



DREAM AFTER COVID -

Designing **R**esponsible **E**ntrepreneurial

Actions with social **M**indset **AFTER COVID**

(101051610-ERASMUS-YOUTH-2021-CB)

Youth Exchange INFOPACK



Co-funded by
the European Union



INDEX



PROJECT SUMMARY

YOUTH EXCHANGE PROGRAMME

APPLICATION AND DOCUMENTS REQUIRED

TRANSPORT

EXPENSES REIMBURSEMENT

FACILITIES

IMPORTANT THINGS TO TAKE TO SPAIN

PLACES TO VISIT IN CANTABRIA AND SANTANDER





PROJECT ACTIVITY SUMMARY



FROM NOVEMBER 27 TO DECEMBER 6, 2023

TO CONNECT youth workers and youngsters with fewer opportunities across the participating countries, the project **DREAM AFTER COVID (101051610)** will gather 40 young people and 4 youth leaders from all 4 partner organisations (Spain, Bosnia and Herzegovina, Italy, and Egypt) in a **YOUTH EXCHANGE** with the aim to build together a safe support network for social entrepreneurship:

- share developed projects, address their main challenges, highlight their contribution to the COVID recovery process;
- discover how democracy is being carried out in the participants' countries, policies that support/affect entrepreneurship and youth and the democracy management tools developed;
- create a safe support network that will be composed by youth workers, youngsters and mentors from each country, in which they will support each other to work on the last details of the implementation plan of their projects;
- establish a safe environment where its participants freely share their ideas and cultural expressions.



Number of participants:

There will be **44** participants in this activity:

10 young individuals and 1 youth leader from each partner country

- **Spain,**
- **Bosnia and Herzegovina,**
- **Italy, and**
- **Egypt.**



YOUTH EXCHANGE PROGRAMME



FROM NOVEMBER 27 TO DECEMBER 6, 2023

The youth exchange will be held from **November 27 (Arrival Date)** to **December 6 (Departure Date), 2023** in one of PASOS' facilities based in **Penagos (Cantabria, Spain)**.

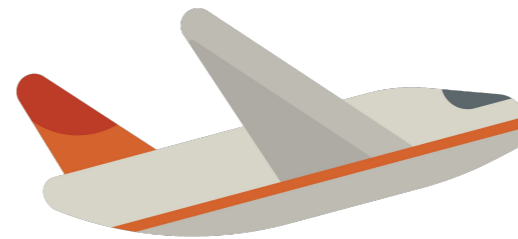


ARRIVAL DATE

November 27, 2023 at 17:00.

The meet & greet activities will start at around 17:00.

We'll have dinner at 20:00



DEPARTURE DATE:

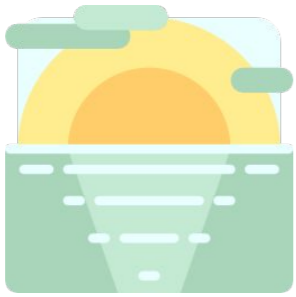


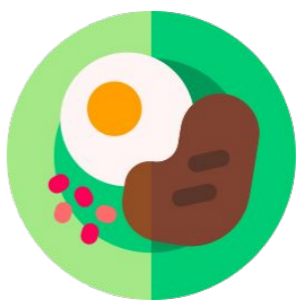



December 6, 2023, after breakfast.

*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	08:30	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



	Arrival	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Departure
	Nov-27 Monday	Nov-28 Tuesday	Nov-29 Wednesday	Nov-30 Thursday	Dec-1 Friday	Dec 2 Saturday	Dec-3 Sunday	Dec-4 Monday	Dec-5 Tuesday	Dec-6 Wednesday
8:30 - 9:15		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30 - 11:30		Introduction to the project lead by PASOS	Preparation of good practice presentations I lead by PASOS	Good practices from ORIEL	Good practices from BWNGO	Good practices from PASOS Visit to ecological permaculture farm	Good practices from BRAVO	Visit to Santander	YOUTH PASS SESSION	DEPARTURE DAY
11:30 - 12:00		BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK	
12:00 - 13:30		Presentation of the entities lead by PASOS	of good practice presentations II lead by PASOS	Good practices from ORIEL	Good practices from BWNGO	Visit to ecological permaculture farm	Good practices from BRAVO	Visit to Santander	Future initiatives for youth	
13:30 - 15:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
15:00 - 17:00	ARRIVAL DAY	Getting to Know Penagos - lead by PASOS	TEAM WORK lead by PASOS	TEAM WORK lead by ORIEL	TEAM WORK lead by BWNGO	TEAM WORK lead by PASOS	TEAM WORK lead by BRAVO	Visit to Santander	Erasmus+ workshop	
17:00 - 19:30	Warm-up activities	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME	
19:30 - 20:00		EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	EVALUATION	
20:00 - 21:00	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	
21:00 - 23:00		Intercultural night	Intercultural night	Intercultural night	Intercultural night	Intercultural night	Intercultural night	Intercultural night	Intercultural night	

