

# INFOPACK

# Adults education for a Sustainable Culture

( 2020-1-HR01-KA104-077229 )

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# ABOUT US

## WHERE WE COME FROM:

**Permacultura Cantabria** was founded in 2005. It was born as an ecological farm where we carried out social and ecological projects based on permaculture principles. However, we grew and the facilities became too small to support our activities. Therefore, in 2018 we decided to move to a larger area.

[A video of our beginning](#)



## WHERE ARE WE NOW:

**Currently** we have left this farm to start a new stage and create a reference project at European level. Though, adapting facilities to permaculture design takes its time so we are in a 5 years transition period, from 2018 to 2023.

Nowadays, we develop our activities in 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.

## 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

FROM 1<sup>ST</sup> FEBRUARY TO 10<sup>TH</sup> FEBRUARY 2022

This international training is part of the Erasmus+ project:  
**'Adult education for a sustainable culture'**.

This Training Course aims to provide adult learners the basic competences to apply permaculture techniques and design sustainable projects or business ideas, in their work with adults.

The methodology of the course will be participative, including theoretical and practical sessions, direct contact with successful projects related to permaculture, in the rural area of Cantabria, as well as the exchange, reflection and debate of the good practices in environmental protection.

A **8-day** training course in Spain will bring 5 participants, to learn and experiment a participative experience to know more about permaculture, sustainable project design techniques and entrepreneurship in rural areas.



**The aims of the training course are:**

- ▶ Know basic permaculture techniques, in order to care for the Earth.
- ▶ Understand how we can combat climate change, through permaculture.
- ▶ Obtain practical tools for the sustainable design of projects.
- ▶ Learn to energise group processes, to facilitate the achievement of projects.

**THIS TRAINING COURSE WILL  
CONTRIBUTE TO HAVING A  
WIDER PERSPECTIVE OF  
PERMACULTURE AND  
SUSTAINABLE PROJECT  
DESIGN TECHNIQUES, WHICH  
CAN BE IMPLEMENTED IN THE  
NEAR FUTURE.**

