INFOPACK

Discovering Sexist Behaviours in Youth

(2021-1-PL01-KA153-YOU-000006549)

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 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 2023, 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 27TH JUNE TO 5TH JULY 2022

The objectives of this training course are:

1. Understanding the forms of abuse and discrimination suffered by youth, through the analysis of the everyday sexism phenomena in society. We aim to be able to detect early signs of discrimination and power abuse or misuse and understand under which circumstances they are more likely to happen, in order to set the grounds for the counteracting steps to be chosen.

2. Exchanging tools regarding ways of counteracting this kind of abuse and discrimination. We are seeking to gain in-depth knowledge of the participating entities, as well as the main tools with which they resolve and react to discriminating, violent and abusive situations related to sexism, in each country, when they occur, to better support the young people with whom we work daily.

3. Creating a strong network of international cooperation, for the consistent counteracting of everyday sexism in youth.

Number of participants:

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

Participants from Poland (2), Bulgaria (2), Italy (2), Lithuania (2), France (2), Slovakia (2), Czech Republic (2), Austria (2), Estonia (2), Greece (2), Spain (4) will be part of this training course.

COURSE PROGRAMME

FROM 27TH JUNE TO 5TH JULY 2022

The course will be held from **27th June (Arrival Date)** – **5th July (Departure Date), 2022** in one of Permacultura Cantabria's facilities based **in Penagos (Cantabria, Spain).**

ARRIVAL DATE

June 27th, 2022 at 17:00h.

The meet & greet activities will start around 17h.

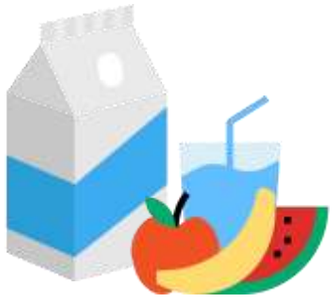
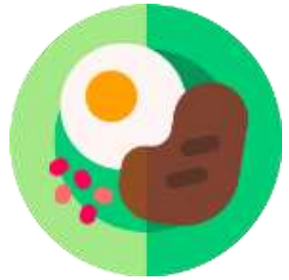
We'll have the dinner at 20.30h

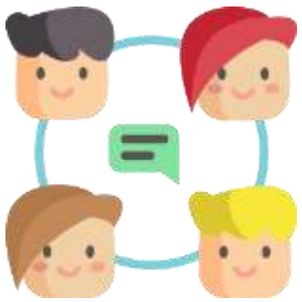
DEPARTURE DATE:

July 5th, 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
			
PROPOSALS FROM PARTICIPANTS TO WAKE UP	BREAKFAST	DYNAMIC THEORY	MEAL

AFTERNOONS	BEFORE DINNER	20:00	NIGHTS
			
WORK IN GROUPS AND PRACTICE THEORY	DAILY EVALUATION	DINNER	SOCIAL INTERACTION AND PROPOSALS OF LUDIC ACTIVITIES

PLANNING

WHEN	JUNE 27TH MONDAY	JUNE 28TH TUESDAY	JUNE 29TH WEDNESDAY	JUNE 30TH THURSDAY	JULY 1ST FRIDAY
8:30-9:15		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-13:30	Arrival DAY	Everyday Sexism (I) Neurosciences: how does our brain work.	Youth and reproduction of everyday sexism. Opression, stress and power abuse: how does our body respond.	The importance of working with men about male domination. Polyvagal Theory and Mindfulness	Local visits
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH
15:00-19.30	SHORT INTRO Presentations Warm-up Activities	Tools and resources: Preventive analysis and diagnostics of vulnerable situations. Body awarness. Practical work: Methodology development and Research.	Successful tools to rise awareness about violent and abusive situations against women: Creativity	Practical work: Results and Evaluation	Local visits
	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME
19:30-20:00	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION
20:00-21:00	DINNER	DINNER	DINNER	DINNER	DINNER
21:00-23:00			INTERCULTURAL NIGHT		GROUP ACTIVITIES

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.

