



STRENGTHENING  
OUR SUPPORT

# INFO PACK

Training course

March 11 – 19, 2024



cantabria  
perma  
cultura

A close-up photograph of a hand holding a small, transparent globe of the Earth. The hand is positioned at the bottom of the frame, with the fingers gently cupping the globe. The background is a soft, out-of-focus green and blue, suggesting an outdoor setting with sunlight.

## S.O.S. - Strengthening Our Support:

Enabling Inclusion and Innovation for Ukrainian Refugees in Europe

(2023-1-ES02-KA220-YOU-000153797)



Co-funded by  
the European Union



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# ABOUT THE HOST



## PERMACULTURA CANTABRIA

Established in 2005 as an ecological farm with permaculture principles, we outgrew our original facilities. Consequently, in 2018, we relocated to a larger area to continue our social and ecological projects.

[A video of our beginning](#)



Now, transitioning to a new phase, we've left the farm to establish a flagship European project. The gradual process of adapting our facilities to permaculture design spans from 2018 to 2026.

And although our current facilities lack permaculture design, we are conveniently situated near Cabárceno Natural Park — participants can explore it during their free time. Additionally, we aspire to visit other sustainable initiatives in our rural area.

In 2026, we aim to move to a 6ha site to create cutting-edge facilities based on permaculture principles, serving as a global reference for permaculture and ecology.



# PROJECT SUMMARY



**TRAINING COURSE: MARCH 11 – 19, 2024**

This Training is one of the key activities of the Erasmus+ project: **S.O.S. Strengthening Our Support: Enabling Inclusion and Innovation for Ukrainian Refugees in Europe (2023-1-ES02-KA220-YOU-000153797)** and will take place from March 11 till 20, 2024 in Sarón, Cantabria, Spain.

The learning objectives of this training course are:

- Transfer best practices in young trauma survivors work (emotional management through creative writing).
- Improving the cross-sectoral information exchange.
- Allowing mutual use of expertise and better addressing multi-crisis challenges.



# PROJECT SUMMARY



## PARTICIPANTS:

There will be **24** participants with no age limits:

- 8 youth workers in the Ukrainian community in Spain from Permacultura Cantabria,
- 8 youth workers in the Ukrainian community in Czechia from Petrklíč help, and
- 8 youth workers in the Ukrainian community in Poland from Medeina Foundation



\* Additionally, 12 participants with a related program and a group of volunteers are invited to share facilities, fostering the exchange of best practices and networking with foreign trainers.  
We trust you'll enjoy this multicultural, collaborative experience!





# COURSE PROGRAMME



**FROM MARCH 11 TILL 19, 2024**

The training course will be held from **March 11 (Arrival Date) to March 19 (Departure Date), 2024** in one of Permacultura Cantabria's facilities based in **Sarón, Cantabria, Spain.**

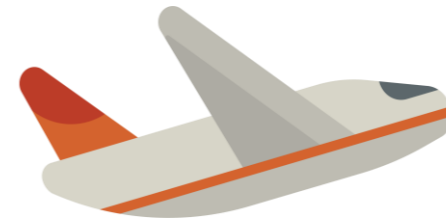


## ARRIVAL DATE

**March 11, 2024** at 17:00.

The meet & greet activities will start around 17:00.

We'll have the dinner at 20.30



## DEPARTURE DATE:

**March 19,** after breakfast.

*These dates and hours are established according to the granted budget.*

*If these hours and dates are not complied by the participants,*




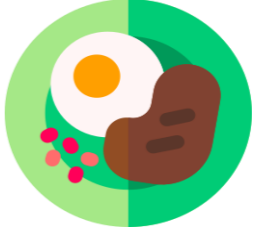



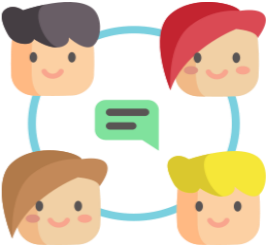
*the sending organisation will be responsible of the costs that should be returned to the National Agency.*



