

Emotional Guidance for Young people

Agreement number:2022-1-BG01-KA-153-YOU-D771D5E0



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

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ABOUT

PERMACULTURA CANTABRIA (HOSTING ENTITY)

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 2019 to 2024.

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 2024, 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 28RD SEPTEMBER TO 6TH OCTOBER, 2023

This activity of the project this **"Emotional Guidance for Young people"**

is a 8-day training course targeted to youth workers and youth people. It is carried out by Permacultura Cantabria in Cantabria (Spain).

At the end of the day, emotional management not only intersects social inclusion, self-esteem and mental health, in every degree, it is also a component of each and every cooperation project.

This project will be of an advantage to the local communities of the participant entities, since emotional discharges are an all-inclusive process for everyone, despite their cultures, professions or backgrounds. Emotional care leads to healthier, including relationships and prevents aggression and discrimination.



NUMBER OF PARTICIPANTS:

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

- Association of Ruse in help for society and young people Bulgaria
- Permacultura Cantabria Spain
- Pasos NGO Spain
- Oriel Italy
- ZDRUZENJE NA GRAGANI KREATOR KUMANOVO Macedonia
- Stowarzyszenie Oczy Szeroko Otwarte Poland
- Meraki Croacia
- KINONIKI SINETAIRISTIKI EPICHERISIPELLINI KI SYMMETOCHI NEON Greece
- ASSOCIACAO CHECK-IN Portugal
- Association de Développement Rural International du Bas-Ségala France
- Verein zur unterstützung und Begleitung für Lehrlinge mit Migrationshintergrund Austria
- SEIKLEJATE VENNASKOND Estinia

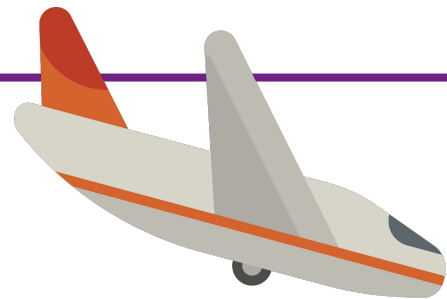


TRAINING COURSE PROGRAMME

FROM 28RD SEPTEMBER TO 6TH OCTOBER 2023

The training course will be held from **28rd Sep (Arrival Date) – 6th Oct (Departure Date)**

2023, in one of Permacultura Cantabria's facilities based **in Penagos (Cantabria, Spain)**.

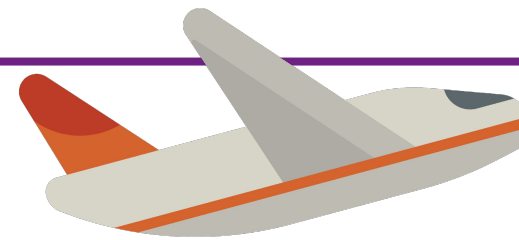


ARRIVAL DATE

28rd Sep 2023 at 17:00h.

The meet & greet activities will start around 17h.

We'll have the dinner at 20.30h


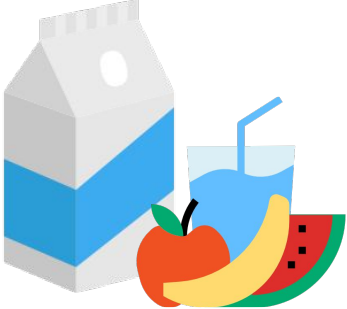

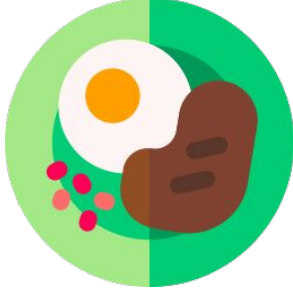



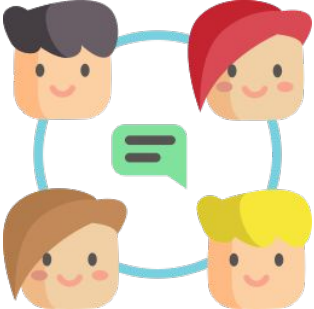


DEPARTURE DATE:

