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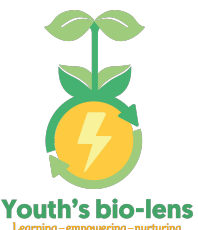
BIO-LENS:

BIO Learning-Empowering-Nurturing-Sharing

(2020-1-PL01-KA205-080293)



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



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PROJECT SUMMARY

FROM 2ND MAY TO 10TH MAY 2021

This international training is part of the Erasmus+ project: **Youth's BIO Learning-Empowering-Nurturing-Sharing -BIOLENS-** (2020-1-PL01-KA205-080293).

It has been designed to comply with one of the goals of the project:

To provide young people and youth workers with **new entrepreneurial skills based on sustainability** through the new methodologies and tools offered during this Training Course, in order to address: **facing Climate Change, Zero waste approach, Emotional management in the eco-anxiety context, Do It Yourself practices and Permaculture.**

The methodology of the course will be a combination between **theoretical participative activities** and the analysis of real case studies, in which the participants will be able to visit local initiatives of entrepreneurship in rural areas of Cantabria while they will attend different workshops about sustainability, entrepreneurship and innovative methods of project design.



This **training in Spain** will bring together participants from each entity, to learn and experiment with a participative experience to know more about **sustainable entrepreneurship** in rural areas and promote **eco-friendly projects development**.

**THIS TRAINING COURSE
WILL CONTRIBUTE TO
PROVIDE YOUTH AND YOUTH
WORKERS WITH INNOVATIVE
TOOLS TO PROMOTE
RESPONSIBLE
ENTREPRENEURSHIP, IN
ORDER TO ADDRESS CLIMATE
CHANGE AND SUSTAINABLE
DEVELOPMENT.**

NUMBER OF PARTICIPANTS:

There will be 30 participants in this activity:

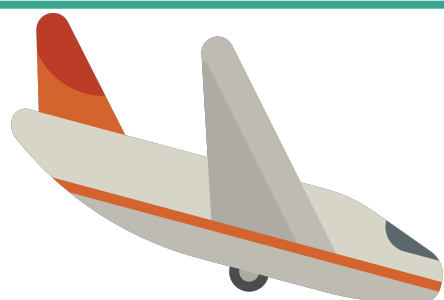
10 participants from Poland, 10 from Italy and 10 from Spain will be part of this training course.



COURSE PROGRAMME

FROM 2ND OF MAY TO 10TH OF MAY 2021

The course will be held from **2nd of May (Arrival Date)** to **10th of May (Departure Date)**, 2021 in one of PASOS' facilities based in **Ramales de la Victoria (Cantabria, Spain)**.

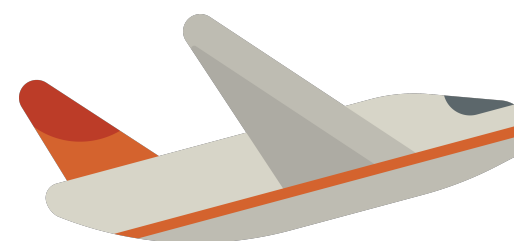


ARRIVAL DATE

May 2nd, 2021 at 18:00h.

The meet&greet activities will start around 18.

We'll have the dinner at 20.30h




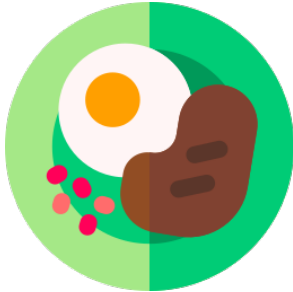



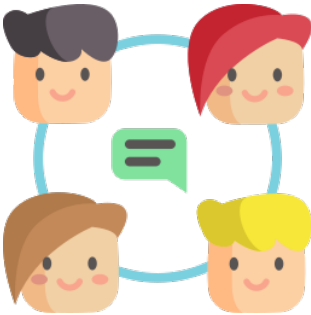


DEPARTURE DATE:

May 10th 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 |
|-------------|---------------------------|---|--|--|--|
| WHEN | ARRIVAL SUNDAY 2ND | SUSTAINABLE ECONOMY MONDAY 3RD | ZERO WASTE TUESDAY 4TH | HEALTHY WEDNESDAY 5TH | DIY THURSDAY 6TH |
| 8:30-9:15 | ARRIVAL | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| 9:30-11:30 | ARRIVAL | Welcome and introduction to the project | Permaculture & climate change adaptation | Visit to sustainable farming project and practical workshop | Consumerism vs. Do It Yourself |
| 11:30-12:00 | | BREAK | BREAK | BREAK | BREAK |
| 12:00-13:30 | | Introduction to climate change | Ethics and Product Life Cycle | Visit to sustainable housing project and roundtable of best practices | Marketing and Greenwashing |
| 13:30-15:00 | | LUNCH | LUNCH | PACKED LUNCH | LUNCH |
| 15:00-17:00 | | Introduction to circular economy and local examples | Our daily choices and their impact | Visit to ecological food production project and roundtable of best practices | Insight into hand-made natural products |
| 17:00-19:30 | RECEPTION & PRESENTATIONS | FREE TIME | FREE TIME | FREE TIME | FREE TIME |
| 19:30-20:00 | | EVALUATION | EVALUATION | EVALUATION | EVALUATION |
| 20:00-21:00 | DINNER | DINNER | DINNER | DINNER | DINNER |
| 21:00-23:00 | Short intro | Movie: Tomorrow | Theatre improvisation | Free proposals | Storytelling on DIY from own experiences |

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

PLANNING

| DAY 6 | DAY 7 | DAY8 | DAY9 |
|---|--|---|--------------------------|
| COLLABORATIVE FRIDAY 7TH | GO OUT SATURDAY 8TH | RE-START SUNDAY 9TH | DEPARTURE MONDAY 10TH |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| Emotional management and climate change | Erasmus+ Workshop | Emotional management and climate change | DEPARTURE |
| BREAK | BREAK | BREAK | |
| Dynamics for socially inclusive community work | Presentations | Dynamics for socially inclusive community work | |
| LUNCH | LUNCH | LUNCH | |
| Emotional health and eco-actions | Teamwork to analyse learning process and reflections | Emotional health and eco-actions | |
| FREE TIME | FREE TIME | FREE TIME | |
| EVALUATION | EVALUATION | EVALUATION | |
| DINNER | DINNER | DINNER | |
| Sustainability board games and energisers | Intercultural night | Farewell celebrations | |

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.

ongpasos@gmail.com



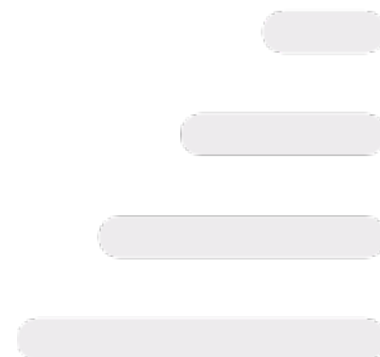
DOCUMENTS REQUIRED

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.

ongpasos@gmail.com



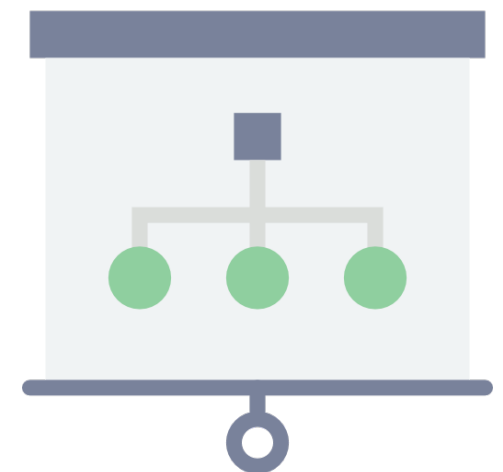
WHAT DO I NEED TO PREPARE BEFORE THE COURSE?

Presentation

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

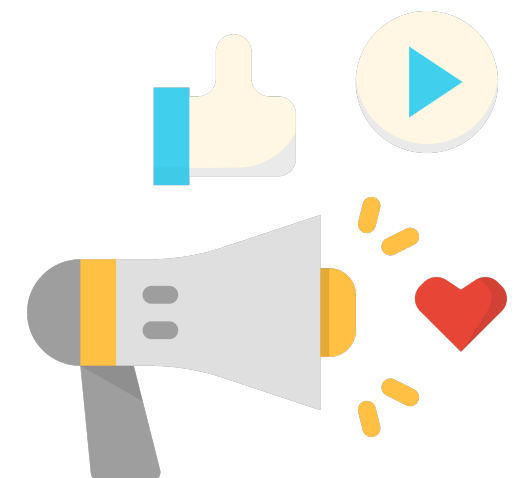
Please prepare this presentation in advance and send it to us to:

ongpasos@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 and the changing situation, PASOS 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 17th of April**. That date, this information must be shared with PASOS NGO, 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 PASOS and receiving our explicit agreement.

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 Ramales de la Victoria, in PASOS' facilities. This village is famous for its prehistoric caves.

Ramales de la Victoria is not so well connected in terms of public transport. There are a few daily buses from Santander.