# COURSE PROGRAMME



## DAILY ORGANIZATION

DAWN	8:30	MORNINGS	13:30
 PROPOSALS FROM PARTICIPANTS TO WAKE UP	 BREAKFAST	 DYNAMIC THEORY	 MEAL
AFTERNOONS	BEFORE DINNER	20:00	NIGHTS
 WORK IN GROUPS AND PRACTICE THEORY	 DAILY EVALUATION	 DINNER	 SOCIAL INTERACTION AND PROPOSALS OF LUDIC ACTIVITIES



# COURSE PROGRAMME



## PLANNING

WHEN	MONDAY 11TH	TUESDAY 12TH	WEDNESDAY 13TH	THURSDAY 14TH	FRIDAY 15TH	SATURDAY 16TH	SUNDAY 17TH	MONDAY 18TH	TUESDAY 19TH
8:30-9:15		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30	ARRIVAL DAY  Warm-up activities	Welcome Safety measures and rules intro. Project and Erasmus+ context	Feelings, emotions and emotional discharges	How to deal with our emotions	Body Awareness Mind-Body Connection	Erasmus+ session	Speak up: empowering solutions through communication	ICT tools to maximize the impact and reach of projects	DEPARTURE DAY
11:30-12:00		BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
12:00-13:30		Self-introduction of the participants, and presentation of the Programme	Neurosciences: how does our brain work?	Emotional intelligence and healing process	Mindfulness: a journey to Inner Harmony	Local visit Santander	Understanding emotions behind anger	Sharing is caring helping through virtual tools	
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
15:00-17:00		Discovering Sarón and its opportunities	Group work: Brainstorming and hypothesis	Communication tools, listening techniques and strategies	Resources for conflict situations	Local visit Santander	The power of sharing struggles to support others	Collaborative work and Certificates ceremony	
17:00-19:30		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
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		Short info	Intercultural nights						

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

## APPLICATION FORM

How can I participate in the training course?

**Fill out the application form**

even if you have been selected already.

## APPLICATION FORM



### ■ **IMPORTANT** ■

It's crucial that you complete and send the entire form!

If you find any problem, please let us know at

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

as soon as possible





# DOCUMENTS



## DOCUMENTS REQUIRED

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

### We need your passport or ID beforehand

Before you travel, please, **send to our email**

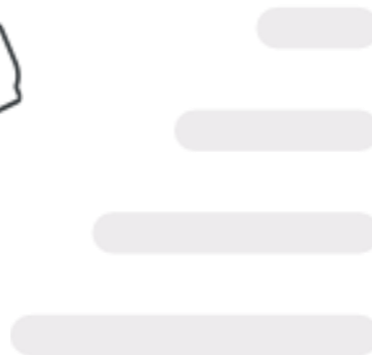
**[activitycantabria@gmail.com](mailto:activitycantabria@gmail.com)**



**a copy of your passport or identity card.**

In the Subject mention:

**SOS Training Course – March 11-19, 2024.**



This will help our logistics team to manage the documentation faster.



## WHAT ELSE?

### Presentation

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

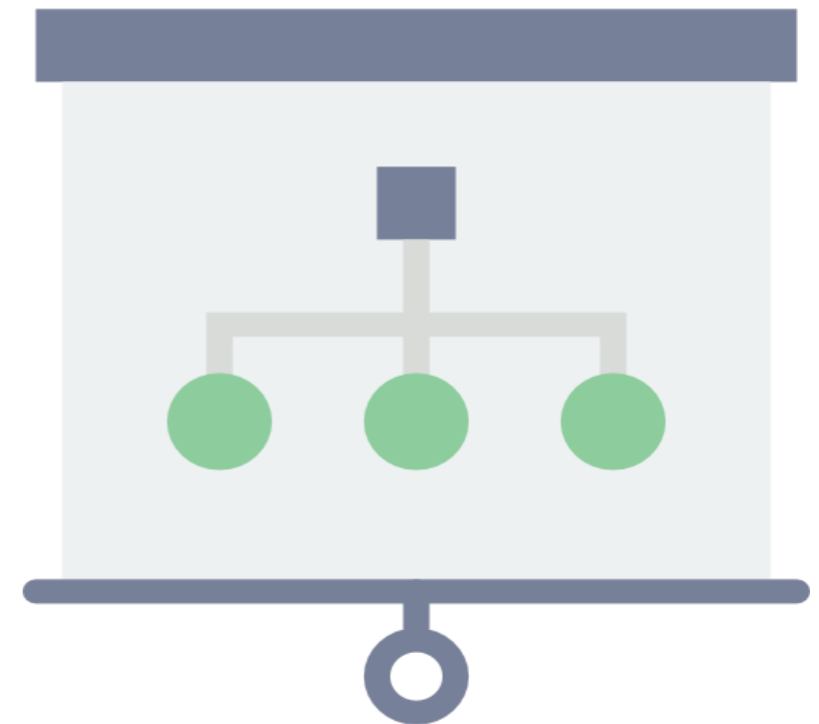
**Please prepare this presentation in advance** and send it to us to:

