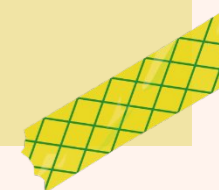




# Safe Spaces where Youth can find Balance (2021-1-IT03-KA153-YOU-000009940)





# INDEX

**ABOUT ORIEL**

**ABOUT PERMACULTURA CANTABRIA**

**PROJECT SUMMARY**

**COURSE PROGRAMME**

**APPLICATION AND DOCUMENTS REQUIRED**

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

**EXPENSES REIMBURSEMENT**

**FACILITIES**

**IMPORTANT THINGS TO TAKE TO SPAIN**

**PLACES TO VISIT IN CANTABRIA AND SANTANDER**





# ABOUT ORIEL

**Oriel** was founded in 2017 and its main office is in the province of Verona, Italy.

The mission of the association is to promote the inclusion, and the active participation of young people in their local communities and give them a chance and the tools to exploit their potential fully and provide them support in discovering their path and developing their skills by using non-formal education and intercultural learning methods. To pursue these goals, Oriel organizes cultural events, seminars, workshops, and study sessions to promote creativity, entrepreneurship, youth employment, volunteering, youth democratic participation, and several different topics according to needs and situations.

During the events of Oriel, youth are encouraged to share experiences and ideas and the youth workers act in order to foster social integration, and active youth participation and to transmit the necessary and requested information for the youth to develop their ideas and to fulfill their learning needs.



# ABOUT PERMACULTURA CANTABRIA

## 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 close to Cabárceno Natural Park (participants can visit it in their free time) and we'll try to visit other sustainable initiatives developed in our rural area.

## WHERE WE WILL BE:

**In 2023**, we will move to another area with more than 6ha where we will place new and **larger facilities based on the principles of permaculture**. These new facilities, aim to be an international reference project of permaculture and ecology.



# PROJECT SUMMARY

**FROM 3<sup>RD</sup> TO 11<sup>TH</sup> OCTOBER 2022**

**The wellbeing and mental health of young people is quite delicate**, due to peer-pressure, self and social acceptance, emotional and identity exploration, skills development, as well as physical changes. Suffering and oppression can significantly undermine youth's development and self-esteem to the extent that leads to depression, anxiety and other mental health issues.

These alarming facts constitute the impulse behind the project **"Safe Spaces where Youth can find Balance (2021-1-IT03-KA153-YOU-000009940)"**, whereby participating organizations come together in the attempt to help young people address and take care of their mental and emotional health, in direction of the European Framework for Action on Mental Health and Wellbeing.

**The methodology used in this training course in Spain** will be a combination of non-formal education tools, group-centered learning and exchange of best practices, being both the program and the methodology flexible, inclusive and adapted to participants' needs.

During the open night sessions, participants will also have the opportunity to experience intercultural learning and to learn about digital tools, and gender and environmental issues, hopefully inspiring their motivation to learn more about them, develop future projects or bring them transversally, in their initiatives. Sessions will be dedicated to develop, with project partners, ideas for future collaboration (KA1, KA2, KA3) about youth's mental health and inclusion, to further explore these topics, and ultimately obtain a greater and long-lasting impact on society, with our actions.



## NUMBER OF PARTICIPANTS:

### **There will be 24 participants in this activity:**

24 participants: Participants from Italy (2), Romania (2), Turkey (2), Poland (2), Croatia (2), Czech Republic (2), Greece (2), Bulgaria (2), Slovakia (2), Slovenia (2), Spain (4) will be part of this training course.

In addition, 14 participants (British and Italian) 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 3<sup>RD</sup> TO 11<sup>TH</sup> OCTOBER 2022

The course will be held from **3<sup>rd</sup> (Arrival Date) to 11<sup>th</sup> October (Departure Date), 2022** in one of Permacultura Cantabria's facilities based **in Penagos (Cantabria, Spain)**.

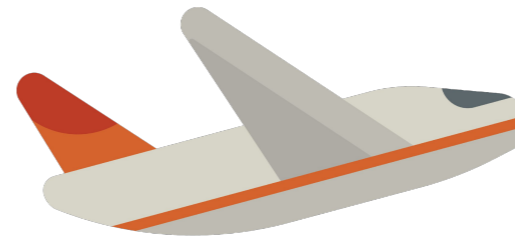


### ARRIVAL DATE

**October 3<sup>rd</sup>, 2022** at 17:00h.

The meet & greet activities will start around 17h.