The address is:

Barrio Vegacorredor, S/N, 39800 Ramales de la Victoria, Cantabria, Spain.

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:

HERTZ

This is the fastest and most comfortable option.



OTHER OPTIONS


FROM BILBAO TO RAMALES DE LA VICTORIA:

PUBLIC TRANSPORT

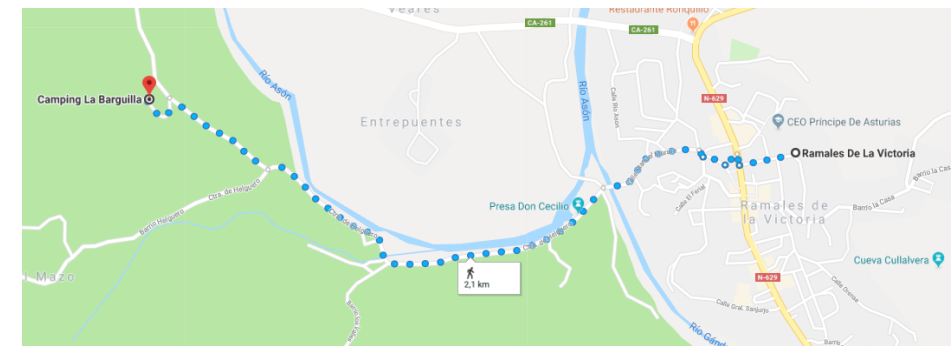
BUS

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 Laredo Bus Station: Buy the tickets at [ALSA](#) company, to Laredo. The cost is approximately 3,64 euros. Please consult the time schedules on the website.

 **Step 3:** Laredo Bus Station to Ramales de la Victoria: Buy the tickets at [ALSA](#) company, to Ramales de la Victoria. The cost is approximately 1,90 euros. Please consult the time schedules on the website.

Step 4. Walk from Ramales de la Victoria Station to Vegacorredor: (2,1 km) in the following direction:



Click here to get the full map:

<https://bit.ly/2I4d1Dz>



FROM SANTANDER TO RAMALES DE LA VICTORIA:

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.

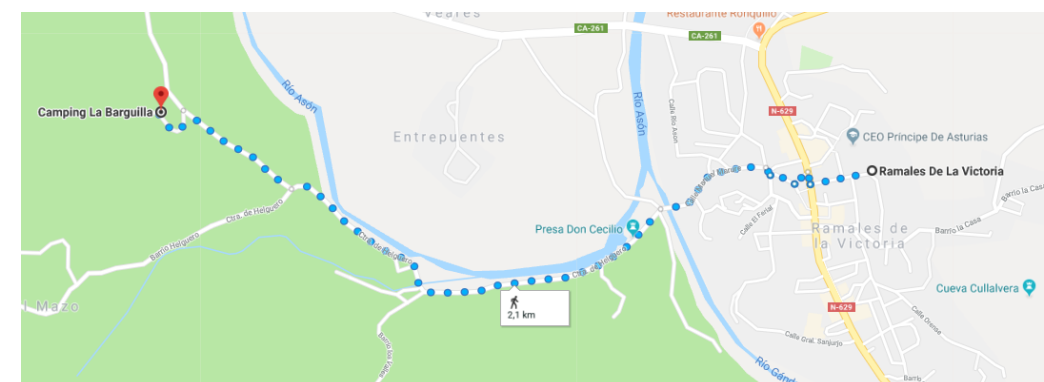
Step 2: Santander Bus Station to Laredo Bus Station: Buy the tickets at [ALSA](#) company, to Laredo. The cost is approximately 2,88 euros. Please consult the time schedules on the website.

Step 3: Laredo Bus Station to Rames de la Victoria: Buy the tickets at [ALSA](#) company, to Rames de la Victoria. The cost is approximately 1,90 euros. Please consult the time schedules on the website.

Step 4: Walk from Rames de la Victoria Station to Vegacorredor: (2,1 km) in the following direction:

[Barrio Vegacorredor, S/N, 39800](#)

[Rames de la Victoria, Cantabria, Spain.](#)



Click here to get the full map:

<https://bit.ly/2I4d1Dz>



PUBLIC TRANSPORT:

TRAIN

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

Step 2: Santander Train Station to Gibaja Train Station: Buy the tickets at [Renfe](#) company, to Gibaja. The cost is approximately 4,05 euros. Please consult the time schedules on the website.

Step 3: Take a taxi to:
Barrio Vegacorredor, S/N, 39800 Ramales de la Victoria, Cantabria, Spain.

| DEPARTURE | DESTINATION | DEPARTURE TIME | ARRIVAL TIME |
|-----------|-------------|----------------|--------------|
| Santander | Gibaja | 7:58 | 9:26 |
| Santander | Gibaja | 14:00 | 15:32 |
| Santander | Gibaja | 19:00 | 20:26 |

PRIVATE TRANSPORT

TAXI

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 120 euros per taxi.



