



Bicycle Culture as Youth's Civic and sustainabLe Empowerment

(101186587 - BICYCLE - ERASMUS-YOUTH-2024-YOUTH-TOG)

Two months programme in Spain

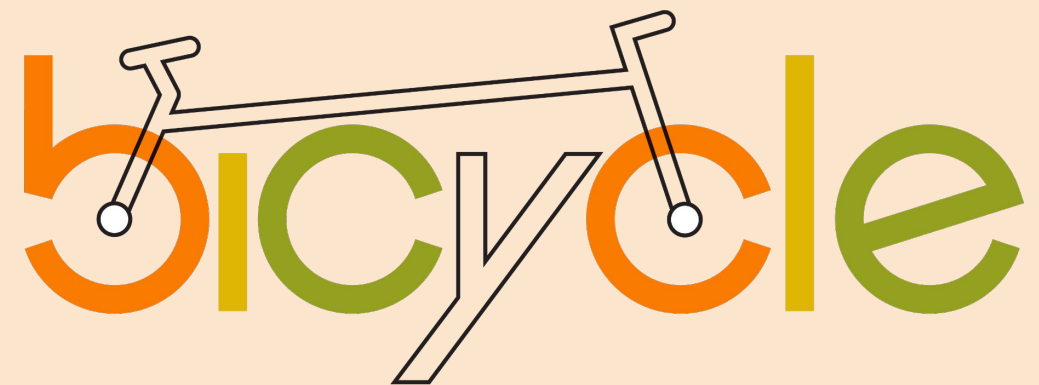
 Sarón, Cantabria



September- October 2025

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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.

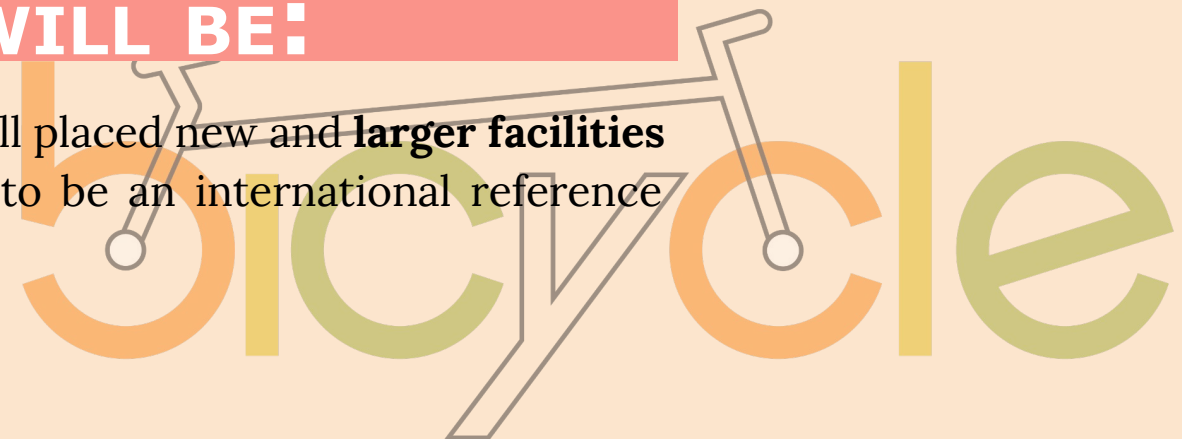
[A video of our beginning](#) 

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 a 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 placed 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

BICYCLE: Where Youth, Civic Power, and Sustainability Ride Together!

Imagine a project where the humble bicycle becomes a tool for political empowerment, environmental action, and youth connection across Europe. Welcome to BICYCLE – Bicycle Culture as Youth's Civic and sustainable Empowerment – a bold, youth-driven initiative uniting **Spain, France, Belgium, Portugal, Italy, and Poland.**