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.



GOOD PRACTICES



This activity is a **youth exchange, which means that the participants themselves are in charge of energizing and facilitating the daily sessions.**

For the proper execution of the project, each sending entity must prepare its group in accordance with the project.

Each country will organize a day in which they will be free to make a work proposal that adds value to the project.

Some ideas are:

- Presentation of good entrepreneurship practices of their young people.
- Dynamics and activities to foster entrepreneurship and leadership skills.
- Games, debates, theatre or role playing.

*All activities must be actively promoted, taking into account non-formal education tools.



APPLICATION & DOCUMENTS



APPLICATION FORM

How can I participate in the youth exchange?

Make sure to fill out the application form, even if you have been selected already.

This way, you get registered, and we can organize the youth exchange and logistics successfully.

APPLICATION FORM



Please, make sure you have filled it in.



IMPORTANT

It is essential to fill out and submit the entire form.
If you encounter any issues, please inform us as soon as possible at activitycantabria@gmail.com



DOCUMENTS REQUIRED

According to the Spanish law, we must register all visitors in advance.

We need your passport or ID beforehand.

Please, **email us a copy of your passport or identity card** before you travel.

The **Subject** of the email should be

DREAM AFTER COVID YE in Spain Nov 27 - Dec 6

This will help our logistics team to manage the documentation.

activitycantabria@gmail.com





WHAT TO PREPARE BEFORE THE YOUTH EXCHANGE?



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

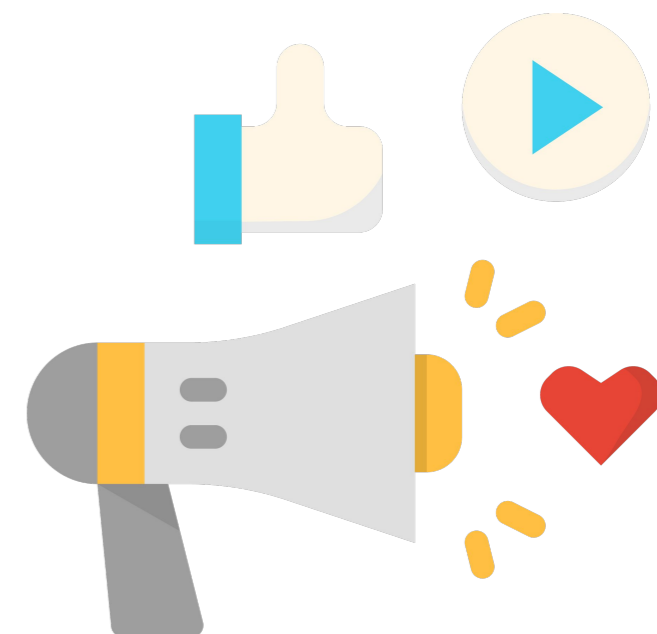
The **Subject** of the email should be

DREAM AFTER COVID YE in Spain Nov 27 - Dec 6

This will 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 **October 27, 2023** (one month before the youth exchange starts).

That date, this information must be shared with **PASOS, 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 PASOS and receiving their 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 away from the city centre. This is a local airport that serves low-cost airlines like RYANAIR. Other flights from this airport might be more expensive.

[RYANAIR Webpage](#)



Bilbao Airport

It is likely one of the best options. While it's a small airport, it's considerably more active than Santander's. It is situated outside the city of Bilbao.

[Bilbao Airport Webpage](#)





How TO REACH THE VENUE:

The activity will primarily occur in the town of Penagos, hosted at PASOS' facilities.

