



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



“ECO-NOMY: ECOlogical doughnut ecoNOMY for adults”

(2022-1-IT02-KA220-ADU-000085508)

INFOPACK

Training course



ecoconomy

INDEX

[ABOUT THE HOSTING ENTITY](#)

[PROJECT SUMMARY](#)

[TRAINING COURSE PROGRAMME](#)

[APPLICATION AND DOCUMENTS REQUIRED](#)

[TRANSPORT](#)

[EXPENSES REIMBURSEMENT](#)

[FACILITIES](#)

[IMPORTANT THINGS TO TAKE TO SPAIN](#)

[PLACES TO VISIT IN CANTABRIA AND SANTANDER](#)



ABOUT THE 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 8 years transition period, from 2018 to 2026.

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 2026, 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 30TH MAY - 8TH JUNE 2023

This Training aims to offer **methodologies on working on sustainable entrepreneurship, digitalisation and climate change** mainly among adult communities. This Training course is the main activity of the Erasmus+ project: **'ECO-NOMY: ECOlogical doughnut ecoNOMY adults'** (2022-1-IT02-KA220-ADU-000085508) and will take place from **30th of May to 8th of June, 2023 in Penagos (Spain).**

The **learning objectives** of the training course are:

- ➔ **To improve 30 adult trainers' expertise by exchanging good practises following the non-formal and informal education.**
- ➔ **To offer methodologies on working on sustainable entrepreneurship, digitalisation and climate change with adult learners.**

NUMBER OF PARTICIPANTS:

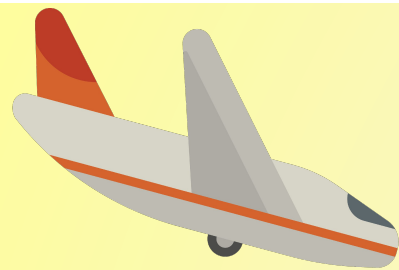
There will be 30 participants in this activity.

- ➔ This activity will be attended by 10 participants per entity: 10 from Oriel (Italy), 10 from AENIE (Portugal) and 10 from Permacultura Cantabria (Spain).
- ➔ **In addition**, 12 participants 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 30TH OF MAY TO 8TH OF JUNE 2023

The training course will be held from **30th of May (Arrival Date) to 8th June (Departure Date), 2023** in one of Permacultura Cantabria's facilities based in **Penagos (Cantabria, Spain)**.

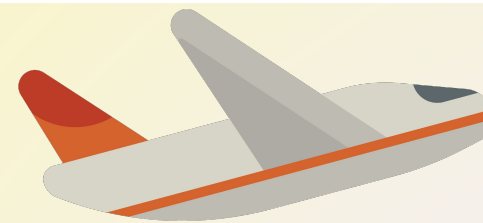


ARRIVAL DATE

May 30th, 2023 at 17:00h.

The meet & greet activities will start around 17h.

We'll have the dinner at 20.30h

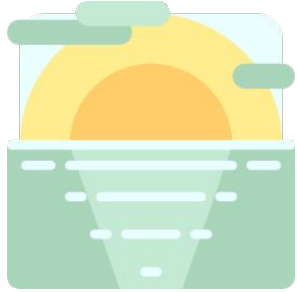


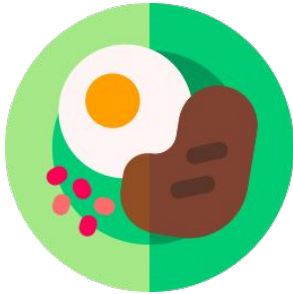



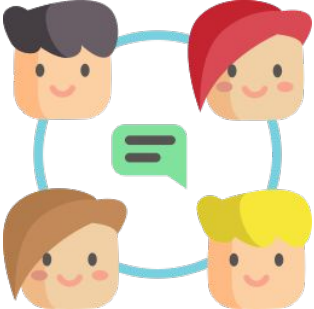


DEPARTURE DATE:

June 8th, 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	TUESDAY 30TH MAY	WEDNESDAY 31ST MAY	THURSDAY 1ST JUNE	FRIDAY 2ND JUNE	SATURDAY 3RD JUNE	SUNDAY 4TH JUNE	MONDAY 5TH JUNE	TUESDAY 6TH JUNE	WEDNESDAY 7TH JUNE	TUESDAY 8TH JUNE
8:30-9:15	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30	Arrival at 19:00 Warm up activities	Welcome and course overview	SUSTAINABLE ECONOMY	LOCAL VISITS	Creating youth projects / businesses through Dragon Dreaming (I)	LOCAL VISITS	Permaculture Introduction and principles: land, energy, resources, Waste)	ICTs for sustainable entrepreneurship	Closing circle and reflexion	Departure after breakfast
11:30-12:00		BREAK	BREAK		BREAK		BREAK	BREAK	BREAK	
12:00-13:30		Presentations of the partners and participants	CLIMATE CHANGE	Creating youth projects / businesses through Dragon Dreaming (II)	Permaculture principles	WORKSHOP: Graphic design & Video tools I	ERASMUS+ WORKSHOP			
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH			
15:00-17:30		Discovering Penagos	Community Building and ECO-ACTIONS	LOCAL VISITS	The Dragon Dreaming 4 phases wheel	LOCAL VISITS	Analysis of developed ideas for sustainable projects (Permaculture around the world)	WORKSHOP: Graphic design & Video tools II	DISSEMINATION + ERASMUS CERTIFICATES	
17:30-18:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	FINAL EVALUATION	
18:00-20:00		FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21:00-23:00	Group activities	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.

activitycantabria@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).

activitycantabria@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:

activitycantabria@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.

APPROVAL OF THE TRAVEL PLAN

- ▶ Each sending entity should have a list of participants and a travel/flights **proposal** ready, before the **30th April 2023** (one month before the training course start). That date, this information must be shared with **Permacultura Cantabria, who will approve the travel plan**. Receiving our approval in written is a requirement 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.

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](#)

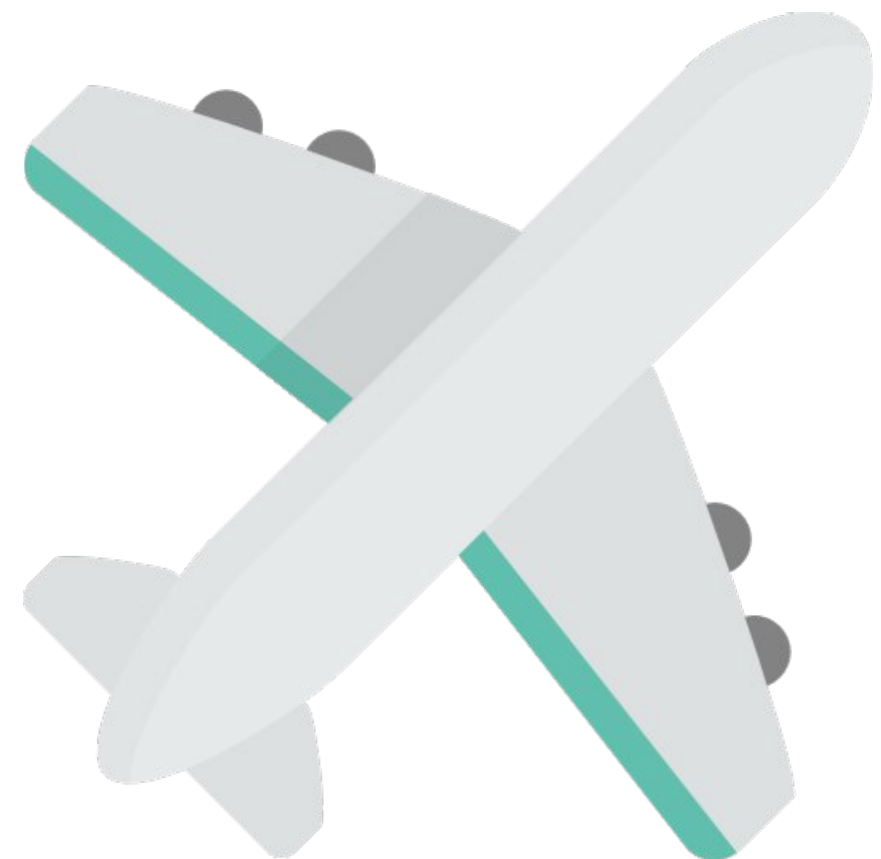
It is 15 minutes far from the city center. It is a local airport, which counts with low cost airlines like RYANAIR. The rest of flights could be expensive.

[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](#)

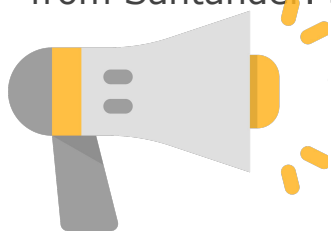


HOW TO REACH THE VENUE PLACE:

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).