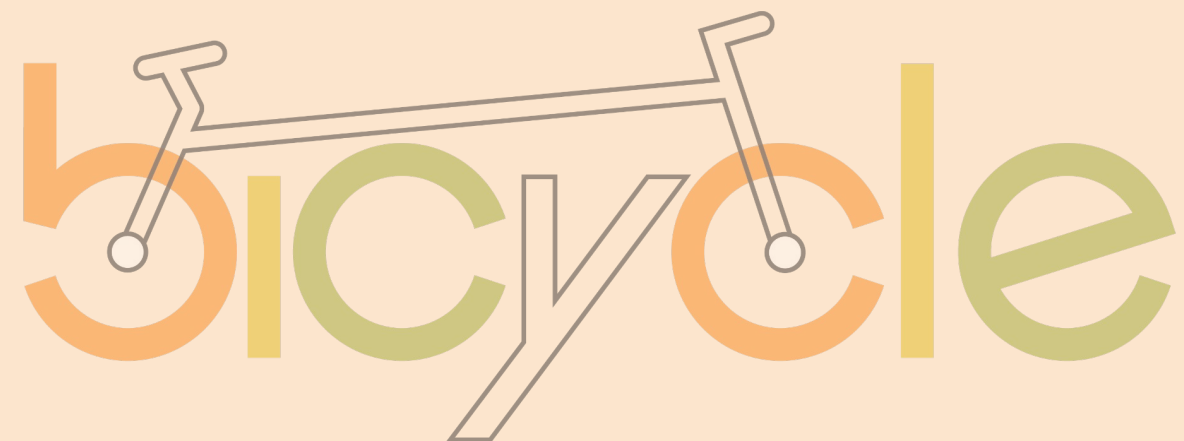
BICYCLE is not just a project, it's a movement. At its heart lies a powerful idea: young people are more likely to engage in politics and civic life when it's rooted in something tangible and relatable. And what's more universal, accessible, and empowering than a bike?

In a time where youth feel unheard and distant from political processes, BICYCLE brings participation to the streets, literally. From local bike routes with advocacy stops to international training camps, youth exchanges, and volunteering experiences, the project turns pedals into policy.

Highlights include:

- 🚲 Training 24 youth workers and 60 young people in civic engagement through the lens of cycling.
- 🚲 36 young volunteers working abroad to bring local initiatives to life.
- 🚲 Advocacy rides in 6 countries, linking grassroots action to real political dialogue.
- 🚲 A culminating youth delegation to Brussels to present their work at the European level.

BICYCLE is about reclaiming space, both on the road and in decision-making rooms. It's about inclusion, sustainability, creativity, and giving young people the tools, platforms, and courage to co-create the Europe they want to live in.



PROJECT SUMMARY

Pedal the Change! BICYCLE's International Volunteering Adventure: GROUP 2 September–October 2025.

What if volunteering could be more than just helping out—what if it could shape policies, empower voices, and connect youth across Europe?

Welcome to the **BICYCLE Volunteering Programme**, where **36 young changemakers** from 6 countries hit the road (on two wheels, of course!) to **turn local action into international impact**.

This isn't your average volunteering gig. **For 59 days**, young people will travel abroad, join forces with partner organizations, and **bring their ideas for civic and environmental change to life**. From co-designing community projects to meeting with local policymakers, volunteers won't just *talk* about change, they'll *make* it.

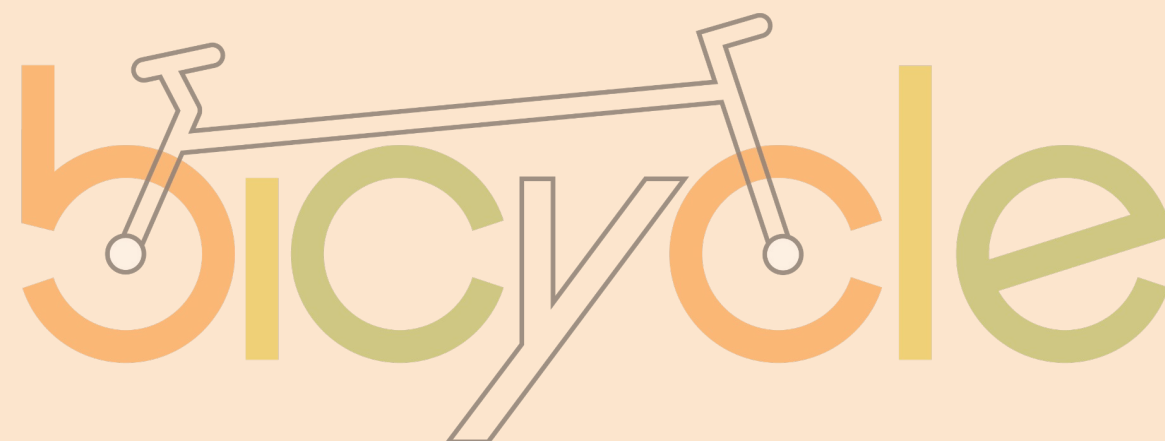
But that's not all! During the programme:

- 🏃 They'll engage in **sports and outdoor activities** to stay energized and connected.
- 🌍 Explore and experience **new cultures**, building bonds across borders.

- 🎓 Dive deeper into the world of **Erasmus+ projects** and how they can shape their future.
- 🌱 Develop **leadership skills** and personal growth through hands-on teamwork and real responsibility.

And the journey doesn't end there, each volunteer's experience will be captured in a collective "**Diary from the Journey**", a powerful source of inspiration for future generations.

🌀 This programme is more than an opportunity, it's a transformational ride toward active citizenship, inclusion, and European unity.

