



# INFOPACK

Enhancing youth's entrepreneurial  
mindsets

6th – 16th May, 2019  
Cantabria, Spain

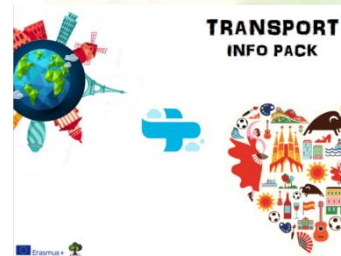


Erasmus+

# INFOPACK INDEX



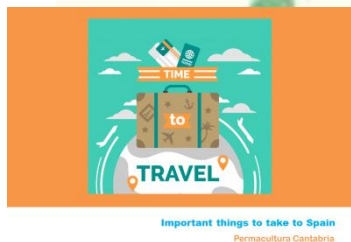
Project Summary and Course Programme



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Important things to take to Spain



# Enhancing youth's entrepreneurial mindsets

6th – 16th of May, 2019  
in Cantabria, Spain

# Project Summary

Our training course about Dragon Dreaming in Spain will be used as a participative methodology, both for theoretical and practical sessions.

Entrepreneurial tools and skills will be provided to youth workers, together with other soft skills, like teamwork, alternative organisational and economic modalities and other instruments to boost their future projects' quality.

Participating in this training course will be essential for youth workers and project coordinators who want to widen their motivation in innovative financing approaches and methodologies for project design.

Dragon Dreaming will also foster diversity, creativity and sustainability, so that educators will be able to offer more attractive activities and trainings, improving the participation of the youth with whom they work.

Dragon Dreaming method supports managing projects of any kind, focusing on deep engagement of every member. It offers methods for the realisation of creative, collaborative and sustainable projects and organisations.

The method integrates holistic aspects which have long been ignored, separated or divided in our culture: our right and left brain hemispheres, logic and intuition, individual and environment, theory and practice, thought and action, work and play, success and failure.

Dragon Dreaming is based on liberalising collective intelligence, creativity, cooperation and the sleeping power within ourselves and inherent in our communities.





This Training course is built on experiential learning, and participants will explore and learn how they can use the method in their organisations, communities and future work for developing sustainable long lasting project.



There will be 22 participants in this activity from different countries:



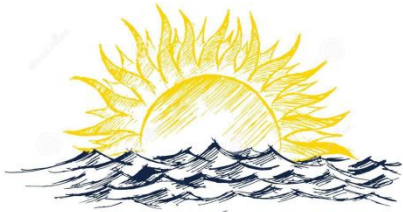


# Course Programme



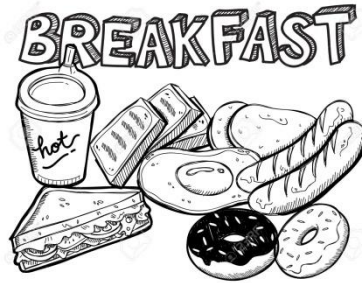
# Daily Organization

**DAWN**



Proposals from participants to wake up

**8.30**



**AFTERNOONS**



Work in groups and practice theory

**MORNINGS**



Dynamic theory

**13:30**



Meal

**BEFORE DINNER**



Daily evaluation

**20:00**



Dinner

**NIGHTS**



Social Interaction and proposals of ludic activities



## **WELCOME DAY**

SESSION 1: Arrivals and welcome

SESSION 2: Presentation dynamics

SESSION 3: Visit through our installations

SESSION 4: Programme presentation

## **PROJECT DESIGN INTRODUCTION**

SESSION 5: History, culture and tools for Dragon Dreaming

SESSION 6: Deep listening and charismatic communication

SESSION 7: The 4 phases of Dragon Dreaming wheel

SESSION 8: The Dragon Dreaming wheel in 12 steps and force field



## **BEST PRACTICES EXCHANGE**

SESSION 9: ¿What do we do?

SESSION 10: Our strengths

SESSION 11: Our weakness

SESSION 12: ¿What do we need?

## **PLANNING PROJECTS**

SESSION 13 Knowledge of Dragon Dreaming

SESSION 14 Dream circles

SESSION 15 Set goals

SESSION 16 Meta goal of the project

SESSION 17 Work planning karabirt 1

SESSION 18 Work planning karabirt 2

SESSION 19 Budget creation

SESSION 20 Regenerative economy and fundraising

## When and where?

The course will be held from 6th – 16th of May in one of Permacultura Cantabria's facilities based in Ramales de la Victoria (Cantabria, Spain).