PASOS CAN MANAGE YOUR TRANSPORTATION

PASOS 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.

ongpasos@gmail.com



APPLICATION FORM

Please, make sure you have filled it in.

EXPENSES REIMBURSEMENT

REIMBURSEMENT POLICIES

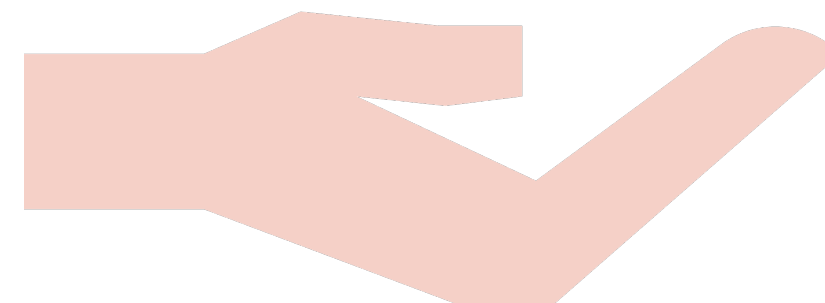
Erasmus + makes us keep all the invoices, flight tickets and boarding passes for a correct Financial Reporting of the activities.

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 course to get the refund.



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of the European Union

REQUIREMENTS AND CONDITIONS

For the project Youth´s BIO Learning-Empowering-Nurturing-Sharing -BIOLENS- (2020-1-PL01-KA205-080293).
Erasmus+ has authorised the following budget:

BUDGET APPROVED BY ERASMUS: TRAVEL SUPPORT

| COUNTRY | PARTICIPANTS | TRAVEL PER PARTICIPANT (Maximum quantity) |
|---------|--------------|---|
| POLAND | 10 | 275 € |
| SPAIN | 10 | 20 € |
| ITALY | 10 | 275 € |

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 PASOS 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:

▶ **MEDEINA (Poland):** medeinafoundation@gmail.com

▶ **PASOS (Spain):** ongpasos@gmail.com

▶ **ORIEL (Italy):** orielassociation@gmail.com



Travelling to Spain might require some **special conditions due to Covid-19 national restrictions**. The participants will have to comply with current legislation (vaccination passport or PRC test). The **sending entities will inform about specific details** to all the participants before travelling.

THE SENDING ORGANISATIONS MUST KNOW:

Boarding Passes, flight tickets and other TRAVEL invoices:

These documents will be required during the training course: each organisation should keep the flight tickets and boarding passes for the correct justification of the project.

The sending organisations are responsible for submitting to ongpasos@gmail.com all the travel documents (boarding passes, flight tickets and other invoices) before the 20th of April, 2021.

I N D E X

PASOS' FACILITIES



FACILITIES

WHERE WE ARE?

The course will take place at PASOS' facilities:

Barrio Vegacorredor, S/N, 39800 Ramales de la Victoria, Cantabria, Spain

It is located in **Ramales de la Victoria**, with:

1. Lunch room
2. Classroom
3. Apartments
4. Green Areas

4 person per each apartment.

Each apartment has 2 double rooms, so they are ready for 4 people.

It also has a private bathroom.

The maximum capacity of the facilities is 80 people.



FACILITIES



FACILITIES

I N D E X



IMPORTANT THINGS TO TAKE

PERSONAL DOCUMENTS

PASSPORT

To enter Spain, you need a **valid identity document (passport or identity card)**.

VISA

Whether you need a Visa for entry depends on your nationality. **Citizens of EU and EFTA countries do not need a Visa.**

If you need a Visa, make sure you apply for it immediately because it can take a long time. If you need an invitation or confirmation letter from PASOS, 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).