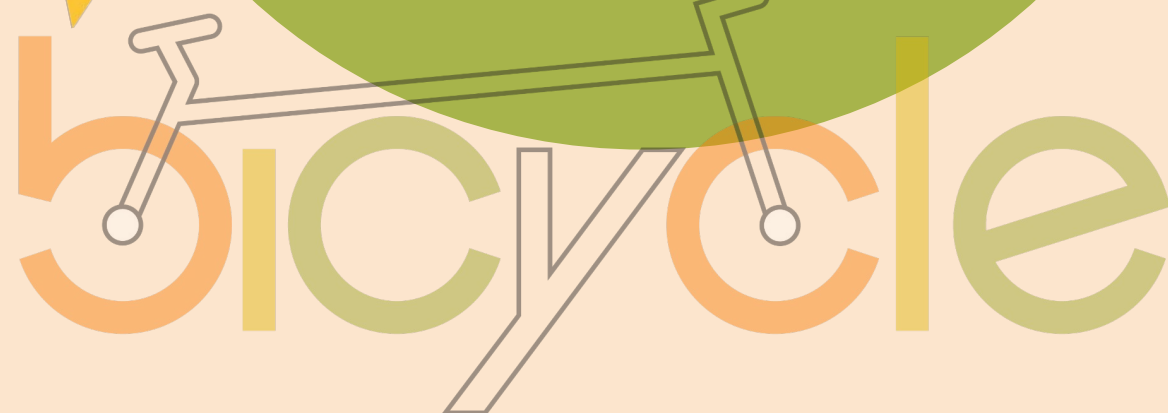


VOLUNTEERING PROGRAMME

GROUP 1: FROM 1ST SEPTEMBER TO 29TH OCTOBER 2025

Missed the summer edition? Don't worry! After the success of the first group in June–July, we're opening this new call for more young people to join. **Live an international experience, learn, connect, and take action** in a multicultural environment while promoting sustainable mobility.

The Volunteering Programme focuses on **empowering young people through civic engagement, sustainability, and international cooperation**. Volunteers will explore how cycling can drive social and political change, while developing leadership skills, discovering the Erasmus+ world, engaging in sports and outdoor activities, and connecting with diverse cultures. It's all about learning by doing, building community, and making real impact—locally and across Europe.

bicycle

VOLUNTEERING PROGRAMME

G2: FROM 1ST SEPTEMBER TO 29TH OCTOBER 2025

The training course will be held from **1st September (Arrival Date)** to **29th October (Departure Date)**, 2025 in one of Permacultura Cantabria's facilities based in **Sarón (Cantabria, Spain)**.

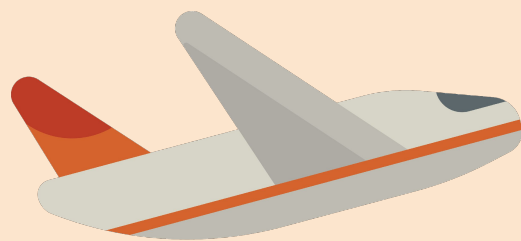


ARRIVAL DATE

September 1st, 2025 at 17:00h.

The meet & greet activities will start around 17h.

We'll have the dinner at 20.30h



DEPARTURE DATE:

October 29th, after breakfast.

NUMBER OF PARTICIPANTS:

There will be 26 participants in this activity, in two calls (June/July & September/October):

5 from Erasmus Pays Basque (France)

6 from Oriel Aps (Italy)

6 from Youth for Exchange and Understanding - YEU (Belgium)

6 from Permacultura Cantabria (Spain).

6 from CWE - Creative Works Europe (Poland)


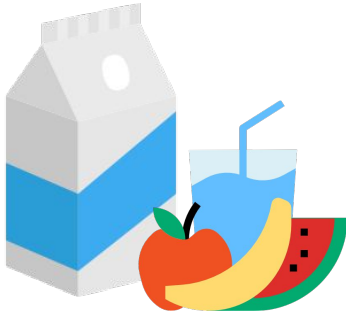

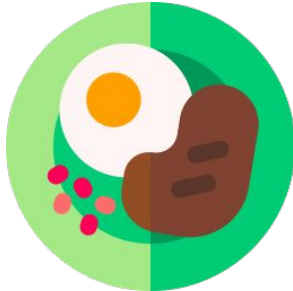



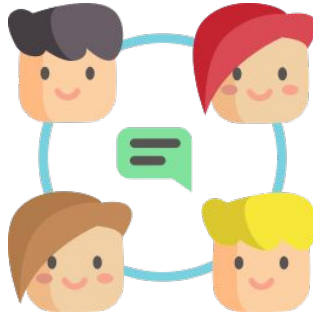
6 from AENIE (Portugal)



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>



Bicycle Culture as Youths Civic
and sustainable Empowerment



cantabria
perma
cultura



YOUTH FOR EXCHANGE
AND UNDERSTANDING



CPB
GRASMUS
PAYS BASQUE



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VOLUNTEERING PROGRAMME



APPLICATION & DOCUMENTS

APPLICATION FORM

How can I participate in the volunteering programme?

