

Improving Youth Work Towards Gender Equality (2022-1-IT03-KA153-YOU-000059774)





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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 6TH – 14TH FEBRUARY 2023

This Training course is the main activity of the Erasmus+ project: **Improving Youth Work Towards Gender Equality (2022-1-IT03-KA153-YOU-000059774)**.

This project's main objectives are:

1. Recognising the subtle daily gender discrimination situations endured by youngsters, as a result of sexist cultural expressions and behaviors. We seek to have specific information and better understanding of the signs of gender abuse, discrimination and violence in their first stages, so that we can detect potential conflict circumstances and take action to avoid them.
2. Sharing resources and tools to address and contribute to eliminate sexism, gender violence and discrimination. We would like to learn specific and useful tools already used successfully by the involved entities, so that we can have practical resources at hand, to face such discriminatory or abusive situations and take direct and fair actions against them, if they happen in our daily work with youngsters.
3. Building a solid network of European entities determined to end up with gender discrimination and abuse, among young people. This project aims to allow the collaboration and design of future projects about Gender Issues, so that we can continue having a social improvement and impact, thanks to our actions and dissemination strategies.



NUMBER OF PARTICIPANTS:

There will be 24 participants in this activity.

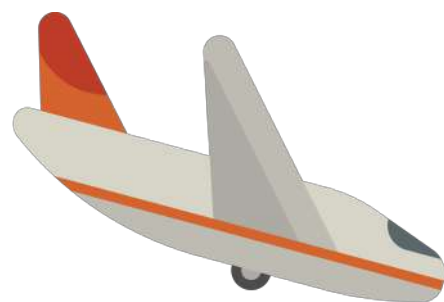
This activity will be attended by 2 participants per entity: ORIEL APS (Italy), Asociatia Euroactive NGO (Romania), Avrasya Genclik Gelisim Dernegi (Turkey), STOWARZYSZENIE AKTYWNE KOBIETY (Poland), Meraki (Croatia), Seiklejate Vennaskond (Estonia), Be Visible be YOU (Greece), Sdruzhenie Walk Together (Bulgaria), YOUTHFULLY YOURS SK (Slovakia), ASSOCIACAO CHECK-IN - COOPERACAO E DESENVOLVIMENTO (Portugal), Permacultura Cantabria (Spain) and PASOS (Spain).



COURSE PROGRAMME

FROM 6TH TO 14TH FEBRUARY 2023

The training course will be held from **6th February (Arrival Date)** to **14th February (Departure Date), 2023** in one of Permacultura Cantabria's facilities based in **Penagos (Cantabria, Spain)**.

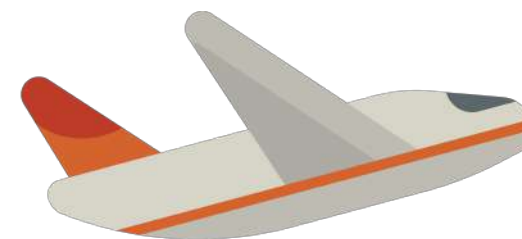


ARRIVAL DATE

February 6th, 2023 at 17:00h.

The meet & greet activities will start around 17h.

We'll have the dinner at 20.30h



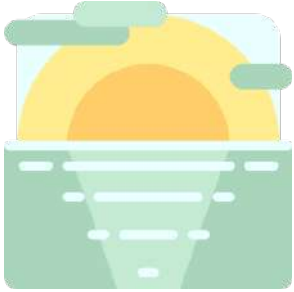
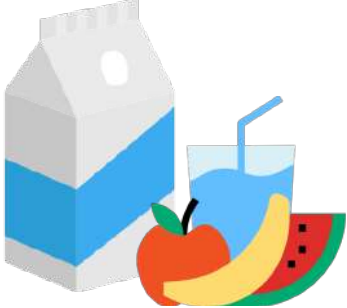

