

"Permaculture for all"

INTRODUCTION:

"Permaculture for all" aims at developing the competences of youth workers & trainers to support and teach to young people the benefits and how much important to conserve and protect our Environment is. The journey goes through the NFE (non-formal education) by exploring our Nature and our ecological products.

We will explore and use the permaculture & ecological agriculture as an effective tools to involve and build a nexus of union between all the partners involved in this YE. To do so, we will rediscover with the new generations, sustainable environmental competences with which ones to motivate and increase young people awareness about to leverage our local products and to increase the employability of our young people.

In this field, ecological and permaculture workshops/activities are a great informal learning tool, helping to develop a wide range of social and cognitive practical skills, promoting as the individually work as the team work between our youngers.

LOCALISATION:

The YE will take place in the city of Ourense (Galicia).

PROJECT DATES:

11-18 March 2019 (11th arrivals day & 18th departures day).

PARTICIPANTS:

The project involving **30 people: 3 participants** (young European aged between 16 and 30) + **2 team leaders** (not limit aged), for each partner organisation.

Partner organisations coming from: Spain, Croatia, Slovenia, Poland & Turkey.

OBJECTIVES:

The objectives of this YE are:

- To explore the connection between practical aspects (as health or safety) with ecological agriculture to develop an urban orchard.
- To discuss issues concerning about to plan and carry on marketing activities to increasing the use

of ecological products .

- To provide to youth workers with practical skills to using non-formal education methods related with permaculture & ecological agriculture issues.
- Facilitate the creation of networks and explore the opportunities presented by Erasmus + for promoting healthy life styles and of well-being.
- To increase of the youth employability and the creation of the local markets with ecological products.
- To create a shared space of work with which one to develop a futures activities related with permaculture & ecological agriculture in order to create a strong network about ecological orchards.

TRAVEL COSTS:

The travel expenses will be managed by each collaborating Association, to facilitate the work of Sustinea in the justification.

Once time the exchange finish, each Partner Association have to send us the **well-detailed costs of each participant:**

- Name, surname and ID of each participant.
- All travel documents (invoices, tickets, etc) for each participant attached: from where to

where each participant travel. **ALL VERY WELL DETAILED !!!!**

1 month after receiving all the documents, and Erasmus + tell us that everything is OK, we will make the refund costs of each participant.

VERY IMPORTANT!

The travel expenses are covered from the city where the Association headquartered is to Ourense (place where the Exchange will take place), NOT FROM THE LOCATION OF EACH PARTICIPANT .

European Commission kilometers travel amount table:

10-99 km:	20 €
100-499 miles	180 €
500 -1999 km	275€
2000-2999 km	360€
3000-3999 km:	530 €
4000-7999 km	820€
Over 8000 km	1500€

You can calculate the km in the distance calculator of the European Commission, which will gather the expenses that each participant can make:

http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htmhttp://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

You must specify well how many travel days you need to be able to include them in the help. At least two days, one out and one return.

ARRIVALS & DEPARTURES:

ARRIVALS :

The entrances to the hostel will take place on Monday, March 11th, starting at 15:00h (3:00pm).

DEPARTURES :

The departures will take place on Monday, March 18th, from 12:00h.

Again Sustinea chartered a bus from the Aviva Center to the Ourense Bus

Station on September 11 t h at 12.00 a.m.

MEALS:

All the meals of the exchange are financed by ERASMUS +, breakfast, lunch and dinner will be in charge of the hostel itself. Meals outside the hostel (routes, excursions, etc.) are also included.

On March 11th, only the dinner will be included and on March 18th only breakfast will be included.

IMPORTANT:

Please advise in advance of food restrictions (allergies, intolerances ...)

THINGS TO BRING:

- Swimsuit for the thermal pools.
- Towel for the thermal pools.
- Towel for own toilet.
- Flip flops.
- Comfortable footwear for hiking / outdoor activities.
- Comfortable and suitable clothes for activities.
- Rain jacket and hat.
- Small backpack to accompany on the hiking route.
- Personal hygiene items
- Medication, if required.
- Photo / video camera / smartphone (if you have one).
- Musical instruments, equipment or accessories (whenever possible its use during the exchange).
- Some typical food of your region that does not need cold and neither be cooked.
- Some traditional object that can represent your region.

THINGS TO PREPARE:*** Intercultural evening:**

In this exchange we would like to present the 3 countries involved and that is why we would love it that the participants from Portugal taught us about their culture and customs (very briefly) in the intercultural afternoon. A dance, song, food, language, games traditional ... What you like most! In addition, in this cultural evening, we would love that Spain and France show us their cultural wealth with an activity that they choose (dance, music, theater, a game ...).

* Activities:

We love to participate and do things together. If you are like us, do not be ashamed to prepare an attractive activity and share it among.

ACTIVITIES TO DEVELOP:

- Workshops about basketry.
- Workshops about aromatic plants & insects shelter.
- Workshops about permaculture & ecological agriculture.
- Workshops about plantations and how to an ecological vegetable garden works.
- Workshops about bioconstruction.
- Cooking workshop with ecological products.
- Greenmarketing & greenwashing.
- Colloquiums about to produce and distribute ecological products.

COMPLEMENTARY ACTIVITIES:

- Visit and bath in the mineral-medicinal thermal baths of the city of Ourense and bath in the river.
- Hiking route.
- Interpreted route interpreted by the city of Ourense.
- Role play and group dynamics.
- Games and fun activities.
- Tours.

TRAVEL SUCCESSFUL INFORMATION:

By plane:

- (Www.aena.es), Tel: +34 902 404 704
- Labacolla airport in Santiago de Compostela, Tel: +34 981 547 501
- Alvedro (La Coruña), Tel: +34 981 187 200
- Peinador airport (Vigo), Tel: +34 986 268 200

By highway:

- A Coruña-Santiago-Pontevedra-Vigo Line. Company MONBUS (www.monbus.es)
Tel: +34 902 292 900
- Line Lugo-Santiago line. Freire Company (www.empresafreire.com)
Tel +34 982 220 300

Bus station:

- A Coruña. Tel +34 981 184 335
- Lugo. Tel +34 982 223 985
- Santiago de Compostela. Tel +34 981 542 416
- Vigo. Tel +34 986 373 411

- Ourense. Tel +34 988 216 027
- Ferrol. Tel +34 981 324 751

By train:

- RENFE (www.renfe.es), Tel: +34 902 240 202
- LVEF (www.feve.es), Tel: +34 981 370 401

DOCUMENTS TO BRING:

The 30 participants must bring the **European healthy** (except Turkey) card and the **national identity card/passport**.

LANGUAGES:

Spanish & English.

CONTACT DETAILS:

Sustinea, Telf: +34 988 782 964
mobility@sustinea.org
Exchange Coordinator: Rebeca Carreiro
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If you have any problems or have more questions, please write an email to the address provided above.

We look forward to working with you!

Regards the Environmental Education team for the Sustainable Development of Sustinea



Sustinea - C.I.F.: G-32422834

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Entidade Prestadora de Servizos á Xuventude no: 50PSO137*