6th Oct 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>

Emotional resources for youth workers

PLANNING

WHE N	ARRIVAL DAY Thursday 28th	Friday 29th	Saturday 30th	Sunday 1th	Monday 2th	Tuesday 3th	Wednesday 4th	Thursday 5 th	Friday 6th
8:30-9:15		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30	ARRIVAL DAY	Welcome	Programme's presentation and learning expectations		Mindfulness for youth workers I	Listening tools	Erasmus +I		DEPARTURE DAY LUCH
11:30-12:00		BREAK	BREAK	Local visit	BREAK	BREAK	BREAK	Local visit	
12:00-13:30		Presentations and intro to field visits	Emotions: emotions, hormones and our brain		Mindfulness for youth workers II	Resources in conflict situations	Erasmus +II		
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
15:00-17:00		Discover Penagos	Dynamics to practice	Youth pass session	Team work by disciplines	Groups questions to find the strengths and weaknesses	Team Work	Certificates and conclusions Final Evaluation	
17:00-19:30			FREE TIME			FREE TIME			
19:30-20:00			EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21:00-23:00		Short info			Intercultural 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.
activitycantabria@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.

activitycantabria@gmail.com



WHAT DO I NEED TO PREPARE BEFORE THE TRAINING COURSE?

Presentation

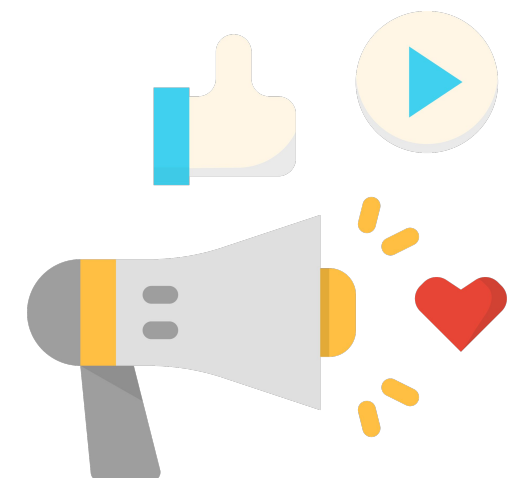
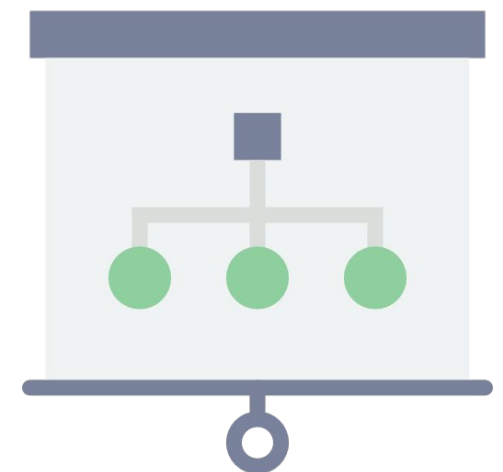
Each participant will present themselves, their organisation, main activities, working areas, best practices, interests pursued in this activity, expectations, etc.

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

activitycantabria@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

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, N°7, 39627, Penagos, Cantabria, Spain](#)

Once you have the flights we will help you organize the transfer to our facilities. Any local transport expense must be approved by Permacultura Cantabria so that it can be refunded

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.

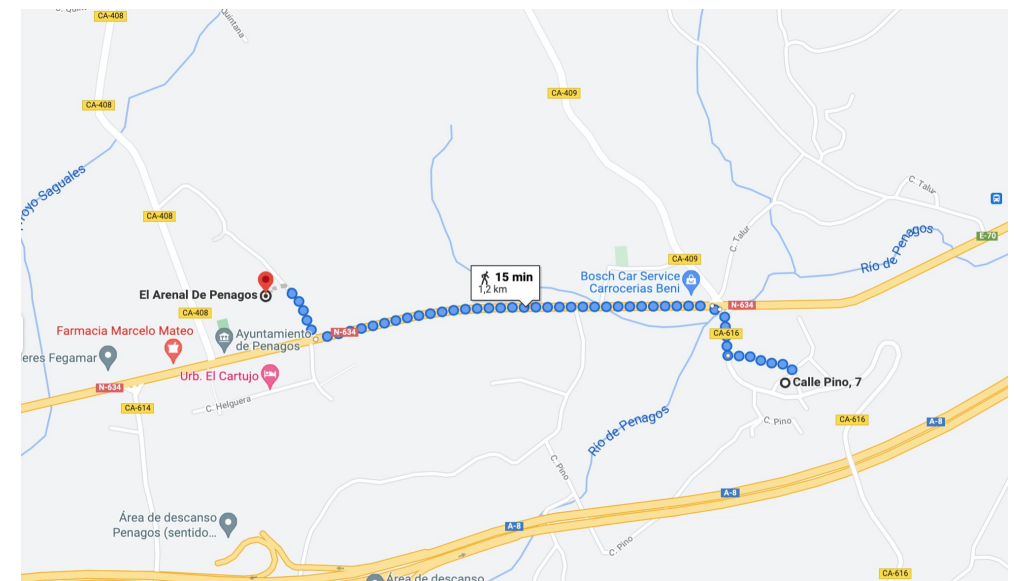
Step 2: San Mamés Bus Station to Santander. Buy tickets at [ALSA](#) company, approximately 6,90€. Please consult the time schedules on the website.