**Arrival date. 6th of May at 17:00**

**Departure date: 16th of May 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.

## How can I participate in the training course?

Apply in this link to let us know your motivation:

<https://goo.gl/forms/QZpRnh2ojnBX1Z3U2>

Even if you have been selected already, we need you to fill out the application to organize the course.

## What do I need to prepare before the course?

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)

For the proper dissemination of the project, please consider that coming to the activity you accept to disseminate the project and activities on your social networks and that we can disseminate pictures/videos of the activity and the participants on the internet.







**Permacultura Cantabria's facilities**



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
- 2 - Apartments
- 3 - Green Areas

Each Apartment has 2 rooms: both rooms have 2 twin beds. It has a private bathroom.



























# TRANSPORT INFO PACK







## HOW TO GET TO SPAIN:

These are the best options to arrive and the links to find timetables and make reservations:

### Santander Airport:

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

### 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 the city of Bilbao.





## 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



## EASIEST OPTION:

The best and easiest option we have worked before, is to coordinate the transportation for you.

Permacultura Cantabria can manage your transportation from Bilbao and Santander to reach the venue place (round trip).

Once all the participants fill in the application <https://goo.gl/forms/QZpRnh2ojnBX1Z3U2>, we will be able to see all participants' flights details. With this, we will organise groups according to your time and place of arrival, so one transportation can take you to the venue place.

We will contact you and let you know the spots where we can pick you up at 16:30 approx so you arrive on time to the first activity.

This is the fastest and most comfortable option.





## OTHER OPTIONS:

### From Bilbao to Ramales de la Victoria:

#### Public Transport

#### Option 1

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 only public bus line there, so there will not be any confusion.

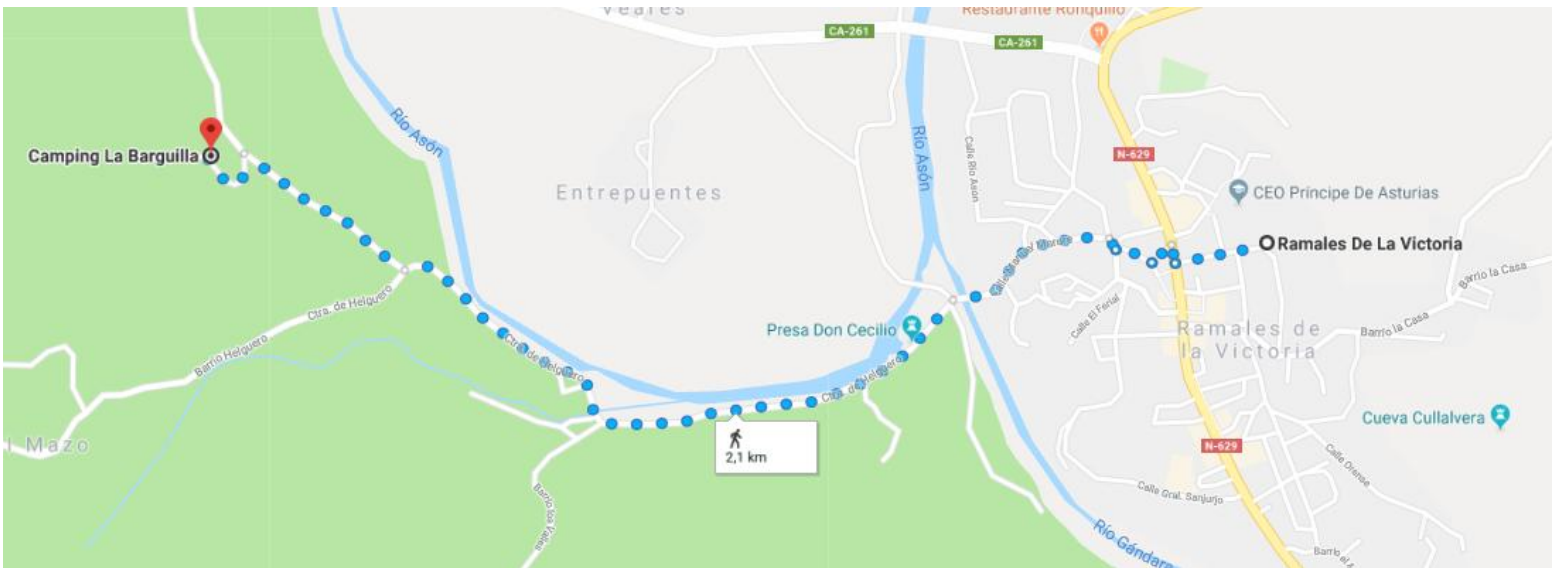
Step 2. San Mamés Bus Station to Laredo Bus Station: Buy the tickets at [ALSA](#) company, to Laredo. The cost is approximately 3,64 euros. Please consult the time schedules on the website.

