Emotional Management Kit for Youth (2020-3-FR02-KA105-018474)

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

cantabria perma cultura

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ABOUT

PERMACULTURA CANTABRIA (HOSTING ENTITY)

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 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 14th to 22nd March 2022

This international training is part of the Erasmus+ project **'Emotional Management Kit for Youth (2020-3-FR02-KA105-018474)'.**

This activity of the project **'Emotional Management Kit for Youth'** is an 8-day training course targeted to youth workers. It is carried out by Permacultura Cantabria in Cantabria (Spain).

This training course aims to bring into contact youth workers interested in widening their **Emotional Management perspective** in order to acquire new skills to address and counteract power abuse in their daily work with youth.

Through Emotional Management knowledge and methodologies, participants will broaden their capacities and gain new abilities for their work with youth. Therefore, their tools for preventing and counteracting social exclusion will improve and wider significantly.

We expect that participants will improve their capacity to identify feelings and emotions, and their ability to manage them, and help others to do so when working with youth. That will lead to an easier communication and a better psychosocial well-being and will also make them multipliers of that knowledge.

Number of participants:

There will be 24 participants in this activity (2 per entity):

2 participants from Paragraf International (France), 2 participants from ORIEL (Italy), 2 participants from Creativity Works Preston (UK), 2 participants from ACTIVE WOMEN ASSOCIATION (Poland), 2 participants from Meraki (Croatia), 2 participants from Petrklíč help, z.s. (Czech Republic), 2 participants from Be Visible Be YOU (Greece), 2 participants from SDRUZHENIE WALK TOGETHER (Bulgaria), 2 participants from YOUTHFULLY YOURS SK (Slovakia), 2 participants from DRUŠTVO AKADEMIJA ZA RAZVOJ MLADIH - ARM (Slovenia), 2 participants from Permacultura Cantabria (Spain), 2 participants from PASOS (Spain).

COURSE PROGRAMME

FROM 14TH TO 22ND MARCH 2022

The course will be held from **14th March (Arrival Date)** – **22nd March (Departure Date), 2022** in one of Permacultura Cantabria's facilities based **in Penagos (Cantabria, Spain).**

ARRIVAL DATE

March 14th, 2022 at 17:00h.

The meet&greet activities will start around 17.

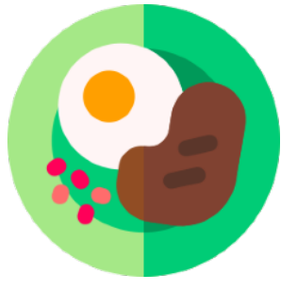
We'll have the dinner at 20.30h

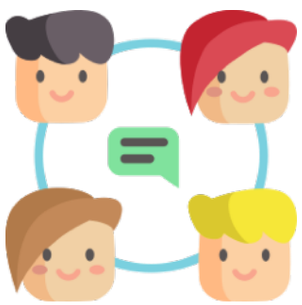
DEPARTURE DATE:

March 22nd 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
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

PLANNING

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WHEN	**MONDAY 14TH** ARRIVAL AND INTRODUCTION	**TUESDAY 15TH** PRESENTATIONS AND METHODOLOGY	**WEDNESDAY 16TH** EMOTIONAL MANAGEMENT FOR YOUTH	**THURSDAY 17TH** OPPRESSIONS & SOCIAL EXLCLUSION + TOOLS	**FRIDAY 18TH** CULTURAL VISIT
MORNING	Arrival DAY	BREAKFAST **Presentation of the participants and the entities: Welcome, presentation of the entities, ice breaking and general overview of youth exclusion situations in each country.**	BREAKFAST **Basic principle of emotional management: Feelings and Emotions**	BREAKFAST **Social analysis of oppressions and social exclusion. Internalised messages. Oppressed - Oppressor roles.**	BREAKFAST **Local visits**
		LUNCH	LUNCH	LUNCH	LUNCH
AFTERNOON		**Walking along Penagos Presentation of the daily evaluation methodology.**	**Tools: thinking and listening to promote youth equality and inclusion**	**Sexism and racism in our institutions and lives.**	Local visits
	SHORT INTRO	FREE TIME	FREE TIME	FREE TIME	FREE TIME
	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION
	DINNER	DINNER	DINNER	DINNER	DINNER
NIGHTS		**GROUP ACTIVITIES**	**INTERCULTURAL NIGHT**	**GROUP ACTIVITIES**	**GROUP ACTIVITIES**