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.



[Bº El Pino Nº7, 39627 - Penagos, Cantabria](#)
Step 3: Walk from Penagos to El Pino (1,2 Km) in the following direction

OTHER OPTIONS



Click here to get the full map:

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



From **Santander** to Penagos:

PUBLIC TRANSPORT:

BUS

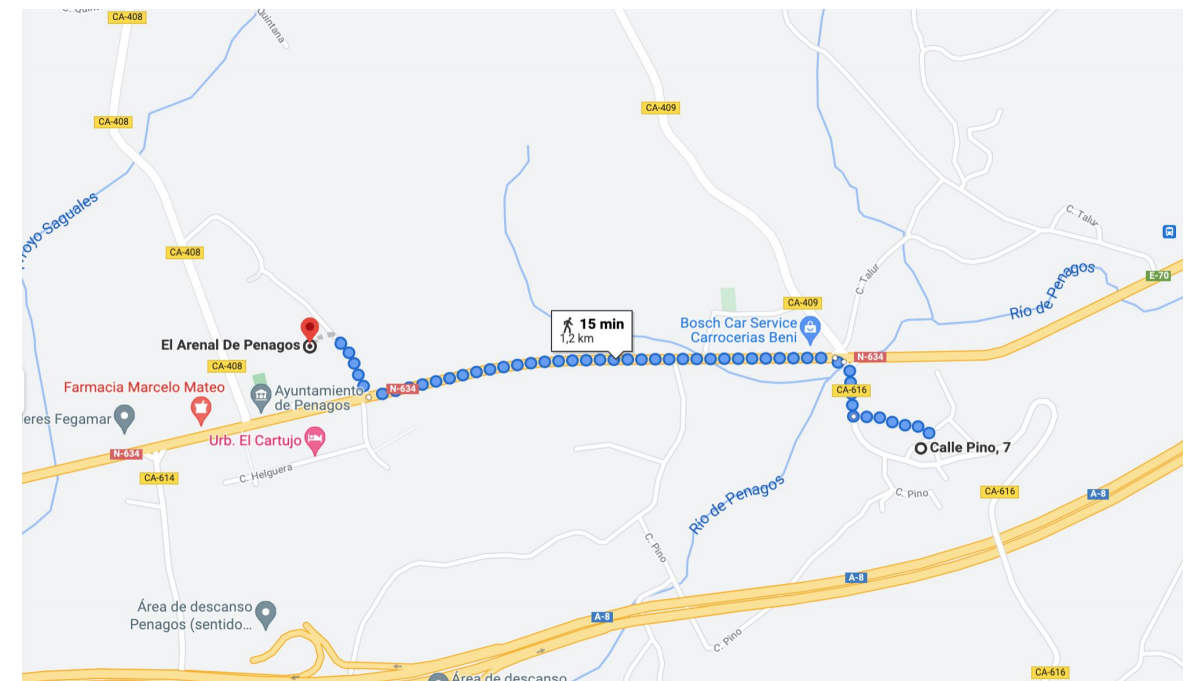
Step 1: Airport to Santander: In order to go to Santander, you have [buses](#), every 30 minutes, taking only 10 minutes to the city centre.



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



Click here to get the full map:

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



PERMACULTURA CANTABRIA 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 Permacultura Cantabria 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

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 training course to get the refund.



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



Emotional resources for youth workers

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

BUDGET APPROVED BY ERASMUS:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
Association of Ruse in help for society and young people (Bulgary)	2	360€
Meraki (Croatia)	2	275€
KINONIKI SINETAIRISTIKI (Greece)	2	360€
Permacultura Cantabria (Spain)	2	23€
Pasos (Spain)	2	23€
Stowarzyszenie Oczy Szeroko Otwarte (Poland)	2	360€
ORIEL (Italy)	2	275€
ADRIBS (France)	2	275€
ASSOCIACAO CHECK-IN (Portugal)	2	275€
ZDRUZENJE NA GRAGANI KREATOR KUMANOVO (Macedonia)	2	360€
Verein zur unterstützung (Austria)	2	275€
SEIKLEJATE VENNASKOND (Estonia)	2	360€