WHEN	JULY 2ND SATURDAY	JULY 3RD SUNDAY	JULY 4TH MONDAY	JULY 5TH TUESDAY
8:30-9:15	BREAKFAST	BREAKFAST	BREAKFAST	
9:30-13:30	How to create a supportive and trustful space for those experiencing any kind of abuse. Neurophisiology of breathing: a powerful tool	Local visits	Practical work: Presentations.	Departure DAY
13:30-15:00	LUNCH	LUNCH	LUNCH	
15:00-19.30	Conclusions: The path to trust and inner peace.	Local visits	Erasmus + program funding opportunities Movie	
	FREE TIME	FREE TIME	FREE TIME	
19:30-20:00	EVALUATION	EVALUATION	FINAL EVALUATION	
20:00-21:00	DINNER	DINNER	DINNER	
21:00-23:00	GROUP ACTIVITIES	GROUP ACTIVITIES	FAREWELL 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

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 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.

RELEVANT INFORMATION
REGARDING COVID-19

Due to the COVID-19 crisis Permacultura Cantabria wants to clarify some issues:

- The COVID situation in Spain has improved this year. Right now, the number of citizens affected by COVID-19 is very low and we don't expect any travel restriction. However, the situation can change at any moment, so our policy is to wait until 1 month before the course start to purchase transport tickets.

- Each sending entity should have a list of participants and a travel/flights proposal ready, before the **27th May 2022** (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 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) IF YOU DO NOT HAVE THE EU DIGITAL COVID CERTIFICATE OR EQUIVALENT, YOU MUST COMPLETE THE SPTH HEALTH CONTROL FORM, MANUALLY ENTERING THE DETAILS OF YOUR VACCINATION, RECOVERY OR DIAGNOSTIC TEST CERTIFICATE.

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:

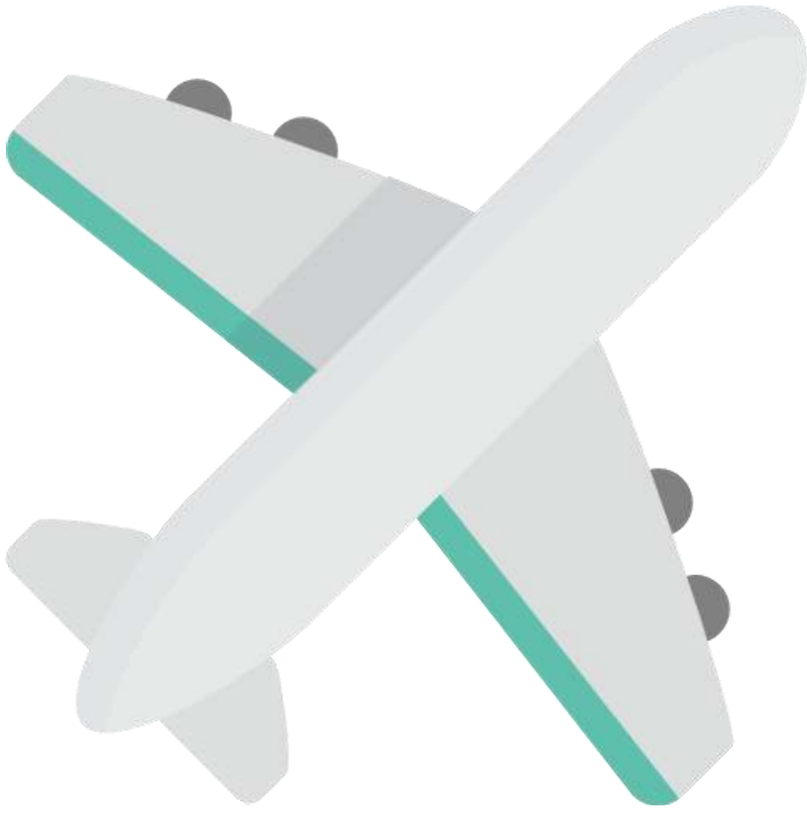
Santander Airport

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, Nº7, 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

