In addition, 12 participants 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 20TH NOVEMBER TO 28TH OF NOVEMBER 2021

The course will be held from **20th of November (Arrival Date)** – **28th of November (Departure Date)**, **2021** in one of Permacultura Cantabria's facilities based in **Ramales de la Victoria (Cantabria, Spain)**.

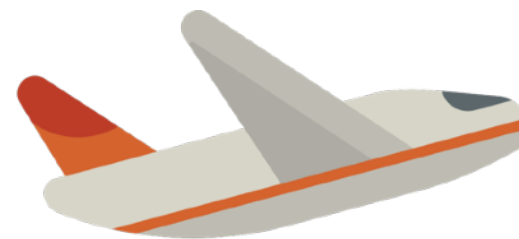


ARRIVAL DATE

November 20th, 2021 at 17:00h.

The meet&greet activities will start around 17.

We'll have the dinner at 20.30h




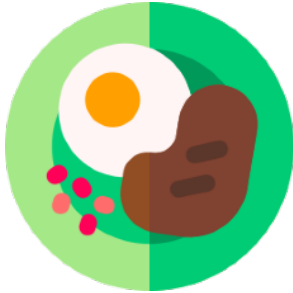



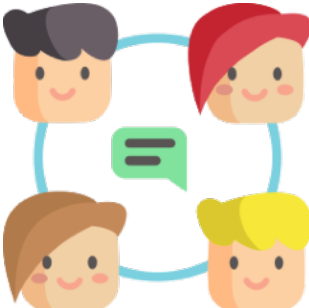


DEPARTURE DATE:

November 28th, 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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WHEN	SATURDAY 20TH ARRIVAL	SUNDAY 21TH WELCOME AND PRESENTATION	MONDAY 22TH INTRODUCTION TO EMOTIONAL MANAGEMENT: Feelings & emotions + tools	TUESDAY 23RD OPPRESSIONS & SOCIAL EXCLUSION + TOOLS	WEDNESDAY 24TH CULTURAL VISIT
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 Cuevas del Castillo (Prehistoric Caves del Castillo)
		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.	Sobaos Joselin - Eco cheesemakers La Jarradilla
AFTERNOON	SHORT INTRO				
	Warm-up Activities				
	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION
	DINNER	DINNER	DINNER	DINNER	DINNER
NIGHTS			INTERCULTURAL NIGHT		GROUP ACTIVITIES

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

	DAY 6	DAY 7	DAY 8	DAY 9
WHEN	THURSDAY 25TH SEXISM/EMOTIONAL MANAGEMENT	FRIDAY 26TH GROUP REFLECTIONS	SATURDAY 27TH CULTURAL VISIT	SUNDAY 28TH
MORNING	BREAKFAST	BREAKFAST	BREAKFAST	Departure DAY
	Tools to learn how to listen and participate in Emotional Management	Visit to Santoña Nature Reserve Museum	Group reflections: Thinking about what we learnt these days and how to communicate and multiply the knowledge acquired to the world	
AFTERNOON	LUNCH	LUNCH	LUNCH	
	Development of Strategic Partnerships for Emotional Management	Visit to Santoña Anchovies Museum + Hike to Mount Buciero	Group feedback & Final evaluation	
	FREE TIME	FREE TIME	FREE TIME	
	EVALUATION	EVALUATION	EVALUATION	
	DINNER	DINNER	DINNER	
	GROUP ACTIVITIES	GROUP ACTIVITIES	FAREWELL PARTY	
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



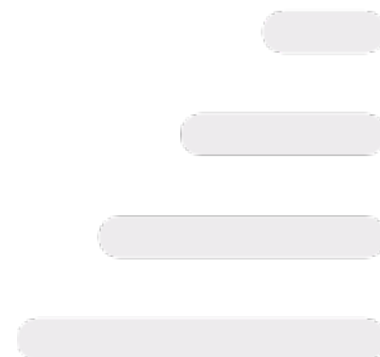
DOCUMENTS REQUIRED

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



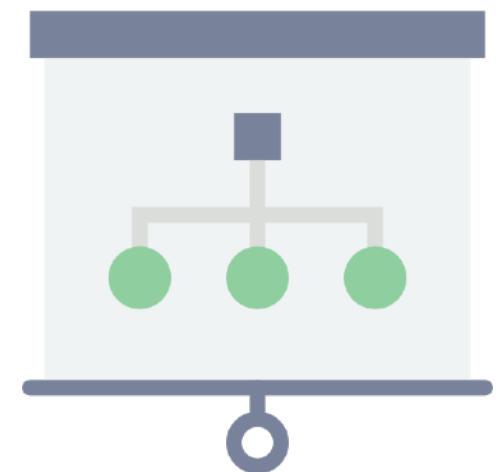
WHAT DO I NEED TO PREPARE BEFORE THE COURSE?

