



## WELCOME TO OUR PROJECT FOR RURAL DEVELOPMENT!

CONGRATULATIONS! You have been selected to participate in this training course in Spain.

This course aims to widen our knowledge and teaching methods about sustainable rural development in order to improve the agro-touristic models we have in our region and the employment opportunities of the youth in our community. We aim to foster inter-organizational cooperation at local, regional and European level, and to raise awareness of the importance of rural areas as a source of wisdom of traditions, culture and environmental protection. The methodology of the course will be based on experiential and participative learning, combining training sessions of theoretical content with practical methods. We'll learn from real cases of agritourism development in the region of Cantabria, and exchange of best practices that we can implement in our context and daily work.

Please, read carefully the following instructions:

### TRAVEL INFORMATION:

The day of arrival has to be on 29.11.2016

The day of return has to be 05.12.2016

(\*You have a little flexibility for the dates of the plane tickets, that may be maximum one day previous and one day after the training course, to be funded).

You need your **passport data to buy your ticket**. It usually includes insurance and small/hand suitcase check in. The maximum size of the suitcase/bag is usually specified in every airline's website. For example, Ryanair allows a 55cm x 40cm x 20cm - 10 kg max. as cabin luggage. If you need to check in a bigger luggage, you'd probably have to pay an extra rate. (We recommend a small suitcase/bag).

You have to **ask for a bill in the name of Permacultura Cantabria** when you buy your tickets. Here you have our data, that must appear in the bill:

*Asociación Permacultura Cantabria*

*VAT: G-39617584*

*Adress: Urb. Bautizan, 4, Bajo B. Postal Code: 39627 Penagos, Cantabria, Spain.*

(So: in the travel tickets, there must appear your data (name, surname, passport data..) as the travelling person, and Permacultura Cantabria in the bill as the paying organization).

If you need to buy more tickets (train bus, etc.) you must follow the same process.

ARRIVAL: We will pick you up at Santander's airport or bus/train station, in the following schedule:

**Tuesday 29.11.2016:** 5:30 p.m. at the Bus Station and 6:00 p.m. at the Airport



DEPARTURE: We will drive you to Santander Bus Station/Airport in the following shedule:

**Saturday** 05.12.2016 at at 11:00 a.m. or 12:00 a.m., after breakfast.

The nearest Airport is Santander; If you don't find direct flight there you can also try Bilbao Airport -there are buses from Bilbao Bus Station to Santander Bus Station, it's about 1'5 hour, you can check and book it at [www.alsa.es](http://www.alsa.es) – or Oviedo Airport (It's about 2 hours far from Santander, there are also buses at [www.alsa.es](http://www.alsa.es). Be careful, because this airport is about 45 minutes far from the city of Oviedo, in Asturias).

\*Remember that the maximum aid available for transport is 150 €.

#### ACCOMMODATION:

All your basic needs (accommodation, meals, transport) will be covered during the meeting. Accommodation will take place in:

Gerardo Diego Hostel in Solórzano, Cantabria, Spain.  
Barrio Quintana s/n  
39738 - SOLÓRZANO

It is located in the center of Solórzano, it has a green area and the following services: tennis, paddle, soccer and basketball courts, ping-pong, table tennis, bowling alley (for "Bolo Palma" practising, a special kind of bowling typical of Cantabria) and swimming pool. There is also a common area with TV.

It also has internet - WiFi service and heating. There is an elevator and the buildings are accessible for people with disability.

There is accommodation for 88 people, distributed as follows: in the main building, 3 rooms with 4 beds; 3 rooms with 8 beds; 3 rooms with 12 beds. Bathrooms are communal, with independent showers. There is also another building with 6 rooms of 2-4 beds and independent bathroom.

You can check some images of the hostel in the following link:

<http://www.jovenmania.com/index.php/comunes/contenidoficha/id/217/z/19/sz/1>

#### IMPORTANT:

As this year we have to do the activity in a public hostel, you may take in consideration that the special needs in terms of meals will be only guaranteed in cases with medical proof (allergies, intolerance, special diet). Other personal reasons affecting meals, will try to be covered, but can't be guaranteed, because the resources of the hostel are limited; we hope there will be always options for all kind of personal needs, but as we can't be sure about this, we encourage you to bring any special food you need/like if it's for personal reasons. We are sorry for the inconvenience.



#### OTHER CONSIDERATIONS:

- For this meeting we will have translators. The language won't be a problem.
- Please, don't forget to give us information about any special need you may have during the meeting (regarding meals, health, disabilities, etc.)

#### What do you need to prepare?

- Passport
- European Sanitary Card
- Sleeping bag
- Sheet
- Comfortable wear
- Hygiene products (toothbrush, soap, etc.)
- Swimsuit and towel
- Hat
- Solar protection
- Protection against mosquitoes
- Comfortable shoes for routes
- Musical instruments and games if you have
- Your best smile :)

#### FAQs:

This program is funded by the European Union. That is why it is free.

We, Permacultura Cantabria, are the coordinating organization.  
You can check information about us on:

[www.permaculturacantabria.com](http://www.permaculturacantabria.com)  
<https://es-es.facebook.com/PermaculturaCantabria/>

**Contact person:** María Méndez  
[permaculturacantabria@gmail.com](mailto:permaculturacantabria@gmail.com)  
Skype: PermaculturaCantabria

If you have any questions about the legality of this activity you can call and ask your shipping association.

There are three sending organizations from different countries:

*Italy*

**Asociación Cultural y Medioambiental Permacultura Cantabria**  
Urb. Bautizan, Bº La Helguera 4, Bajo B. Penagos, 39627 Cantabria. Spain.  
VAT: G-39617584  
[www.permaculturacantabria.org](http://www.permaculturacantabria.org)  
[permaculturacantabria@gmail.com](mailto:permaculturacantabria@gmail.com)  
0034660798485



Associazione di Promozione Sociale Futuro Digitale

<http://www.futurodigitale.org>

**Contact Person:** Chiara Manna

[c.manna@futurodigitale.org](mailto:c.manna@futurodigitale.org)

+39 3892735690

*Portugal*

Associação Portuguesa de Educação Ambiental

[www.aspea.org](http://www.aspea.org)

Contact Person: Fatima Matos Almeida

[fma.aspea@netcabo.org](mailto:fma.aspea@netcabo.org)

00351 - 217724827

*Romania*

Asociatia Turistica pentru Natura Oxigen

[www.asociatiaoxigen.ro](http://www.asociatiaoxigen.ro)

**Contact Person:** Vlad Andrei

[vlad.neacsu2009@gmail.com](mailto:vlad.neacsu2009@gmail.com)

+40 747 11 00 18

*Austria*

Get Active!

[www.getactive.org](http://www.getactive.org)

Cristof Jellinek

[cristof.jellinek@getactive.org](mailto:cristof.jellinek@getactive.org)

004368110311947

*Cyprus*

Citizens in Power

[www.citizensinpower.org](http://www.citizensinpower.org)

Angelos Parmatzias

+357 **96619661**

*Latvia*

Project Net

[www.projectfund.net](http://www.projectfund.net)

Iveta Cirule

[naturalproducts@inbox.lv](mailto:naturalproducts@inbox.lv)

+371 29189748

Best wishes,

María Méndez

*International Area Coordinator*

*Permacultura Cantabria*

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