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



In the Subject mention:

**SOS Training Course – March 11-19, 2024.**



## 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.



# APPROVAL

## OF THE TRAVEL PLAN

- ▶ Each sending entity should have a list of participants and a travel/flights **proposal** ready, before **February 11, 2024**, one month before the training course start. That date, this information must be shared with **Permacultura Cantabria**, **that will approve of the travel plan.**
- ▶ Receiving our approval in written is a requirement to proceed with the flights' purchase.



Entities or participants **MUST NOT** purchase any flight tickets before consulting with Permacultura Cantabria and obtaining our approval !



# 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](#)



#### [SKYSCANNER Webpage](#)





# TRANSPORT



## HOW TO REACH THE VENUE:

The activity will take place, mainly, in a town called Sarón, in Permacultura Cantabria's facilities.

**Accommodation:** [Apartamentos Los Rosales](#)

**Facilities:** [El Ferial](#) (5 minutes from the accommodation place)

Sarón has excellent public transport connections. Daily bus services from Santander are available. Please consult the next slide for the bus timetable.



**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.**

## CAR RENTALS:

The most effective and widely preferred choice is to rent a car. It offers flexibility, especially for groups of 3-4 people, at approximately 20 euros per day from Santander or Bilbao airport.

We suggest using [HERTZ](#) for the quickest and most comfortable option.



# TRANSPORT



## OTHER OPTIONS

From **BILBAO** to SARÓN:

### **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 **3 EUR**. 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 EUR**. Please consult the time schedules on the website.

**Step 3:** Santander Bus Station to Sarón: Buy the tickets at ALSA company. The cost is approximately **2,25 EUR**. Please consult the time schedules on the website.

**Step 3:** Walk 0,6 km from Sarón Bus Station to Apartamentos Los Rosales in the following direction



Click here to get the full map:

[From Sarón Bus station to Apartamentos Los Rosales](#)





