

# INFOPACK

## Learning about best practices on Inclusion for Adult Education

(2020-1-RO01-KA104-078176)





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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 Ramales de la Victoria 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.

[Visit our current facilities with Google Street View](#)



## WHERE WE WILL BE:

**In 2023**, we will move to another area with more than 6ha where we will place 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 SEPTEMBER 28<sup>TH</sup> TO OCTOBER 7<sup>TH</sup> 2021**

The project "**Learning about best practices on Inclusion for Adult Education**", gathers **4 Romanian entities (CFCECAS, ATIC, CED, ANDCTR)** to form a Consortium, so as to perform a training and to meet our needs, in terms of European Development plans and working with Adults with Special Needs.

Permacultura Cantabria will be the hosting entity, in Spain. They will lead **a 8-day training course**, which program was adapted to the entities' needs and that will be attended by 3 participants from each Consortium member.

Participants will learn, during the training, new ideas regarding how to create successful awareness strategies about the problems of the adults with special needs, as well as how to integrate them in society and in the labour market.

The course will offer emotional management tools and examples of Support groups for people affected by disabilities, which is a useful often forgotten realm, in the field.



# NUMBER OF PARTICIPANTS:

**There will be 12 participants in this activity (3 per entity):**

**3 participants** from CENTRUL DE FORMARE SI EVALUARE IN ASISTENTA SOCIALA (Romania), **3 participants** from ASOCIATIA TINERILORCU INITIATIVA CIVICA (Romania), **3 participants** from Asociatia Nationala de Dezvoltare Continua a Tineretului din Romania (Romania) and **3 participants** from ASOCIATIA CED ROMANIA CENTRUL DE EXCELENTA PRIN DIVERSITATE (Romania).





# COURSE PROGRAMME

**FROM SEPTEMBER 28<sup>TH</sup> TO OCTOBER 7<sup>TH</sup> 2021**

The course will be held from **September 28th (arrival date) to October 7th (departure date)** in one of Permacultura Cantabria's facilities based **in Ramales de la Victoria (Cantabria, Spain)**.



## ARRIVAL DATE

**September 28th**, 2021 at 19:00h.

We'll have the dinner at 20.30h






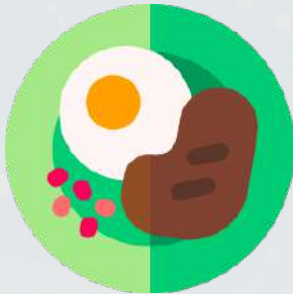



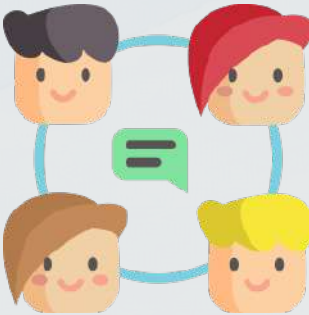
## DEPARTURE DATE:

**October 7th** 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
 <b>PROPOSALS FROM PARTICIPANTS TO WAKE UP</b>	 <b>BREAKFAST</b>	 <b>DYNAMIC THEORY</b>	 <b>MEAL</b>
AFTERNOONS	BEFORE DINNER	20:00	NIGHTS
 <b>WORK IN GROUPS AND PRACTICE THEORY</b>	 <b>DAILY EVALUATION</b>	 <b>DINNER</b>	 <b>SOCIAL INTERACTION AND PROPOSALS OF LUDIC ACTIVITIES</b>



# PLANNING

When	Tue 28	Wed 29	Thu 30	Fri 1	Sat 2	Sun 3	Mon 4	Tue 5	Wed 6	Thu 7
8:30 9:15	A R R I V A L S	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	D E P A R T U R E S
9:30 11:30		Welcome	School of Public Health, Santander Hospital, IDIVAL Residence	Amica Torrelavega+Laundrette	Ampros Santander	Cabarceno + sea lions therapy	Santander	Amica Santander: Sotileza Center + Candina Environmental Center	Special School Padre Apolinar+Day Care Center San Martin+Jado+Occupational Center La Semilla	
11:30 12:00		Break								
12:00 13:30		Presentation of organizations								
13:30 15:00		Lunch	Lunch	Lunch	Lunch	Lunch	Packed Lunch	Lunch	Lunch	
15:00 17:00		Intro to visits & prepare questions	Lien cres	Santillana del Mar	Vega del Pas	Lierganes	Ribamontán al Mar	Valdecilla town	Wrap up	
				Group reflection		Group reflection		Group reflection		
17:00 17:30		Evaluation	Evaluation	Evaluation	Evaluation	Evaluation	Evaluation	Evaluation	Evaluation	
17:30 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	Short Intro		Intercultural party						Farewell party	

