

I-TALES

ERASMUS+ KA204 - 2019-1-IT02-KA204-062118



**“THE MANY”
Mobility C5 - Spain**

INFOPACK

**Penagos, Spain
26th April/1st May 2022**



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.

LTTA SUMMARY



VIRTUAL MOBILITY:

 Some activities on the theme of THE MANY will be started in the shape of VIRTUAL MOBILITY to be completed and performed during the physical mobility:

- a. NARRATIVE: the first group will create a story about the panel they have analysed (according to the previous scheme) to be performed in the puppet show.
- b. VISUAL ART: a second group will make the puppets: the characters.
- c. MUSIC: a third group will create a song collaboratively with the rest of partners.

PHYSICAL MOBILITY:

 Permacultura Cantabria will organize 3 workshops. They will complete the virtual mobility ones.

- a. Community Arts Approach Workshop 1: NARRATIVE. The participants will put in common the stories they have created and shall make the necessary arrangements.
- b. Community Arts Approach Workshop 2: MUSIC. The musicians will essay and rehearse the different versions of the song (prepared at home on the topic during the virtual mobility).
- c. Community Arts Approach Workshop 3: participants will finish the Chinese shadows puppets and the scenario and practice the performing art product “SHADOWS PUPPET SHOW” already prepared during the virtual mobility.

All the results will be presented to the community:

- An EXIBITION- result of workshop 1 and 3
- A PERFORMANCE - result of workshop 1 and 3
- A CONCERT- result of workshop 2

OBJECTIVES

1.To develop critical thinking, creative thinking and new patterns of behavior combating intolerance, discrimination, racism skills for distinguishing truth-based facts and fakes:

- skills for creating new content from own ideas or other resources
- identify a range of possible solutions to problems
- creative connections between possible solutions and specific elements of the situation
- use of critical and creative thinking to formulate plausible hypotheses to explain current situations also in contrast with previous ideas
- put ideas into action
- assertive verbal and non verbal communication
- work in a cooperative and supportive way
- responsibility and effective engagement, willing to change mind, opinion, see things from different perspectives
- handle relationships with others by understanding and feeling for others and being able to interact effectively with them
- use newly created content to solve problems and make decisions, to make learners reflecting on the utility of their new ideas and on how to use them to achieve an end, to share and discuss ideas and solutions.

2.To practice creative methods in the adult education and develop educators' awareness of their importance in building intercultural dialogue

- practice interacting creative activities with learners that include divergent thinking, imagination, cognitive flexibility, and tolerance or enjoyment of ambiguity or unpredictability
- enhance learners' communication, reflection on the works of art from the personal meaning to all the other possible questions related to history, general culture, environment

3.To promote a long lasting interaction between the local communities and people and groups of different origins whose decisive aspects are equal dignity of cultures, mutual acceptance, equal exchange and open dialogue:

- interact in a multi-skills group (artists, social operators, schools) and in a multinational environment promoting processes of social inclusion and intercultural exchange
- experience an Arts-based approach through structured non formal learning/training models and the collaboration with experts
- use tools able to break barriers: language support
- intercultural mediation support
- sociality support

Number of participants:

There will be 52 participants in this activity, per entity:

Partner	Country	No participants	No Accompanying persons	Total
Associazione Culturale-Progetto Musica Valeria Martina	Italy	4	4	8
Rosto Solidario - Associacao de Desenvolvimento Social e Humano	Portugal	4	4	8
Fondation Art and Culture – Sevlievo	Bulgaria	4	4	8
Europe for Diversity Culture and Coexistence	Greece	4	3	7
Alytaus muzikos mokykla	Lithuania	4	4	8
Cross Culture International Foundation Cyprus Ltd	Cyprus	3	3	6
Asociación cultural y medioambiental Permacultura Cantabria	Spain	X	X	X
			TOTAL	52

PHYSICAL MOBILITY PROGRAMME

FROM 26TH APRIL TO 1ST OF MAY 2022

The physical mobility will be held from **26th of April 2022 (Arrival Date)** to **1st of May 2022 (Departure Date)**, in one of Permacultura Cantabria's facilities based in **Penagos (Cantabria, Spain)**.