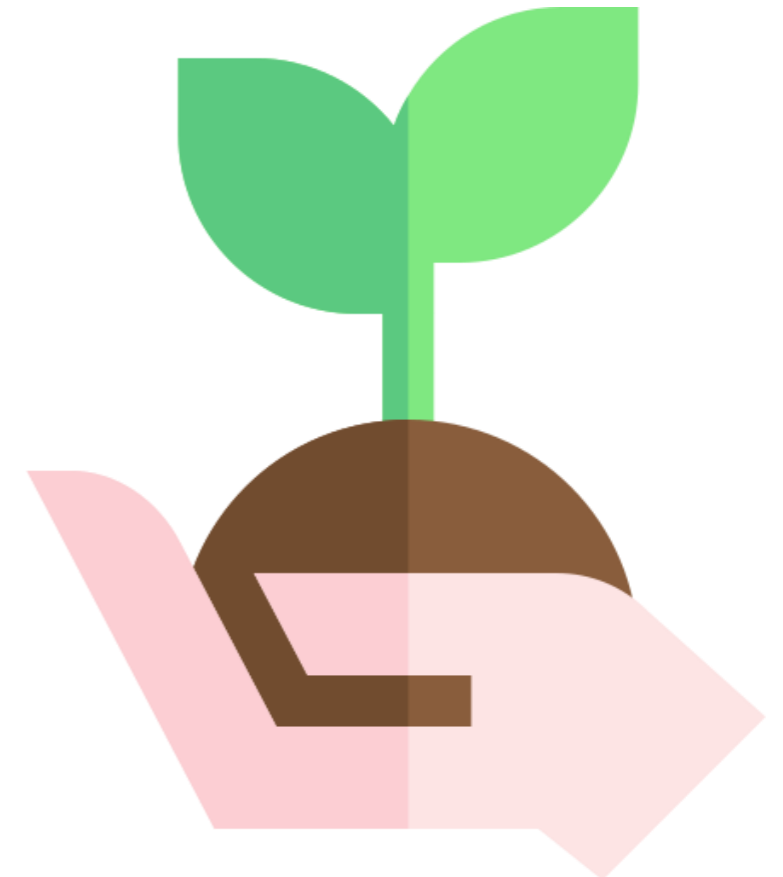


## NUMBER OF PARTICIPANTS:

**THERE WILL BE 5 PARTICIPANTS IN THIS ACTIVITY.**

1 from Localaction Group 5 (Croatia), 1 from Meraki (Croatia), 1 from Brodoto (Croatia) and 2 from Permacultura Dalmatia (Croatia)

**In addition,** 12 participants from Bulgaria 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

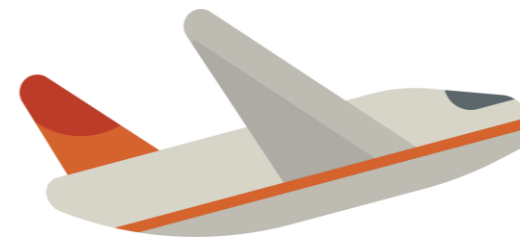
FROM 1<sup>ST</sup> FEBRUARY TO 10<sup>TH</sup> FEBRUARY 2022

The course will be held from 1<sup>st</sup> February (Arrival Date) – 10<sup>th</sup> February (Departure Date), 2022 in one of Permacultura Cantabria's facilities based in Penagos(Cantabria, Spain).



## ARRIVAL DATE

**February 1st, 2020** at 19:00h.  
We'll have the dinner at 20.30h




## DEPARTURE DATE:

**February 10<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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WHEN	TUESDAY 1 <sup>ST</sup>	WEDNESDAY 2 <sup>ND</sup>	THURSDAY 3 <sup>RD</sup>	FRIDAY 4 <sup>TH</sup>	SATURDAY 5 <sup>TH</sup>	SUNDAY 6 <sup>TH</sup>
8:30-9:15	ARRIVAL	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30		Welcome	Introduction  to Permaculture	Land & Nature Administration Visit to Santoña Nature Reserve Museum	Ecological Agriculture	Local Strategic Actions of Regional Development: Proder
11:30-12:00		BREAK	BREAK	BREAK	BREAK	BREAK
12:00-13:30		Presentations and  intro to field visits	Main Permaculture tools and techniques	Land & Nature Administration. Visit to Santoña Nature Reserve Museum	Permaculture design for orchards	Sustainability and adaptation to rural environment: Visit to Eco cheesemakers La Jarradilla
13:30-15:00		LUNCH	LUNCH	PACKED LUNCH	LUNCH	PACKED LUNCH
15:00-17:00		Exchange of best practices among participants  +  Disco ver Penagos	Circular Economy  for Permaculture	Hike to Mount Buciero	Research groups	Examples of best practices in Environmental care and Sustainability: Visit to Alpaca Farm
17:00-19:30		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
19:30-20:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER
21:00-23:00		SHORT INTRO		Intercultural party		

**DAY 7                      DAY 8                      DAY 9                      DAY 10**

<b>WHEN</b>	<b>MONDAY 7<sup>TH</sup></b>	<b>TUESDAY 8<sup>TH</sup></b>	<b>WEDNESDAY 9<sup>TH</sup></b>	<b>THURSDAY 10<sup>TH</sup></b>
8:30-9:15	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30	Human care and Permaculture	History, principles and tools of an innovative project design Methodology	Erasmus+ Workshop	DEPARTURE
11:30-12:00	BREAK	BREAK	BREAK	
12:00-13:30	The importance of Emotional Management in situations of exclusion	4 phases Wheel and its 12 steps for making projects.	Development of future projects: Implementation of KA2 projects + Questions and answers	
13:30-15:00	LUNCH	PACKED LUNCH	LUNCH	
15:00-17:00	How to apply principles of Emotional Management while working with groups	Tools for a collaborative project design	Teamwork to analyse learning process and reflections	
17:00-19:30	FREE TIME	FREE TIME	FREE TIME	
19:30-20:00	EVALUATION	EVALUATION	FINAL EVALUATION	
20:00-21:00	DINNER	DINNER	DINNER	
21:00-23:00			Farewell party	