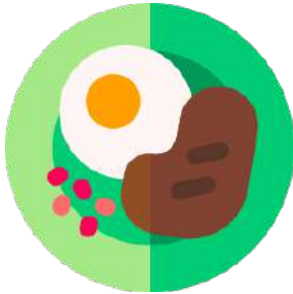



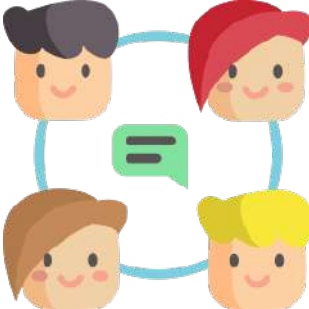
DEPARTURE DATE:

February 14th, 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 6 TH	TUESDAY 7 TH	WEDNESDAY 8 TH	THURSDAY 9 TH	FRIDAY 10 TH	SATURDAY 11 TH	SUNDAY 12 TH	MONDAY 13 TH	TUESDAY 14 ST	
8:30-9:15	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:30-11:30	ARRIVAL 17h: Warm-up Activities.	Introduction to the course	Everyday Sexism (I) Neurosciences: how does our brain work.	Youth and reproduction of everyday sexism.	The importance of working with men about male domination.	Local visits	How to create a supportive and trustful space for those experiencing any kind of abuse.	Local visits	DEPARTURE	
11:30-12:00		BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK		
12:00-13:30		Presentation of the participant's organisations	Tools and resources: Preventive analysis and diagnostics of vulnerable situations. Body awareness.	Oppression, stress and power abuse: how does our body respond.	Polyvagal Theory and Mindfulness	Local visits	Neurophysiology of breathing: a powerful tool	Local visits		
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
15:00-19:30		Knowing Penagos	Practical work: Methodology development and Research.	Successful tools to rise awareness about violent and abusive situations against women: Creativity	Practical work: Results and Evaluation	Local visits	Conclusions: The path to trust and inner peace.	Erasmus + Workshop		
19:30-20:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION		
20:00-21:00		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



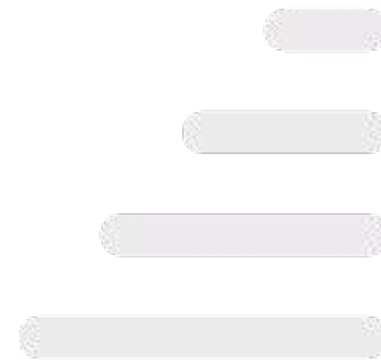
DOCUMENTS REQUIRED

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





WHAT DO I NEED TO PREPARE BEFORE THE TRAINING COURSE?

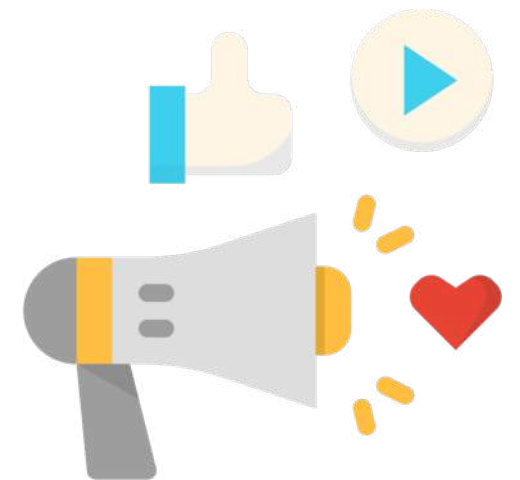
Presentation

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

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:

- ▶ Right now, there are no COVID restrictions to enter Spain. However, we decided to maintain the COVID protocol to be prepared if the situation changes. Our policy is to wait until 1 month before the training course start to purchase transport tickets.
- ▶ Each sending entity should have a list of participants and a travel/flights **proposal** ready, before the **6th January** 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 HOSTING ORGANISATION (INCLUDED IN THE REGISTRATION FORM).



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](#)



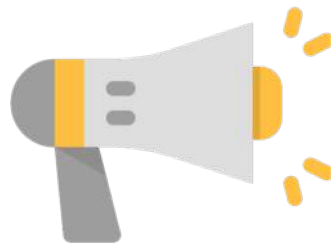


HOW TO REACH THE VENUE PLACE:

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).