# TRANSPORT



## OTHER OPTIONS

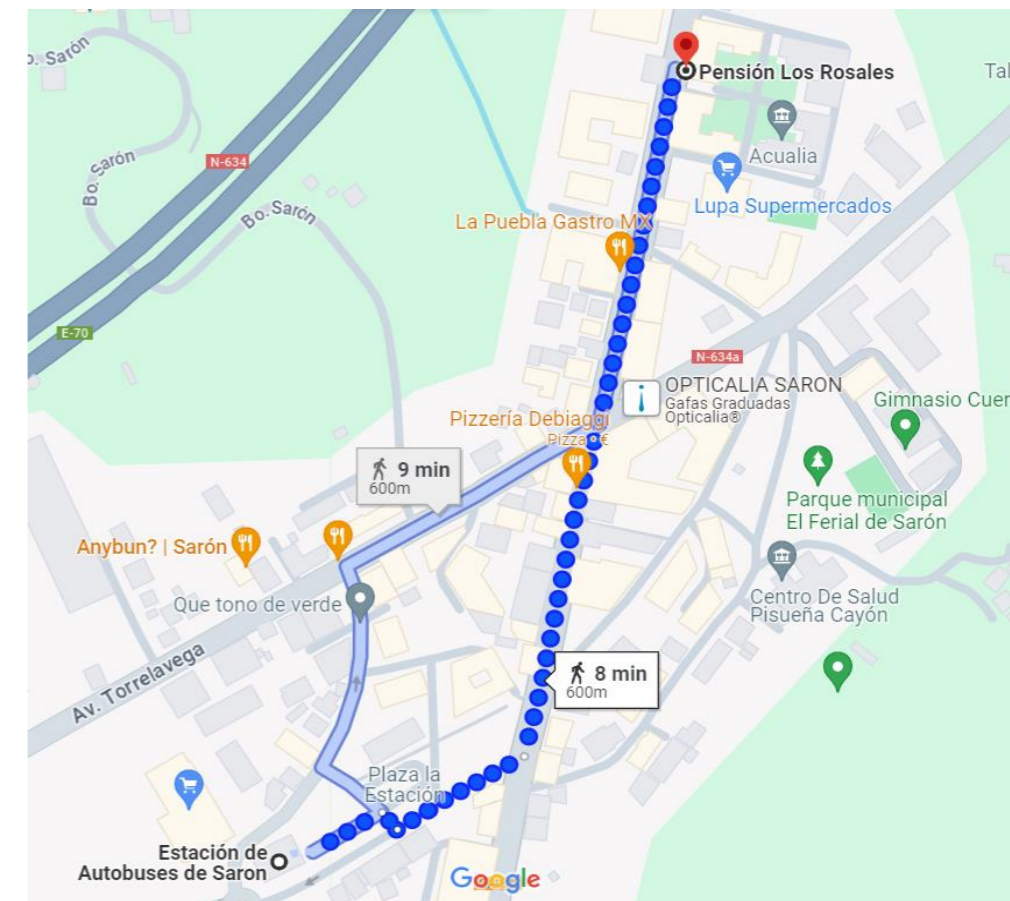
From **SANTANDER** to SARÓN:

### **BUS**

**Step 1:** Airport to Santander: To reach Santander, take **buses** departing every 30 minutes, with a quick 10-minute ride to the city center.

**Step 2:** Santander Bus Station to Sarón: Buy the tickets at **ALSA** company. The cost is approximately **2,25** EUR. Please consult the time schedules on the website.

**Step 3:** Walk 0,6 km from Sarón Bus Station to Apartamentos Los Rosales in the following direction.



Click here to get the full map:

[From Sarón Bus station to Apartamentos Los Rosales](#)







# TRANSPORT

## PRIVATE TRANSPORT

### TAXI - BILBAO TO SARÓN

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** EUR per taxi during the day, **150** EUR per taxi at night and on weekends.

### TAXI - SANTANDER TO SARÓN

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** EUR per taxi and **60** EUR per taxi at night.





# TRANSPORT



## 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 informs us at

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

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.



**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's facilities.





# REIMBURSEMENT



## EXPENSES REIMBURSEMENT POLICY

Erasmus + makes us **keep all the invoices, flight tickets, boarding passes** 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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# REIMBURSEMENT



## BUDGET APPROVED BY ERASMUS:

For the project: **S.O.S. Strengthening Our Support: Enabling Inclusion and Innovation for Ukrainian Refugees in Europe (2023-1-ES02-KA220-YOU-000153797)** Erasmus+ has authorized the following budget:

TRAVEL SUPPORT		
ENTITY, COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
PETRKLÍČ HELP, CZECHIA	8	275 €
FUNDACJA MEDEINA, POLAND	8	275 €
PERMACULTURA CANTABRIA, SPAIN	8	0 €



# REIMBURSEMENT

## REQUIREMENTS AND CONDITIONS:

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.
- Consumption of alcohol or drugs is not allowed, neither in Permacultura Cantabria's facilities nor during outdoor activities, such as cultural visits.
- Discriminatory behavior is strictly prohibited. Thus, racist, sexist, or any other form of disrespectful behavior towards the identity of a person or a social group will not be tolerated during the activities.





