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Erasmus+ Programme  
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cantabria  
perma  
cultura

# INFOPACK



# Tools for mental health in youth

(2020-1-ES02-KA105-014953)

# INDEX



**ABOUT US**

**PROJECT SUMMARY**

**EXCHANGE 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 Penagos 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



## YOUTH EXCHANGE ACTIVITIES

**This activity is a Youth Exchange** and aims to develop important personal skills for young people through non-formal education, such as improving their communication skills, their level of English, the ability to take decisions, speak loudly or make public presentations, to achieve self-confidence and personal experience.

Besides, another relevant objective is **the strengthening of European links and interconnection among youngsters**. Youth exchanges, allow groups of young people from different countries to meet, live together and work on shared projects for short periods in the context of the European Union.

**Participants, who are the main actors of a Youth Exchange, must be deeply involved during the activities. Therefore, their aptitude should be pro-active and dynamic.**



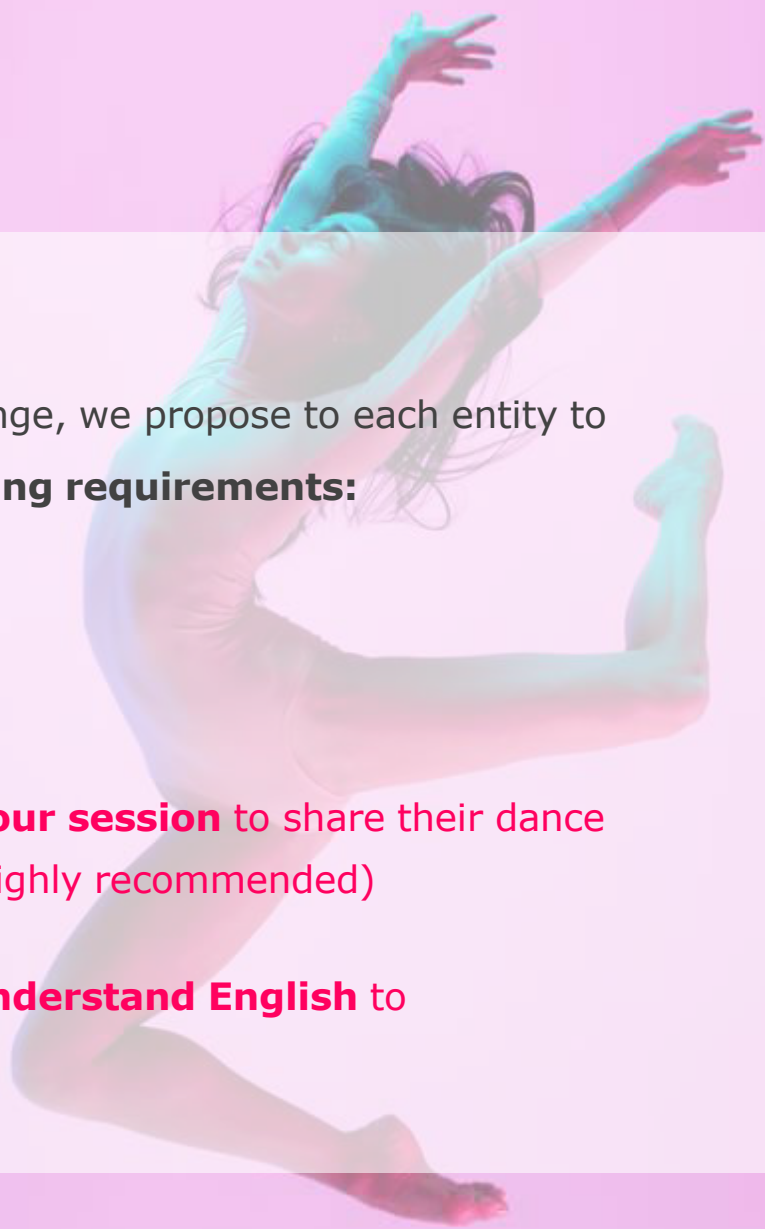
## FROM 10TH TO 17TH OF JANUARY 2022

The main activity of this project is a 7 day-Youth Exchange targeted to people between 18 and 30 years old. It is carried out by Permacultura Cantabria in Cantabria (Spain).