Fill out the application form even if you have been selected already from your entity. 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

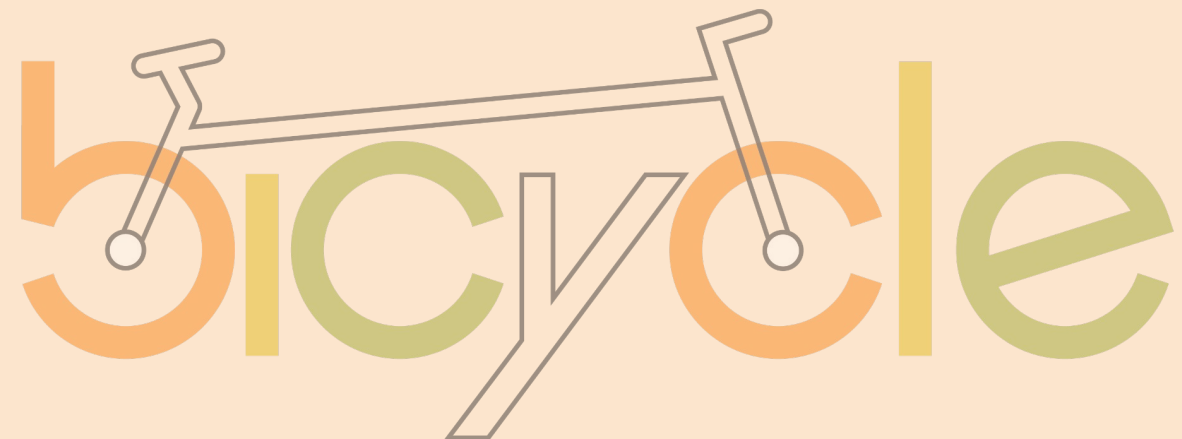
It is completely necessary to fill and submit the whole form. If you find any problem, please let us know as soon as possible writing to activitycantabria@gmail.com



APPROVAL OF THE TRAVEL PLAN

Each sending entity should have a list of participants and a travel/flights **proposal** ready, before the **5th of August 2025** (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.



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.

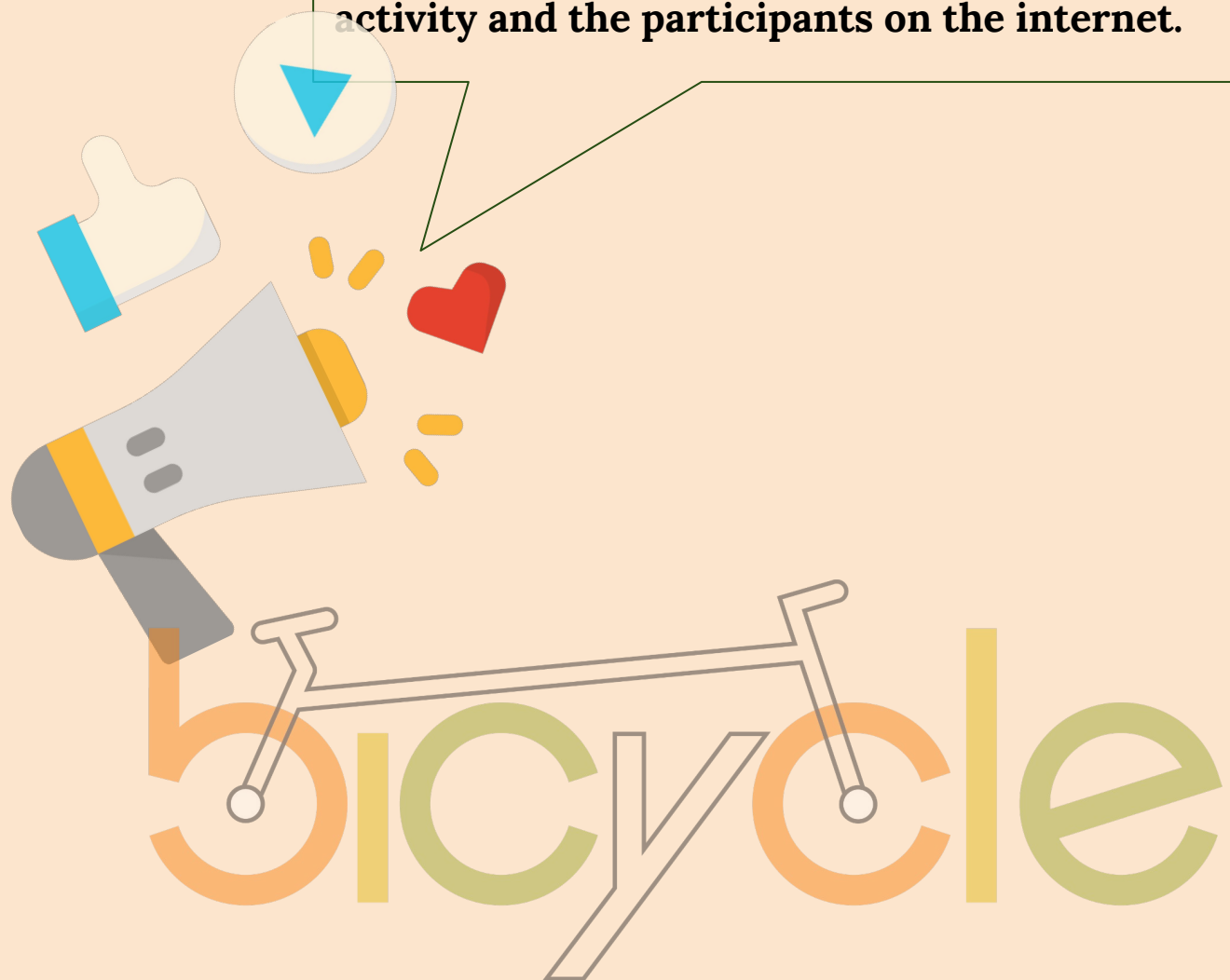
Please prepare this presentation in advance and send it to us to activitycantabria@gmail.com



