



# **Mental Health Key Resources for Youth**

**(2022-1-PL01-KA153-YOU-000062494)**

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## **INFOPACK**

### **Training course**



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



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# ABOUT THE HOSTING ENTITY

## 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 an 8 years transition period, from 2018 to 2026.

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 2026**, 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 16<sup>TH</sup> MARCH – 24<sup>TH</sup> MARCH 2023

This Training course about **Emotional management and Mental Health** is the main activity of the Erasmus+ project: '**Mental Health Key Resources for Youth** (2022-1-PL01-KA153-YOU-000062494)', and will take place from **16th of March to 24th of March, 2023** in **Penagos (Spain)**.

This **8-day Training course** aims to help young people address and take care of their mental and emotional health, in direction of the European Framework for Action on Mental Health and Wellbeing.

**The methodology used in this training course in Spain** will be a combination of non-formal education tools, group-centered learning and exchange of best practices, being both the program and the methodology flexible, inclusive and adapted to participants' needs.



## NUMBER OF PARTICIPANTS:

### There will be 24 participants in this activity.

This activity will be attended by 2 participants per entity: **Stowarzyszenie "Oczy Szeroko Otwarte"** (Poland), **PASOS** (Spain), **ORIEL** (Italy), **SEIKLEJATE VENNASKOND** (Estonia), **SDRUZHENIE WALK TOGETHER** (Bulgaria), **Hellenic Youth Participation** (Greece), **Asociacija "Aktyvus jaunimas"** (Lithuania), **YOUTHFULLY YOURS SK** (Slovakia), **Verein zur Unterstützung und Begleitung für Lehrlinge mit Migrationshintergrund** (Austria), **Association de Développement Rural International du Bas-Ségala** (France), **Permacultura Cantabria** (Spain), **Be International** (Czech Republic).

# COURSE PROGRAMME

## FROM 16<sup>TH</sup> TO 24<sup>TH</sup> MARCH 2023

The training course will be held from **16<sup>th</sup> of March (Arrival Date) to 24<sup>th</sup> March (Departure Date), 2023** in one of Permacultura Cantabria's facilities based in **Penagos (Cantabria, Spain)**.

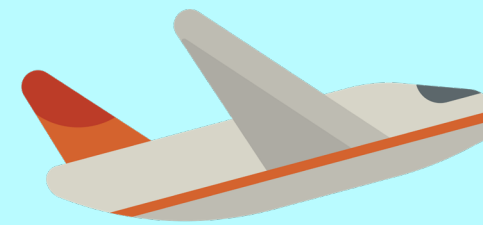


### ARRIVAL DATE

**March 16th, 2023** at 17:00h.

The meet & greet activities will start around 17h.