This Youth Exchange '**Tools for mental health in youth**' (2020-1-ES02-KA105-014953) aims to exchange and provide, to our youngsters, a set of tools, knowledges and dynamics, to create healthy and collaborative environments, to prevent depression and addictions.

This Youth Exchange '**Tools for mental health in youth**' (2020-1-ES02-KA105-014953) aims to achieve the **objectives below through dance and dancing:**

- ▶ Providing young people with the tools **to create healthy and collaborative spaces** through dance.
- ▶ Increasing the abilities of youngsters 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 youth exchange, we propose to each entity to **select youngsters 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 Youth Exchange.

**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 42 participants in this activity 7 per entity:**

Participants from Croatia (7), Poland (7), Italy (7), UK (7), Romania (7) and Spain (7) will be part of this activity.

This youth exchange is open to people **between the ages of 18 and 30.**



# EXCHANGE PROGRAMME

**FROM 10TH TO 17TH OF JANUARY 2022**

The activity will be held from **10th of January (Arrival Date)** to **17th of January (Departure Date)**, **2022** in one of Permacultura Cantabria's facilities based in **Penagos (Cantabria, Spain)**.

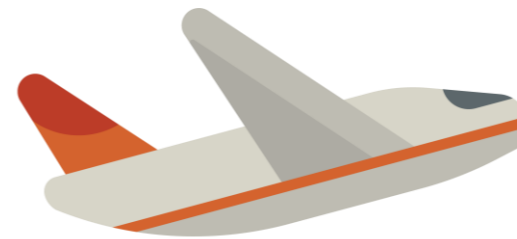


## ARRIVAL DATE

**January 10th**, 2022 at 17:00h.

The meet&greet activities will start around 17.

We'll have the dinner at 20.30h






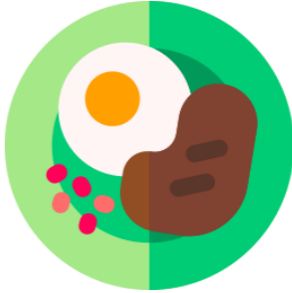



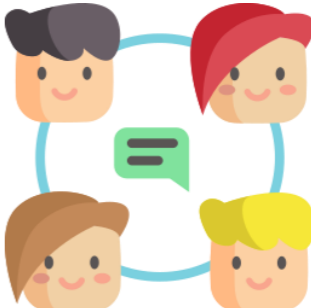
## DEPARTURE DATE

**January 17th** 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

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>DAY 5</b>	<b>DAY 6</b>	<b>DAY 7</b>	<b>DAY 8</b>		
<b>WHEN</b>	<b>MONDAY 10TH</b>	<b>TUESDAY 11TH</b>	<b>WEDNESDAY 12TH</b>	<b>THURSDAY 13TH</b>	<b>FRIDAY 14TH</b>	<b>SATURDAY 15TH</b>	<b>SUNDAY 16TH</b>	<b>MONDAY 17TH</b>		
<b>8:30-9:15</b>	<b>Arrival</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>		
<b>9:30-11:30</b>		<b>Welcome</b>	<b>Dance Tools 1</b>	<b>Dance Tools 3</b>	<b>Dance Tools 5</b>	<b>Erasmus+ projects (K1, K2, K3) &amp; Future Collaborations</b>	<b>Dance Tools 7</b>	<b>Departure</b>		
<b>11:30-12:00</b>		<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>	<b>BREAK</b>			
<b>12:00-13:30</b>		<b>Presentations</b>	<b>Dance Tools 2</b>	<b>Dance Tools 4</b>	<b>Dance Tools 6</b>	<b>Erasmus+ EYE (Erasmus Entrepreneurs)</b>	<b>Dance Tools 8</b>			
<b>13:30-15:00</b>		<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>			
<b>15:00-17:00</b>		<b>Discovering Penagos</b>	<b>Group Choreography Work</b>	<b>Group Choreography Work</b>	<b>Group Choreography Work</b>	<b>Hike to Faro del Caballo (weather dependent)</b>	<b>Group Choreography Work + Wrap up</b>			
<b>17:00-19:30</b>		<b>Project overview+ Short intro</b>	<b>EVALUATION</b>	<b>EVALUATION</b>	<b>EVALUATION</b>	<b>EVALUATION</b>	<b>EVALUATION</b>		<b>FINAL EVALUATION</b>	
<b>19:30-20:00</b>		<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>		<b>DINNER</b>	
<b>20:00-21:00</b>		<b>Social activity</b>	<b>Intercultural party</b>						<b>Farewell party</b>	
<b>21:00-23:00</b>										