This planning is a general proposal, some activities and visits could change depending on the weather 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

I N D E X

## RELEVANT INFORMATION REGARDING COVID19

**Due to the CO-VID 19 crisis and the changing situation, Permacultura Cantabria wants to clarify some issues:**

- ▶ Right now, Cantabria is a safe region and that's why we decided to implement the activity. The vaccination campaign is going fast and we expect a positive scenario for the following months. However, our Government can impose travel restrictions if the situation changes. Therefore, this mobility could be affected.
- ▶ **If you travel to Basque Country (Bilbao Airport) first, you will have to carry a printed out document issued by Permacultura Cantabria, stating the reason for the travel.**
- ▶ Each sending entity should have a list of participants and a travel/flights proposal ready, **before the 28<sup>th</sup> August** (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 as:

**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 Ramales de la Victoria, in Permacultura Cantabria's 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**

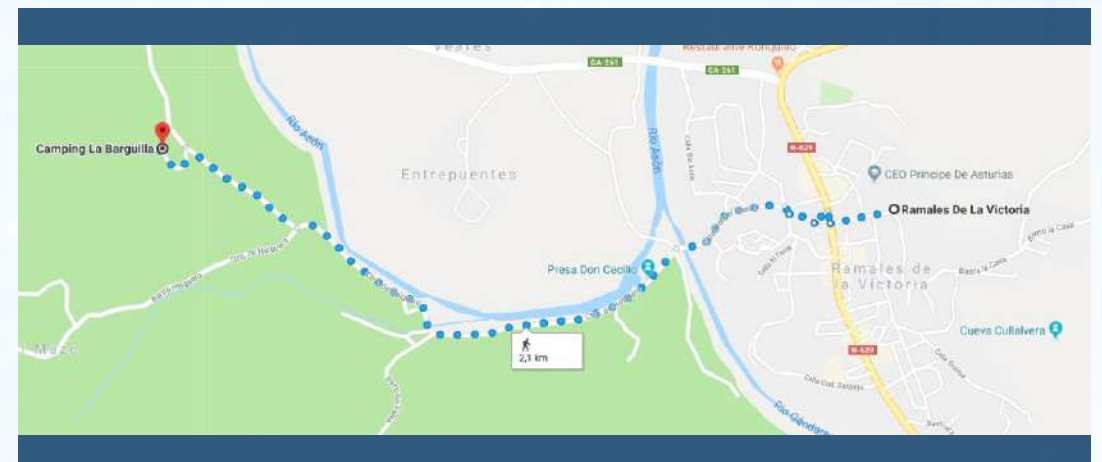
### BUS

**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**

### **B U S**



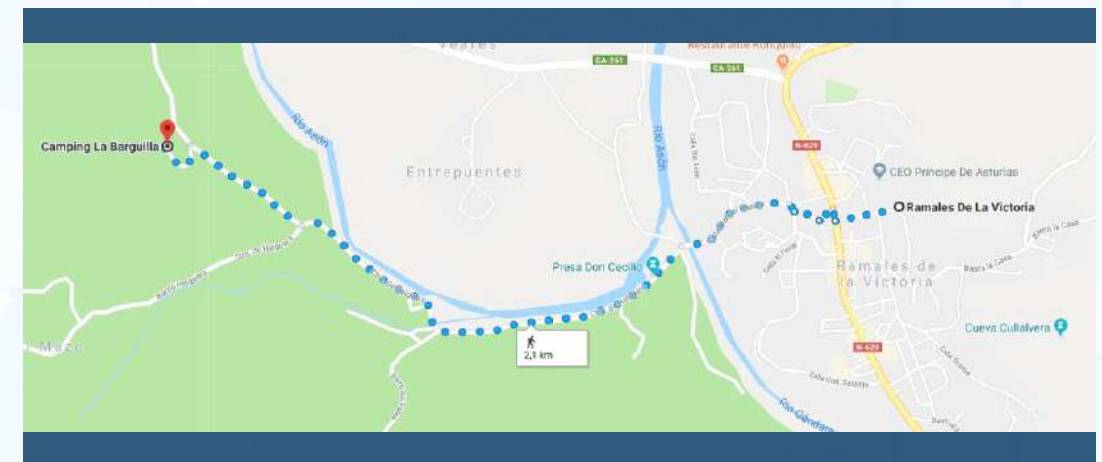
**Step 1:** Airport to Santander: In order to go to Santander, you have [buses](#), every 30 minutes, taking only 10 minutes to the city centre.