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

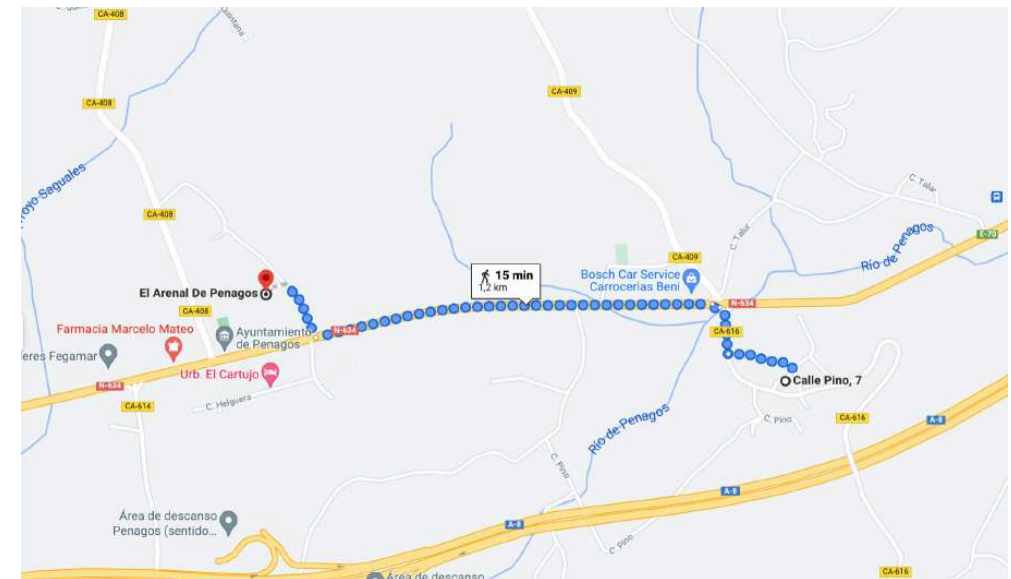
Step 1: Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 1,45€. It is the public bus line (Bizkaibus) and the line number is A3247.

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:

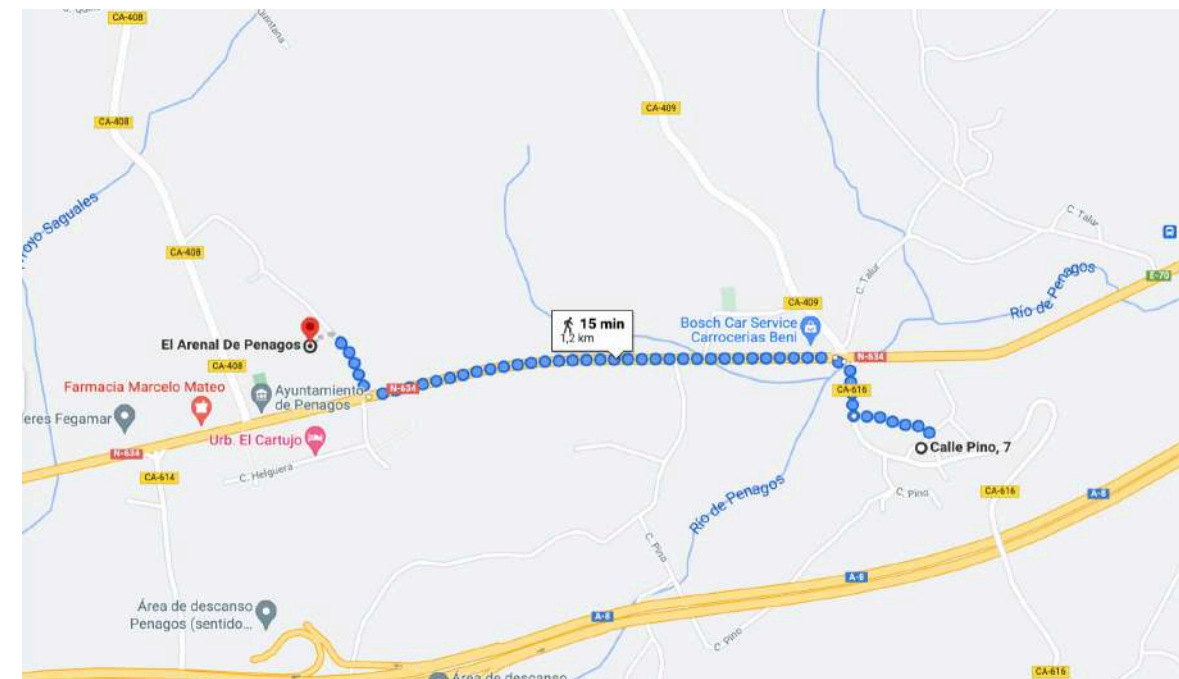
BUS

 **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

[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 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



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

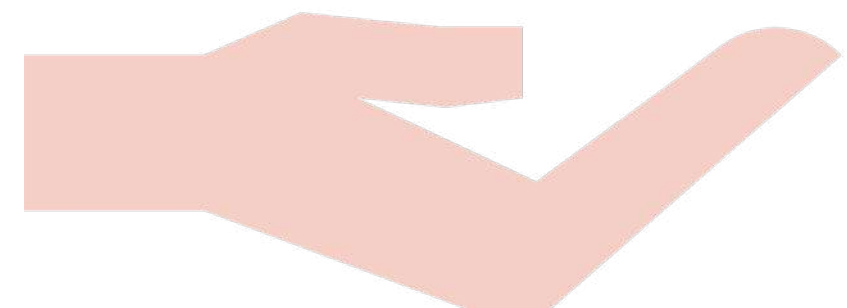
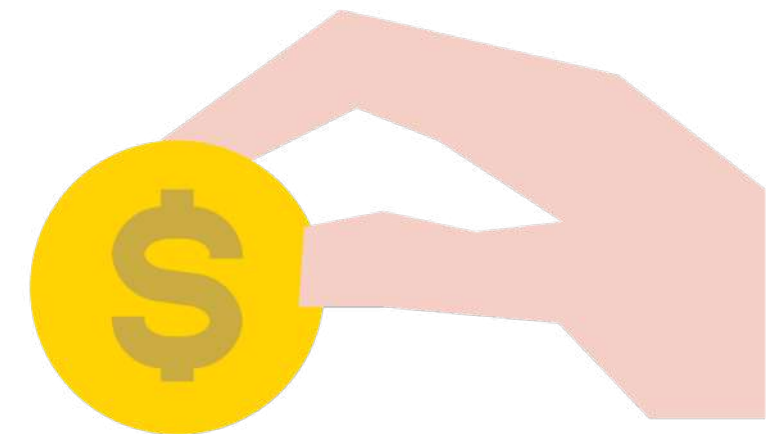
Erasmus + makes us **keep all the invoices, flight tickets, boarding passes and test costs** for a correct Financial Reporting of the activities.

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: **Improving Youth Work Towards Gender Equality (2022-1-IT03-KA153-YOU-000059774)** Erasmus+ has authorised the following budget:

Budget approved by Erasmus:

TRAVEL SUPPORTS		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
ITALY (ORIEL)	2	275 €
ROMANIA (ASOCIATIA EUROACTIVE)	2	360 €
TURKEY (AVRASYA GENCLIK GELISIM DERNEGI)	2	360 €
POLAND (AWA)	2	360 €
CROATIA (MERA KI)	2	275 €
ESTONIA (SEIKLEJATE VENNASKOND)	2	360 €
GREECE (BE VISIBLE BE YOU)	2	360 €
BULGARIA (SDRUZHENIE WALK TOGETHER)	2	360 €
SLOVAKIA (YOUTHFULLY YOURS SK)	2	360 €
PORTUGAL (ASSOCIACAO CHECK-IN)	2	275 €
SPAIN (PERMACULTURA)	2	23 €
SPAIN (PASOS)	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 APS (ITALY): ORIELASSOCIATION@GMAIL.COM