The address is as follows:

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



However, please note that Penagos is not well-connected in terms of public transport. There are only a few daily buses from Santander. Therefore, kindly review the bus timetable provided in the 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.

CAR RENTAL:

The best and most convenient option that has proven effective for everyone is to **rent a car**.

This choice is preferred by most individuals and groups as it offers freedom of movement throughout the activity, especially for groups of 3-4 people. Car rental prices (from Santander or Bilbao airports) typically start at around 20 euros per day, varying depending on the car's engine size.

We recommend using the **HERTZ** company, as it provides both speed and comfort.



OTHER OPTIONS

From **Bilbao** to PENAGOS:

PUBLIC TRANSPORT

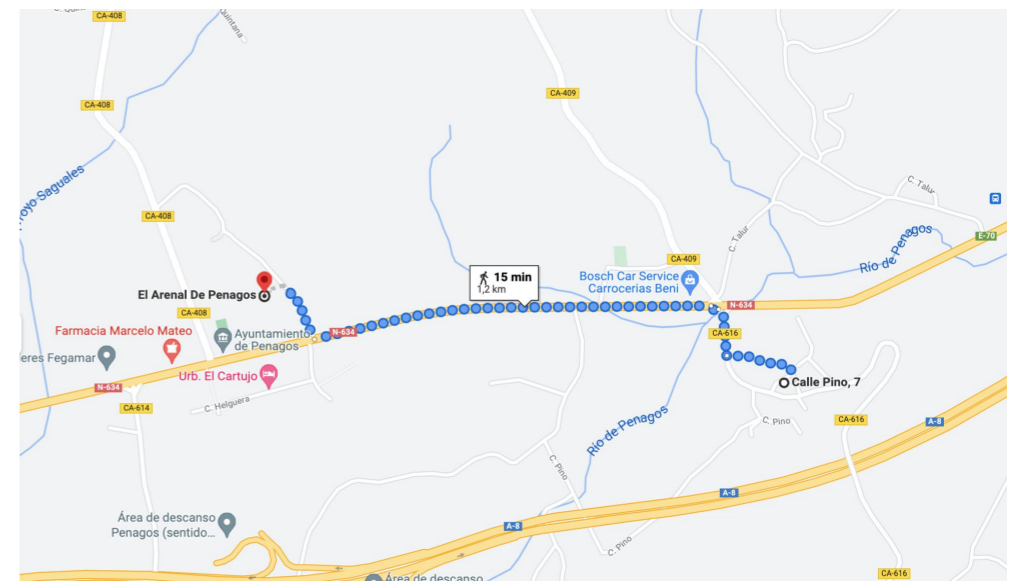
BUS

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:

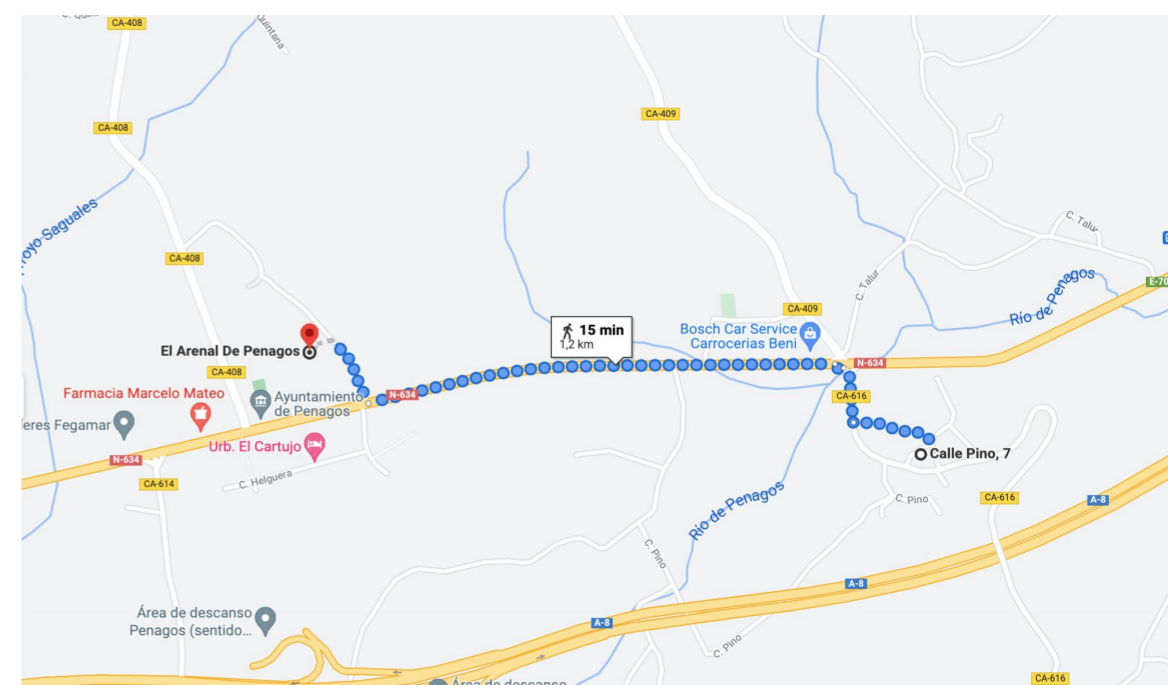
PUBLIC TRANSPORT:

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 during specific times, such as late at night or very early in the morning.

The price is around 80 euros per taxi and 100 euros per taxi at night.

TAXI - SANTANDER TO PENAGOS

The taxi option will only be available during specific times, such as late at night or very early in the morning.

The price is around 40 euros per taxi and 60 euros per taxi at night.





PASOS CAN MANAGE YOUR TRANSPORTATION



PASOS can also manage your transportation from Bilbao and Santander to reach the venue (round trip).

Once the sending entity informs us about the travel plans, we will be able to gather the flight details of all participants.

Using this information, we will arrange groups based on your arrival times and locations, allowing one car to transport you to the venue.

We will reach out to you to communicate the designated pickup spots.

Let us know at activitycantabria@gmail.com



The airport transfer will be arranged by your sending organization and will only be **available for groups travelling together**. This approach is designed to streamline the organization process.

Individuals travelling independently can select one of the travel options mentioned above to reach PASOS facilities.



EXPENSES REIMBURSEMENT



REIMBURSEMENT POLICIES

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

We must also properly justify all payments made from our bank account for accounting purposes.

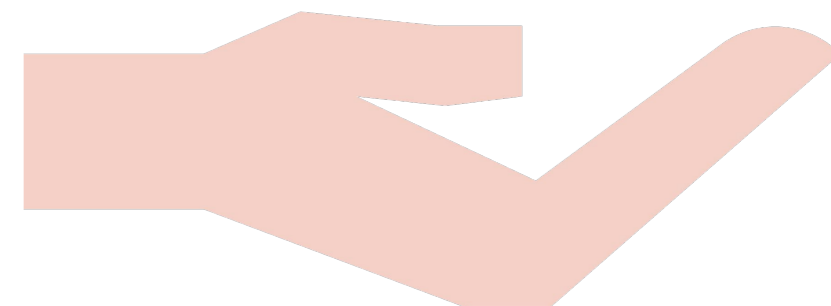
Therefore, you must fulfil certain requirements and conditions before we can reimburse your expenses.

Coming to the activity and/or starting to use the Funds for this activity means that you accept these conditions and requirements.

You need to attend to all the activities of the youth exchange to get the refund.



**Co-funded by
the European Union**





REIMBURSEMENT POLICIES

In order to receive reimbursement for all expenses, it is necessary to adhere to the following guidelines during the program:

- **Attendance:** You are required to participate in all scheduled activities of the youth exchange to be eligible for a refund.
- **Alcohol and Drug Consumption:** The consumption of alcohol or drugs is strictly prohibited both within the Permacultura Cantabria facilities and during outdoor activities, such as cultural visits.
- **Discriminatory Behaviours:** Any form of discriminatory behavior is entirely forbidden. This includes racism, sexism, or any disrespectful conduct targeting a person's identity or a social group. Such behaviors will not be tolerated during any of the program's activities.