We'll have the dinner at 20.30h



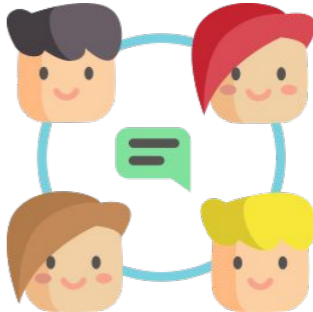
### DEPARTURE DATE:

**October 11<sup>th</sup>**, 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 3RD	TUESDAY 4TH	WEDNESDAY 5TH	THURSDAY 6TH	FRIDAY 7TH	SATURDAY 8TH	SUNDAY 9TH	MONDAY 10TH	TUESDAY 11TH
8:30-9:15	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30	ARRIVAL	Emotional management. Neurosciences: how does our brain work	Imbalanced relationships. Oppression, stress and power abuse: how does our body respond I	Self confidence. Polyvagal Theory and Mindfulness I	Local visit	How to deal with young people's problems (addictions, competition, oppressions). Neurophysiology of breathing: a powerful tool I	Local visit	Practical work: Presentations	DEPARTURE
11:30-12:00		BREAK	BREAK	BREAK		BREAK		BREAK	
12:00-13:30		Tools and resources: Preventive analysis and diagnostics of depression. Deep listening, Body awareness.	Imbalanced relationships. Oppression, stress and power abuse: how does our body respond II	Self confidence. Polyvagal Theory and Mindfulness II		How to deal with young people's problems (addictions, competition, oppressions). Neurophysiology of breathing: a powerful tool II		Erasmus + program funding opportunities	
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
15:00-19:30	17h: Warm-up Activities. Short intro/ Presentations	Practical work: Methodology development and Research	Tools to create Safe Spaces for youth: Creativity	Practical work: Results and Evaluation	Local visit	Conclusions: The path to trust and inner peace. Assertiveness in relationships	Traditional dances	Movie	
19:30-20:00	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	FINAL EVALUATION	
20:00-21:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21:00-23:00		Intercultural night	Group activities (optional)					Farewell party	

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

(\*) If the weather is good, there will be hiking. The hiking is a 12 km trail through mountain areas. Please wear appropriate footwear and clothing.



# 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.**

**[orielassociation@gmail.com](mailto:orielassociation@gmail.com)**





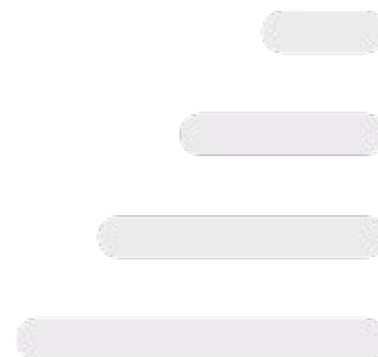
## DOCUMENTS REQUIRED

According to the Spanish law, we must register all visitors in advance.

### **We need your passport or ID previously**

Please, **send to our email a copy of your passport or identity card** before you travel (please write in the email **Subject** the name of the Project and dates of the training course to help our logistics team to manage the documentation).

**[orielassociation@gmail.com](mailto:orielassociation@gmail.com)**





# WHAT DO I NEED TO PREPARE BEFORE THE COURSE?

## Presentation

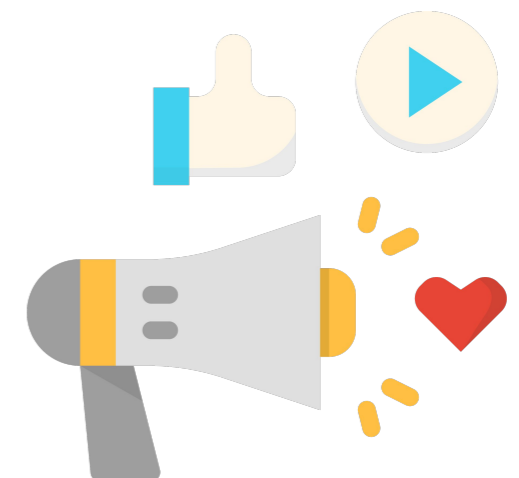
Each organisation will present themselves, their main activities, working areas, best practices, interests pursued in this activity, expectations, etc.