**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 Youth Exchange?

**Fill out the application form** even if you have been selected already. This way, you get registered and we can organise the Youth Exchange 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.**

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



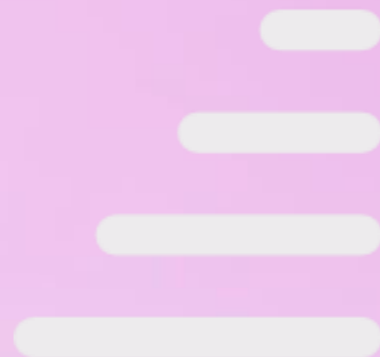
# DOCUMENTS REQUIRED

## 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)



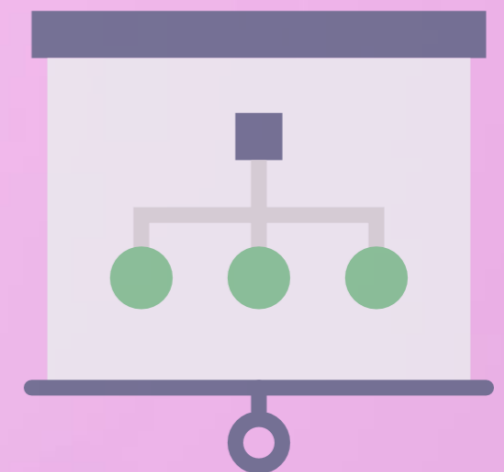
# WHAT DO I NEED TO PREPARE BEFORE THE EXCHANGE?

## Presentation

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

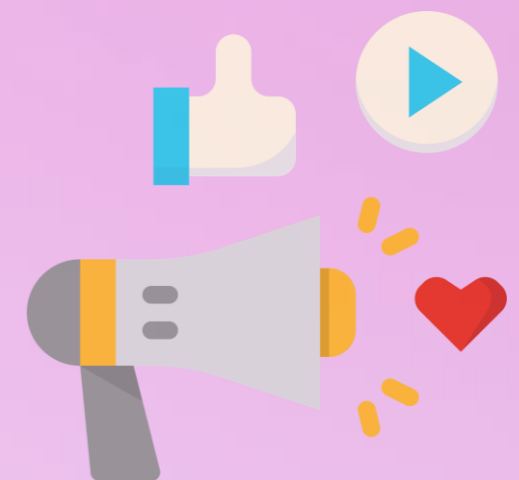
**Please prepare this presentation in advance** and send it to us to:

**[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:**

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 10th of December** (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>) 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 the municipality of Penagos, in Permacultura Cantabria's facilities.

Penagos is not so well connected in terms of public transport.  
There are a few daily buses from Santander.

### **The address is:**

[Barrio El Pino, N°7, 39627, Penagos, 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 PENAGOS:

PUBLIC TRANSPORT

BUS

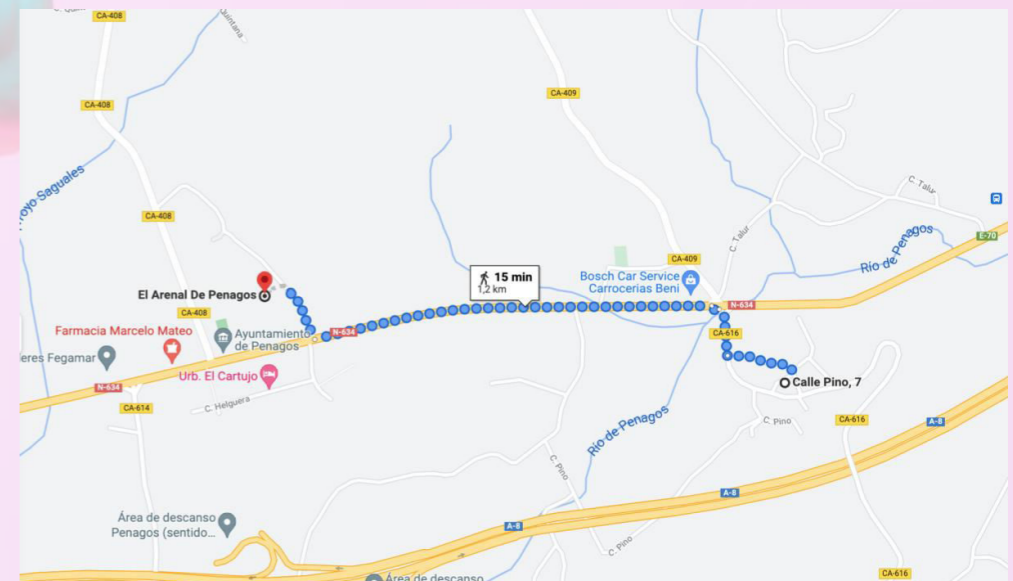
**Step 1:** Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 1,45€. It is the public bus line (Bizkaibus) and the line number is A3247.

**Step 2:** San Mamés Bus Station to Santander. Buy tickets at [ALSA](#) company, approximately 6,90€. Please consult the time schedules on the website.

**Step 3:** Santander Bus Station to Penagos: Buy the tickets at [ALSA](#) company, El Arenal de Penagos. The cost is approximately 2,25 euros. Please consult the time schedules on the website.

**Step 3:** Walk from Penagos to El Pino (1,2 Km) in the following direction

[Bº El Pino Nº7, 39627 - Penagos, Cantabria](#)



Click here to get the full map:

[From Penagos Bus station to El Pino](#)