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 3. Walk from Rames de la Victoria Sation to Vegacorredor: (2,1 km) in the following direction:



Click here to get the full map <https://bit.ly/2I4d1Dz>





## Taxi

Outside of the Bilbao Airport there is a [Taxicab](#) stand. The price is around 120 euros per taxi.





## From Santander to Ramales de la Victoria:

### Public Transport (Bus)

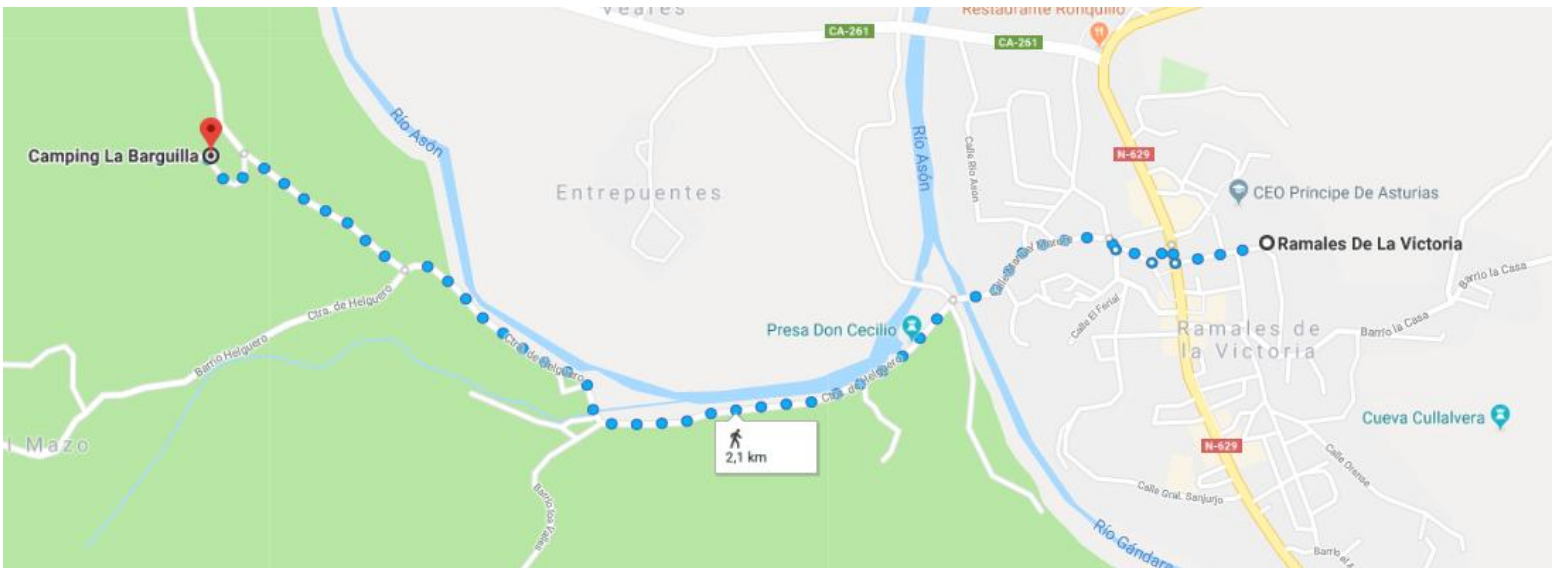
Step 1: Airport to Santander: In order to go to Santander, you have [buses](#), every 30 minutes, taking only 10 minutes to the city centre

Step 2. Santander Bus Station to 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 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 3. 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 (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.

| Departure | Destination | Departure Time | Arrival Time |
|-----------|-------------|----------------|--------------|
| Santander | Gibaja      | 7:58           | 9:26         |
| Santander | Gibaja      | 14:00          | 15:32        |
| Santander | Gibaja      | 19:00          | 20:26        |

Step 3. Take a taxi to:

Barrio Vegacorredor, S/N, 39800 Ramales de la Victoria, Cantabria  
Spain





## Taxi

Outside of the Santander Airport there is a Taxicab stand. The price is around 120 Euros per taxi.