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

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



TICKETS PURCHASE/REIMBURSEMENT

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

- Association of Ruse in help for society and young people (Bulgary)
- Meraki (Croatia)
- KINONIKI SINETAIRISTIKI (Greece)
- Permacultura Cantabria (Spain)
- Pasos (Spain)
- Stowarzyszenie Oczy Szeroko Otwarte (Poland)
- ORIEL (Italy)
- ADRIBS (France)
- ASSOCIACAO CHECK-IN (Portugal)
- ZDRUZENJE NA GRAGANI KREATOR KUMANOVO (Macedonia)
- verein zur unterstützung (Austria)
- SEIKLEJATE VENNASKOND (Estonia)



Permacultura Cantabria will reimburse travel expenses to participants after submitting their **BOARDING PASSES, FLIGHT TICKETS AND OTHER TRAVEL INVOICES**. These documents will be required during the training course to participants.

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.

Permacultura Cantabria

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.





FACILITIES





IMPORTANT THINGS TO TAKE

PERSONAL DOCUMENTS

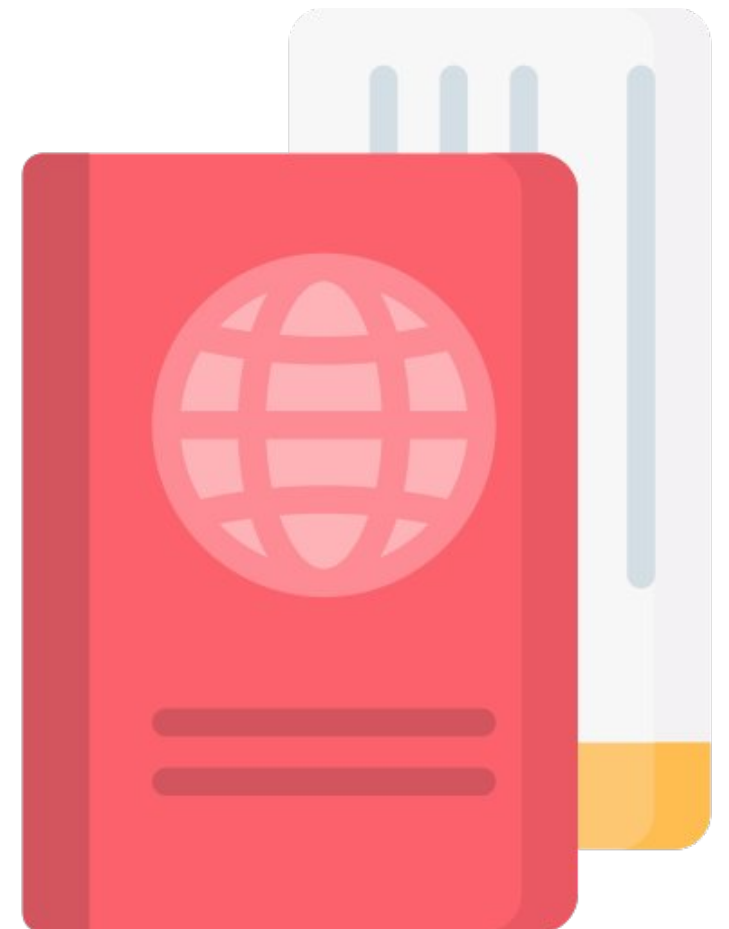
PASSPORT

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

VISA

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

If you need a Visa, make sure you apply for it immediately because it can take a long time. **If you need an invitation or confirmation letter from Permacultura Cantabria, please let us know.**



INSURANCE:

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

In any case, please remember that health insurance as well as travel insurance is your responsibility, we assume no liability knowing that EU health card is enough. So, do not forget to **check & bring your insurance card with you!**

How to issue it?
Click here:

<http://ec.europa.eu/social/main.jsp?catId=559>



CURRENCY

The currency in Spain is the **Euro**. You will need to bring money only if you need something for the travel or if you want to buy personal things (like presents for your family or if you wish to go out).