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

DAY 6	DAY 7	DAY 8	DAY 9
SATURDAY 19TH EMOTIONAL TOOLS AND ERASMUS+	**SUNDAY 20TH** LOCAL VISIT	**MONDAY 21TH** GROUP REFLECTIONS	**TUESDAY 22ND** DEPARTURE
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
How to listen our young people about their daily conflicts. Acceptance and positive feedback.	**Local visits**	**How to support young people suffering from addictions or anger process**	**Departure DAY**
LUNCH	**LUNCH**	**LUNCH**	
Team work about the Erasmus+ projects	**Local visits**	**Group reflections: Thinking about what we learnt these days and how to communicate and multiply the knowledge acquired to the world**	
FREE TIME	**FREE TIME**	**FREE TIME**	
EVALUATION	**EVALUATION**	**EVALUATION**	
DINNER	**DINNER**	**DINNER**	
GROUP ACTIVITIES	**GROUP ACTIVITIES**	**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

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

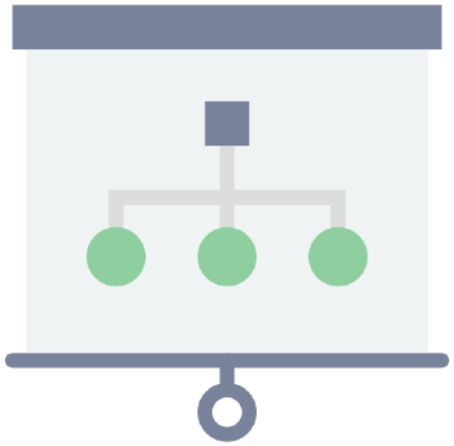
What do I need to prepare before the course?

Presentation

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

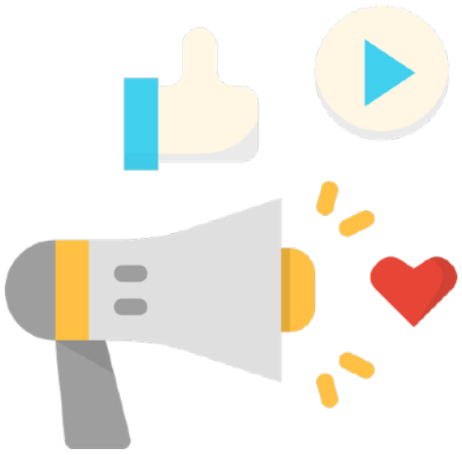
Please prepare this presentation in advance and send it to us to:

permaculturacantabria@gmail.com



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 **15th of February** (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) 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

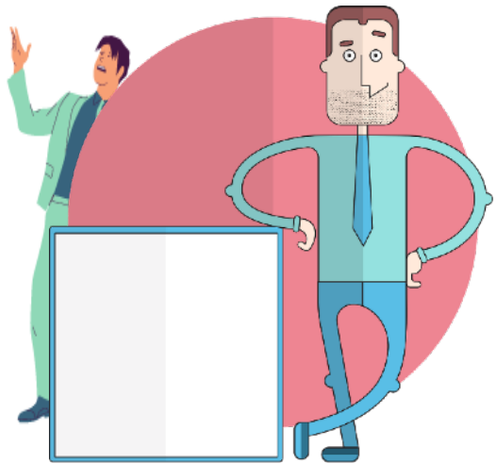
It is 15 minutes far from the city center. It is a local airport, which counts with low cost airlines like RYANAIR. The rest of flights could be expensive.