Presentation

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

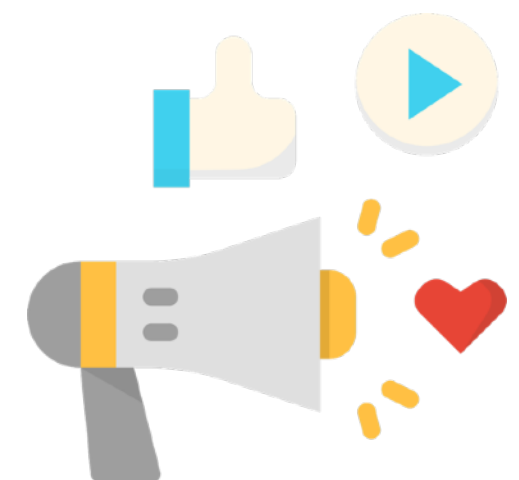
Please prepare this presentation in advance and send it to us to:

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.



RELEVANT INFORMATION REGARDING COVID19

Due to the CO-VID 19 crisis 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 **20th of October** (one month before the course start). 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 agreement.

TO ENTER SPAIN, PARTICIPANTS SHOULD COMPLY WITH THE COVID MEASURES IMPLEMENTED BY THE SPANISH GOVERNMENT ([HTTPS://WWW.SPTH.GOB.ES](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 Rmales de la Victoria, in Permacultura Cantabria's facilities. This village is famous for its prehistoric caves.

Rmales 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 Rmales de la Victoria, Cantabria, Spain.

OTHER OPTION:

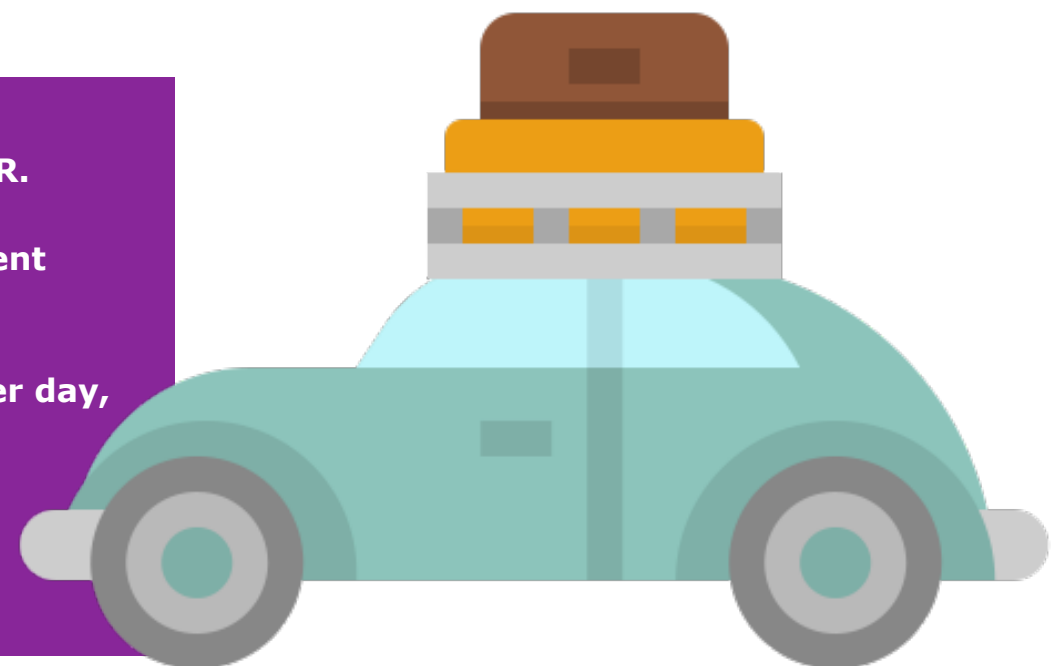
The best and easiest option that has worked for everyone before, is to HIRE A CAR.