We'll have the dinner at 20.30h

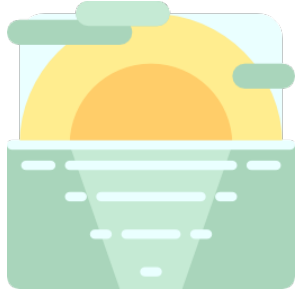


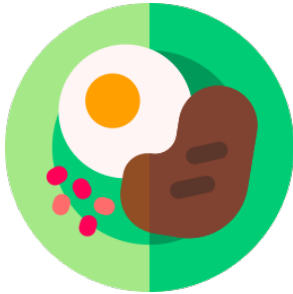



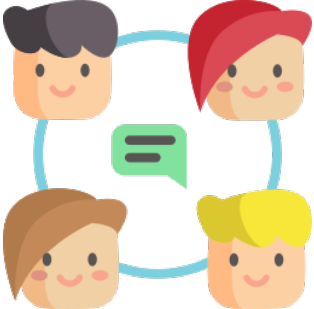


### DEPARTURE DATE:

**March 24th,** 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>

# PLANNING

WHEN	Thursday 16th	Friday 17th	Saturday 18th	Sunday 19th	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	
8:30-9:15	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	
9:30-11:30	ARRIVAL  17h: Warm-up Activities. Short intro/ Presentations	Emotional management. Neurosciences: how does our brain work	Imbalanced relationships. Oppression, stress and power abuse: how does our body respond I	Self confidence. Polyvagal Theory and Mindfulness I	Local visit	How to deal with young people's problems (addictions, competition, oppressions). Neurophysiology of breathing: a powerful tool I	Local visit	Practical work: Presentations	DEPARTURE	
11:30-12:00		BREAK	BREAK	BREAK		BREAK				
12:00-13:30		Tools and resources: Preventive analysis and diagnostics of depression. Deep listening, Body awareness.	Imbalanced relationships. Oppression, stress and power abuse: how does our body respond II	Self confidence. Polyvagal Theory and Mindfulness II	How to deal with young people's problems (addictions, competition, oppressions). Neurophysiology of breathing: a powerful tool II	Erasmus + program funding opportunities				
13:30-15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
15:00-19:30		Practical work: Methodology development and Research	Tools to create Safe Spaces for youth: Creativity	Practical work: Results and Evaluation	Local visit	Conclusions: The path to trust and inner peace. Assertiveness in relationships	Traditional dances	Movie		
19:30-20:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION		FINAL EVALUATION
20:00-21:00		DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER		DINNER
21:00-23:00			Intercultural night	Group activities (optional)						Farewell party

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.



# 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](mailto: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](mailto:activitycantabria@gmail.com)



# WHAT DO I NEED TO PREPARE BEFORE THE TRAINING 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](mailto: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.

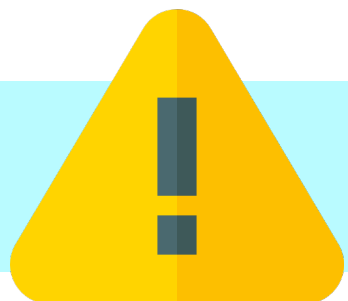


## DISSEMINATION AGREEMENT

**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.**

## APPROVAL OF THE TRAVEL PLAN

- ▶ Each sending entity should have a list of participants and a travel/flights **proposal** ready, before the **16<sup>th</sup> February 2023** (one month before the training course start). That date, this information must be shared with **Permacultura Cantabria, who will approve the travel plan**. Receiving our approval in written is a requirement 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.



# 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](#)

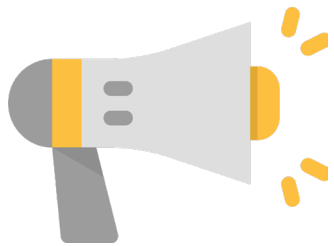


## HOW TO REACH THE VENUE PLACE:

The activity will take place, mainly, in a town called Penagos, in Permacultura Cantabria's facilities.

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

Penagos is not so well connected in terms of public transport. There are a few daily buses from Santander. So please, check the buses timetable in next slide.



**If PUBLIC TRANSPORT IS AVAILABLE AT YOUR ARRIVAL TIME, you should use this option unless you have the approval of your sending entity to use private transportation.**

## RENTAL CARS:

**The best and easiest option that has worked for everyone before, is to RENT 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

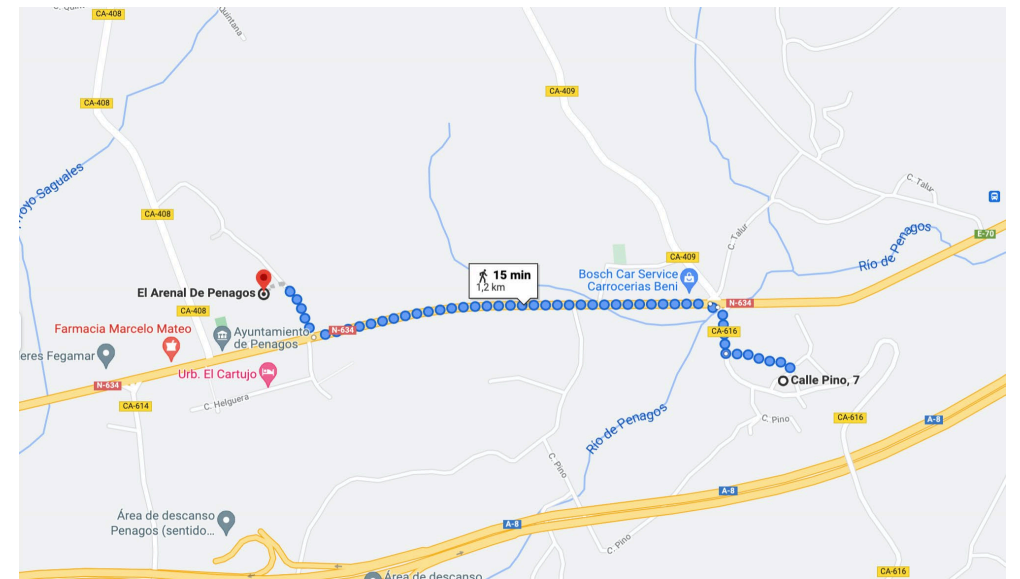
**Step 1:** Bilbao Airport to San Mamés Bus Station: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 1,45€. It is the public bus line (Bizkaibus) and the line number is A3247.