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 town called Penagos, in Permacultura Cantabria’s facilities. This village is famous for its prehistoric caves.

Penagos is not so well connected in terms of public transport.

There are a few daily buses from Santander.

The address is:

Barrio El Pino, Nº7, 39627, Penagos, Cantabria, Spain

OTHER OPTION:

The best and easiest 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.

From **Bilbao** to PENAGOS:

PUBLIC TRANSPORT

B U S

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.

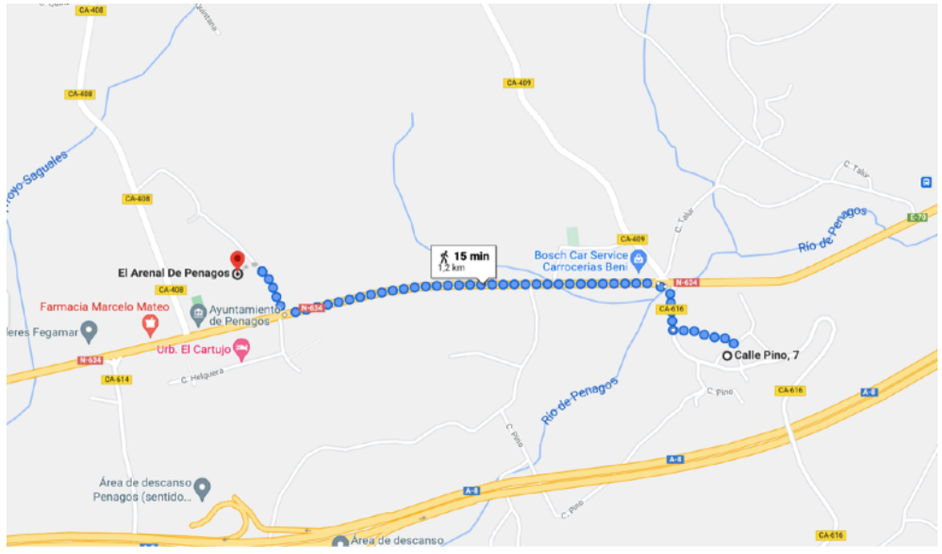
Step 2: San Mamés Bus Station to Santander. Buy tickets at ALSA company, approximately 6,90€. Please consult the time schedules on the website.

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

OTHER OPTIONS



Click here to get the full map:

From Penagos Bus station to El Pino

From **Santander** to Penagos:

PUBLIC TRANSPORT:

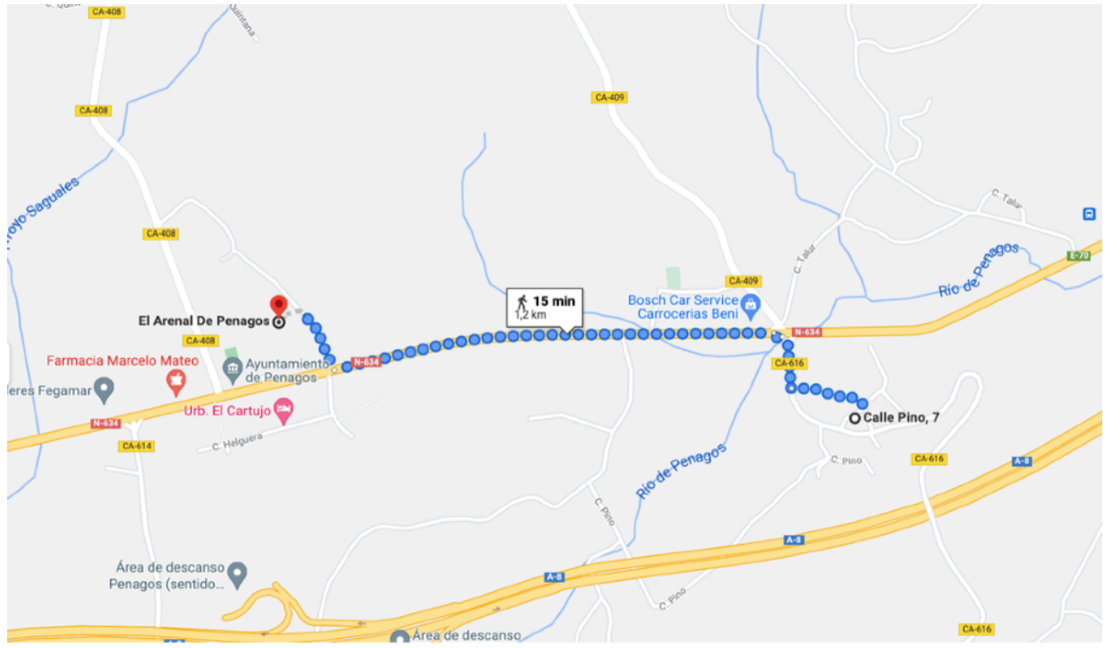
B U S

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

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 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.

permaculturacantabria@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 course to get the refund.

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

Requirements and Conditions

For this project, Erasmus+ has authorised the following budget:

BUDGET APPROVED BY ERASMUS:

TRAVEL SUPPORT			
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT	TOTAL TRAVEL PER ENTITY
Paragraf International (France)	2	275 €	550€
ORIEL (Italy)	2	275 €	550€
Meraki (Croatia)	2	275 €	550€
Petrklíč help, z.s. (Czech Republic)	2	275 €	550€
Creativity Works Preston (UK)	2	275 €	550€
Be Visible Be YOU (Greece)	2	360 €	720€
SDRUZHENIE WALK TOGETHER (Bulgaria)	2	360 €	720€
ACTIVE WOMEN ASSOCIATION (Poland)	2	275 €	550€
YOUTHFULLY YOURS SK (Slovakia)	2	360 €	720€
DRUŠTVO AKADEMIJA ZA RAZVOJ MLADIH - ARM (Slovenia)	2	275 €	550€
Permacultura Cantabria (Spain)	2	20	40
PASOS (Spain)	2	20	40

To get all the expenses reimbursement it is neccesary 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 us 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.

TICKETS PURCHASE/REIMBURSEMENT

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

- Paragraf International (France): kohhiba_hh@hotmail.com
- ORIEL (Italy): orielassociation@gmail.com
- Creativity Works Preston (UK): steve@creativityworkspreston.org.uk
- ACTIVE WOMEN ASSOCIATION (Poland): youth.awa@gmail.com
- Meraki (Croatia): ngo.meraki@gmail.com
- Petrklíč help, z.s. (Czech Republic): petrklichelp@gmail.com
- Be Visible Be YOU (Greece): bevisiblebeyou@gmail.com
- SDRUZHENIE WALK TOGETHER (Bulgaria): walktogetherbulgaria@gmail.com
- YOUTHFULLY YOURS SK (Slovakia): info@youthfullyyours.sk, rosa@youthfullyyours.sk
- DRUŠTVO AKADEMIJA ZA RAZVOJ MLADIH - ARM (Slovenia): leaardani@youthmodern.org
- PASOS (Spain): ongpasos@gmail.com
- Permacultura Cantabria (Spain): permaculturacantabria@gmail.com

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.

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.

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PERMACULTURA CANTABRIA FACILITIES

FACILITIES

WHERE WE ARE?

The course will take place at Permacultura Cantabria's facilities:

[Barrio El Pino, Nº7, 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.

REMINDER:

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

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:

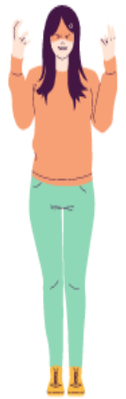
As a member of the European Union, Spain has agreements for the recognition of insurance systems. Those who possess a **European insurance card** should therefore be covered for illness and accidents in the same way as they are in their country, so please bring this card with you.

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).