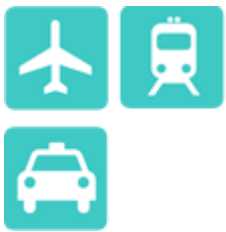






## Expenses Reimbursement

Permacultura Cantabria



Erasmus + makes us keep all the invoices 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.



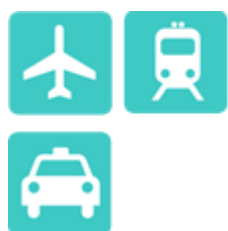
You need to attend to all the activities of the course to get the refund.





# Requirements and Conditions





1. Travel tickets are purchased by individuals or entities.

2. For the project “Enhancing youth’s entrepreneurial mindsets” Erasmus + has authorized the following budget:

| Budget Approved by Erasmus + (without extra expenses for domestic travels) |                |                          |                          |
|--|----------------|--------------------------|--------------------------|
| Organisation   | Country        | Travel (Per Participant) | Total Travel per country |
| Permacultura Cantabria   | Spain          | 180                      | 360                      |
| ALVIT - inovace a vzdelavani s.r.o.  | Czech Republic | 275                      | 550                      |
| Nuorisokeskus Villa Elba   | Finland        | 360                      | 720                      |
| Youthfully Yours s.r.  | Slovakia       | 360                      | 720                      |
| Eko Centar Latinovac   | Croatia        | 275                      | 550                      |
| Sdruzhenie "S ideya za bydeshteto - sport, obrazovanie, kultura"           | Bulgaria       | 360                      | 720                      |
| Futuro Digitale  | Italy          | 275                      | 550                      |
| Gain&Sustain: Europe   | Austria        | 275                      | 550                      |
| Fundacja "Zielony Slon"  | Poland         | 360                      | 720                      |
| "H2O"-Associação de Jovens de Arroquelas                                   | Portugal       | 275                      | 550                      |
| Hellenic Youth Participation   | Greece         | 360                      | 720                      |





3. Only duly justified amounts will be refunded. It is necessary to provide us the following documents:

### A. Invoices

All invoices shall include:

- Issued to Permacultura Cantabria
- Permacultura Cantabria's Details:  
Permacultura Cantabria  
Urbanización Bautizan 4, bajo B  
La Helguera. 39627. Penagos  
Cantabria. Spain.  
CIF: G-39617584
- Concept: The participant's data, as well as the details of the journey.
- Total Amount
- Signature and Stamp of the Company issuing the invoice





## B. Bank Details

Please provide us the bank details where you want us to transfer the payment.

Please fill in the [Bank Details Sheet](#).

## C. Boarding Passes

In case of flights, it is necessary to provide the boarding passes from the round trip.





## D. Travel by Car

If you want to travel by car, it is necessary to share the trip with more people, in order to justify the use of it.

In these cases, it is required:

- Fuel Bill
- A picture of the car will be taken during the activity.
- Please fill in the Car Travel Details [Sheet](#).





4. Send all the information to [permaculturacantabria@gmail.com](mailto:permaculturacantabria@gmail.com) during the first 15 days after the activity.