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

# APPLICATION & DOCUMENTS

## APPLICATION FORM

### HOW CAN I PARTICIPATE IN THE TRAINING COURSE?

Fill out the **application form** even if you have been selected already.

This way, you get registered and we can organise the training course and logistics successfully.

### Application Form



**Please**, make sure you have filled it in.

## IMPORTANT

It is completely necessary to fill and submit the whole form.  
If you find any problem, please let us know as soon as possible.

[PERMACULTURACANTABRIA@GMAIL.COM](mailto:PERMACULTURACANTABRIA@GMAIL.COM)



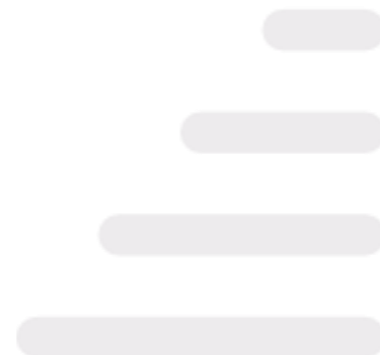
# DOCUMENTS REQUIRED

## We need your passport or ID previously

Please, **send** to our email **a copy of your passport or identity card** before you travel.

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

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



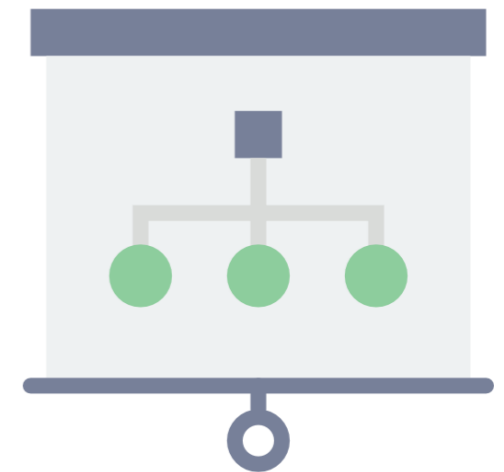
# WHAT DO I NEED TO PREPARE BEFORE THE COURSE?

## Presentation

**Each participant will present** themselves, their organisation, 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 **1st of January** (one month before the course start). That date, this information must be shared with **Permacultura Cantabria, who will determine, then, after consulting the authorities' recommendations, if it is possible or NOT to carry out the mobility and therefore, to proceed with the flights' purchase.**

**Sending entities or participants WILL NOT BUY any flight tickets, before consulting with Permacultura Cantabria and receiving our agreement.**



**TO ENTER SPAIN, PARTICIPANTS SHOULD COMPLY WITH THE COVID MEASURES IMPLEMENTED BY THE SPANISH GOVERNMENT ([HTTPS://WWW.SPTH.GOB.ES](https://www.spth.gob.es))**

**SUCH US:**

**A) TO BRING THE EU DIGITAL COVID CERTIFICATE WITH YOU. THIS CERTIFICATE COULD BE OBTAINED IF THE TRAVELER:**

**1. HAS BEEN VACCINATED AT LEAST 14 DAYS PRIOR TO ARRIVAL IN SPAIN.**

**2. HAS RECOVERED FROM COVID-19 (CHECK THE VALID PERIOD ON THE WEBSITE).**

**3. HAS HAD A DIAGNOSTIC TEST, WITHIN 48 HOURS PRIOR TO ARRIVAL IN SPAIN WITH NEGATIVE RESULT.**

**B) TO FILL OUT A HEALTH CONTROL FORM (FCS) AND GET A HEALTH QR CODE THAT YOU WILL HAVE TO SHOW (PAPER OR MOBILE) AT THE AIRPORT HEALTH CONTROL.**