[HERTZ](#)

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:

OTHER OPTIONS

From **Bilbao** to PENAGOS:

PUBLIC TRANSPORT

BUS

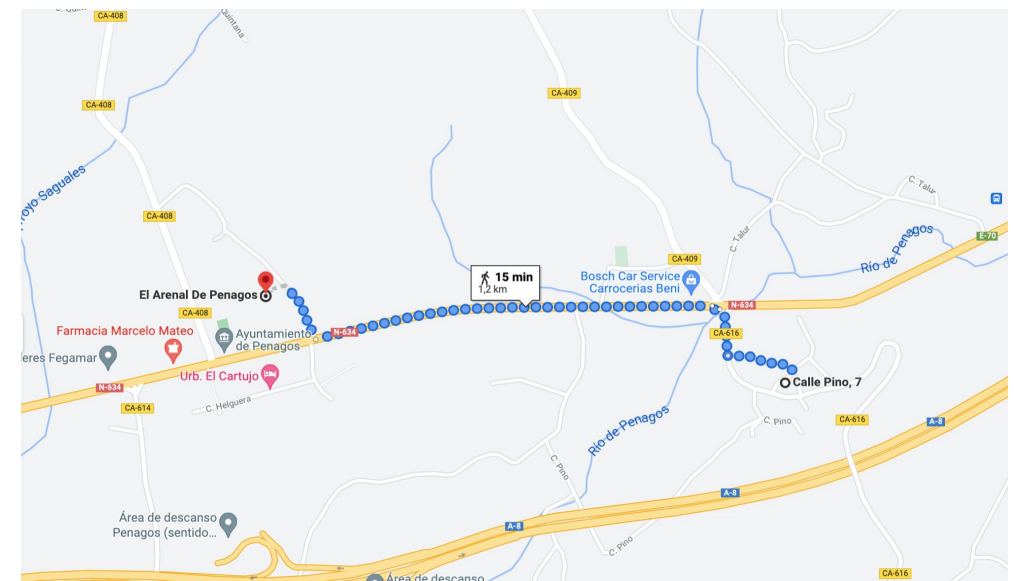
Step 1: Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 1,45€. It is the public bus line (Bizkaibus) and the line number is A3247.

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

[Bº El Pino N°7, 39627 - Penagos, Cantabria](#)



Click here to get the full map:

[From Penagos Bus station to El Pino](#)



From **Santander** to Penagos:

PUBLIC TRANSPORT:

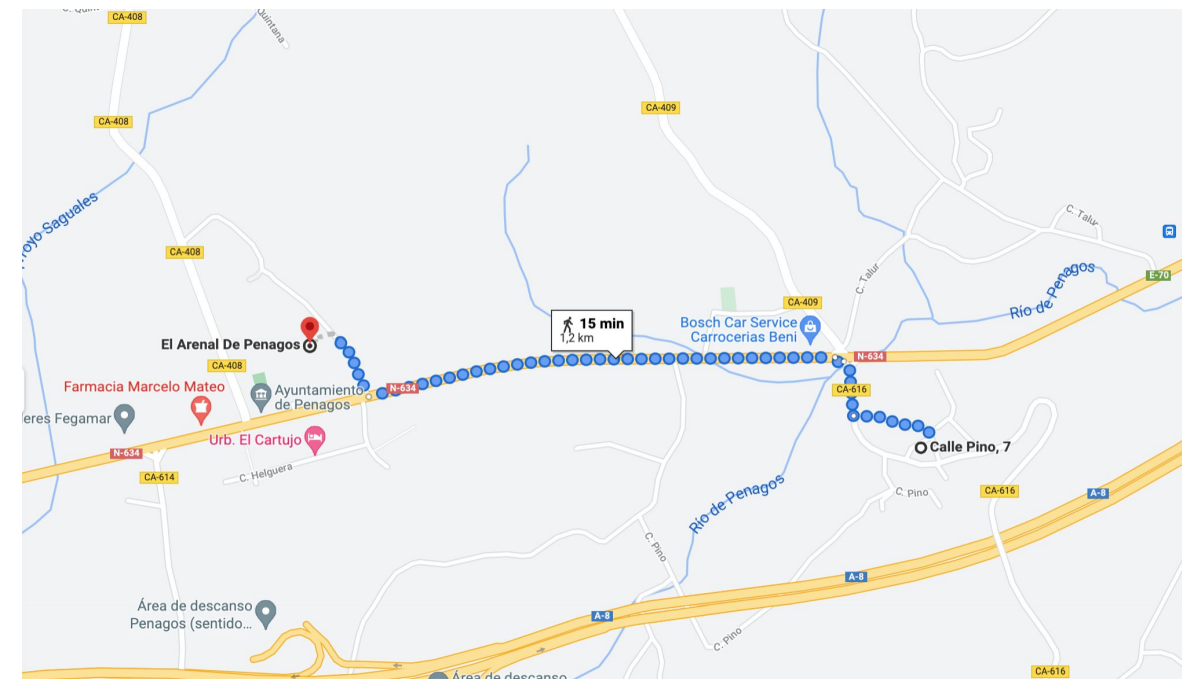
BUS

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 140€ euros per taxi during the day, 150€ per taxi at night and 150€ on weekends.