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

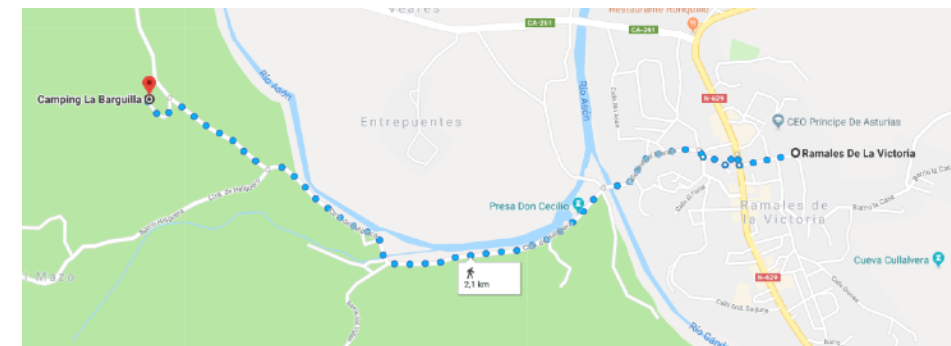
BUS

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



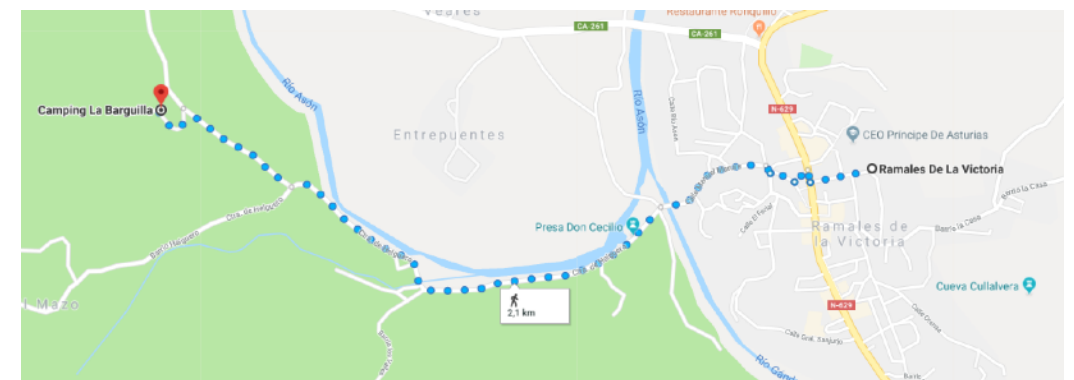
Step 1: Airport to Santander: In order to go to Santander, you have **buses**, every 30 minutes, taking only 10 minutes to the city centre.

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 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](#)
[Rames 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 the sending entity inform us about the travel plan, we will be able to know all participant's 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

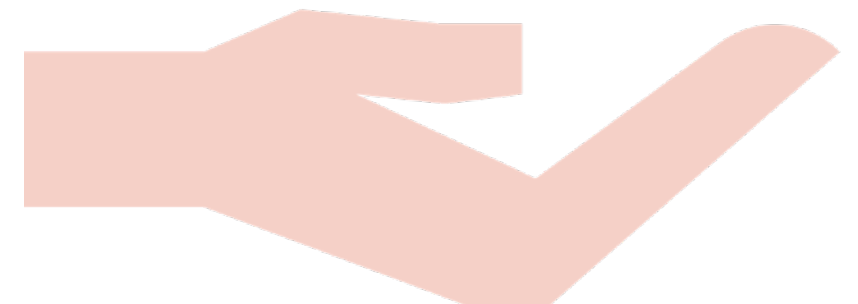
Erasmus + makes us keep all the invoices, flight tickets, boarding passes **and test costs** for a correct Financial Reporting of the activities.

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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of the European Union

REQUIREMENTS AND CONDITIONS

For the project '**Project: Arising consciousness in Youth about Everyday Sexism**' (2019-3-FR02-KA105-016814).

Erasmus+ has authorised the following budget:

Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
FRANCE	2	275 €
GREECE	2	360 €
CROATIA	2	275 €
HUNGARY	2	275 €
TURKEY	2	360 €
LATVIA	2	360 €
CZESCH REPUBLIC	2	275 €
POLAND	2	275 €
SPAIN	2	20 €
ITALY	2	275 €
PORTUGAL	2	275 €



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:

LYDILLE LANG - TRANSCULTURE (FRANCE) LYDIEGUEGAN@YAHOO.FR

UNITED SOCIETIES OF BALKANS (GREECE) INFO@USBNGO.GR

SPORTSKO VOLONTERSKA ORGANIZACIJA NATURALISTA (CROATIA) KRISTIANSERDAR@YAHOO.COM

NOGRAD MEGYEI CIGANY KISEBBSEGI KEPVISELOK ÉS SZOSZLOK SZOVETSEGE (HUNGARY) SZOMSZIL@HU.INTER.NET

GENCLIK CALISMALARI DERNEGI (TURKEY) YOUTHORGTR@GMAIL.COM

CENTRS MARTA (LATVIA) MADARA@MARTA.LV

BE INTERNATIONAL (CZECH REPUBLIC) PROJECTS@BEINTERNATIONAL.CZ

STOWARZYSZENIE AKTYWNE KOBIETY (POLAND) YOUTH.AWA@GMAIL.COM

PERMACULTURA CANTABRIA (SPAIN) PERMACULTURACANTABRIA@GMAIL.COM

HIGH ON LIFE (ITALY) GLOBAL.HIGHONLIFE@GMAIL.COM

AKTO (PORTUGAL) GERAL@AKTO.ORG



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.