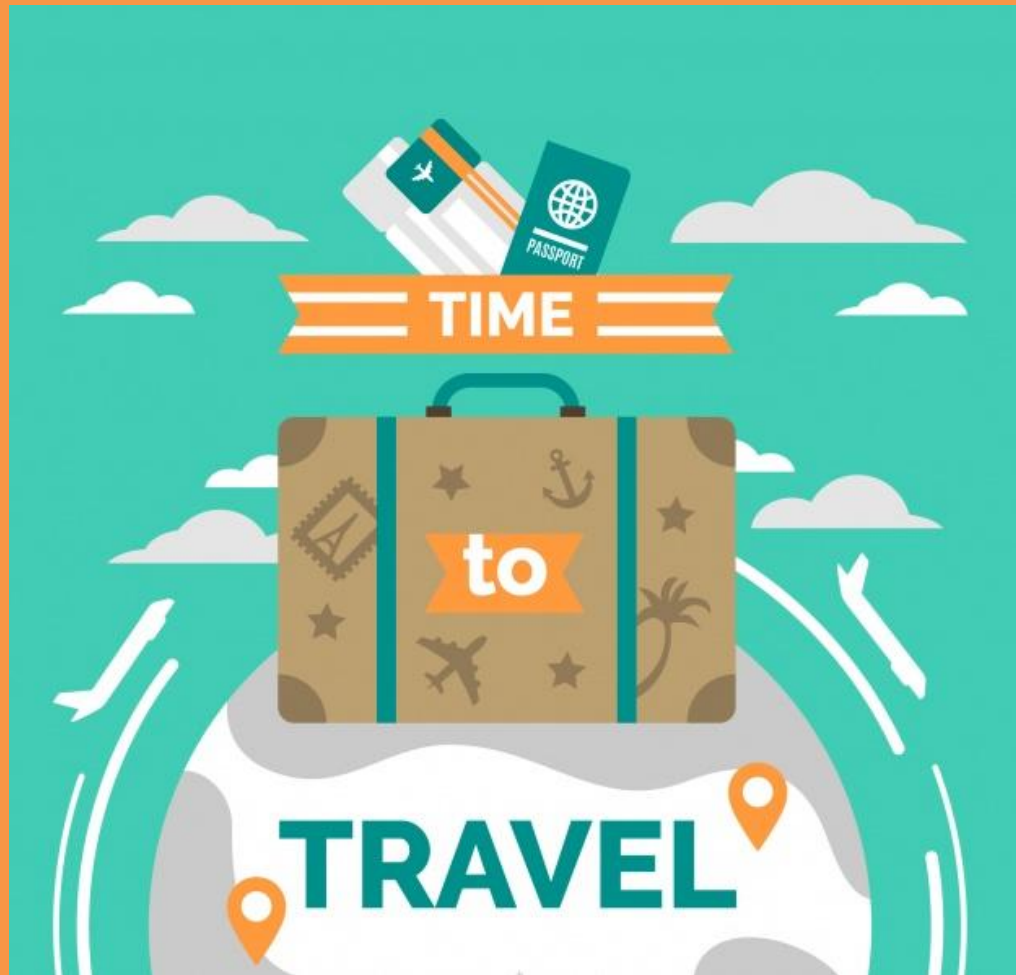
5. We are committed to refund you in 15 days after checking that all the documentation is correct.





**Enjoy your stay**





## Important things to take to Spain



Erasmus+



## PASSPORT

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

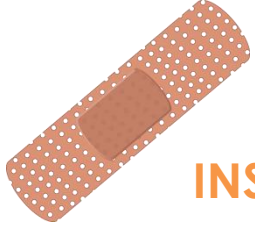


## VISA

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:

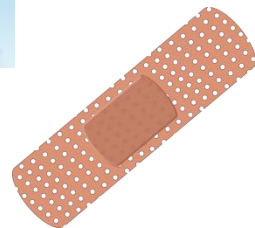
As a member of the European Union, Spain has agreements for the recognition of insurance systems. Those who possess a European insurance card should therefore be covered for illness and accidents in the same way as they are in their country, please bring with you this card.

In any case, please remember health insurance as well as travel insurance is your responsibility, we assume no liability that EU health insurance card is enough! So don't forget to check & bring your insurance card with you!

How to issue it?

Click here:

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







## 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>

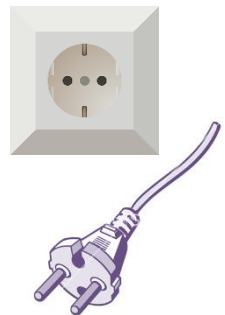
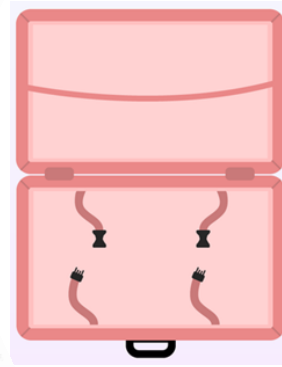
# THINGS FOR THE SUITCASE



Clothes for cold weather and rain



Towel and Personal hygiene products



Plugs  
(Consider the plugs in Spain might be different)

Clothes for hot weather



Please bring something you would like to share with us from your country. E.g.:





## 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 to go out).



At last but not least...

**bring good vibes and your best smile**





**¡Hasta Pronto!**