**PARTICIPANTS SHOULD ALSO ACCEPT THE COVID PROTOCOLS IMPLEMENTED BY THE PARTICIPATING ENTITIES, SIGNING A STATEMENT OF RESPONSIBILITY BEFORE TRAVELING.**

**[STATEMENT OF RESPONSIBILITY](#)**

**MORE INFORMATION ON COVID-19 TRAVEL RESTRICTIONS [HERE.](#)**



# TRANSPORT

## HOW TO GET TO SPAIN:

### **Santander Airport**

These are the best options to arrive and the links to find timetables and make reservations:

[Santander Airport Webpage](#)

It is 15 minutes far from the city center. It is a local airport, which counts with low cost airlines like RYANAIR. The rest of flights could be expensive.

[RYANAIR Webpage](#)

### **Bilbao Airport**

It is probably one of the best options. It is a small airport, but much more active than Santander's. It is located outside of the city of Bilbao.

[Bilbao Airport Webpage](#)



## HOW TO REACH THE VENUE PLACE:

The activity will take place, mainly, in a village called Penagos, in Permacultura Cantabria's facilities. This village is famous for its Natural Park: [Cabarceno](#).

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

**The address is:**

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

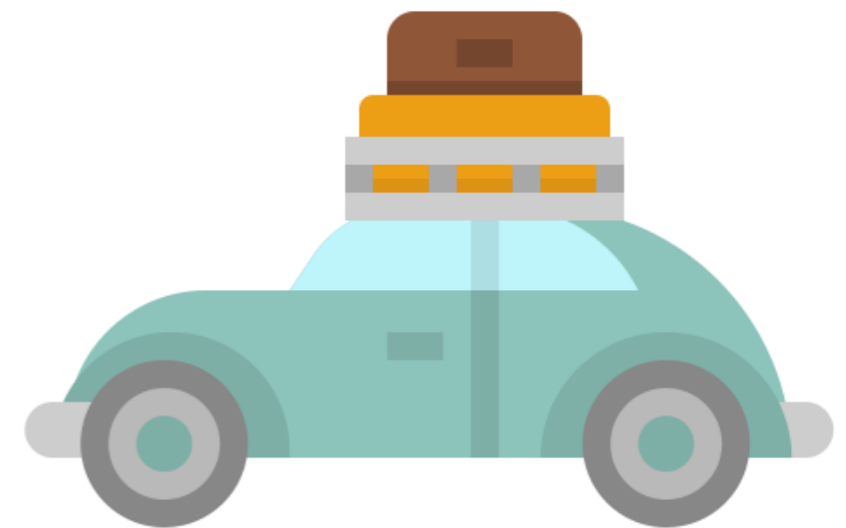
## OTHER OPTION:

**Other 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:**

**This is the fastest and most comfortable option.**




# OTHER OPTIONS


## FROM BILBAO TO PENAGOS:

### PUBLIC TRANSPORT

#### BUS

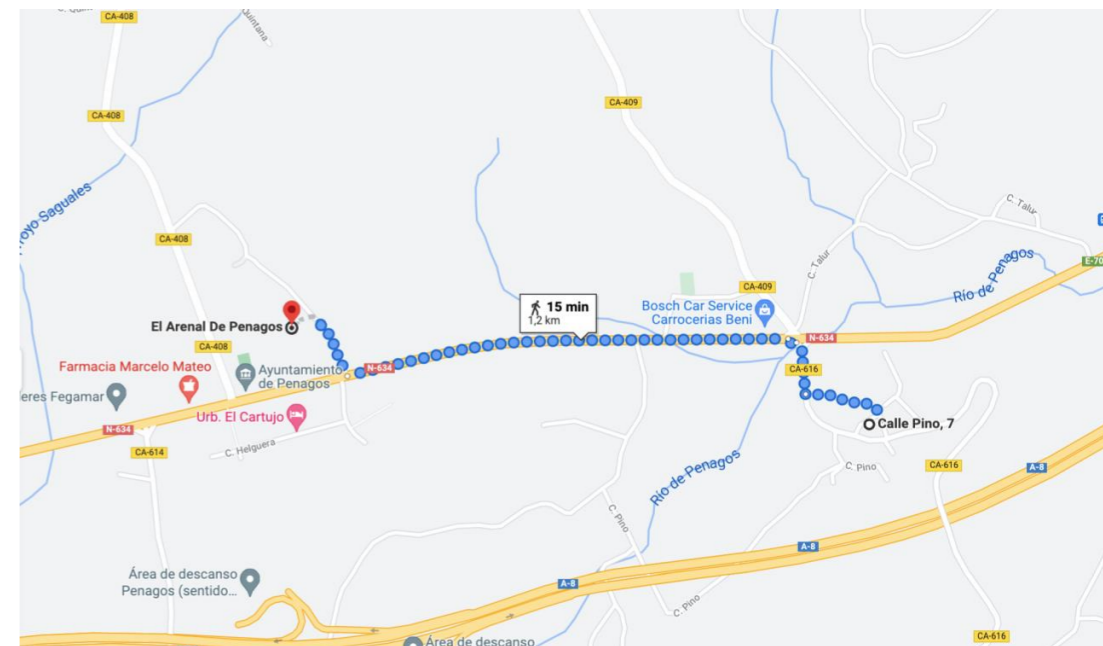
**Step 1:** Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 1,45€. It is the public bus line (**Bizkaibus**) and the **line number is A3247**.

**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



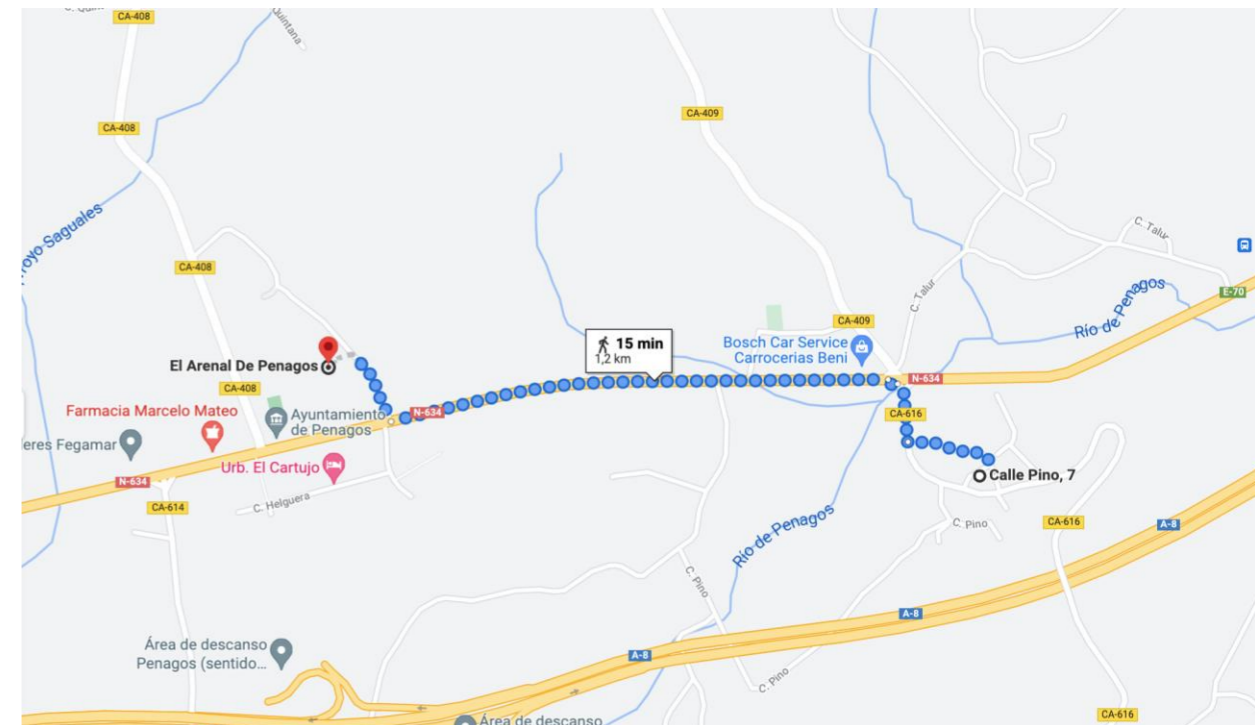
**Step 1:** Airport to Santander: In order to go to Santander, you have **buses**, every 30 minutes, taking only 10 minutes to the city centre.



