

INFOPACK



Adults' MicrOmachismo ReEducation
(2020-1-HU01-KA204-078666)



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



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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 Penagos 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.

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 3RD TO 12TH JUNE 2022

The Council of Europe defines that gender equality means identical level of responsibility, visibility, autonomy and participation of both sexes in all the public and private spheres of life. **Sexual and gender-based violence** is defined as the violence applied against a person because of their gender or sex, including sexual abuse and harassment, rape, domestic violence, etc. Although everybody could be equally affected, women are the prime victims of this type of violence.

As reported by the EIGE, **1 out of 10 women in Europe have suffered some type of cyber violence**. It was reported by the EU LGBT survey that 47 % of people from this community have felt discriminated or harassed because of their sexual orientation in the previous year. **Migrant women face challenges** as both migrants and women, suffering a double disadvantage.

We all are regularly exposed to everyday sexism without being aware of it. We are extremely used to these situations or set phrases that are simply seen as social constructs that we usually acknowledge as being normal. The headlines in the media are often condemning the crimes that end up with a dead body. Nevertheless, they do not analyse the base of this phenomena, established over a society that see everyday sexism as "normal".

The purpose of **AMORE: Adults' MicrOmachismo ReEducation (2020-1-HU01-KA204-078666)** is to face everyday sexism of those who suffer the most (adult women, adult people of the LGTBIQ+ community and women with an immigrant background) in various media, especially in the digital world.



NUMBER OF PARTICIPANTS:

There will be 24 participants in this activity, 6 per entity:

Participants from Hungary (6), Italy (6), Finland (6), and Spain (6), will be part of this training course.



COURSE PROGRAMME

FROM 3RD TO 12TH JUNE 2022

The course will be held from **3rd June (Arrival Date)** – **12th June (Departure Date)**, 2022 in one of Permacultura Cantabria's facilities based in **Penagos (Cantabria, Spain)**.



ARRIVAL DATE

June 3rd, 2022

We'll have the welcoming dinner at 20.30h




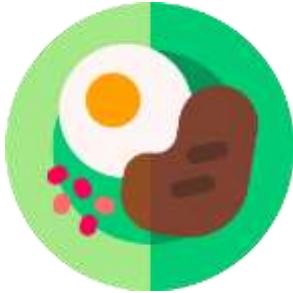



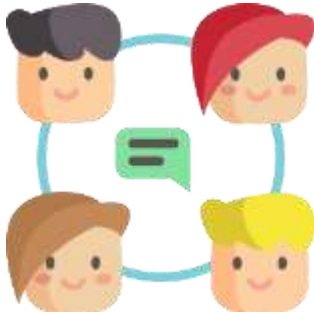


DEPARTURE DATE:

June 12th, 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>



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

WHEN	FRIDAY 3RD	SATURDAY 4TH	SUNDAY 5TH	MONDAY 6TH	TUESDAY 7TH	WEDNESDAY 8TH
8:30-9:15	BREAKFAST		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-11:30	ARRIVAL DAY	Welcome	Feelings and Emotions	Social analysis of oppressions and social exclusion Internalised messages	Local visit	Supporting adults through emotional management I (individual sessions)
11:30-12:00		BREAK	BREAK	BREAK		BREAK
12:00-13:30		Presentations and intro to field visits	Emotions: What is an emotional discharge and why do human beings need it?	Oppressed and oppressor roles in everyday sexism		Supporting adults through emotional management II (grupal sessions)
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
15:00-17:00		Discover Penagos	Practical Tools 1 : Thinking and listening to conteract everyday sexism	Panels (men and women) which generate alliances through active listening	Local visit	Europass mobility certificate
17:00-19:30		FREE TIME		FREE TIME		
19:30-20:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION
20:00-21:00	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.