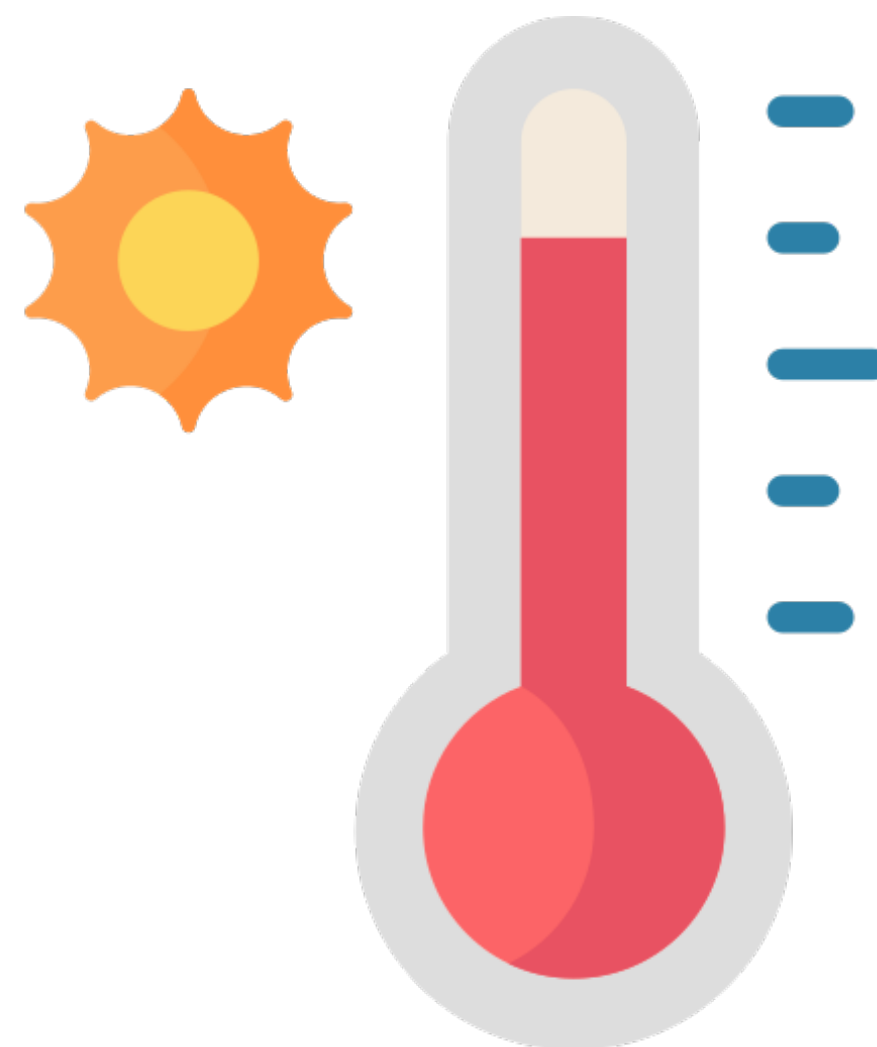
WEATHER

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:

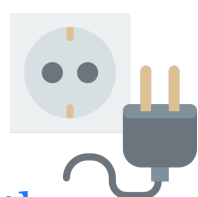
<http://www.aemet.es/es/eltiempo/prediccion/municipios/ramales-de-la-victoria-id39057>



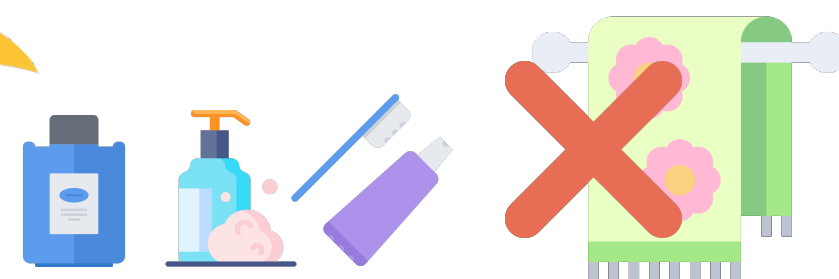
THINGS FOR THE SUITCASE



Clothes for cold weather and rain



Plugs
(Plugs in Spain are the most common in Europe. They are: V230 - 50Hz)

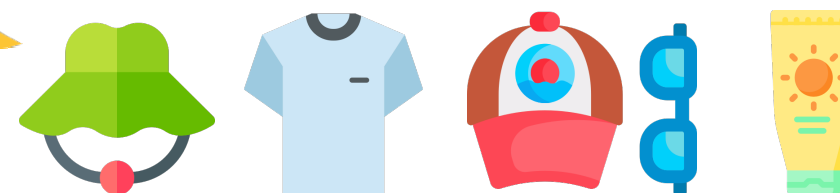


Personal hygiene products

Towel is not required



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



Clothes for hot weather

plugs in spain



MULTICULTURAL ACTIVITIES

Please bring something you would like to share with us from your country.

E.g.:

FOOD

STORIES

MUSIC

CRAFTS

PICTURES

GAMES

...



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 coastal town, likely Santander, featuring a bay with turquoise water, white cliffs, and a town in the background under a blue sky with clouds. The foreground shows a grassy cliffside 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

AT LAST BUT NOT LEAST...

Bring good vibes and your best smile!