**Please prepare this presentation in advance** and send it to us to:  
**[orielassociation@gmail.com](mailto:orielassociation@gmail.com)**

Also, please write in the email Subject the name of the Project and dates of the training course to help our logistics team to manage the documentation.

## 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 COVID-19

**Due to the COVID-19 crisis Permacultura Cantabria wants to clarify some issues:**

▸The COVID situation in Spain has improved this year. Right now, the number of citizens affected by COVID-19 is very low and we don't expect any travel restriction. However, the situation can change at any moment, so our policy is to wait until 1 month before the course start to purchase transport tickets.

▸Each sending entity should have a list of participants and a travel/flights proposal ready, before the **3<sup>rd</sup> September** (one month before the course start). That date, this information must be shared with **ORIEL**, 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 ORIEL 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) IF YOU DO NOT HAVE THE EU DIGITAL COVID CERTIFICATE OR EQUIVALENT, YOU MUST COMPLETE THE SPTH  
HEALTH CONTROL FORM, MANUALLY ENTERING THE DETAILS OF YOUR VACCINATION, RECOVERY OR  
DIAGNOSTIC TEST CERTIFICATE.**

**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 town called Penagos, in Permacultura Cantabria's facilities.

The address is: [Barrio El Pino, N°7, 39627, Penagos, Cantabria, Spain](#)

Penagos is not so well connected in terms of public transport. There are a few daily buses from Santander. So please, check the buses timetable in next slide.



**If public transport is available at your arrival time, you should use this option unless you have the approval of your sending entity to use private transportation.**

## RENTAL CARS:

**The best and easiest option that has worked for everyone before, is to RENT 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).**

**HERTZ**

**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:**



## OTHER OPTIONS

From **Bilbao** to PENAGOS:

### PUBLIC TRANSPORT

#### BUS

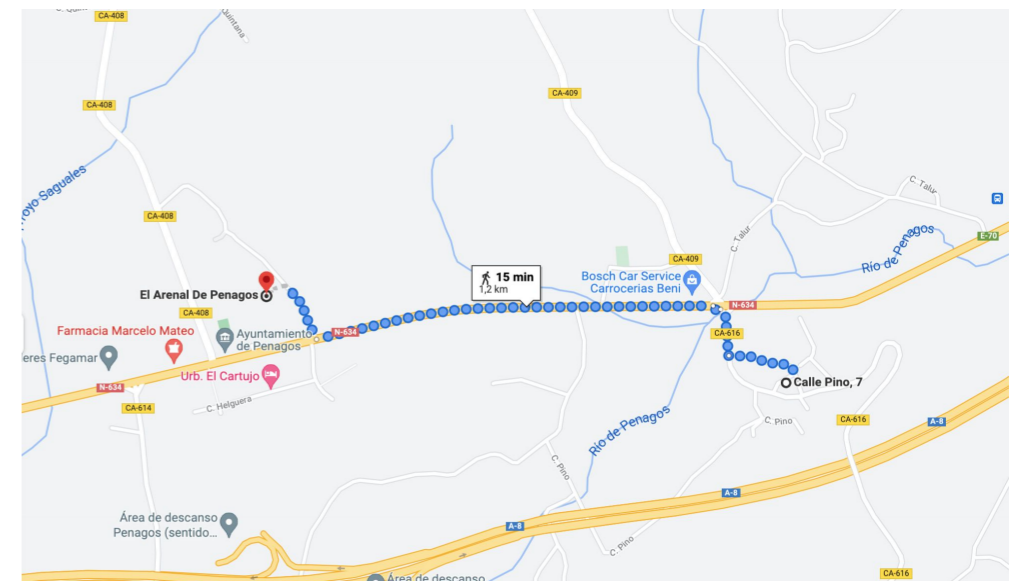
**Step 1:** Bilbao Airport to Bilbao Intermodal: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 1,45€. It is the public bus line (Bizkaibus) and the line number is A3247.