## From **Santander** to Penagos:

### 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.

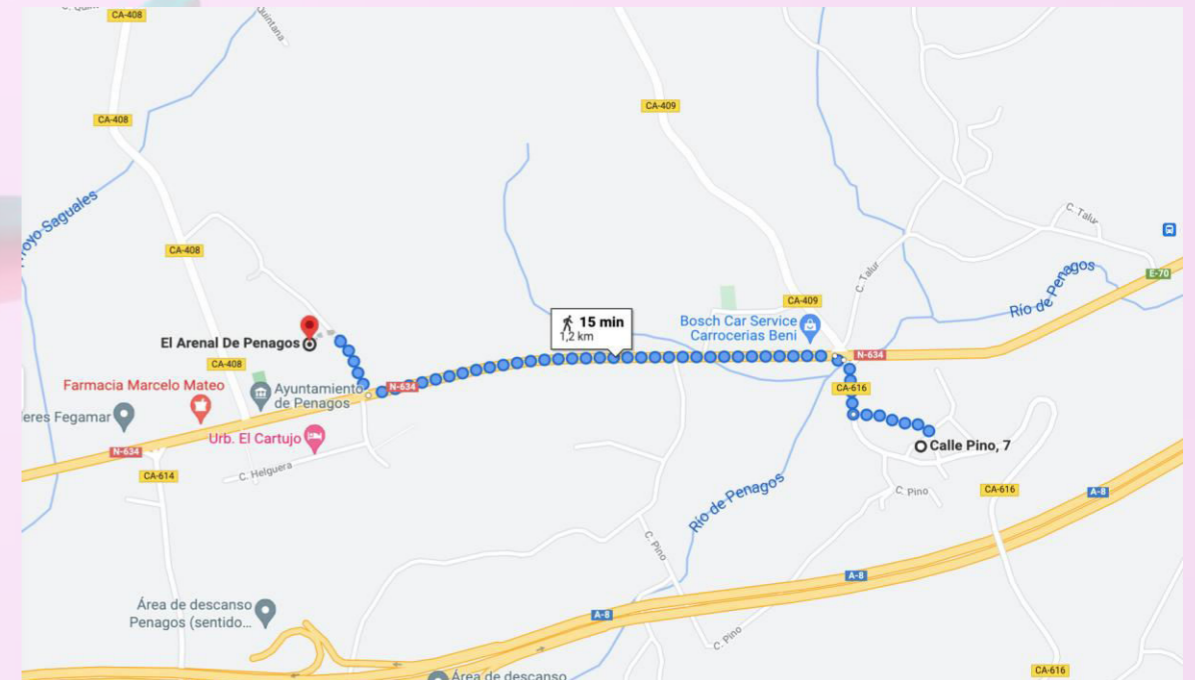


**Step 2:** Santander Bus Station to Penagos: Buy the tickets at [ALSA](#) company, El Arenal de Penagos. The cost is approximately 2,25 euros. Please consult the time schedules on the website.



**Step 3:** Walk from Penagos to El Pino (1,2 Km) in the following direction

[Bº El Pino Nº7, 39627 - Penagos, Cantabria](#)



Click here to get the full map:

[From Penagos Bus station to El Pino](#)



## PRIVATE TRANSPORT

### TAXI - BILBAO TO PENAGOS

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 80 euros per taxi and 100€ per taxi at night.

### TAXI - SANTANDER TO PENAGOS

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 40 euros per taxi and 60€ per taxi at night.



# 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](mailto: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 exchange to get the refund.



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# REQUIREMENTS AND CONDITIONS




For the project '**Tools for mental health in youth**' (2020-1-ES02-KA105-014953).

Erasmus+ has authorised the following budget:

## Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT (Maximum quantity)
CROATIA	7	275 €
ITALY	7	275 €
POLAND	7	275 €
UK	7	275 €
ROMANIA	7	360 €
SPAIN	7	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 Youth Exchange 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.





# PURCHASE AND REIMBURSEMENT

**Sending entities** will be in charge of the participants selection. Permacultura Cantabria will contact selected participants to coordinate the flight tickets purchase and reimbursement according to the infopack instructions.

- ▶ **PERMACULTURA CANTABRIA (SPAIN):** [PERMACULTURACANTABRIA@GMAIL.COM](mailto:PERMACULTURACANTABRIA@GMAIL.COM)
- ▶ **MEDINA (POLAND):** [MEDEINAFUNDATION@GMAIL.COM](mailto:MEDEINAFUNDATION@GMAIL.COM)
- ▶ **MERAKI (CROACIA):** [NGO.MERAKI@GMAIL.COM](mailto:NGO.MERAKI@GMAIL.COM)
- ▶ **ORIEL (ITALY):** [ORIELASSOCIATION@GMAIL.COM](mailto:ORIELASSOCIATION@GMAIL.COM)
- ▶ **CREATIVITY WORKS PRESTON (UK):** [STEVE@CREATIVITYWORKSPRESTON.ORG.UK](mailto:STEVE@CREATIVITYWORKSPRESTON.ORG.UK)
- ▶ **EURO EDUCATION FEDERATION (ROMANIA):** [EURO.MUSIC.DANCE@GMAIL.COM](mailto:EURO.MUSIC.DANCE@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.



## THE SENDING ORGANISATIONS MUST KNOW:

Boarding Passes, flight tickets and other TRAVEL invoices:

The sending organisations are responsible for submitting to [permaculturacantabria@gmail.com](mailto:permaculturacantabria@gmail.com) all the travel documents (flight tickets and other invoices) before the **15th of January, 2022**.

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 El Pino, N°7, 39627, Penagos, Cantabria, Spain](#)

### **2 or 3 person per room.**

Each room has 2 or 3 beds, so they are ready for 2 or 3 people.

It also has a private bathroom.