DAY 6

DAY 7

DAY 8

THURSDAY 9 TH	FRIDAY 10 TH	SATURDAY 11 TH	SUNDAY 12 TH
BREAKFAST	BREAKFAST		BREAKFAST
Everyday sexism in adult members of the LGTBIQ + community.	Debate: The importance of transmitting these tools to our adult learners	Local visit	DEPARTURE DAY
BREAK	BREAK		
- Tools: identification, confrontation, prevention.	Does Europe advance in the area of equality? Future challenges for Spain, Hungary, Finland and Italy.	Local visit	
LUNCH	LUNCH		
- Tools: identification, confrontation, prevention.	Group reflections and feedback	Local visit	
FREE TIME	FREE TIME		
EVALUATION	EVALUATION		
DINNER	DINNER		
	Intercultural party		





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



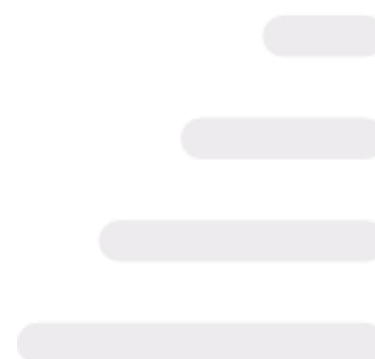
DOCUMENTS REQUIRED

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 COURSE?

Presentation

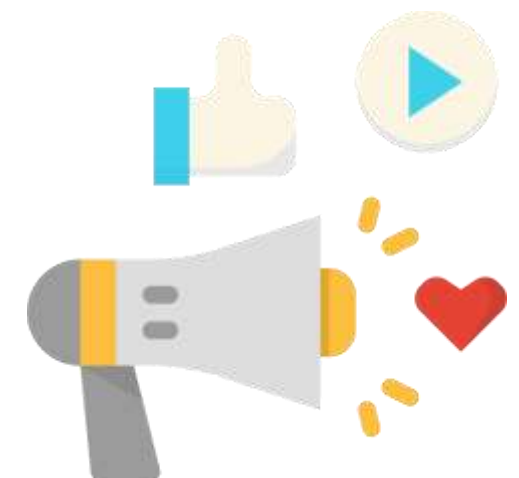
Each organisation will present themselves, their main activities, working areas, best practices, interests pursued in this activity, expectations, etc.

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

activitycantabria@gmail.com

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.





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 **16th May 2022** (more or less 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](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, N°7, 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.



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.

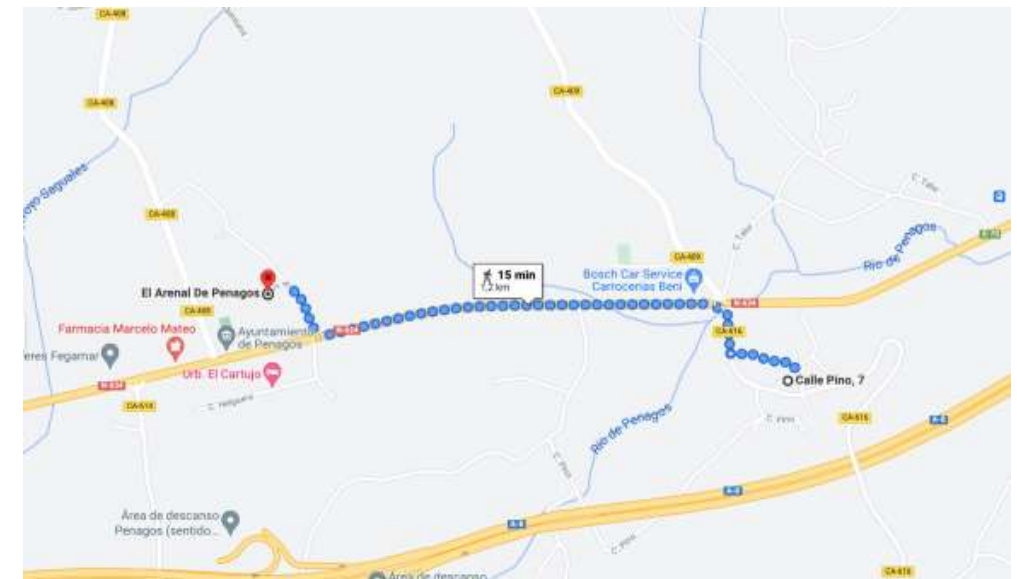
Step 2: San Mamés Bus Station to Santander. Buy tickets at [ALSA](#) company, approximately 6,90€. Please consult the time schedules on the website.

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 direction



[Bº El Pino Nº7, 39627 - Penagos, Cantabria](#)



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.