**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 all the participants have filled in the application form, we will be able to see all participants' 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)



# EXPENSES REIMBURSEMENT

## REIMBURSEMENT POLICIES

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

We also have to duly justify all payments done from our bank account for accounting purposes.

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

Coming to the activity or starting using the Funds of this activity means that you accept these conditions and requirements.

You need to attend to all the activities of the course to get the refund.



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



# REQUIREMENTS AND CONDITIONS

For the project **Adult education for a sustainable culture** (2020-1-HR01-KA104-077229).

Erasmus+ has authorised the following budget:

## BUDGET APPROVED BY ERASMUS: TRAVEL SUPPORT

ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT	TOTAL TRAVEL PER ENTITY
LOCALACTION GROUP LAG 5	1	275 €	275 €
MERAKI	1	275 €	275 €
BRODOTO	1	275 €	275 €
PERMACULTURA DALMATIA	2	275 €	550 €



**To get all the expenses reimbursement it is necessary to follow the next points during all the activities:**

- ▶ **You need to attend to all the activities** of the training course to get the refund.
- ▶ **The consumption of alcohol or drugs is not allowed**, nor in Permacultura Cantabria facilities, but neither during the outdoor activities such as cultural visits.
- ▶ **Discriminatory behaviours are totally prohibited.** So racist, sexist or other kind of disrespectful behaviours (against the identity of a person or a social group) will not be tolerated during the activities.



# PURCHASE AND REIMBURSEMENT

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

**LOCALACTION GROUP LAG 5 (Croatia):** [razvoj@lag5.hr](mailto:razvoj@lag5.hr)

**MERAKI (Croatia):** [ngo.meraki@gmail.com](mailto:ngo.meraki@gmail.com)

**BRODOTO (Croatia):** [branimir@brodoto.com](mailto:branimir@brodoto.com)

**PERMACULTURA DALMATIA (Croatia):** [pkd.radionice@gmail.com](mailto:pkd.radionice@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 13th of February, 2021.

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



I N D E X

**PERMACULTURA  
CANTABRIA'S  
FACILITIES**



# FACILITIES

## WHERE WE ARE?

The course will take place at  
**Permacultura Cantabria's facilities:**  
[Barrio 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.