# REIMBURSEMENT



## PURCHASE AND REIMBURSEMENT

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

- **PETRKLÍČ HELP (CZECHIA):** [KANTOR@ASKCR.CZ](mailto:KANTOR@ASKCR.CZ)
- **FUNDACJA MEDEINA (POLAND):** [MEDEINAFUNDATION@GMAIL.COM](mailto:MEDEINAFUNDATION@GMAIL.COM)
- **PERMACULTURA CANTABRIA (SPAIN):** [ACTIVITYCANTABRIA@GMAIL.COM](mailto:ACTIVITYCANTABRIA@GMAIL.COM)



## THE SENDING ORGANISATIONS MUST KNOW:

The sending entities are responsible for submitting all the travel documents and invoices (flight tickets and boarding passes) to [activitycantabria@gmail.com](mailto:activitycantabria@gmail.com) before **March 27, 2024**. Boarding passes are required during the training course for the correct justification of the project.







# PERMACULTURA CANTABRIA'S FACILITIES







# ACCOMMODATION



## WHERE WE ARE

The accommodation during the training course is provided by Permacultura Cantabria's in

[Apartamentos Los Rosales](#)

**2 or 3 guests per room.**

Rooms designed for 2 or 3 guests, each equipped with 2 or 3 beds and a private bathroom.







# 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.**







# THINGS TO BRING



## 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

<http://ec.europa.eu/social/main.jsp?catId=559>





# THINGS TO BRING



## 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.







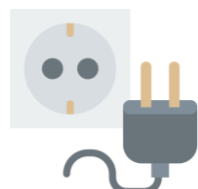
# THINGS TO BRING



## 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**



**IF POSSIBLE, BRING YOUR OWN REUSABLE BOTTLE TO REDUCE PLASTIC WASTE**



**CLOTHES FOR HOT WEATHER**



# CONSIDER

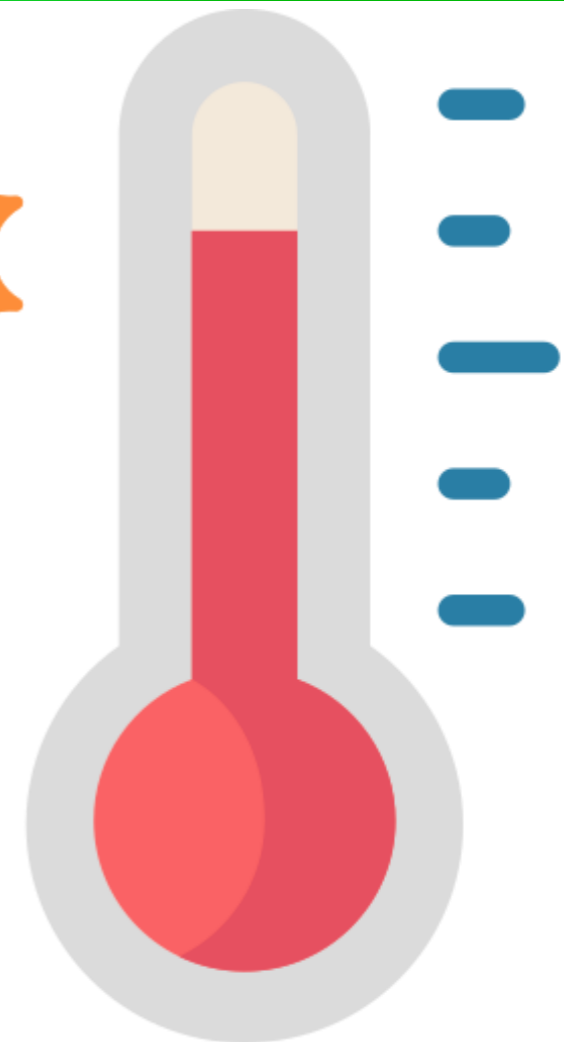
## WEATHER

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:

[Weather Forecast for Sarón](#)





# CONSIDER



## MULTICULTURAL ACTIVITIES

Please **bring something** you would like to share with us **from your country**, e.g.:

■ FOOD

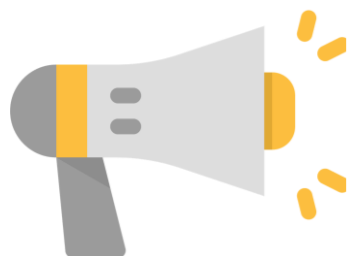
CRAFTS ■

■ PICTURES

STORIES ■

■ MUSIC

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 sq.km, 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](#)



A photograph of a cave wall covered in ancient red and ochre paintings of animals, with two people's hands reaching out to touch the artwork.