ASOCIATIA EUROACTIVE NGO (ROMANIA): EUROACTIVE@EUROACTIVE.ORG

AVRASYA GENCLIK GELISIM DERNEGI (TURKEY): MERIC@YOUTHEURASIA.ORG

STOWARZYSZENIE AKTYWNE KOBIETY (POLAND): EUMOBILITY.SAK@GMAIL.COMM

ERAKI (CROATIA): NGO.MERAKI@GMAIL.COM

SEIKLEJATE VENNASKOND (ESTONIA): SEIKLEJATE.VENNASKOND@GMAIL.COM

BE VISIBLE BE YOU (GREECE): BEVISIBLEBEYOU@GMAIL.COM

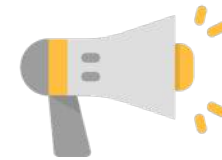
SDRUZHENIE WALK TOGETHER (BULGARIA): WALKTOGETHERBULGARIA@GMAIL.COM

YOUTHFULLY YOURS SK (SLOVAKIA): INFO@YOUTHFULLYYOURS.SK

ASSOCIACAO CHECK-IN (PORTUGAL): PROJECTS@CHECKIN.ORG.PT

PLATAFORMA DE ALTERNATIVAS SOSTENIBLES Y SOLIDARIAS- PASOS- (SPAIN): ONGPASOS@GMAIL.COM

PERMACULTURA CANTABRIA (SPAIN): ACTIVITYCANTABRIA@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 all the travel documents (flight tickets, boarding passes, tests invoices) before **February 24th, 2023**.

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





**PERMACULTURA
CANTABRIA'S
FACILITIES**



FACILITIES

WHERE WE ARE?

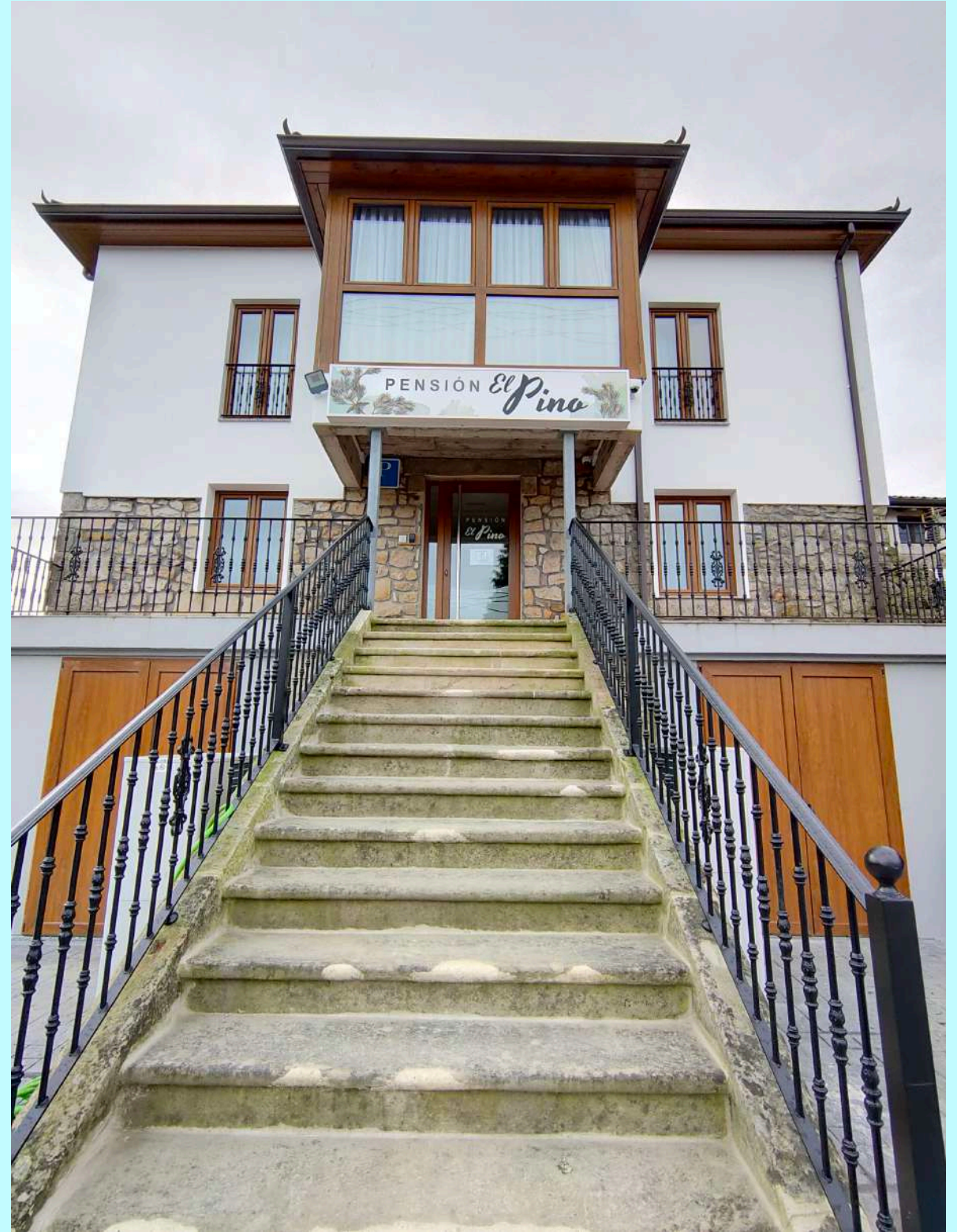
The training course will take place at
Permacultura Cantabria's facilities:
[Barrio El Pino, N°7, 39627, Penagos,
Cantabria, Spain](#)