REQUIREMENTS AND CONDITIONS



For the project **DREAM AFTER COVID - Designing Responsible Entrepreneurial Actions with social Mindset AFTER COVID (101051610-ERASMUS-YOUTH-2021-CB)**

Erasmus+ has authorized the following budget:

Budget approved by Erasmus:

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
Spain	11	0 €
Italy	11	275 €
Egypt	11	360 €
Bosnia and Herzegovina	11	301 €



PURCHASE AND REIMBURSEMENT

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

PASOS	(SPAIN)	<u>ACTIVITYCANTABRIA@GMAIL.COM</u>
ORIEL	(ITALY)	<u>ORIELASSOCIATION@GMAIL.COM</u>
BWNGO	(EGYPT)	<u>EU@BWNGO.ORG</u>
BRAVO	(BOSNIA AND HERZEGOVINA)	<u>OFFICE@BRAVO-BIH.COM</u>



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:

Boarding Passes, flight tickets and other TRAVEL invoices:
The sending organisations are responsible for submitting to activitycantabria@gmail.com all the travel documents (flight tickets, boarding passes, tests invoices) before **December 13, 2023**.
Boarding passes will be required during the youth exchange for the correct justification of the project.

**PASOS'
FACILITIES**





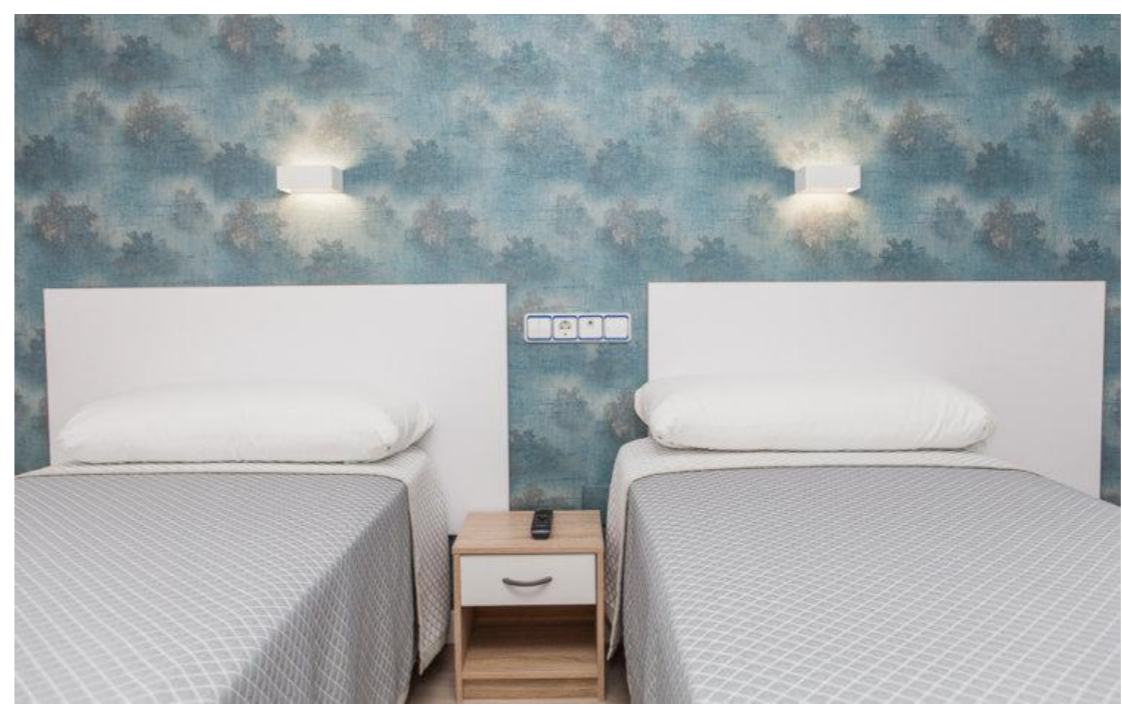
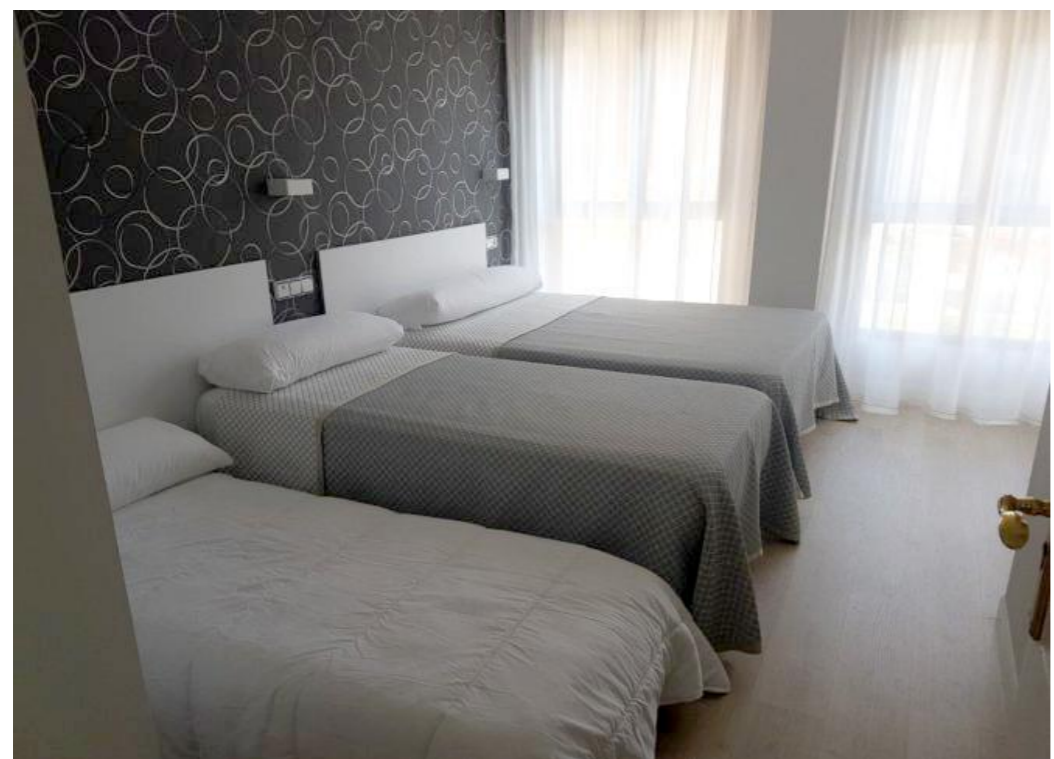
FACILITIES