**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 [El Pino N°7, 39627 - Penagos, Cantabria](#)



Click here to get the full map:

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





## From **Santander** to Penagos:

### PUBLIC TRANSPORT:

#### BUS

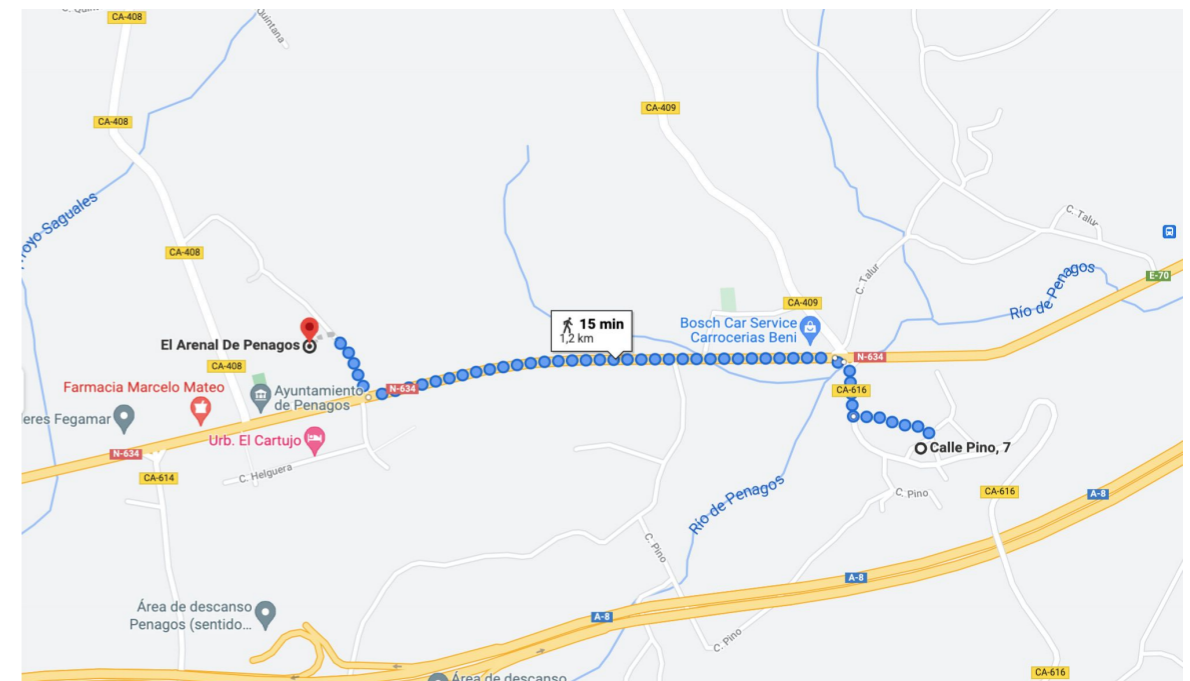
**Step 1:** Airport to Santander: In order to go to Santander, you have [buses](#), every 30 minutes, taking only 10 minutes to the city centre.



**Step 2:** Santander Bus Station to 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:  
[El Pino N°7, 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 140 euros per taxi. The price could increase around 20€ 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 ORIEL 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.  
**[orielassociation@gmail.com](mailto:orielassociation@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.

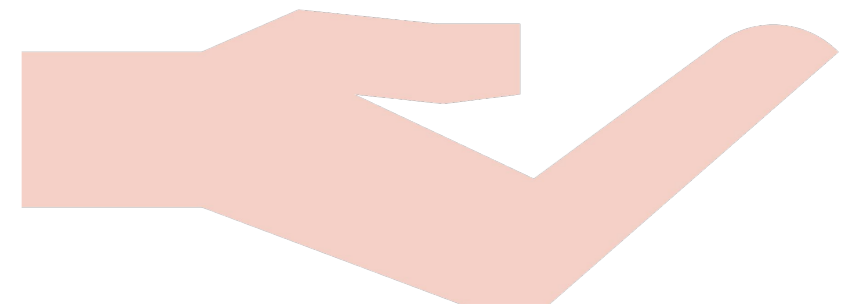
For these reasons, you need to comply some requirements and conditions before we reimburse your expenses.

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



# REQUIREMENTS AND CONDITIONS

For the project “**Safe Spaces where Youth can find Balance (2021-1-IT03-KA153-YOU-000009940)**” Erasmus+ has authorised the following budget:

## Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
Italy	2	275 €
Romania	2	360 €
Turkey	2	275 €
Poland	2	275 €
Croatia	2	275 €
Czech Republic	2	275 €
Greece	2	275 €
Bulgaria	2	275 €
Slovakia	2	275 €
Slovenia	2	275 €
Spain	2	23 €
Spain	2	23 €



**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 (and complete the evaluation sent by the National Agency) 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

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

\*ORIEL ETS (ITALY): [ORIELASSOCIATION@GMAIL.COM](mailto:ORIELASSOCIATION@GMAIL.COM)