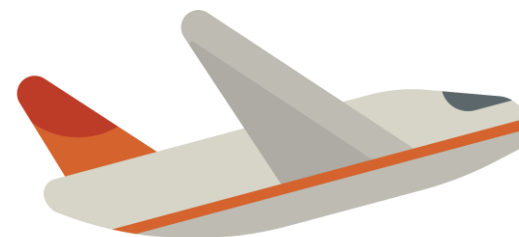


ARRIVAL DATE

April 26th, 2022 at 19:00h.

The meet&greet activities will start around 19h.

We'll have the dinner at 20.30h






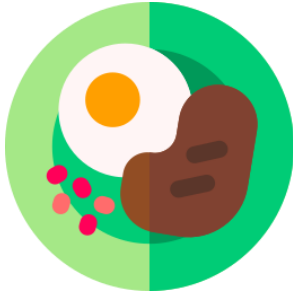



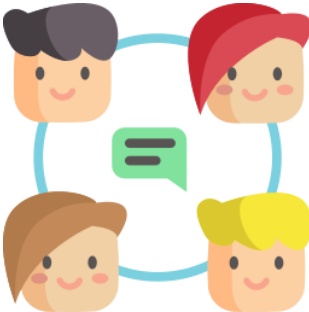
DEPARTURE DATE:

May 1st, after lunch.

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>

PLANNING

DAY 0

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

WHE N	TUESDAY 26TH ARRIVAL	WEDNESDAY 27TH WELCOME AND PRESENTATION + WORKSHOPS	THURSDAY 28TH WORKSHOPS	FRIDAY 29TH KNOWING THE SPANISH COMMUNITY	SATURDAY 30TH DISSEMINATION	SUNDAY 1ST EVALUATION + FINAL MEETING
8:30		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
MOR- NING		Presentation of the project activities and surroundings Icebreaking/energizing activities	WORKSHOP 2 (2nd part): MUSIC WORKSHOP 3: PUPPET SHOW CREATION & PERFORMANCE		EXIBITION- result of workshop 1 and 3 Preparation of the scenario for the performance	Mobility evaluation session. Delivery of participation certificates. International Project Progress Meeting
13:30		LUNCH	LUNCH		LUNCH	LUNCH
AFTER- NOON	Arrival at 19:00	WORKSHOP 1: NARRATIVE WORKSHOP 2 (1st part): MUSIC	WORKSHOP 2 (2nd part): MUSIC WORKSHOP 3: PUPPET SHOW CREATION & PERFORMANCE	VISIT TO SANTANDER	PERFORMANCE - result of workshop 1 and 3 CONCERT- result of workshop 2	
						Departure after lunch
	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
		EVALUATION	EVALUATION	EVALUATION	EVALUATION	
20:30	DINNER	DINNER	DINNER	DINNER	DINNER	
NIGHTS		INTERCULTURAL NIGHT	INTERCULTURAL NIGHT		INTERCULTURAL NIGHT	

This planning is a general proposal, some activities and visits could change depending on the weather, the availability of companies or other factors.

APPLICATION & DOCUMENTS

PARTICIPANTS LIST

What data do we need?

Each partner fill out this document whit the participants that already been selected.
This way, we can organise the workshop and logistics successfully.

Participants list

Please, make sure you have filled it in.



IMPORTANT

It is completely necessary to fill submit the whole form.
If you find any problem, please let us know as soon as possible.

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. Subject: I-TALES Blended mobility Spain

We must register all visitors in advance.

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

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. 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.
- ▶ One month prior to the activity, **Permacultura Cantabria, will determine, after consulting the authorities' recommendations, if it is possible or NOT to carry out the mobility and therefore, to proceed with the flights' purchase.**
- ▶ Due to the high infection rate of the new covid strains we believe it is important that all participants **take an antigen test at the beginning of the activity** to ensure that no further infections are spread during our stay. The aim is to create as safe a bubble group as possible, as we will be having breakfast, lunch, dinner and many hours as a group. This antigen test on arrival is also included. In addition to these measures we encourage participants to take out travel insurance to cover flight cancellations due to being covid positive. If this happens, it will be the participant's responsibility to cover the costs of new flight tickets, accommodation, etc. and therefore we recommend the travel insurance.

entities or participants **WILL NOT BUY** any flight tickets, before consulting with Permacultura Cantabria and **receiving our agreement.**

RELEVANT INFORMATION REGARDING COVID19

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.](#)

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.