**Step 2:** Santander Bus Station to 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  
Ramales 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.





# 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](mailto: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

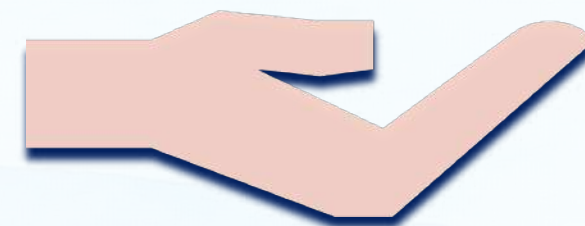
**Erasmus +** makes us keep all the invoices, flight tickets, boarding passes **and PCR costs** for a correct Financial Reporting of the activities.

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

Erasmus+ has authorised the following budget:

## Budget approved by Erasmus:

TRAVEL SUPPORT			
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT	TOTAL TRAVEL PER ENTITY
CFCECAS (Romania)	3	360 €	1080 €
ATIC (Romania)	3	360 €	1080 €
CED (Romania)	3	360 €	1080 €
ANDCTR (Romania)	3	360 €	1080 €



**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 behaviors are totally prohibited.** So racist, sexist or other kind of disrespectful behaviors (against the identity of a person or a social group) will not be tolerated during the activities.





# TICKETS PURCHASE

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

- CENTRUL DE FORMARE SI EVALUARE IN ASISTENTA SOCIALA (CFCECAS): [office@cfcecas.ro](mailto:office@cfcecas.ro)
- ASOCIATIA TINERILORCU INITIATIVA CIVICA: [atic.romania@gmail.com](mailto:atic.romania@gmail.com)
- Asociatia Nationala de Dezvoltare Continua a Tineretului din Romania: [andctr@yahoo.ro](mailto:andctr@yahoo.ro)
- ASOCIATIA CED ROMANIA CENTRUL DE EXCELENTA PRIN DIVERSITATE: [cristina.caluianu@ced-romania.org.ro](mailto:cristina.caluianu@ced-romania.org.ro)



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 11st of October, 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 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.**



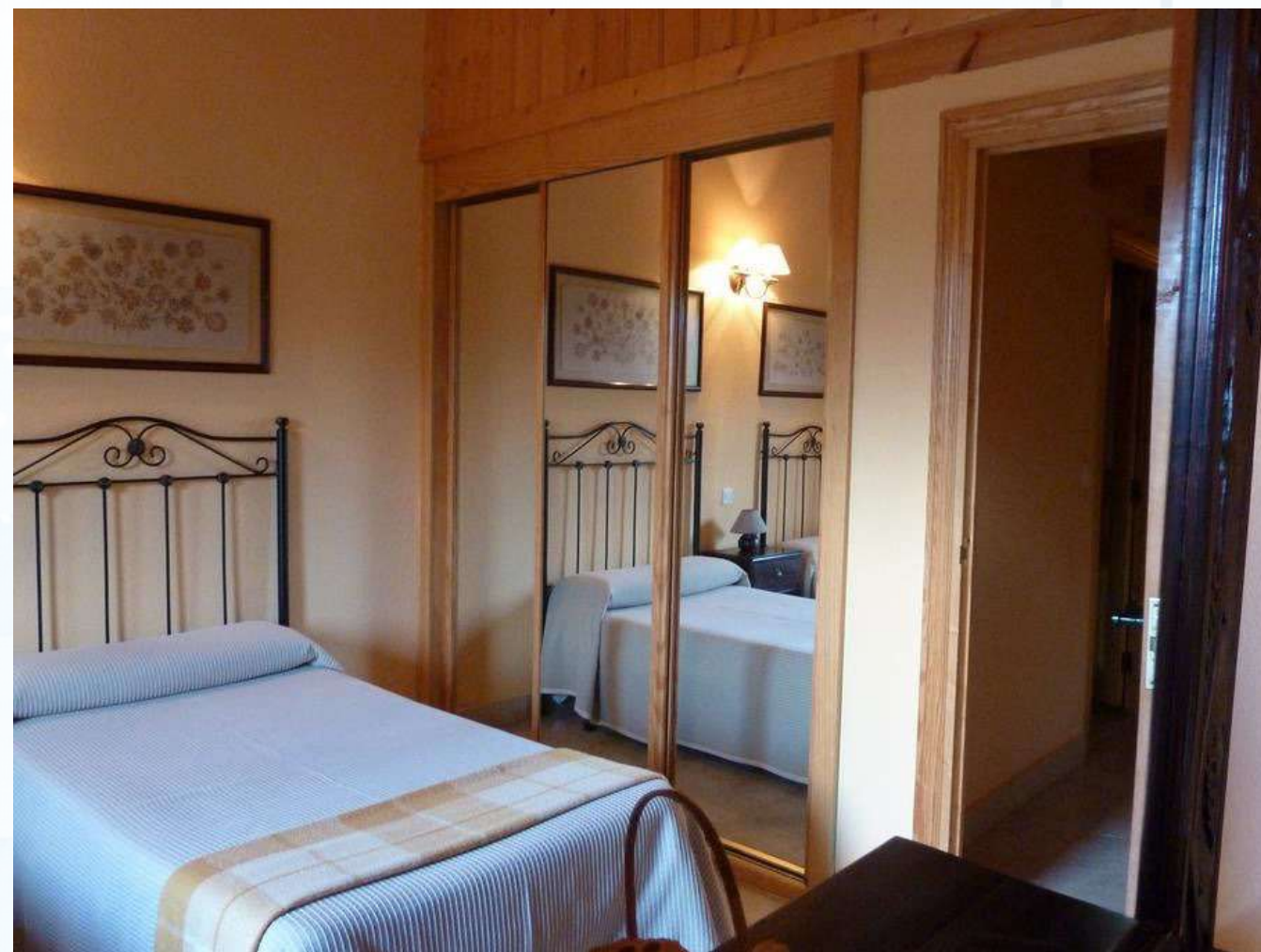
## REMINDER:

**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

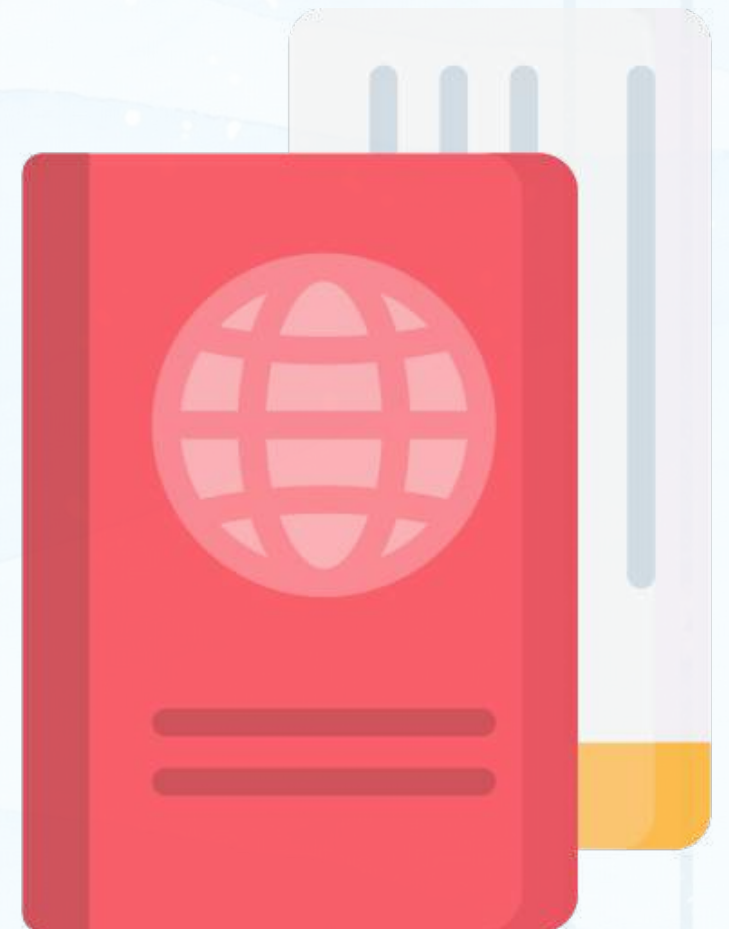
### PASSPORT

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).