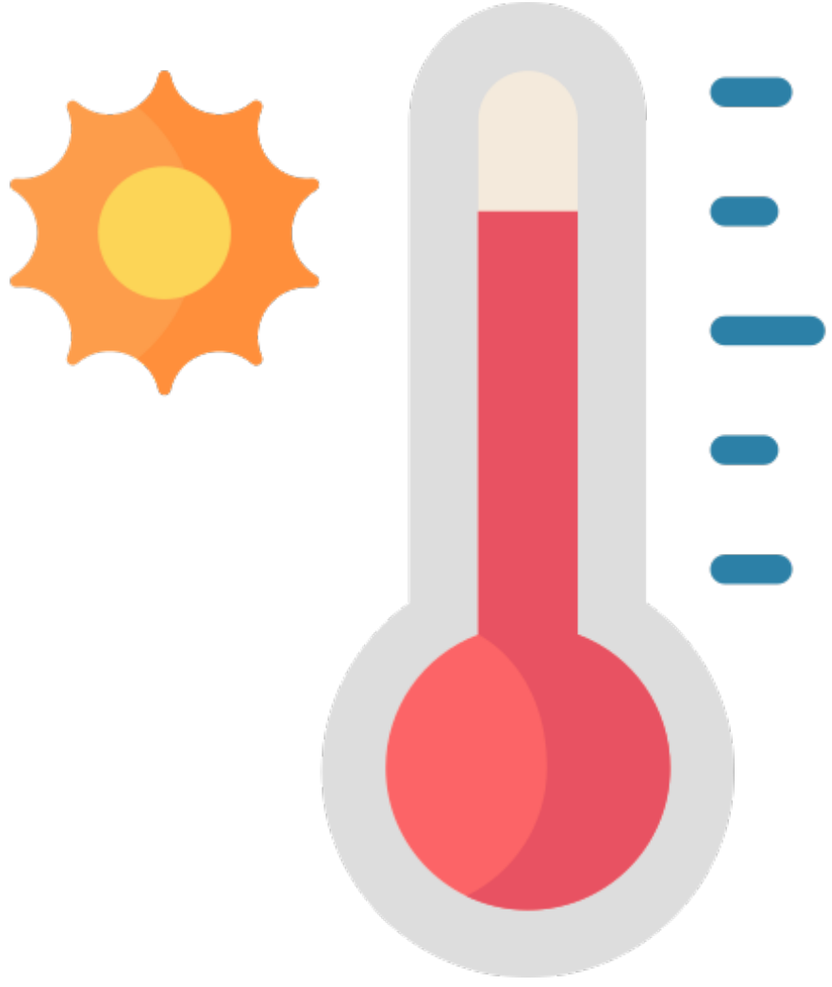
Weather

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



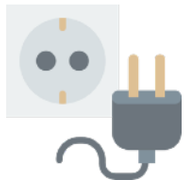
THINGS FOR THE SUITCASE

CLOTHES FOR COLD WEATHER AND RAIN

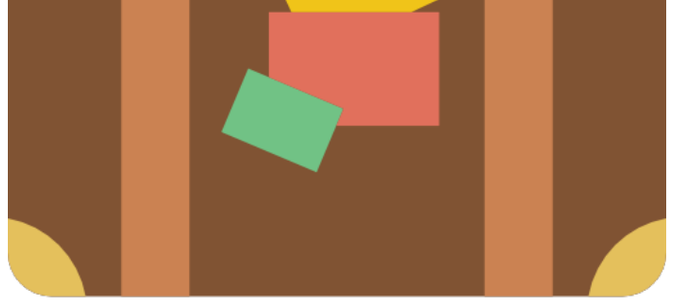
PERSONAL MASK

TOWEL IS NOT REQUIRED

PERSONAL HYGIENE PRODUCTS



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



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**
- **MUSIC**
- **PICTURES**
- **STORIES**
- **CRAFTS**
- **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.

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Mountains

There are many mountains around Cantabria. Get immersed in them and contemplate the beautiful landscapes.

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Pasiegan Valleys

Places to visit in Santander

Santander's beaches

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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!