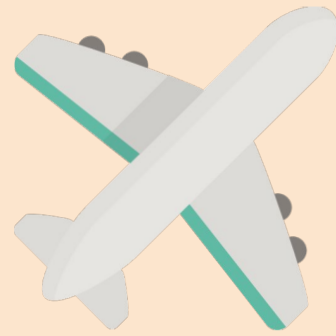
Also, please write in the email Subject the name of the Project and dates of the training course to help our logistics team to manage the documentation.

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.



TRANSPORT



HOW TO GET TO SPAIN:

Santander Airport

Which is the closest one to our town. 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 if you can't arrive to Santander. It is a small airport, but much more active than Santander's. It is located outside of the city of Bilbao.

[Bilbao Airport Webpage](#)

* Note that neither of this airports are open between 12am and 5am, so staying during the night **is not an option**.



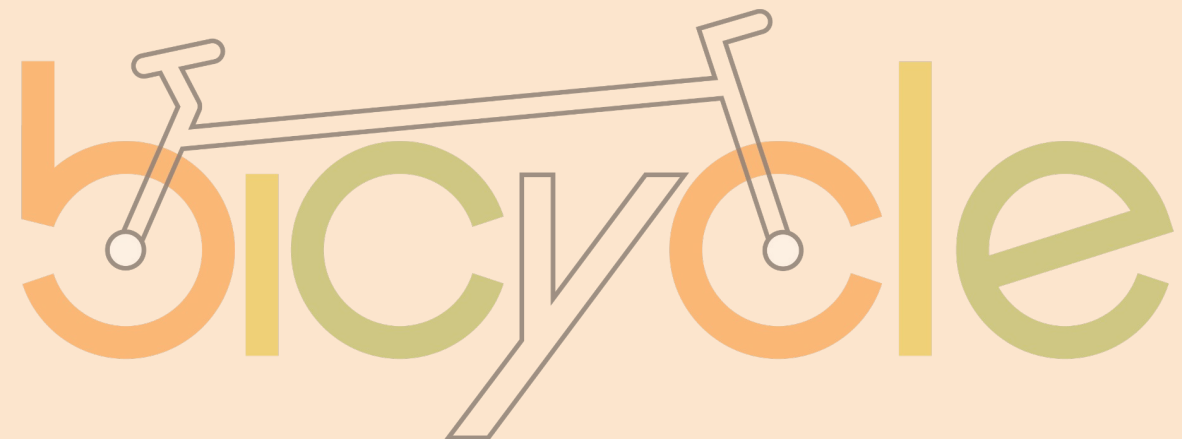
THE VENUE:

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

The address is: [El Ferial, 17, 39620 Sarón, Cantabria](#)

Sarón 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**.