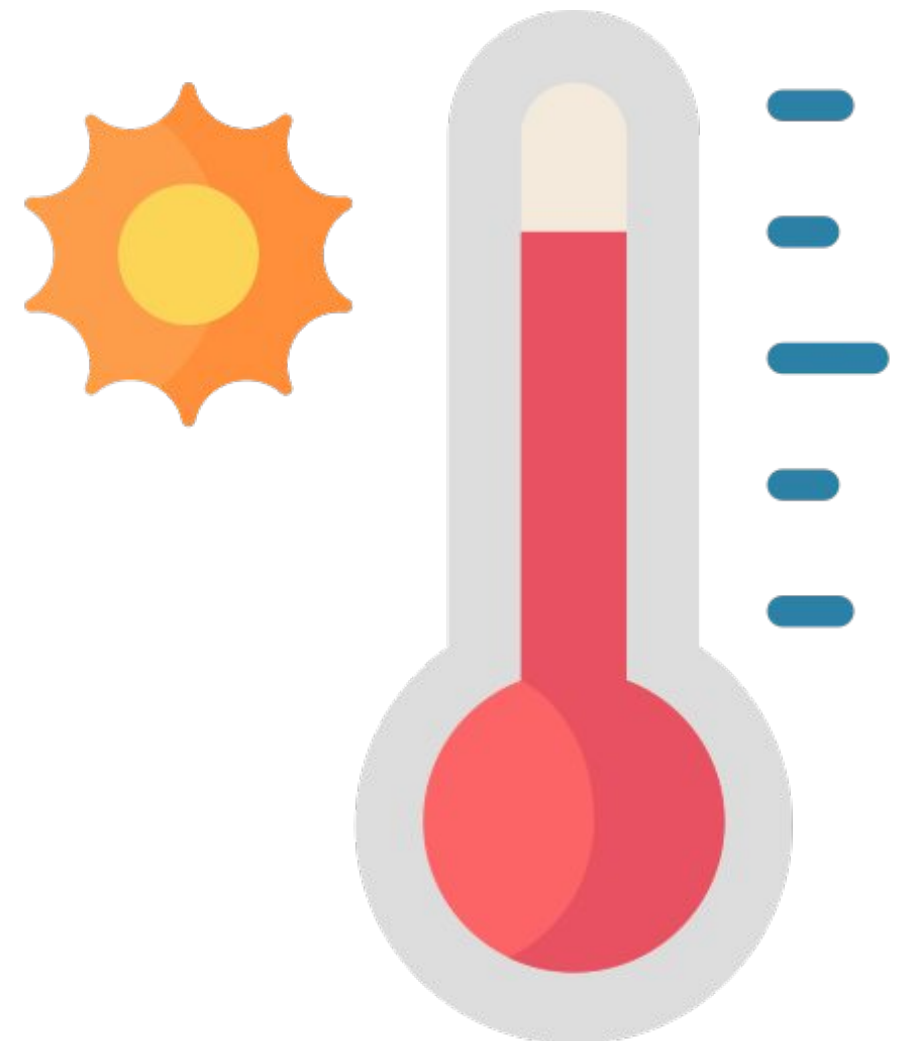
WEATHER

The weather might change from one day to another.

If the weather permits, we will go to a walking tour in the mountains during the free time.

If you just want to **check the forecast before coming**, please click on the following link:

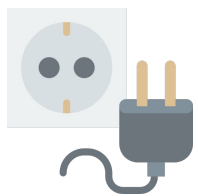
<http://www.aemet.es/es/eltiempo/prediccion/municipios/penagos-id39048>



THINGS FOR THE SUITCASE



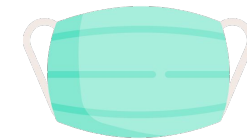
CLOTHES FOR COLD WEATHER AND RAIN



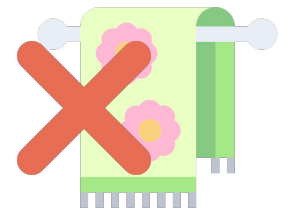
PLUGS

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

PLUGS IN SPAIN



PERSONAL MASK



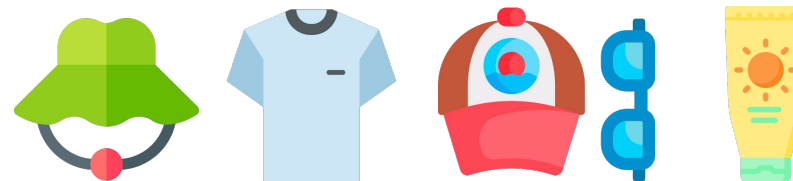
TOWEL IS NOT REQUIRED



PERSONAL HYGIENE PRODUCTS



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



CLOTHES FOR HOT WEATHER

MULTICULTURAL ACTIVITIES

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

E.g.:

FOOD

STORIES

MUSIC

CRAFTS

PICTURES

GAMES

...



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 wide-angle landscape photograph showing a coastline. In the foreground, there are green grassy hills. The middle ground features a bay with clear, turquoise water and white, layered cliffs. In the background, a city with various buildings is visible on a hillside 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

AT LAST BUT NOT LEAST...

Bring good vibes and your best smile!