## 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.**



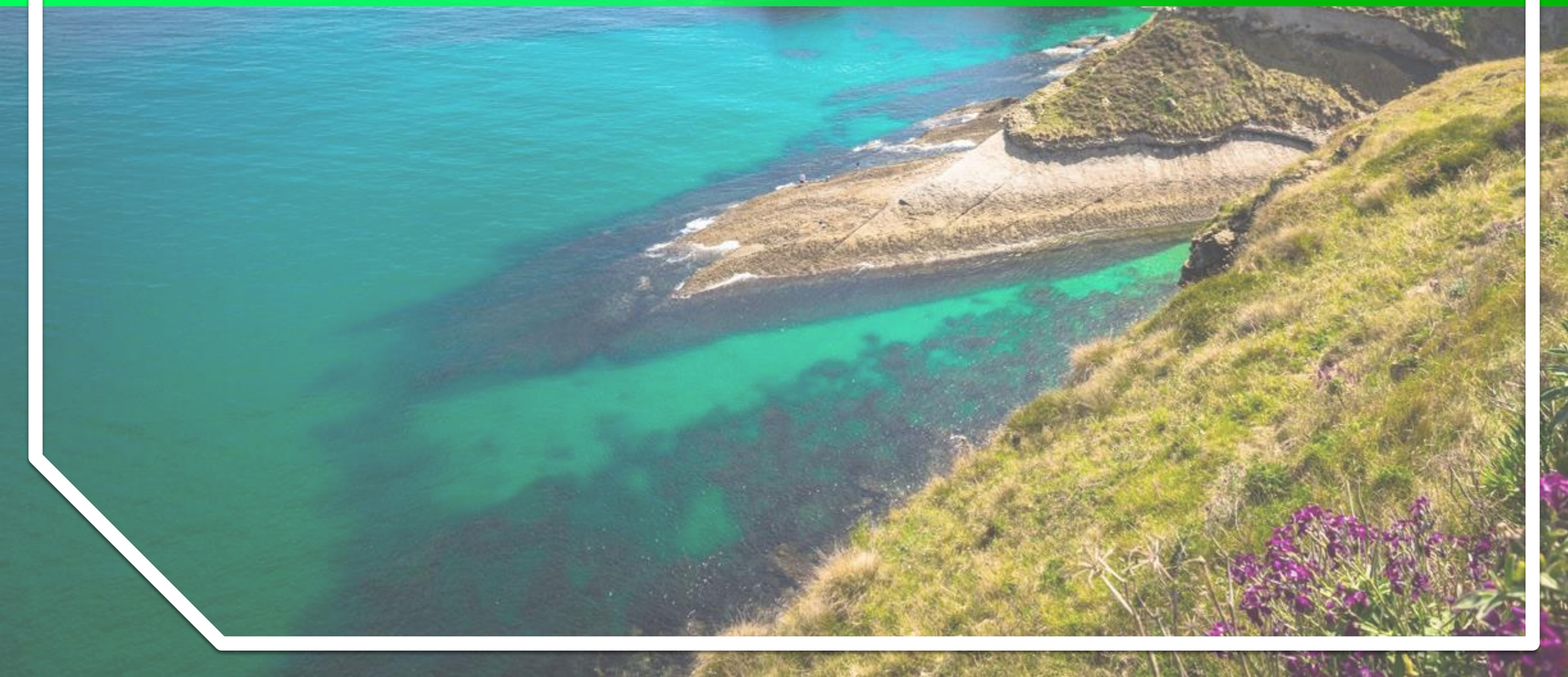


PASIEGAN VALLEY





## **PLACES TO VISIT IN SANTANDER**







SANTANDER'S BEACHES





SARDINERO





BOAT TRIP FROM SANTANDER TO SOMO

<https://www.losreinas.com>





PASEO PEREDA





MAGDALENA'S PALACE



**REMEMBER TO BRING POSITIVE ENERGY AND  
YOUR BRIGHTEST SMILE!**



**SEE YOU SOON!**

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