FROM THE AIRPORT TO SARÓN

PUBLIC TRANSPORT - BUS

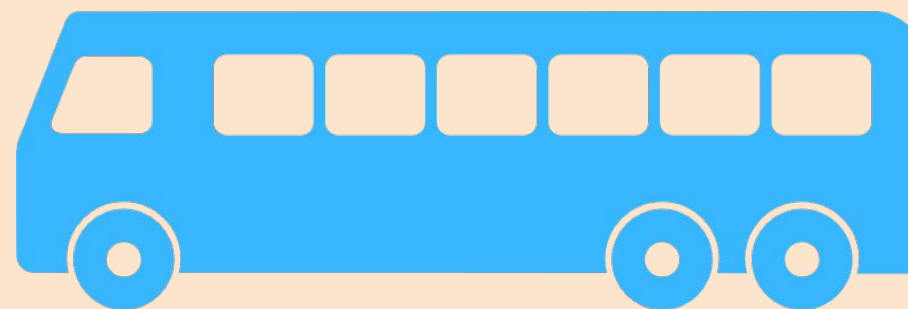
From Bilbao to Sarón:

Step 1: Bilbao Airport to Intermodal Bus Station: To get to Bilbao's bus station, there are [buses from the airport](#) every 30 minutes. The cost is approximately 3€. It is the public bus line (Bizkaibus) and the line number is A3247.

Step 2: Intermodal Bus Station to Santander. Buy tickets at [ALSA](#) company, approximately 8€. Please consult the time schedules on the website.

Step 3: Santander Bus Station to Sarón: Buy the tickets at [ALSA](#) company. The cost is approximately 2,35€. Please consult the time schedules on the website.

Step 4: Walk from the bus stop to El Ferial (400m) in the following direction [El Ferial, 17, 39620 Sarón, Cantabria](#)

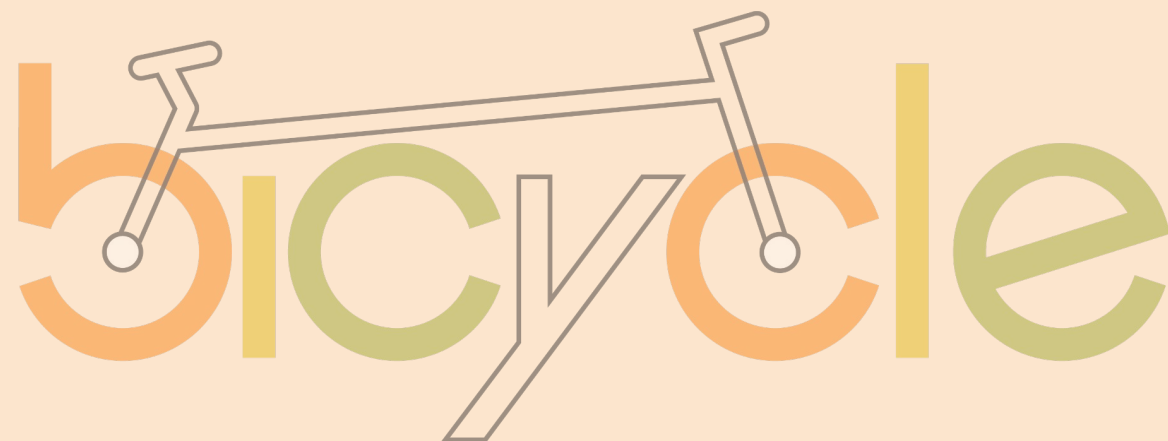


From Santander to Sarón:

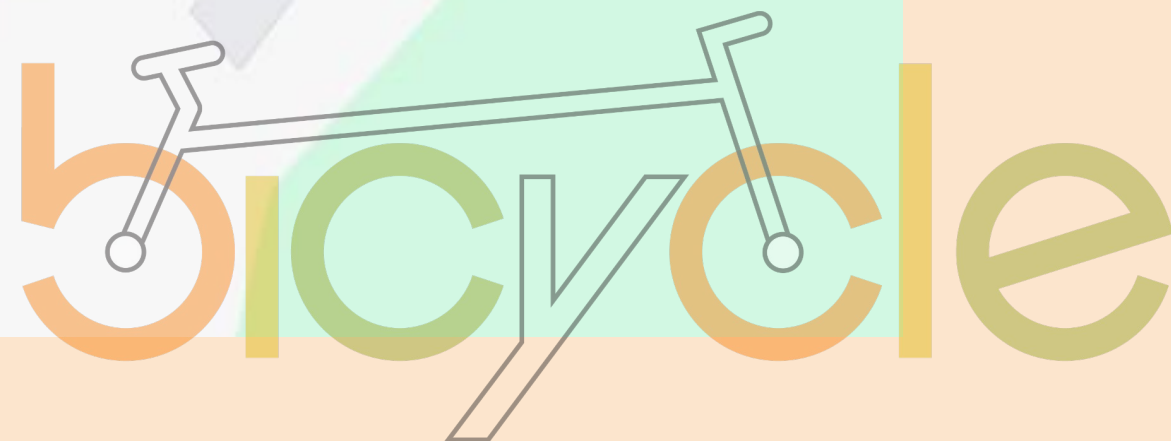
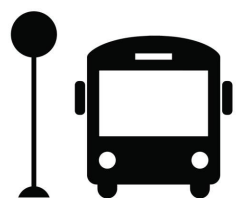
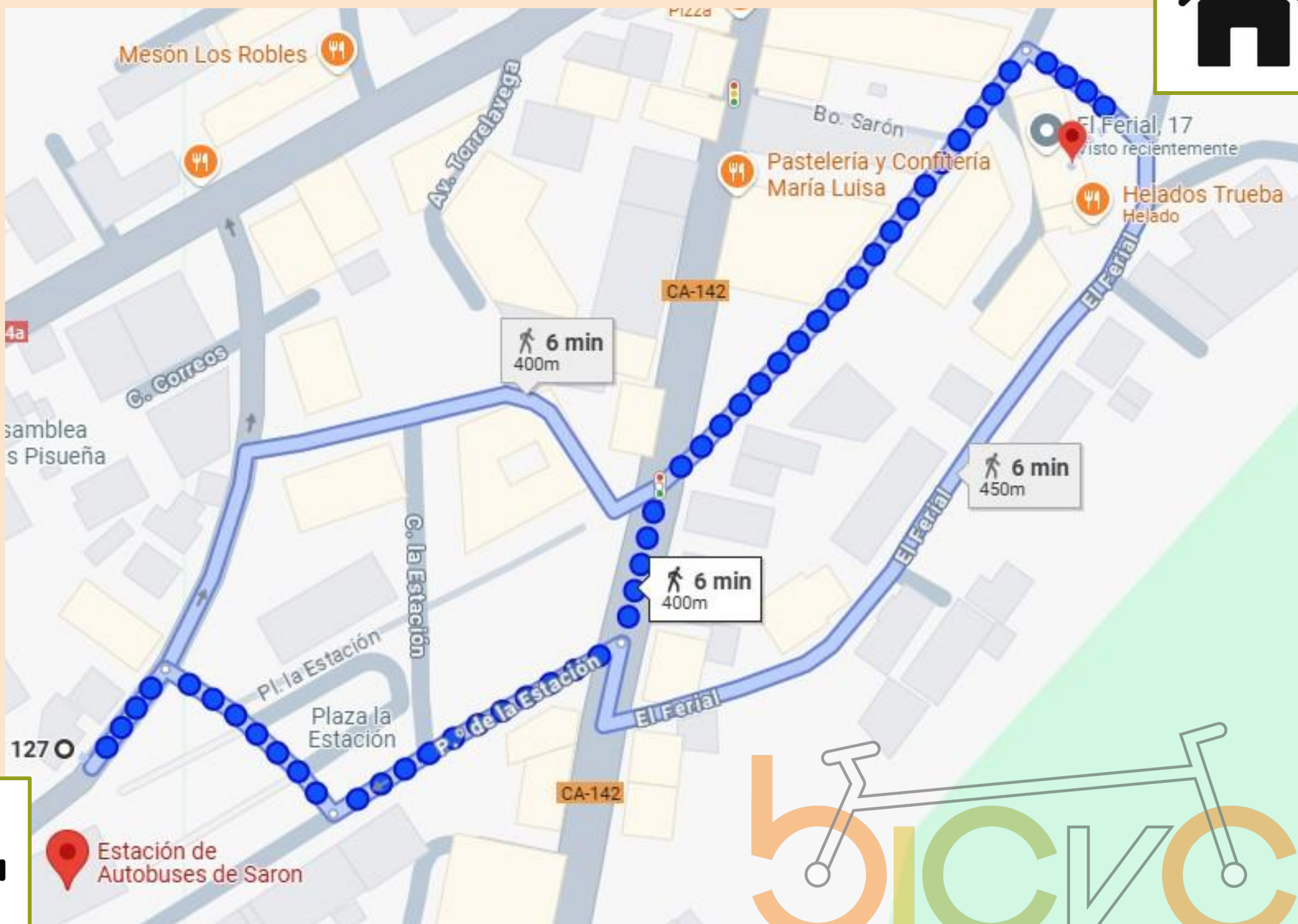
Step 1: Santander Airport to Santander city: In order to go to Santander, you have [buses](#) every 30 minutes, taking only 10 minutes to the city centre.

Step 2: Santander Bus Station to Sarón: Buy the tickets at [ALSA](#) company. The cost is approximately 2,35€. Please consult the time schedules on the website.