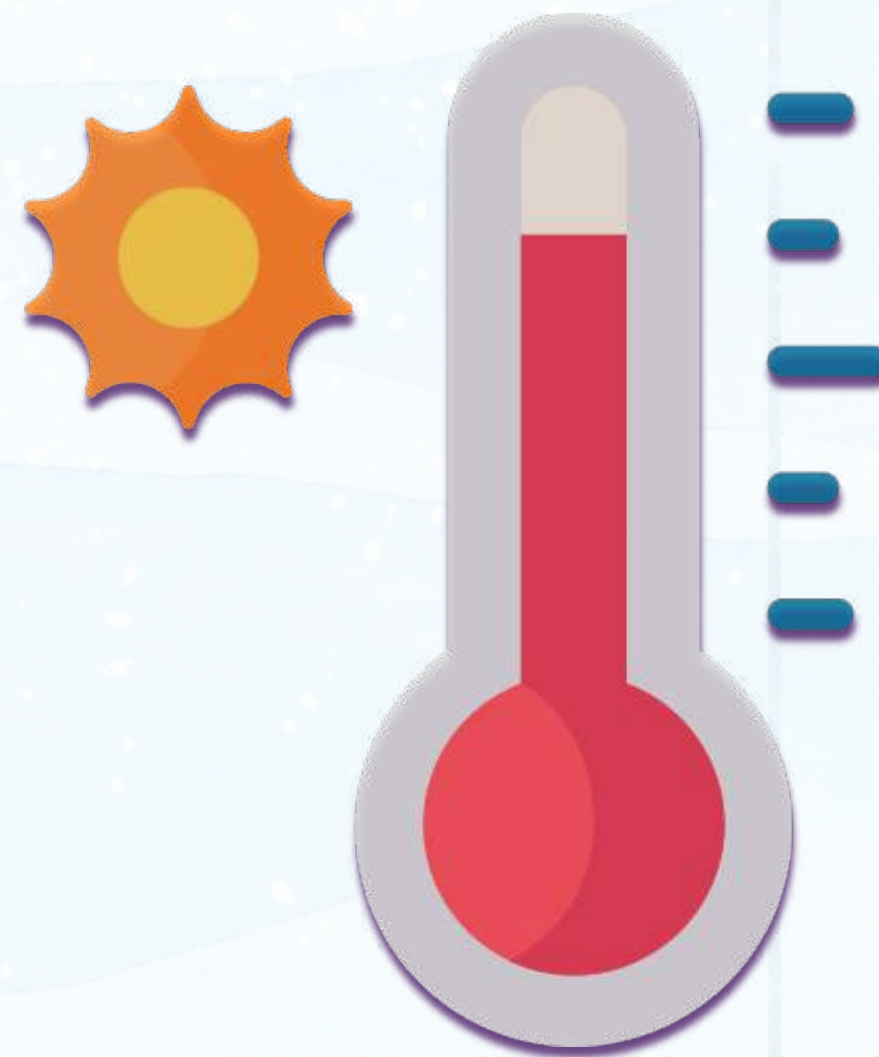
# WEATHER

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/ramales-de-la-victoria-id39057>





# THINGS FOR THE SUITCASE



**CLOTHES FOR COLD  
WEATHER AND RAIN**



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

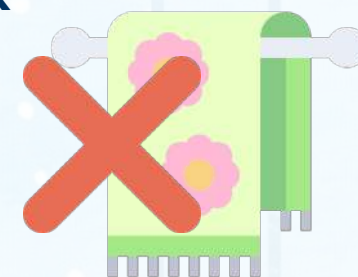
**PLUGS IN SPAIN**



**PERSONAL  
MASK**



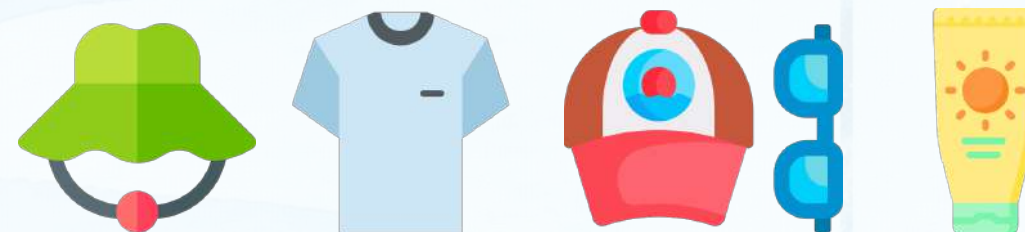
**PERSONAL HYGIENE  
PRODUCTS**



**TOWEL IS NOT  
REQUIRED**



**CLOTHES FOR HOT  
WEATHER**





# 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 km<sup>2</sup>, 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 white cliffs, turquoise water, and a distant cityscape under a blue sky with clouds. The foreground shows a grassy cliff edge 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!**





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