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 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.

activitycantabria@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

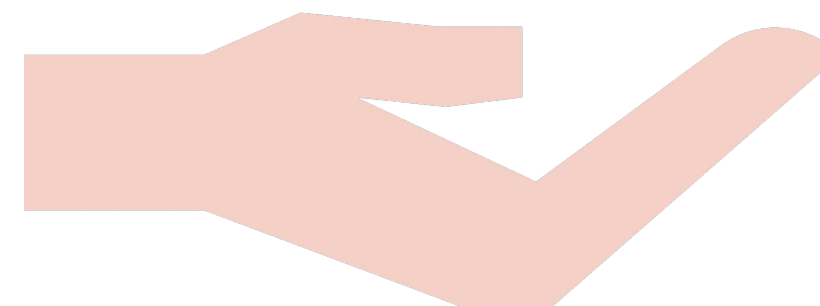
Erasmus + makes us **keep all the invoices, flight tickets, boarding passes and test costs** for a correct Financial Reporting of the activities.

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



REQUIREMENTS AND CONDITIONS

For the project: -ECO-NOMY: ECOlogical doughnut ecoNOMY for adults- (2022-1-IT02-KA220-ADU-000085508).

Erasmus+ has authorised the following budget:

Budget approved by Erasmus:

TRAVEL SUPPORT

ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
ORIEL (ITALY)	10	275 €
AENIE (PORTUGAL)	10	275 €
PERMACULTURA CANTABRIA (SPAIN)	10	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

- **ASSOCIACAO EDUCATIVA NACIONAL DE INCLUSAO E INOVAÇÃO NAS ESCOLAS (PORTUGAL):** AENIE2014@GMAIL.COM

- **PERMACULTURA CANTABRIA (SPAIN):**
ACTIVITYCANTABRIA@GMAIL.COM



THE SENDING ORGANISATIONS MUST KNOW:

Boarding Passes, flight tickets and other TRAVEL invoices:

The sending organisations are responsible for submitting to activitycantabria@gmail.com all the travel documents (flight tickets, boarding passes, tests invoices) before **June 15th, 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

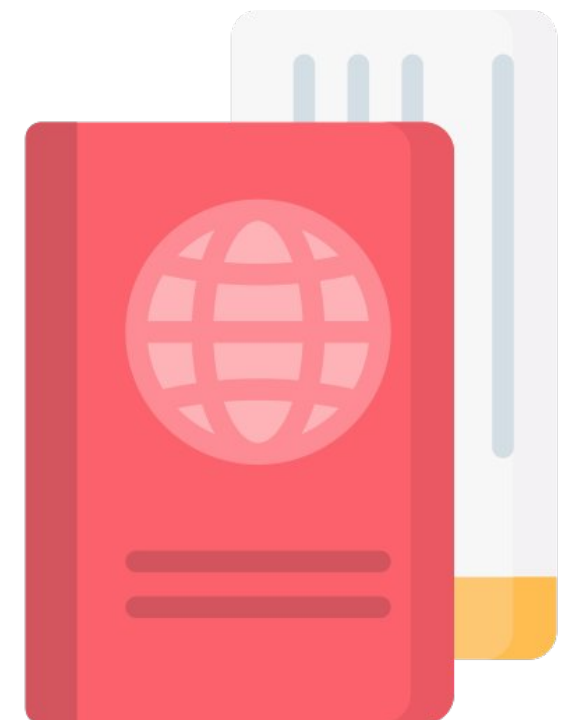
PASSPORT

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).