\*ASOCIATIA EUROACTIVE NGO (ROMANIA): [EUROACTIVE@EUROACTIVE.ORG](mailto:EUROACTIVE@EUROACTIVE.ORG)

\*AVRASYA GENCLIK GELISIM DERNEGI (TURKIYE): [MERIC@YOUTHEURASIA.ORG](mailto:MERIC@YOUTHEURASIA.ORG)

\*AWA (POLAND): [YOUTH.AWA@GMAIL.COM](mailto:YOUTH.AWA@GMAIL.COM)

\*MERAKI (CROATIA): [NGO.MERAKI@GMAIL.COM](mailto:NGO.MERAKI@GMAIL.COM)

\*PETRKLÍ ˇC HELP, Z.S. (CEZCH REPUBLIC): [PETRKLICHELP@GMAIL.COM](mailto:PETRKLICHELP@GMAIL.COM)

\*BE VISIBLE BE YOU (GREECE): [BEVISIBLEBEYOU@GMAIL.COM](mailto:BEVISIBLEBEYOU@GMAIL.COM)

\*SDRUZHENIE WALK TOGETHER (BULGARIA): [WALKTOGETHERBULGARIA@GMAIL.COM](mailto:WALKTOGETHERBULGARIA@GMAIL.COM)

\*YOUTHFULLY YOURS SK (SLOVAKIA): [INFO@YOUTHFULLYYOURS.SK](mailto:INFO@YOUTHFULLYYOURS.SK)

\*DRUŠTVO AKADEMIJA ZA RAZVOJ MLADIH - ARM (SLOVENIA): [LEAARDANI@YOUTHMODERN.ORG](mailto:LEAARDANI@YOUTHMODERN.ORG)

\*PLATAFORMA DE ALTERNATIVAS SOSTENIBLES Y SOLIDARIAS- PASOS- (SPAIN): [ONGPASOS@GMAIL.COM](mailto:ONGPASOS@GMAIL.COM)

\*PERMACULTURA CANTABRIA (SPAIN): [PERMACULTURACANTABRIA@GMAIL.COM](mailto: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.

## THE SENDING ORGANISATIONS MUST KNOW:

**Boarding Passes, flight tickets and other TRAVEL invoices:**

The sending organisations are responsible for submitting to [orielassociation@gmail.com](mailto:orielassociation@gmail.com) all the travel documents (flight tickets, boarding passes, tests invoices) before **October 25th, 2022**.

Boarding passes will be required during the training course for the correct justification of the project.

# 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.







# IMPORTANT THINGS TO BRING

## PERSONAL DOCUMENTS

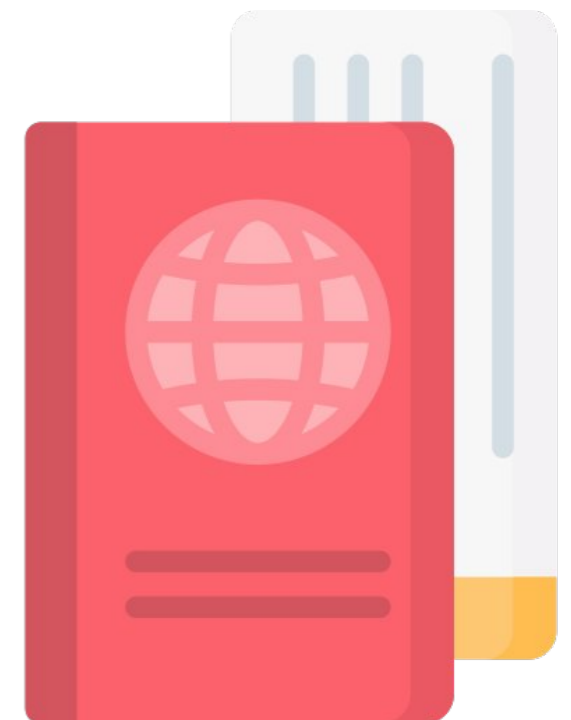
### PASSPORT

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).