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

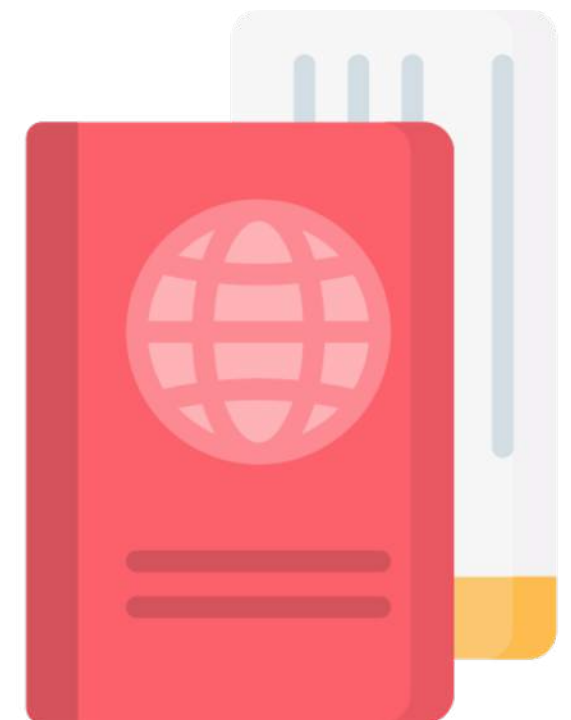
PASSPORT

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).