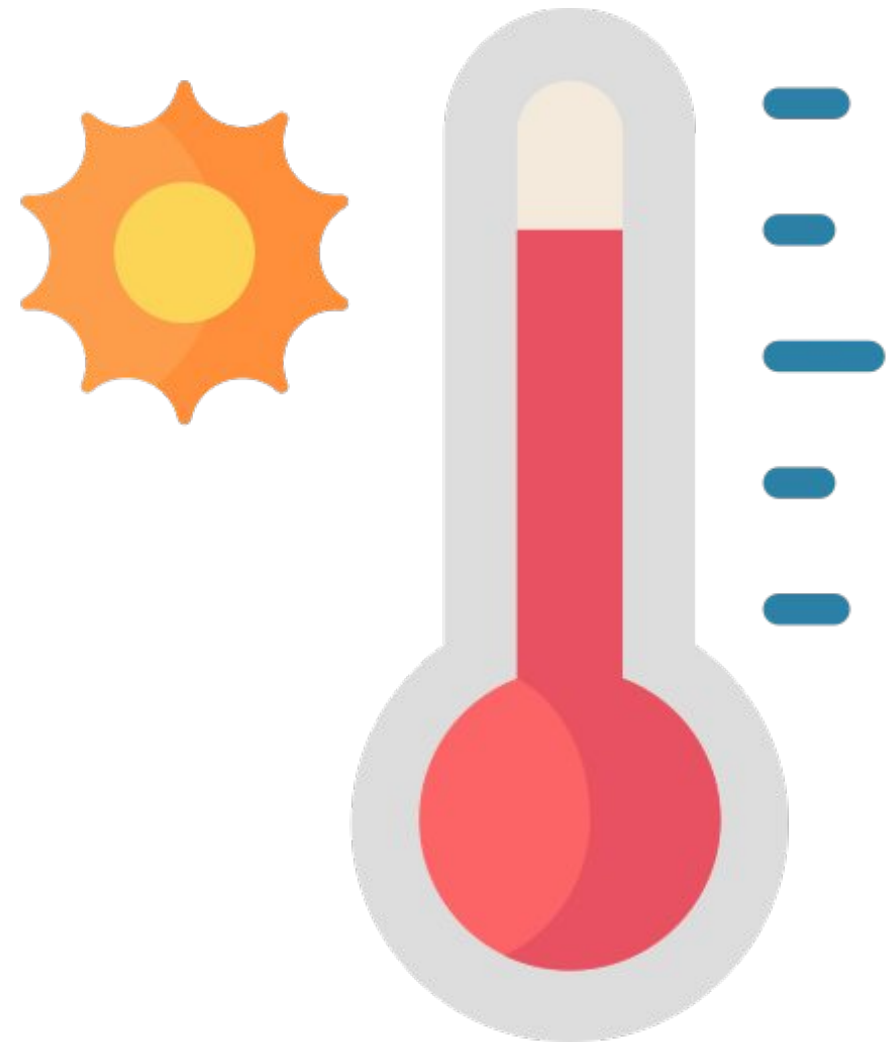
WEATHER

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:

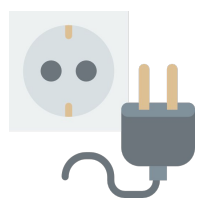
<http://www.aemet.es/es/eltiempo/prediccion/municipios/penagos-id39048>



THINGS FOR THE SUITCASE



CLOTHES FOR COLD WEATHER AND RAIN

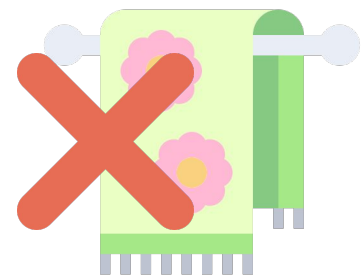


PLUGS

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



PERSONAL HYGIENE PRODUCTS

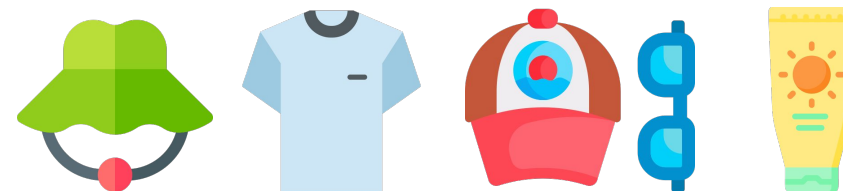


TOWEL IS NOT REQUIRED



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

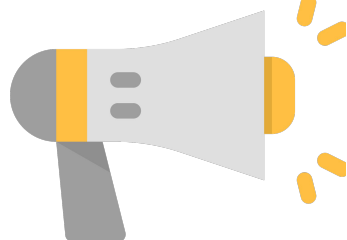
CRAFTS

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.



Pasiegan Valleys



A panoramic view of a coastal landscape. In the foreground, a grassy hillside slopes down towards a rocky shore. The water is a vibrant turquoise color, transitioning to a deeper blue further out. White cliffs with visible geological layers line the coast. In the distance, a city with various buildings and a church spire is visible under a blue sky with scattered white clouds.

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!**
activitycantabria@gmail.com