**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:

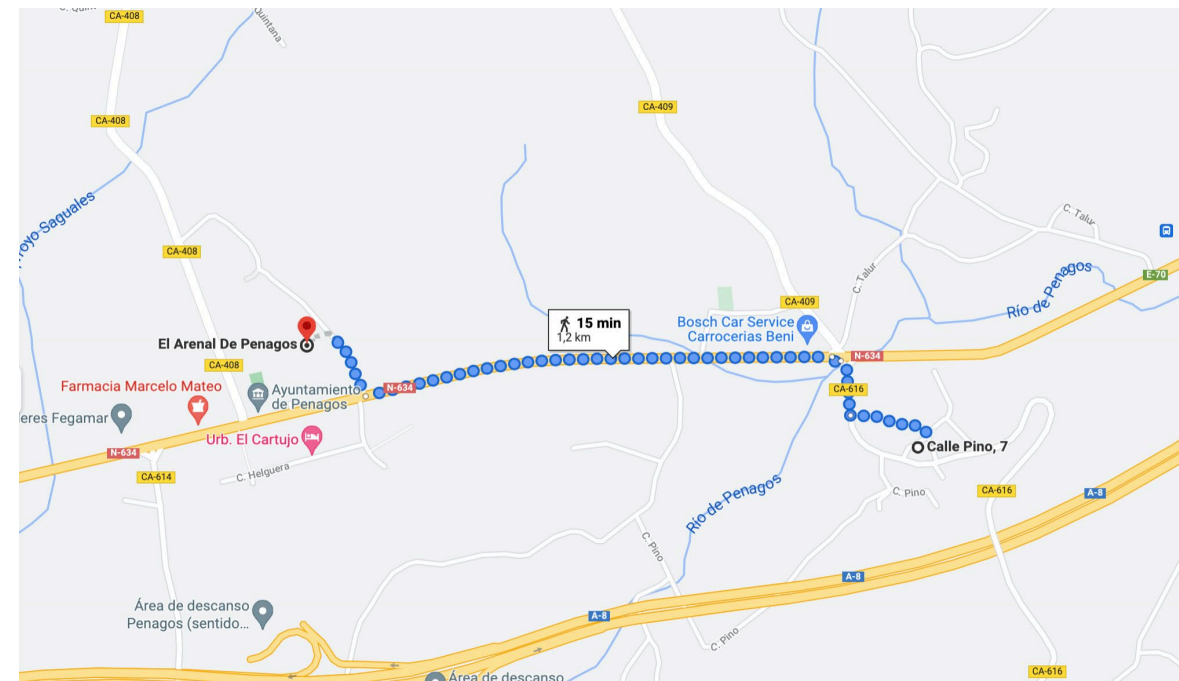
### BUS

**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](#)**





## 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](mailto: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

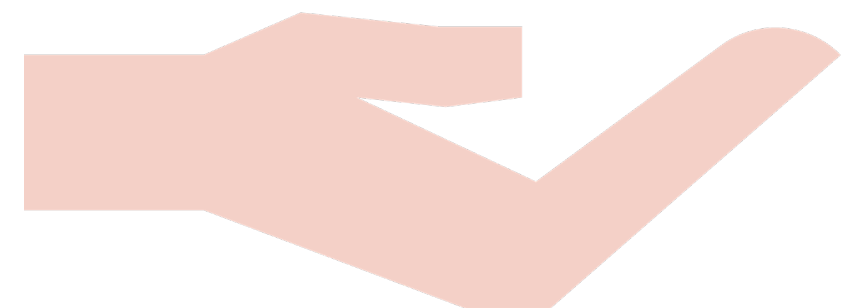
**Erasmus +** makes us **keep all the invoices, flight tickets, boarding passes and test costs** for a correct Financial Reporting of the activities.