WHERE WE ARE

The youth exchange will take place at PASOS' facilities:
[Barrio El Pino, N°7, 39627, Penagos, Cantabria, Spain](#)

2 or 3 persons 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

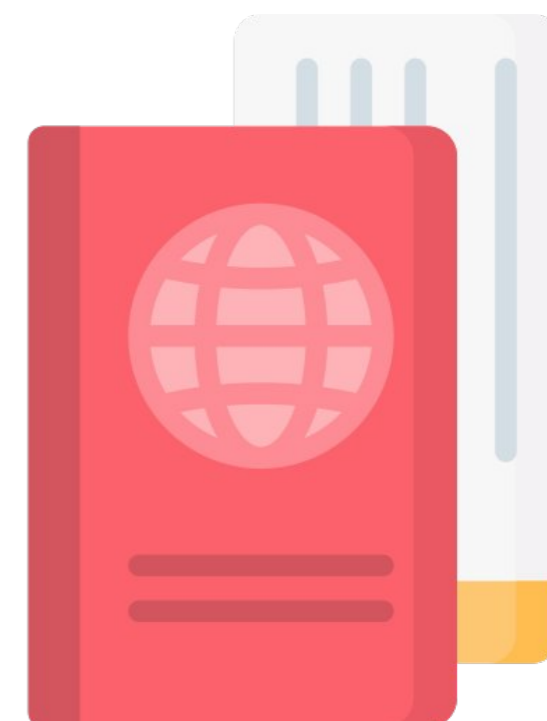
To enter Spain, you need a **valid identity document** (passport or identity card).

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 PASOS, 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).