### **REMTNDER:**

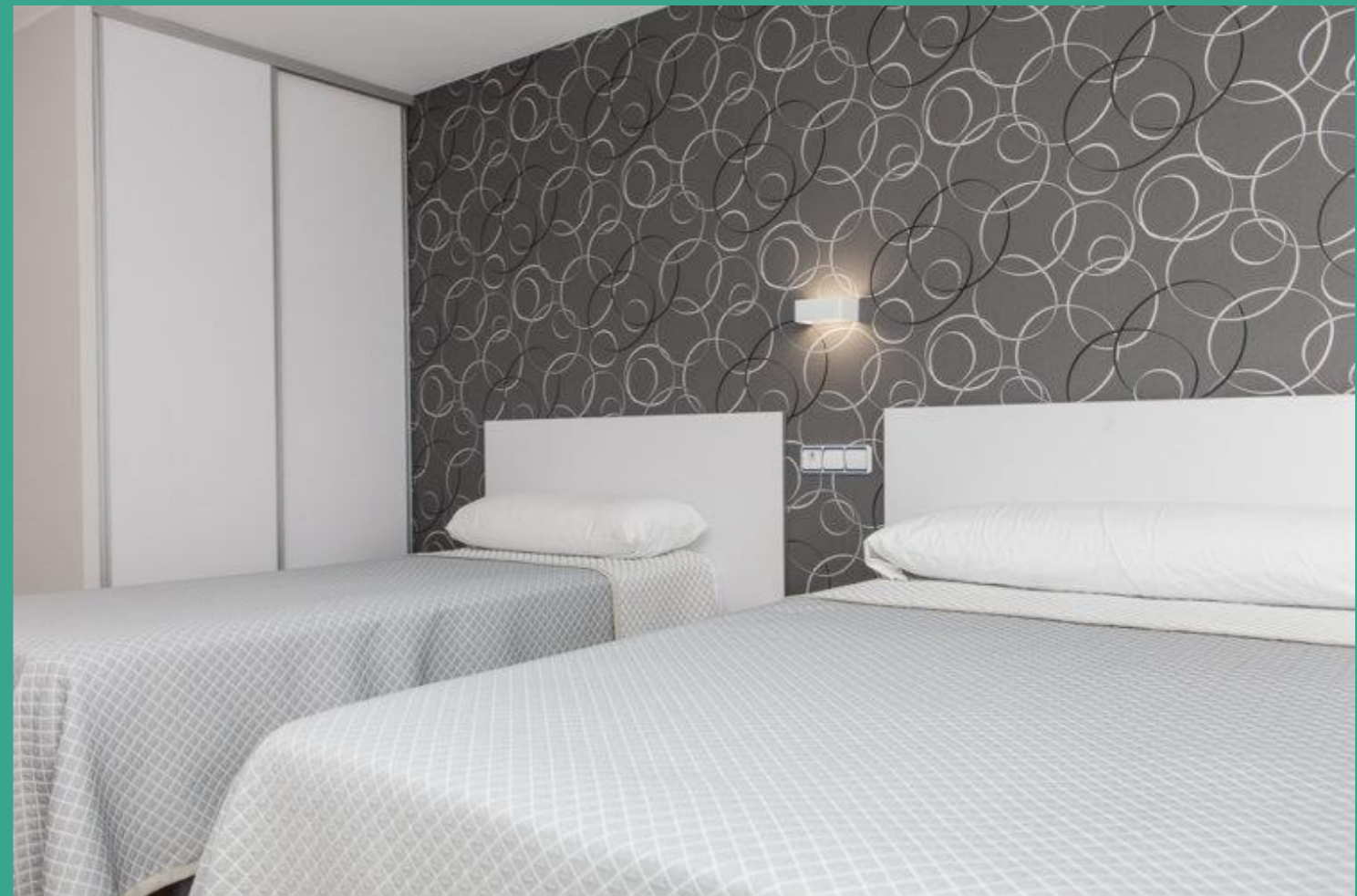
Remember that our facilities are currently  
temporary and are not based on permaculture.

[More info in 'ABOUT US'](#)