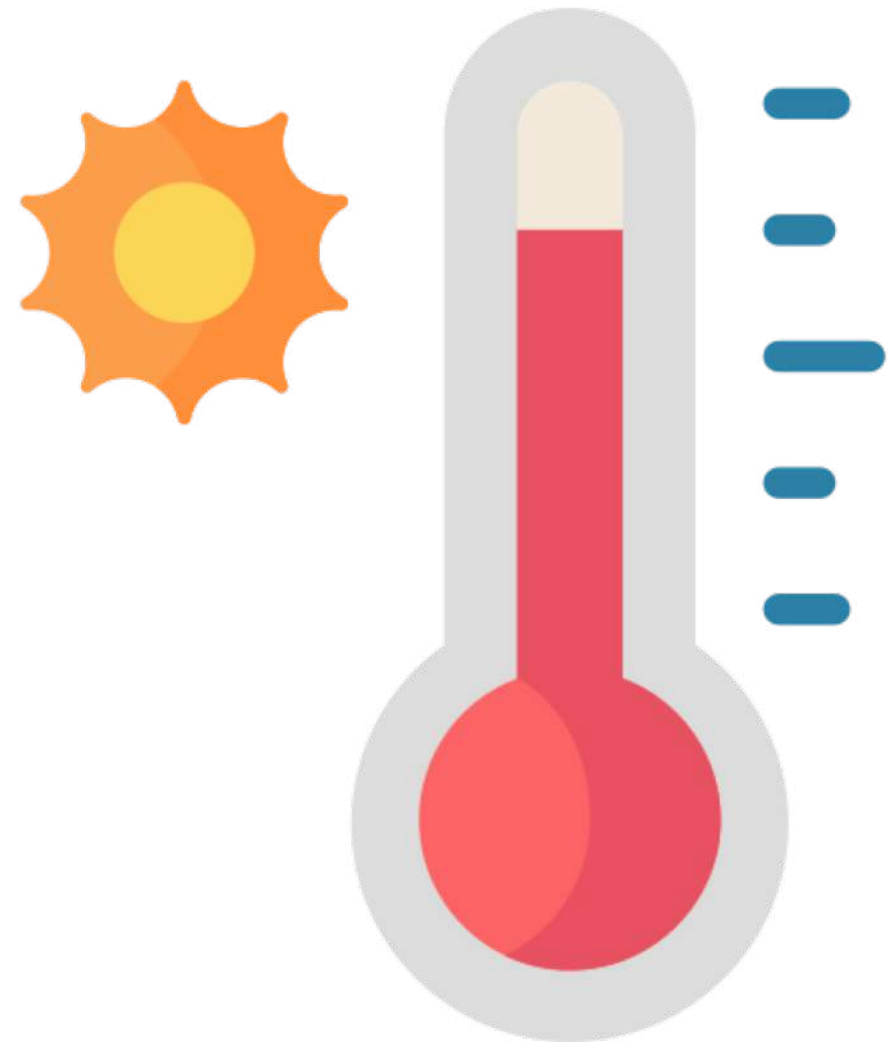
WEATHER

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>

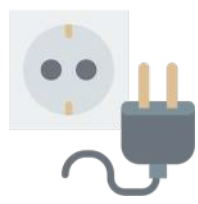




THINGS FOR THE SUITCASE



CLOTHES FOR COLD WEATHER AND RAIN

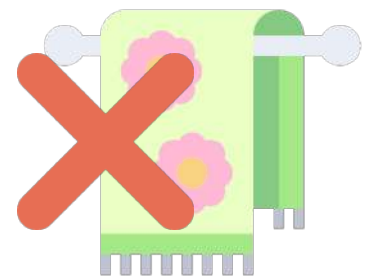


PLUGS

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



PERSONAL HYGIENE PRODUCTS

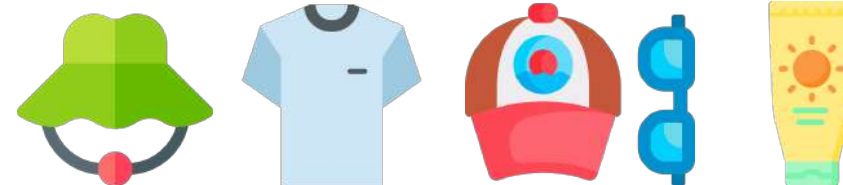


TOWEL IS NOT REQUIRED



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

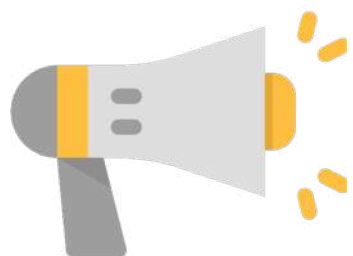
STORIES

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 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 coastline with turquoise water, white cliffs, and a city in the background. The water is a vibrant turquoise color, and the cliffs are white and layered. In the background, a city is visible on a hillside under a blue sky with white clouds. The foreground shows a grassy hillside with some purple flowers.

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