### **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?

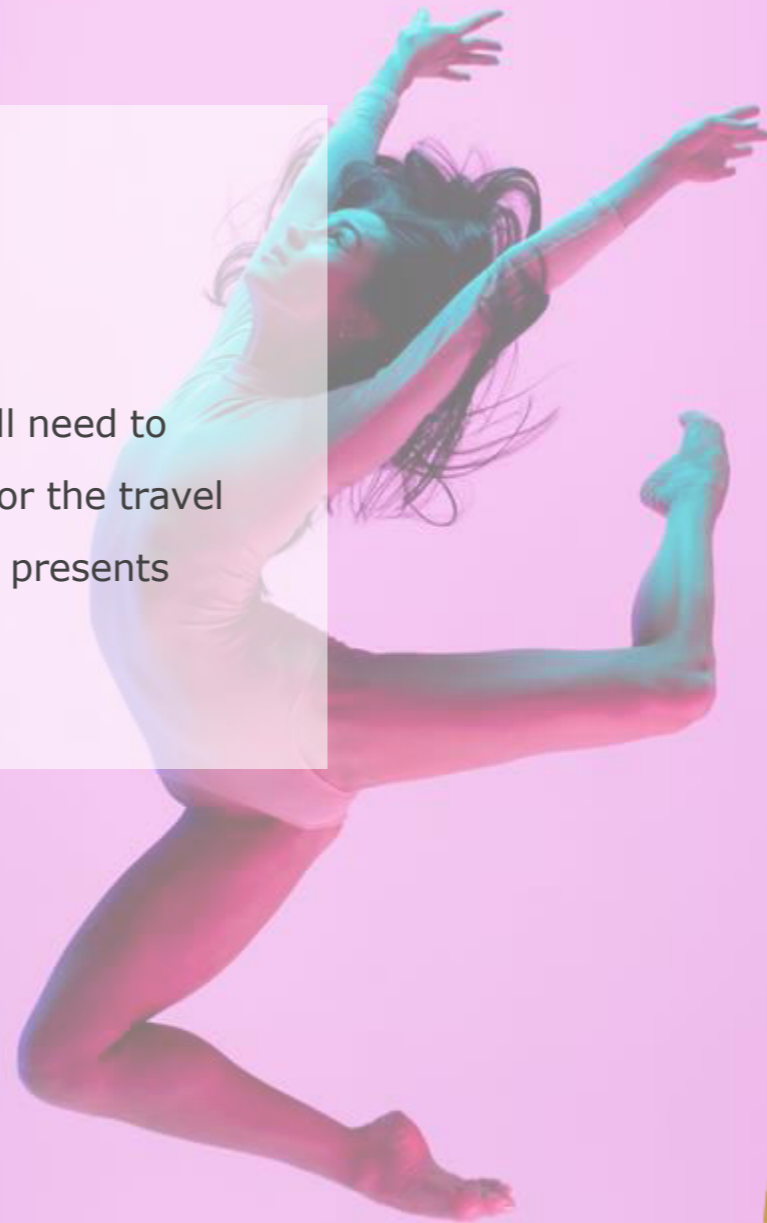
Click here:

<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:

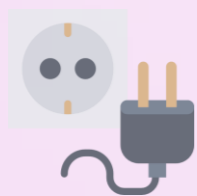
<http://www.aemet.es/es/eltiempo/prediccion/municipios/penagos-id39048>



# THINGS FOR THE SUITCASE

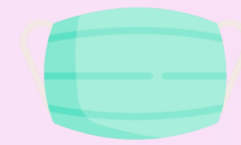


**CLOTHES FOR COLD WEATHER AND RAIN**

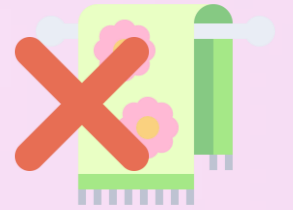


**PLUGS**  
(PLUGS IN SPAIN ARE THE MOST COMMON IN EUROPE. THEY ARE: V230 - 50HZ )

**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

MUSIC

PICTURES



STORIES

CRAFTS

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



**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)