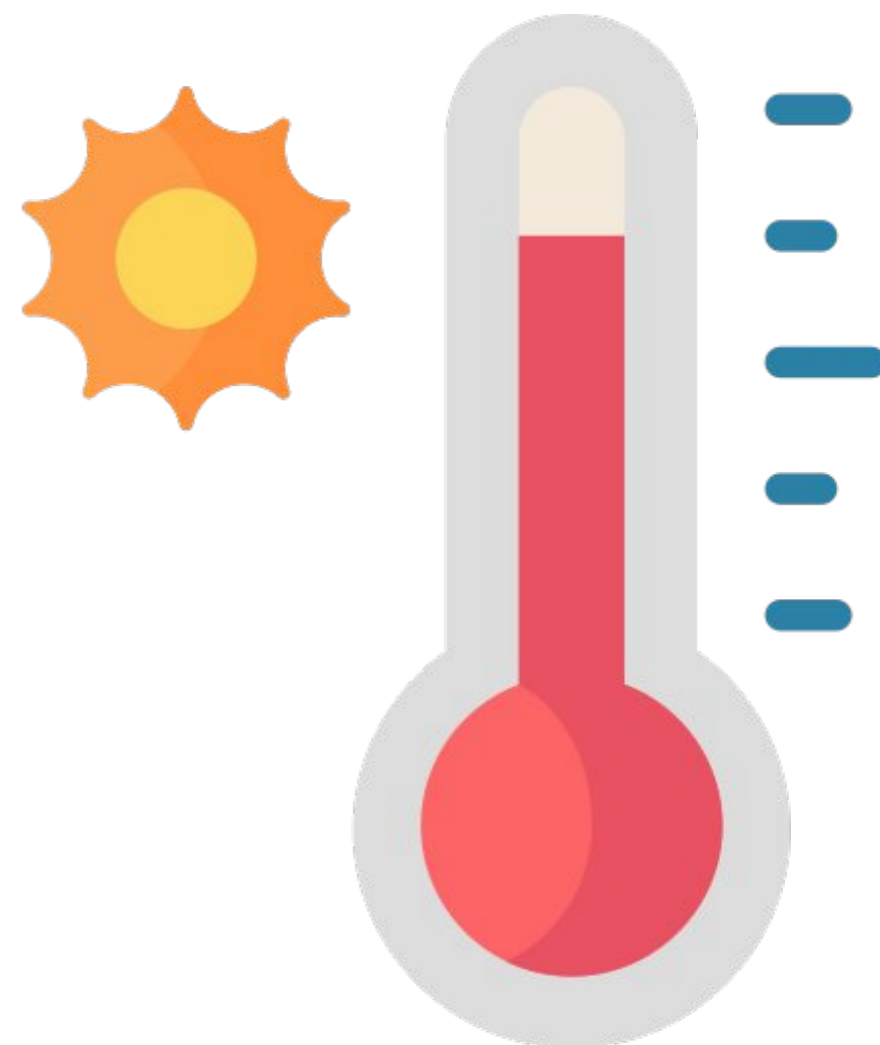
WEATHER

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>

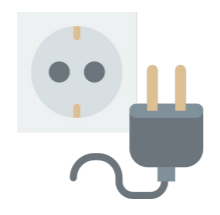




THINGS FOR THE SUITCASE



CLOTHES FOR COLD WEATHER AND RAIN

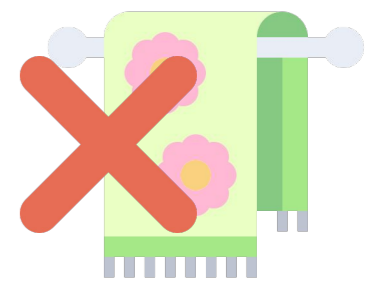


PLUGS

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



PERSONAL HYGIENE PRODUCTS



TOWEL IS NOT REQUIRED



BRING YOUR OWN REUSABLE BOTTLE TO REDUCE PLASTIC WASTE (IF IT IS POSSIBLE)

PLUGS IN SPAIN



CLOTHES FOR HOT WEATHER



MULTICULTURAL ACTIVITIES



You are welcome to **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](#)

A photograph of a cave wall covered in ancient red and black paintings of animals, with two people in the foreground looking at the art.

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.



Pasiegan Valleys



**Places to visit
in Santander**



Santander beaches



Sardinero



Boat trip from Santander to Somo

<https://www.losreginas.com>



Paseo Pereda



Magdalena's Palace

**AND REMEMBER TO BRING
POSITIVE VIBES AND
YOUR BRIGHTEST SMILE!**

activitycantabria@gmail.com



DREAM

after covid