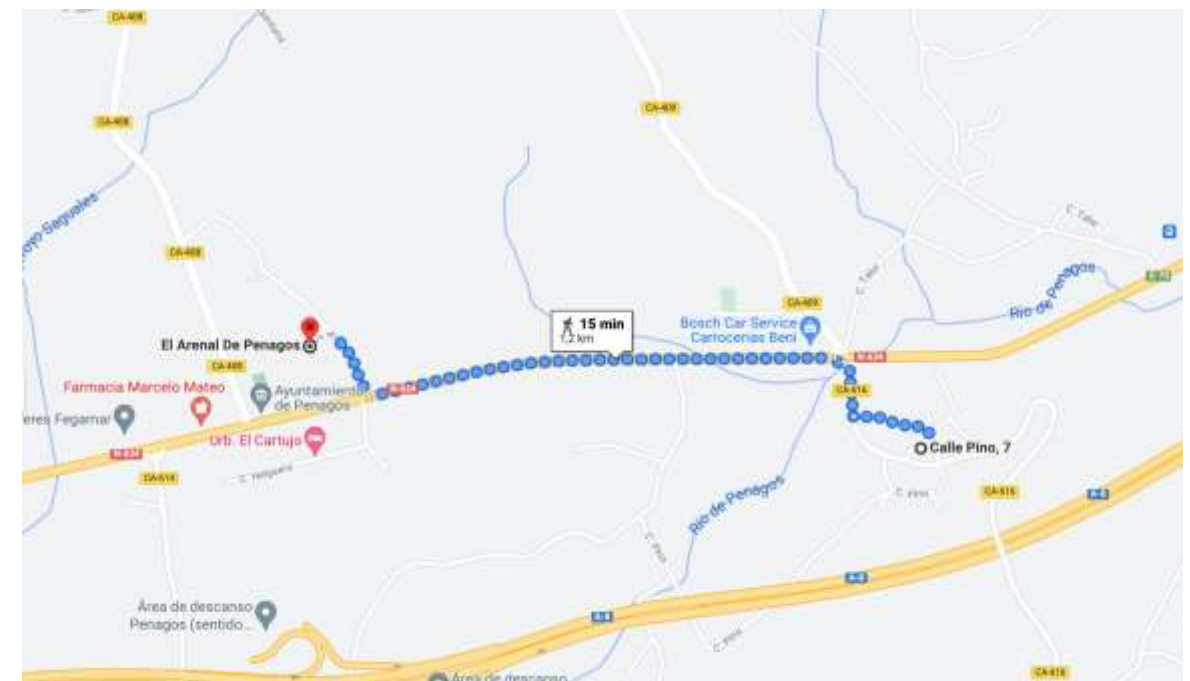


Step 2: Santander Bus Station to Penagos: Buy the tickets at [ALSA](#) company, El Arenal de Penagos. The cost is approximately 2,25 euros. Please consult the time schedules on the website.



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](#)



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 80 euros per taxi and 100€ per taxi at night.

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

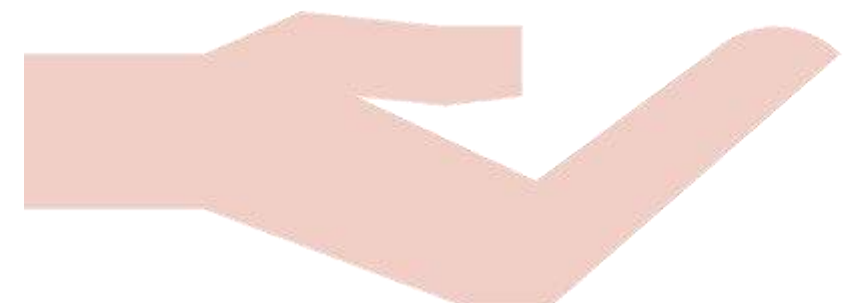
Erasmus + makes us **keep all the invoices, flight tickets, boarding passes and test costs** for a correct Financial Reporting of the activities.

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 get the refund.



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REQUIREMENTS AND CONDITIONS

For the project **AMORE: Adults' MicrOmachismo ReEducation (2020-1-HU01-KA204-078666)**.

Erasmus+ has authorised the following budget:

Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
Hungary	6	275 €
Italy	6	275 €
Finland	6	360 €
Spain	6	20 €



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.





PURCHASE AND REIMBURSEMENT

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

TUDÁS ALAPÍTVÁNY: TUDASALAPITVANY@GMAIL.COM

OLEMISEN BALANSSIARY: VELI@OLEMISEN.FI

ASSOCIATION ORIEL: ORIELASSOCIATION@GMAIL.COM

PERMACULTURA CANTABRIA: ACTIVITYCANTABRIA@GMAIL.COM



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 activitycantabria@gmail.com all the travel documents (flight tickets and other invoices) before the 25th June, 2022.