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.



# REQUIREMENTS AND CONDITIONS

For the project: **Mental Health Key Resources for Youth (2022-1-PL01-KA153-YOU-000062494)** Erasmus+ has authorised the following budget:

## TRAVEL SUPPORT

ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
POLAND	2	360 €
SPAIN	4	23 €
ITALY	2	275 €
ESTONIA	2	360 €
BULGARIA	2	360 €
GREECE	2	360 €
LITHUANIA	2	360 €
SLOVAKIA	2	360 €
AUSTRIA	2	275 €
FRANCE	2	180 €
CZECH REPUBLIC	2	275 €



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 and **complete the evaluation sent by the National Agency 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:

- Stowarzyszenie "Oczy Szeroko Otwarte" (Poland): [kamkep@wp.pl](mailto:kamkep@wp.pl)
- Plataforma de alternativas sostenibles y solidarias (Spain): [ongpasos@gmail.com](mailto:ongpasos@gmail.com)
- ORIEL APS (Italy): [orielassociation@gmail.com](mailto:orielassociation@gmail.com)
- SEIKLEJATE VENNASKOND (Estonia): [Seiklejate.vennaskond@gmail.com](mailto:Seiklejate.vennaskond@gmail.com)
- SDRUZHENIE WALK TOGETHER (Bulgaria): [walktogetherbulgaria@gmail.com](mailto:walktogetherbulgaria@gmail.com)
- Hellenic Youth Participation (Greece): [hellenicyouthparticipation@yahoo.gr](mailto:hellenicyouthparticipation@yahoo.gr)
- Asociacija "Aktyvus jaunimas (Lithuania): [info@activeyouth.lt](mailto:info@activeyouth.lt)
- YOUTHFULLY YOURS SK (Slovakia): [info@youthfullyyours.sk](mailto:info@youthfullyyours.sk)
- UBELEM (Austria): [ubelemprojekt@gmail.com](mailto:ubelemprojekt@gmail.com)
- ADRIBS (France): [adribsfrance@gmail.com](mailto:adribsfrance@gmail.com)
- PERMACULTURA CANTABRIA (Spain): [activitycantabria@gmail.com](mailto:activitycantabria@gmail.com)
- BE INTERNATIONAL (Czech Republic): [projects@beinternational.cz](mailto:projects@beinternational.cz)



## THE SENDING ORGANISATIONS MUST KNOW:

**Boarding Passes, flight tickets and other TRAVEL invoices:**

The sending organisations are responsible for submitting to [activitycantabria@gmail.com](mailto:activitycantabria@gmail.com) all the travel documents (flight tickets, boarding passes, tests invoices) before **March 31st, 2023**.