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 Penagos, in Permacultura Cantabria's facilities. This village is famous for its Natural Park: [Cabarceno](#).

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.



HOW TO REACH THE VENUE PLACE:


OTHER OPTIONS


FROM BILBAO TO PENAGOS:

PUBLIC TRANSPORT

BUS

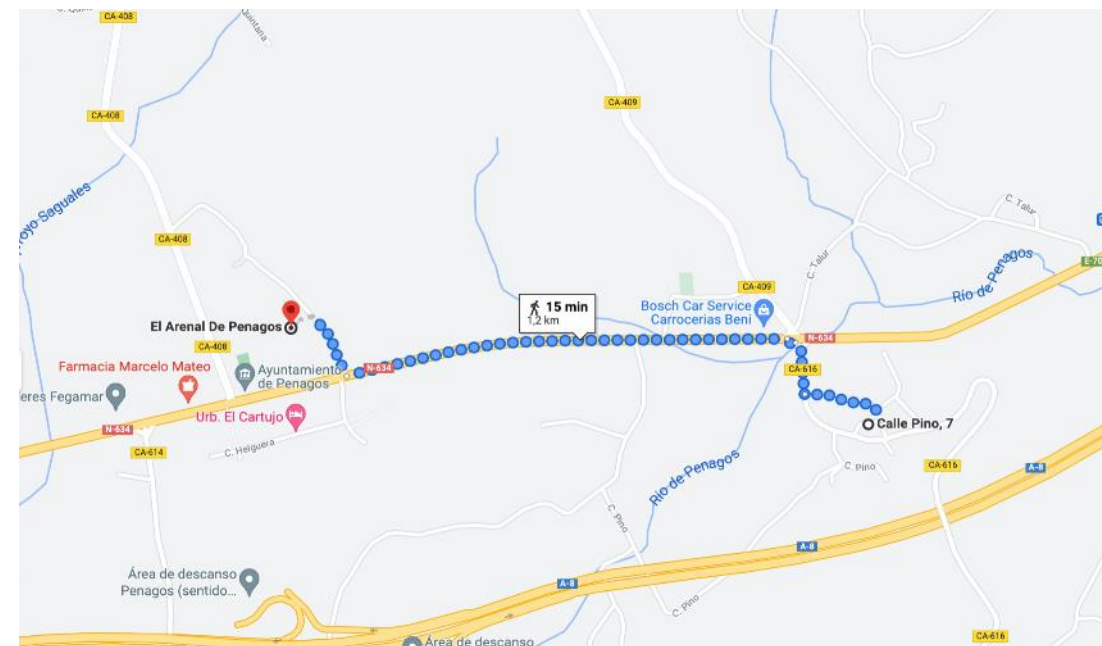
Step 1: Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 1,45€. It is the public bus line (**Bizkaibus**) and the **line number is A3247**.

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



HOW TO REACH THE VENUE PLACE:

OTHER OPTIONS

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.