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 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.





FACILITIES





AMORE





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).



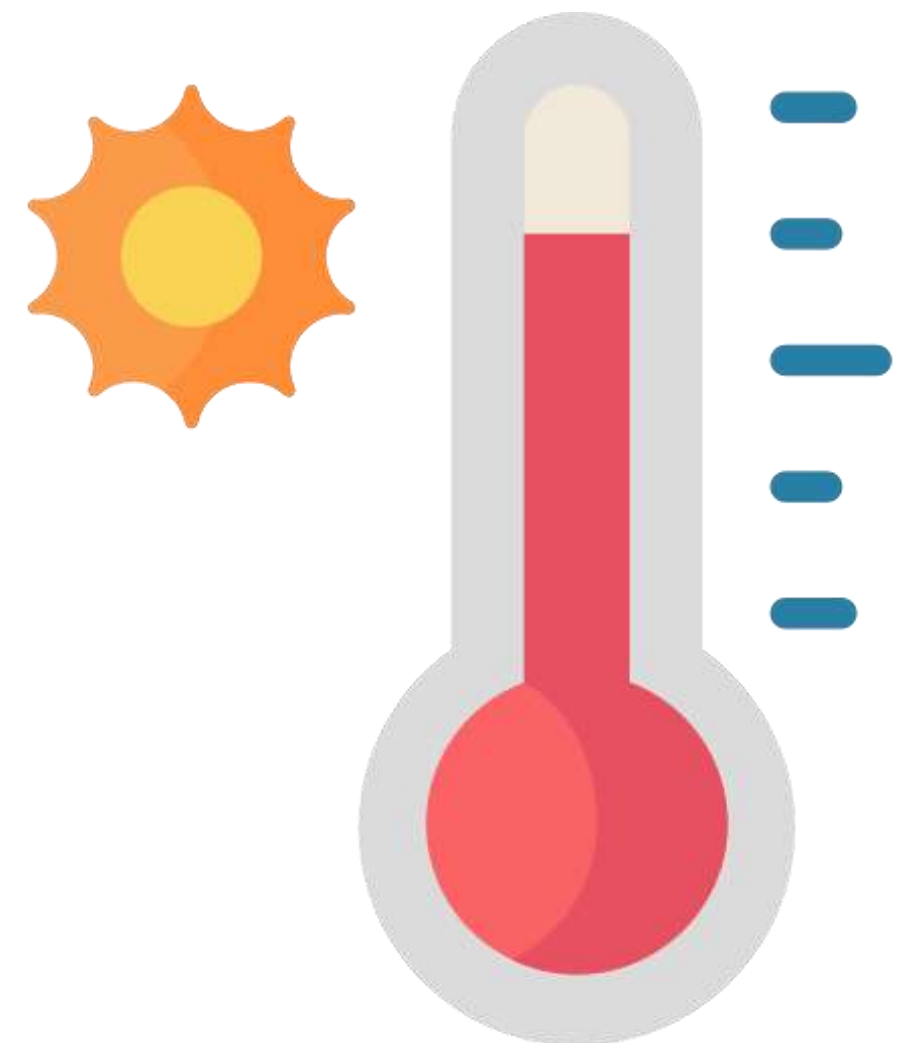
WEATHER

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**



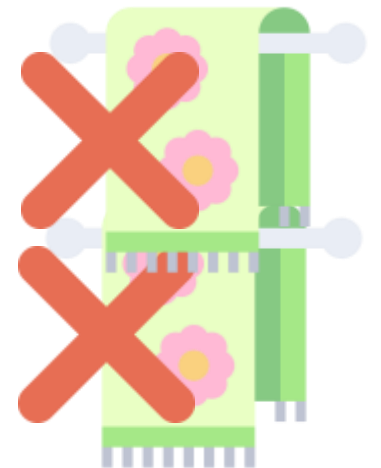
PLUGS

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

PLUGS IN SPAIN



**PERSONAL HYGIENE
PRODUCTS**



**TOWEL IS NOT
REQUIRED**



**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

Places to visit in Santander



Santander's beaches



Sardinero



Boat trip from Santander to Somo

<https://www.losreginas.com>

Paseo Pereda

Magdalena's Palace



Thank you!

AND, DON'T FORGET TO

Bring good vibes and your best smile!

activitycantabria@gmail.com