THE SENDING ORGANISATIONS MUST KNOW:

BOARDING PASSES, FLIGHT TICKETS AND OTHER TRAVEL INVOICES:

The sending organisations are responsible for submitting to permaculturacantabria@gmail.com all the travel documents (flight tickets and other invoices) before the 3rd of December, 2021.

Boarding passes will be required during the training course 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).



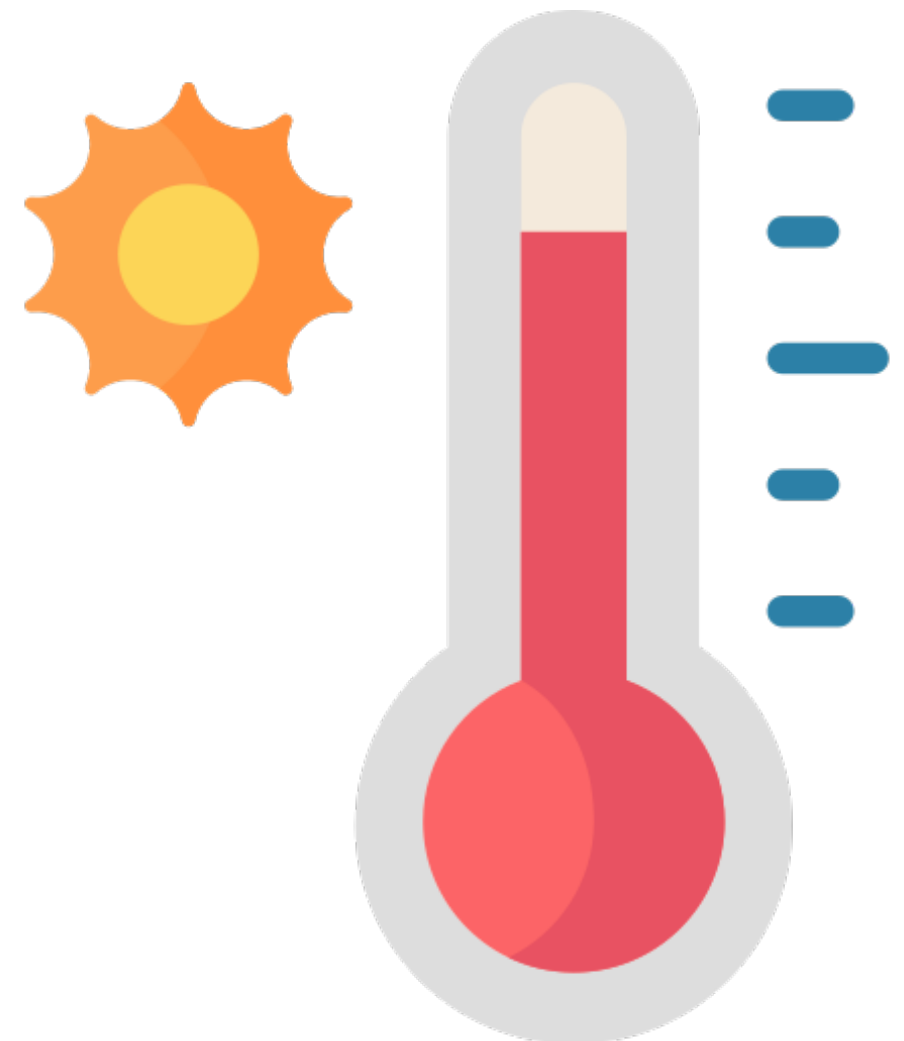
WEATHER

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:

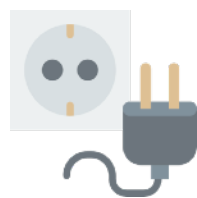
<http://www.aemet.es/es/eltiempo/prediccion/municipios/ramales-de-la-victoria-id39057>



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 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 coastal town, likely Santander, featuring a prominent cliff with a green golf course on top. The water is a vibrant turquoise color, and the town is visible in the background under a blue sky with scattered 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