B U S

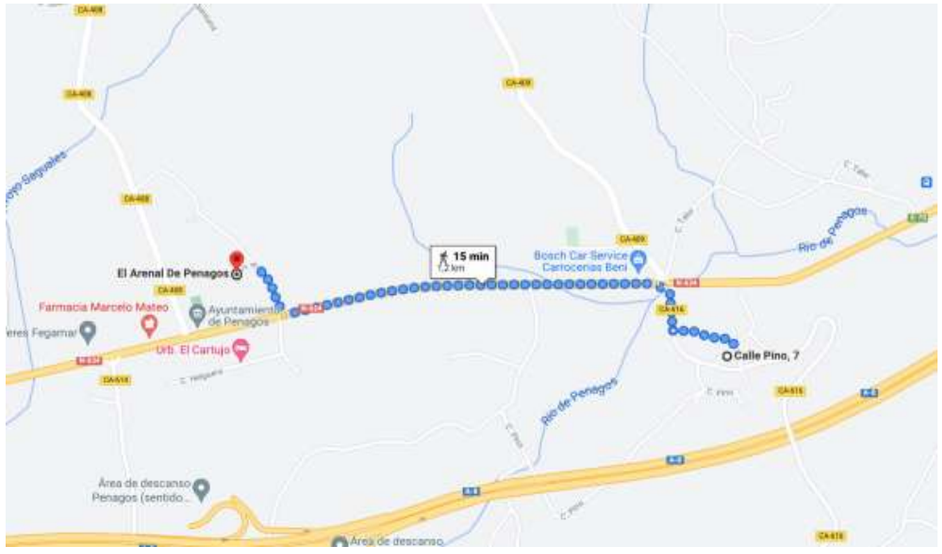
Step 1: Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are buses from the airport every 30 minutes. The cost is approximately 1,45€. It is the public bus line (Bizkaibus) and the line number is A3247.

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:

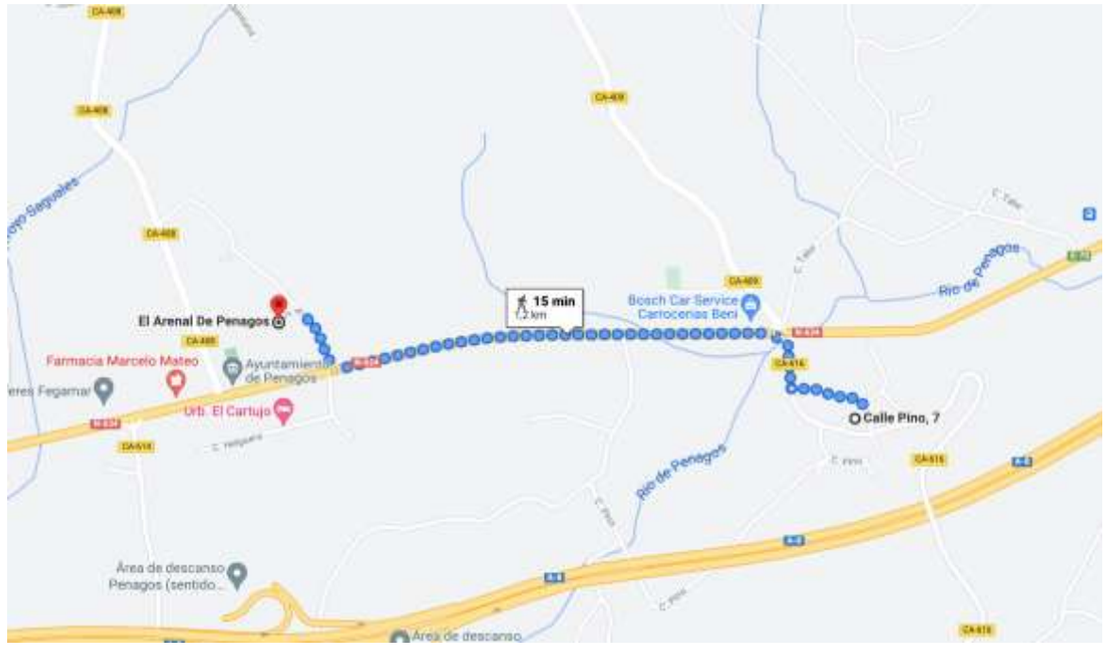
B U S

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

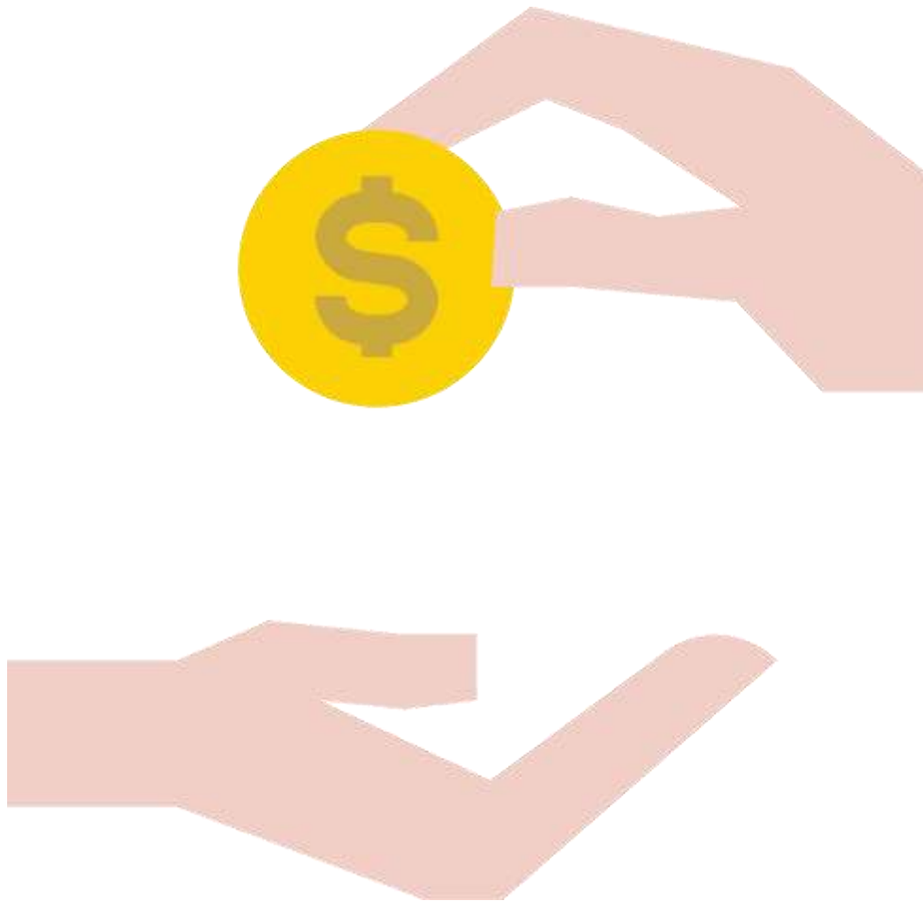
Erasmus + makes us **keep all the invoices, flight tickets, boarding passes and test costs** for a correct Financial Reporting of the activities.

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.



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

Requirements and Conditions

For the project **Discovering Sexist Behaviours in Youth (2021-1-PL01-KA153-YOU-000006549)** Erasmus+ has authorised the following budget:

Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	**PARTICIPANTS**	**TRAVEL PER PARTICIPANT**
Poland	**2**	**275 €**
Bulgaria	**2**	**275 €**
Italy	**2**	**275 €**
Lithuania	**2**	**360 €**
France	**2**	**180 €**
Slovakia	**2**	**275 €**
Czech Republic	**2**	**275 €**
Austria	**2**	**275 €**
Estonia	**2**	**360 €**
Greece	**2**	**27€**
Spain	**2**	**23 €**
Spain	**2**	**23 €**

To get all the expenses reimbursement it is neccesary 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 us 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.