# FACILITIES



# FACILITIES



# 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).



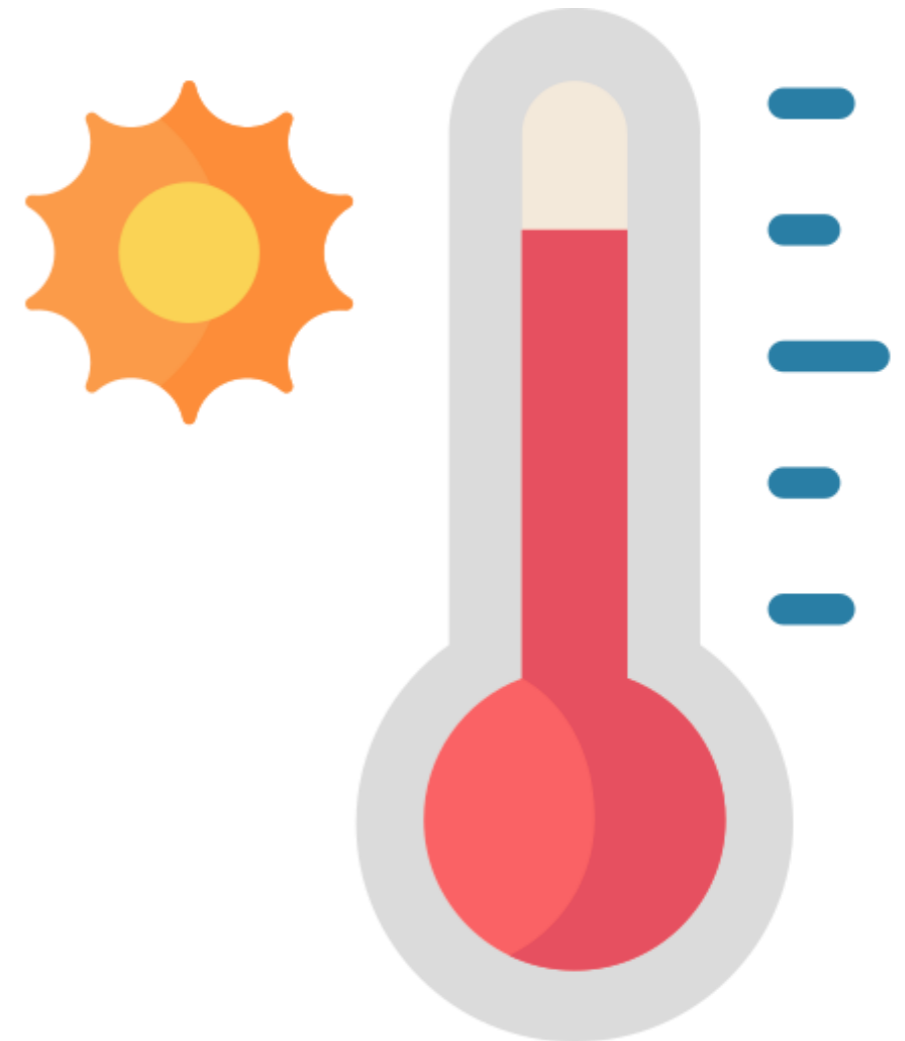
# WEATHER

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:

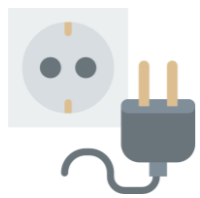
<http://www.aemet.es/es/eltiempo/prediccion/municipios/penagos-id39048>



# THINGS FOR THE SUITCASE



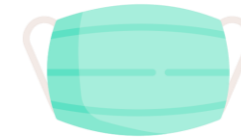
**CLOTHES FOR COLD WEATHER AND RAIN**



## PLUGS

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

## PLUGS IN SPAIN



**PERSONAL MASK**



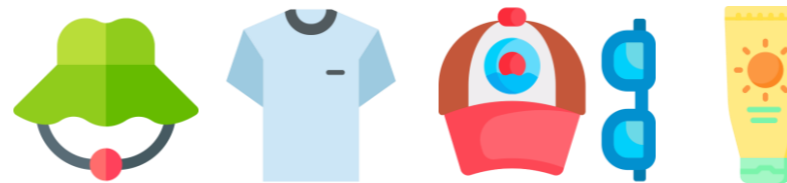
**TOWEL IS NOT REQUIRED**



**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

STORIES

MUSIC

CRAFTS

PICTURES

GAMES

...



# 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!