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





**PERMACULTURA  
CANTABRIA'S  
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.













# 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).





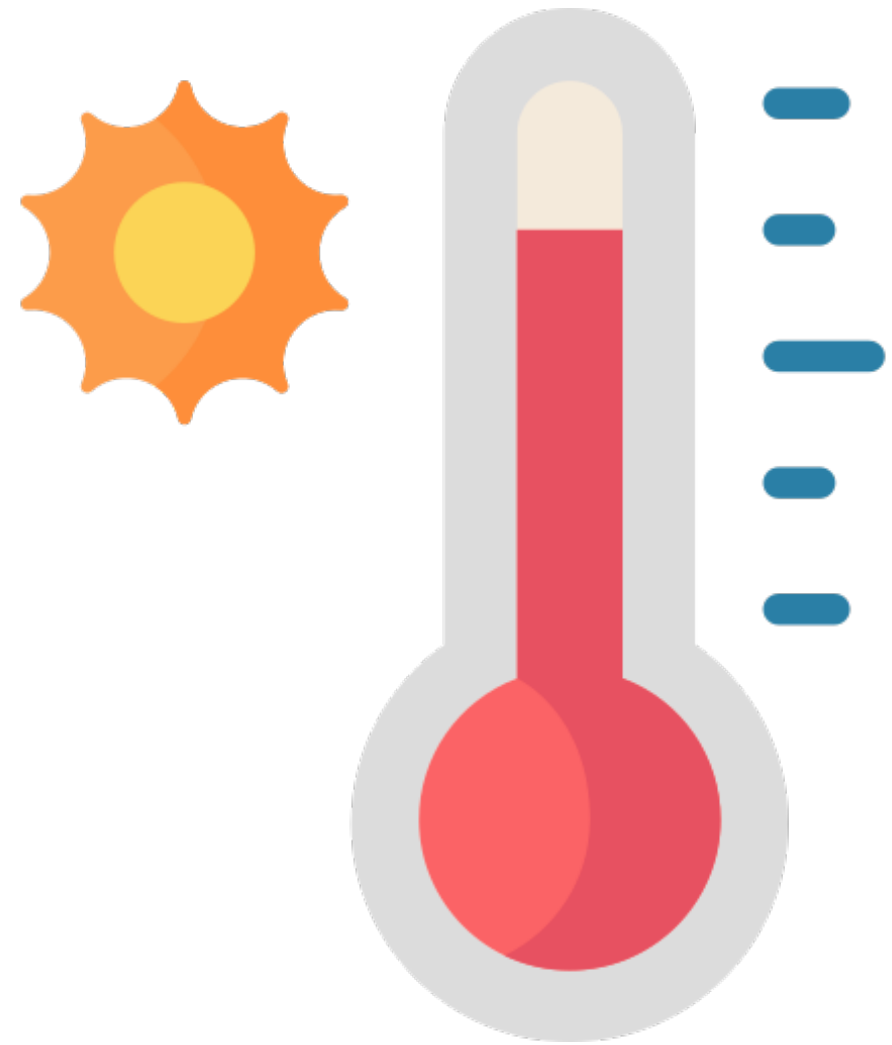
## WEATHER

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:

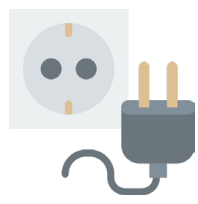
<http://www.aemet.es/es/eltiempo/prediccion/municipios/penagos-id39048>



# THINGS FOR THE SUITCASE



**CLOTHES FOR COLD WEATHER AND RAIN**



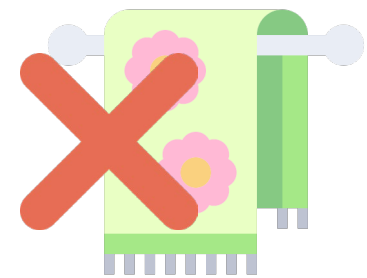
**PLUGS**

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

**PLUGS IN SPAIN**



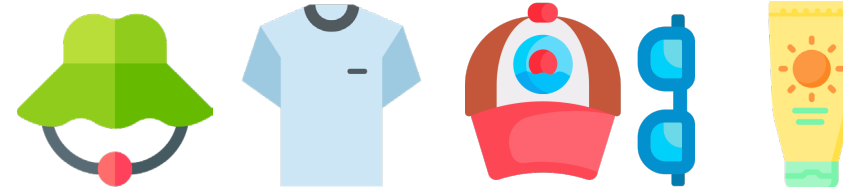
**PERSONAL HYGIENE PRODUCTS**



**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

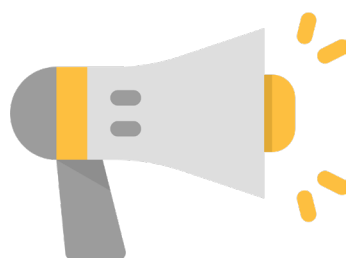
GAMES



## 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 km<sup>2</sup>, 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

A scenic view of a mountain valley. The foreground shows a green hillside with a barbed wire fence supported by wooden posts. In the middle ground, there are rolling green hills with scattered trees and a small stone house with a red roof. The background features a deep valley with more green hills and a large, dark mountain range under a blue sky with white clouds.

# Pasiegan Valleys



A scenic view of a coastline with turquoise water, white cliffs, and a city in the background. The water is a vibrant turquoise color, and the cliffs are white and layered. In the distance, a city with buildings and a church spire is visible on a hillside. The sky is blue with white clouds. The foreground shows a grassy hillside with some purple flowers.

# Places to visit in Santander





# Santander's beaches





# Sardinero





# Boat trip from Santander to Somo

<https://www.losreginas.com>



# Paseo Pereda



# Magdalena's Palace





**AND, DON'T FORGET TO  
Bring good vibes and your best smile!**

**[activitycantabria@gmail.com](mailto:activitycantabria@gmail.com)**