PURCHARSE AND REIMBURSEMENT

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

***STOWARZYSZENIE ”OCZY SZEROKO OTWARTE” (POLAND): KAMKEP@WP.PL**

***SDRUZHENIE WALK TOGETHER (BULGARIA): WALKTOGETHERBULGARIA@GMAIL.COM**

***ORIEL ETS (ITALY): ORIELASSOCIATION@GMAIL.COM**

***ASOCIACIJA ”AKTYVUS JAUNIMAS” (LITHUANIA): INFO@ACTIVEYOUTH.LT**

***ADRIBS (FRANCE): ADRIBSFRANCE@GMAIL.COM**

***YOUTHFULLY YOURS SK (SLOVAKIA): INFO@YOUTHFULLYYOURS.SK**

***PETRKLÍ ˇC HELP, Z.S. (CZECH REPUBLIC): PETRKLICHELP@GMAIL.COM**

***UBELEM (AUSTRIA): UBELEMPROJEKT@GMAIL.COM**

***SEIKLEJATE VENNASKOND (ESTONIA): SEIKLEJATE.VENNASKOND@GMAIL.COM**

***KINONIKI SINETAIRISTIKI EPICHERISIELLINIKI SYMMETOCHI NEON (GREECE): HELLENICYOUTHPARTICIPATION@YAHOO.GR**

***PLATAFORMA DE ALTERNATIVAS SOSTENIBLES Y SOLIDARIAS- PASOS- (SPAIN): ONGPASOS@GMAIL.COM**

***PERMACULTURA CANTABRIA (SPAIN): PERMACULTURACANTABRIA@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:

Permacultura Cantabria will reimburse travel expenses and COVID tests to participants after submitting their BOARDING PASSES, FLIGHT TICKETS AND OTHER TRAVEL INVOICES. These documents will be required during the training course to participants and can be submitted to activitycantabria@gmail.com before July 14th, 2022.

Boarding passes will be required during the training course for the correct justification of the project.

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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.

IMPORTANT THINGS TO BRING

PERSONAL DOCUMENTS

PASSPORT

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

VISA

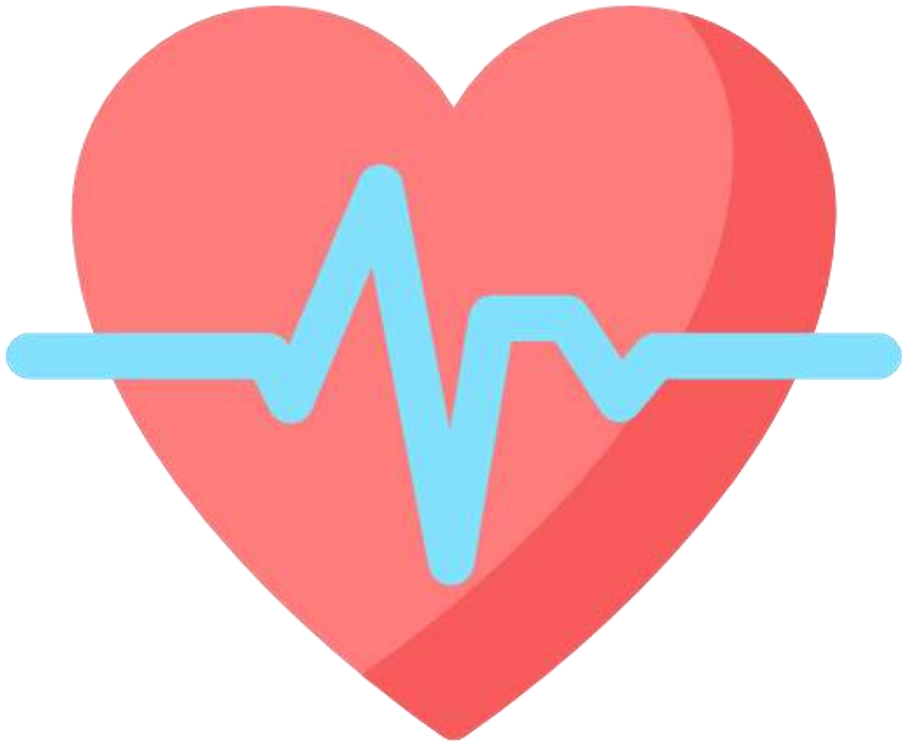
Whether you need a Visa for entry depends on your nationality. **Citizens of EU and EFTA countries do not need a Visa.**

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).