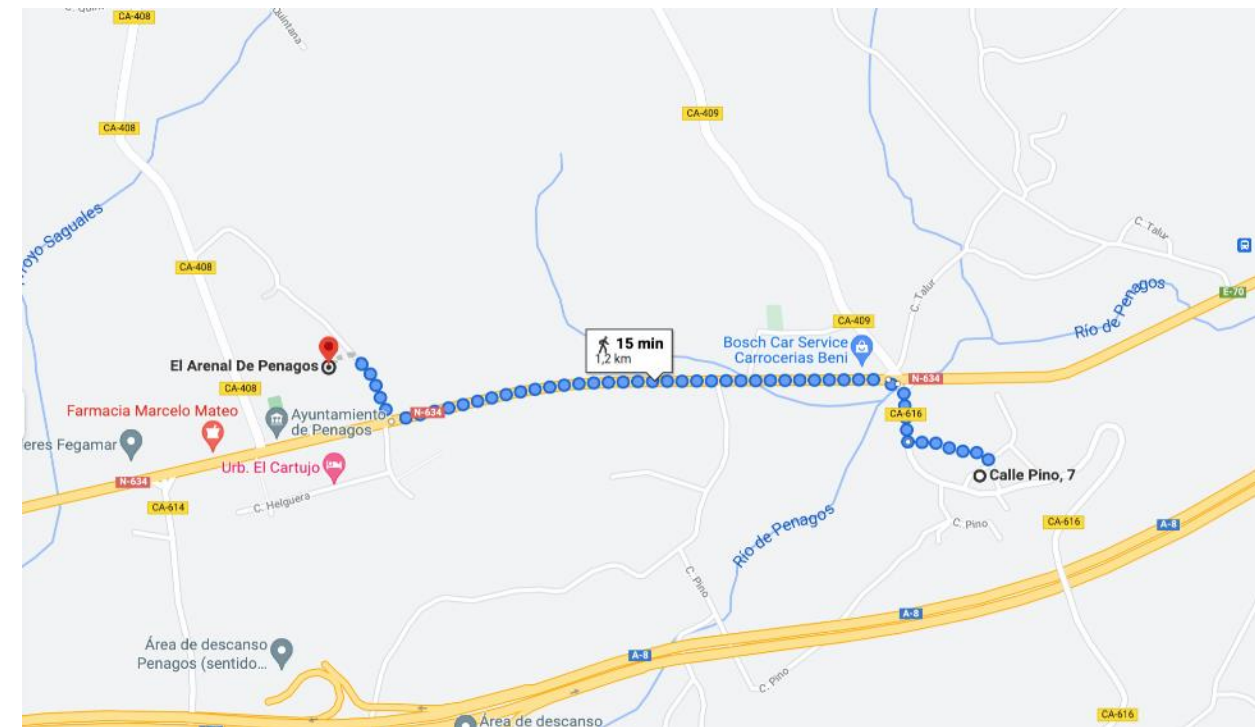


Step 2: Santander Bus Station to Penagos: Buy the tickets at [ALSA](#) company, El Arenal de Penagos. The cost is approximately 2,25 euros. Please consult the time schedules on the website.



Step 3: Walk from Penagos to El Pino (1,2 Km) in the following direction

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



Click here to get the full map:
[FROM PENAGOS BUS STATION TO EL PINO](#)



HOW TO REACH THE VENUE PLACE:

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.

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.

I N D E X

PERMACULTURA CANTABRIA's FACILITIES



VENUE & ACCOMMODATION

WHERE WE ARE?

The workshop will take place at Permacultura Cantabria's facilities:

[Barrio El Pino, N°7, 39627, Penagos, Cantabria, Spain](#)

The accommodation Capacity in this place is limited to 35 people:

Each room has 1 or 2 beds

It also has a private bathroom.

The rest of participants will be accommodated in **Pensión Los Rosales**, in Sarón, 6 minutes by car to the venue. Permacultura will organise the daily transport

<https://pensionlosrosales.com/>

Most participants will need to share a room with another person, but there will be some single rooms for coordinators or people with special needs.



REMINDER:

Remember that our facilities are currently temporary and are not based on permaculture.