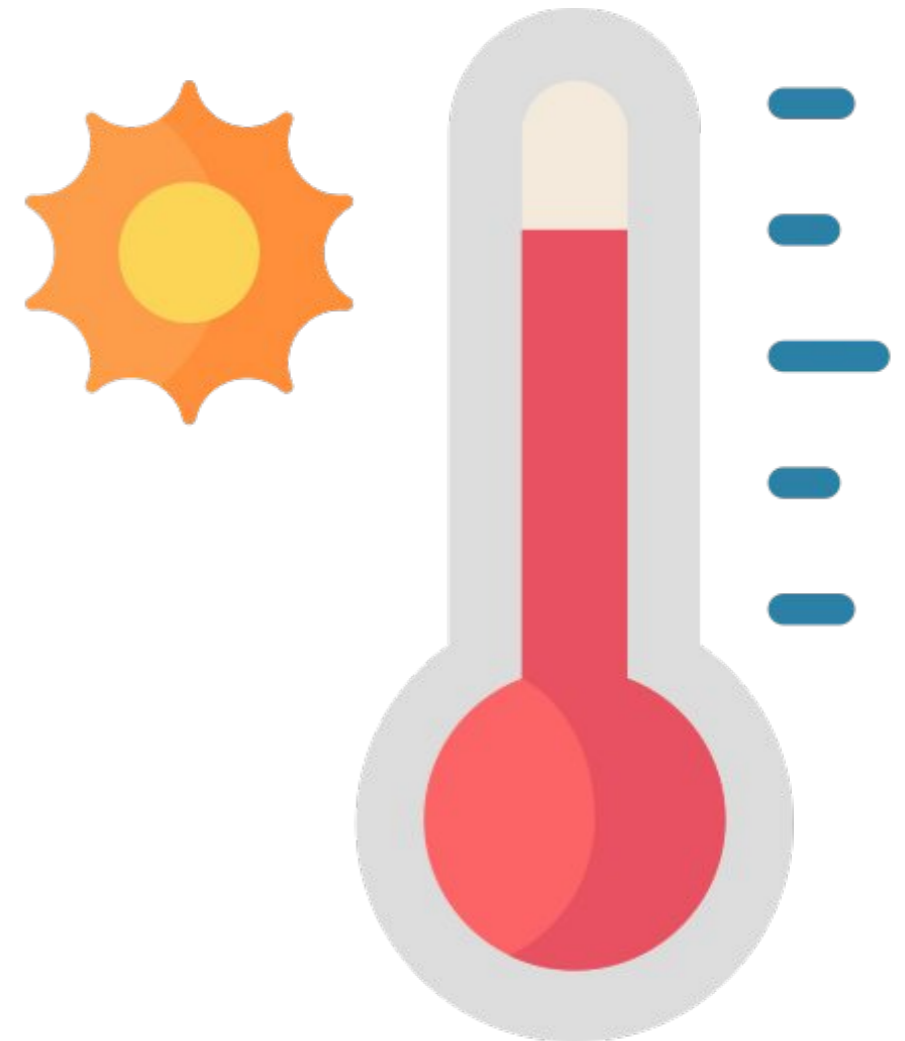
## WEATHER

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>

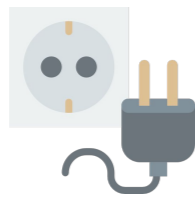




# THINGS FOR THE SUITCASE



**CLOTHES FOR COLD WEATHER AND RAIN**

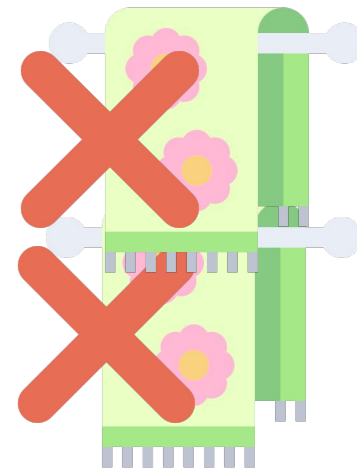


**PLUGS**

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



**PERSONAL HYGIENE PRODUCTS**

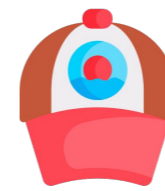


**TOWEL IS NOT REQUIRED**



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

**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

STORIES

MUSIC

CRAFTS

PICTURES

GAMES



## Don't bring alcohol.

If you want to bring a typical drink for the cultural night, we kindly ask you to bring something **non-alcoholic**. We want our activities to be alcohol free as part of the Erasmus+ policy. By participating in this activity you accept this policy.

# 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.



INDEX

# 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



**AND, DON'T FORGET TO**

**bring good vibes and your best smile!**

**[orielassociation@gmail.com](mailto:orielassociation@gmail.com)**