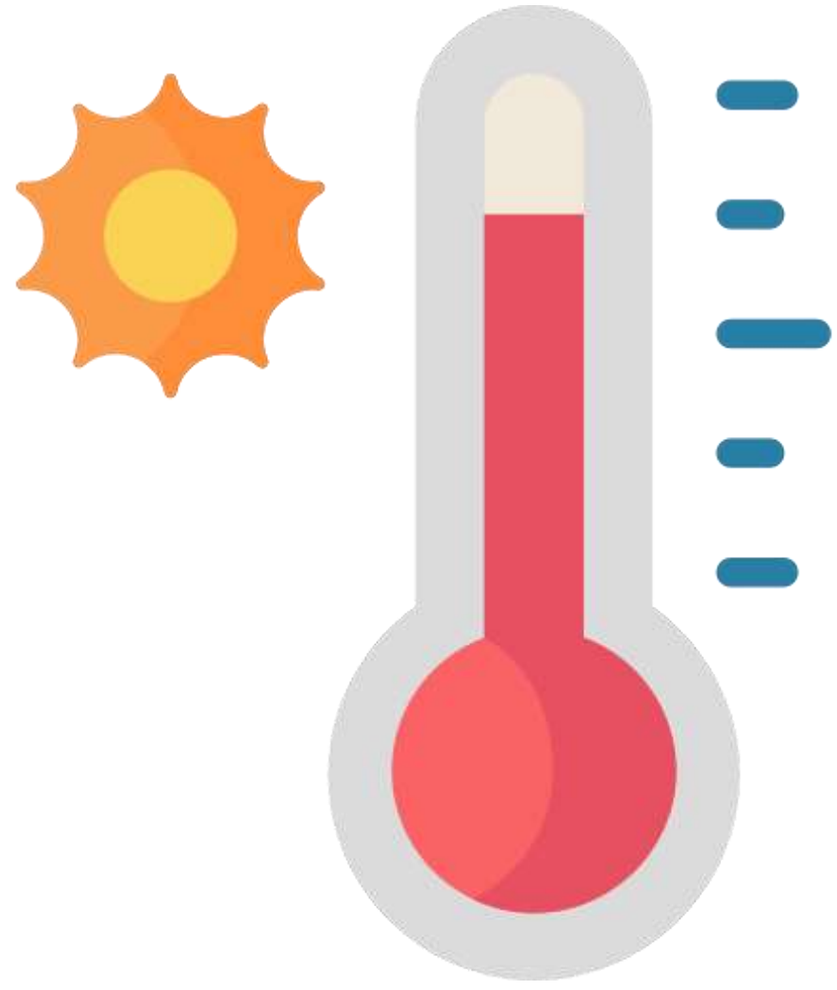
Weather

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:

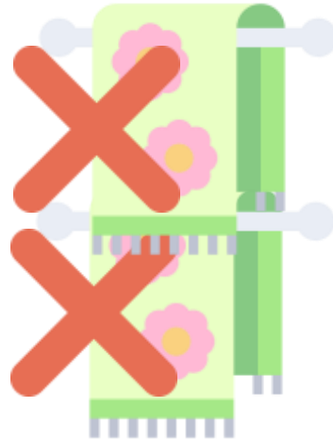
http://www.aemet.es/es/eltiempo/prediccion/municipios/penagos-id39048



THINGS FOR THE SUITCASE

CLOTHES FOR COLD WEATHER AND RAIN

PERSONAL HYGIENE PRODUCTS



TOWEL IS NOT REQUIRED

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

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.

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Pasiegan Valleys

Places to visit in Santander

Santander's beaches

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Sardinero

Boat trip from Santander to Somo

https://www.losreginas.com

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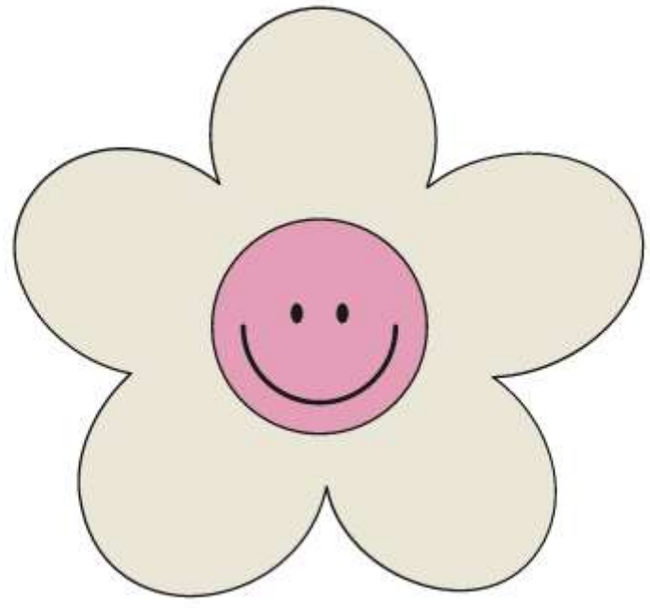
Paseo Pereda

Magdalena’s Palace

And, don't forget to

Bring good vibes and your best smile!

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