[More info in 'ABOUT US'](#)

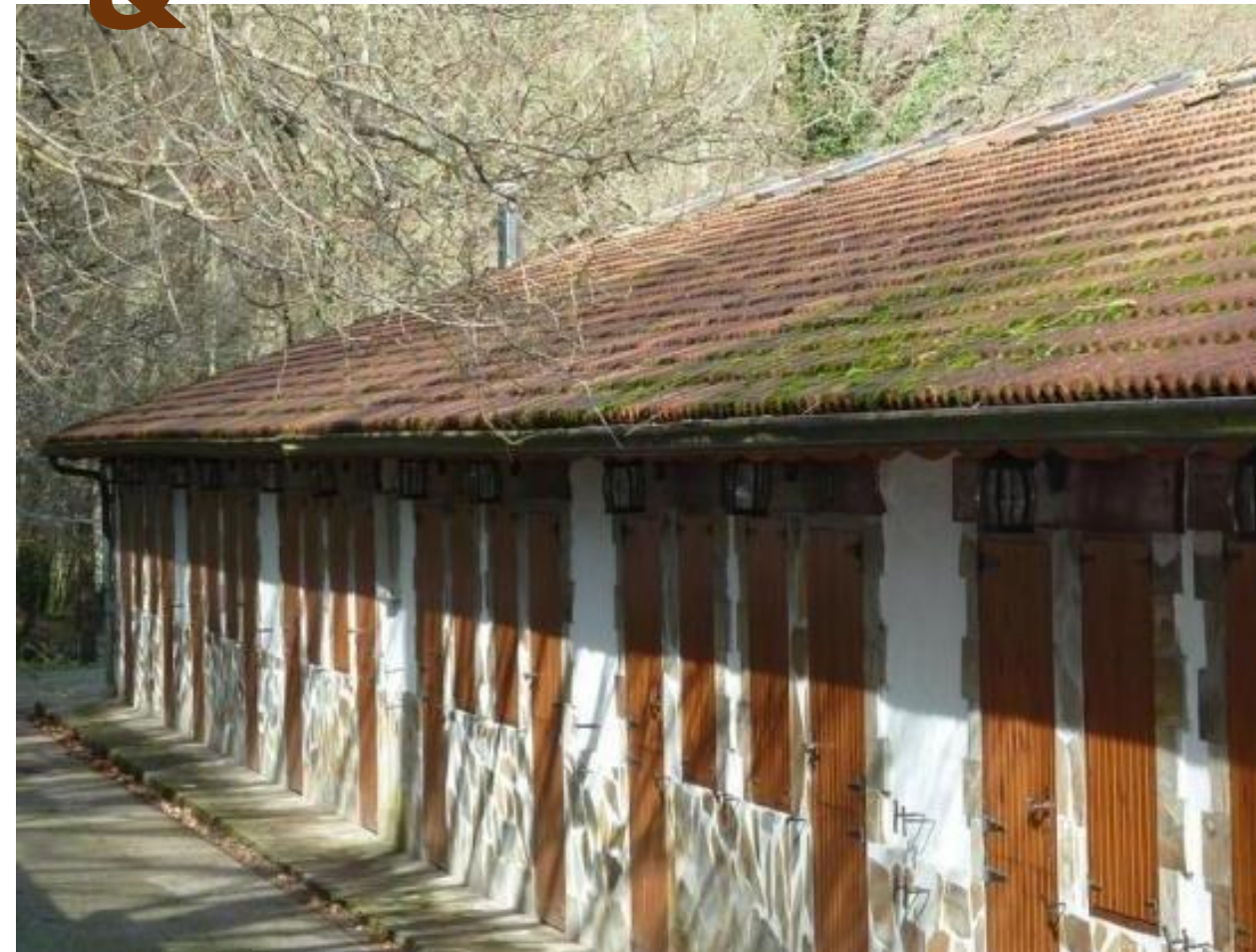
ACCOMODATION & MEALS

PRICES

The price per person is 75€/day

This price includes:

- accommodation in double/single room
- full board: breakfast, lunch, dinner, coffee breaks and picnic on excursion days.
- material for the activity,
- transport for the people staying at the second hotel
- bus rental for one day of cultural visits
- team of logisticians and facilitators during the activity
- antigen test on arrival is also included.



REMINDER:

Remember that our facilities are currently temporary and are not based on permaculture.

[More info in 'ABOUT US'](#)

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).



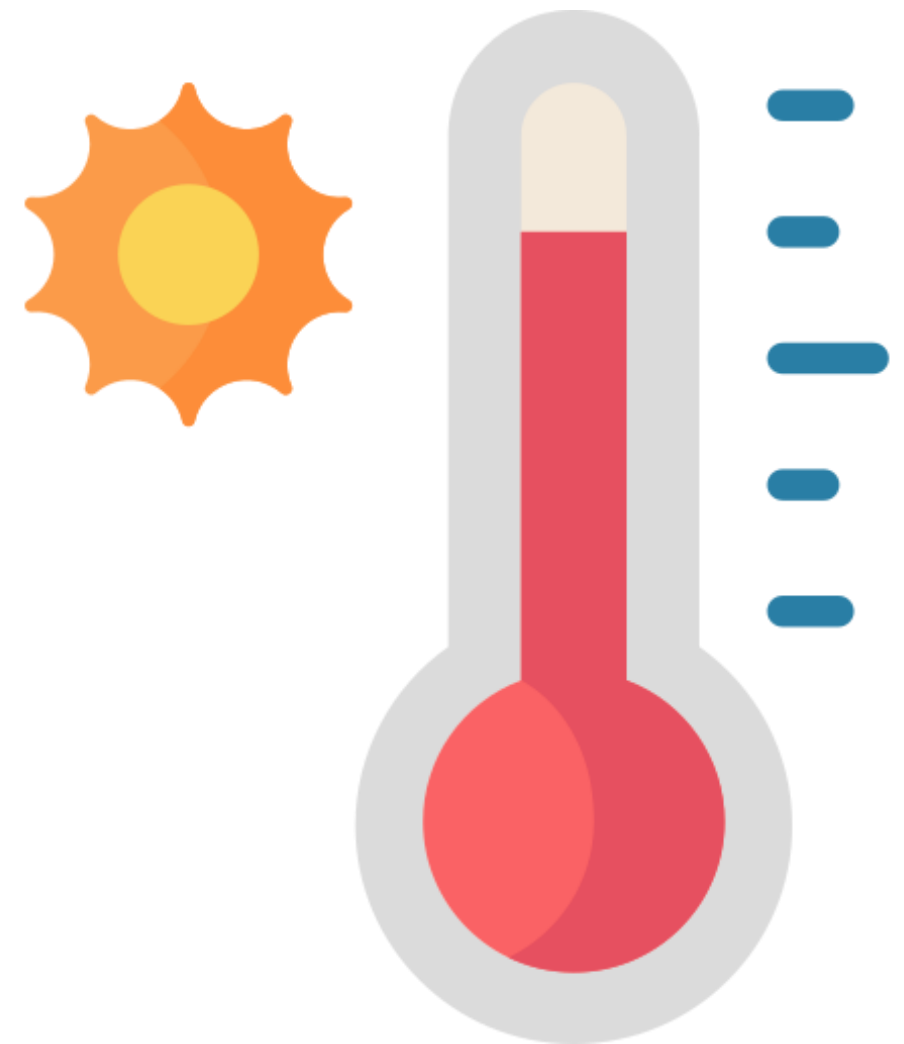
WEATHER

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:

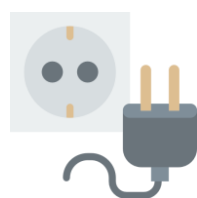
<http://www.aemet.es/es/eltiempo/prediccion/municipios/penagos-id39048>



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



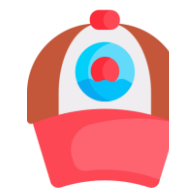
**PERSONAL HYGIENE
PRODUCTS**



**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.:



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.



I N D E X



Pasiegan Valleys



Places to visit in Santander



Santander's beaches



Sardinero



Boat trip from Santander to Somo

<https://www.losreginas.com>

Paseo Pereda

An aerial photograph of Magdalena's Palace, a large, multi-story building with a dark roof and many windows, situated on a rocky cliff overlooking the ocean. The palace is surrounded by lush green trees and a paved area with parked cars. In the background, a large body of water (likely a bay or harbor) is visible, with several sailboats and a small island in the distance. The sky is blue with some clouds.

Magdalena's Palace

AT LAST BUT NOT LEAST...

Bring good vibes and your best smile!

permaculturacantabria@gmail.com