Step 3: Walk from the bus stop to El Ferial (400m) in the following direction [El Ferial, 17, 39620 Sarón, Cantabria](#)



Click here to get the full map: [From Sarón bus stop to El Ferial](#)



FROM THE AIRPORT TO SARÓN

PRIVATE TRANSPORT

TAXI - The taxi option **will only be available for special timing**, such as late at night or very early in the morning.

BILBAO TO SARÓN: Its price is around 140€ per taxi.

SANTANDER TO SARÓN: Its price is around 40-50€ per taxi.

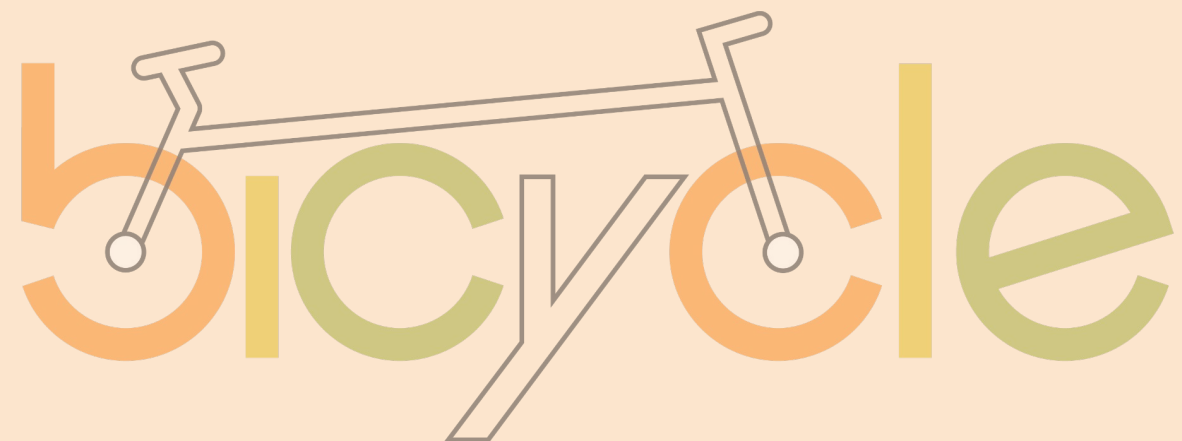


RENTAL CARS: The best and easiest option that has worked for everyone before, is to RENT A CAR.

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.



PERMACULTURA CAN MANAGE YOUR TRANSPORTATION

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

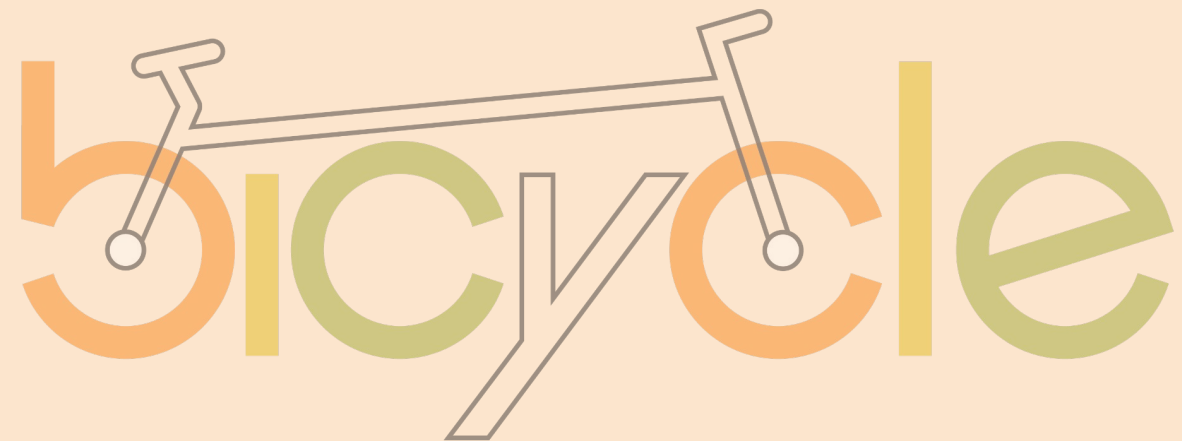
Once the sending entity inform us about the travel plan, we will be able to know all participant's flights details. With this, we will make groups according to your time and place of arrival so that one car can take you to the venue.

We will contact you and let you know the spots where we can pick you up.



The transfer from the airport will be arranged and paid by the sending organisation, and will only be available for groups travelling together, and not for individuals, in order to facilitate the organisation.

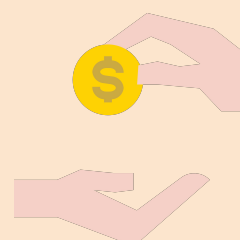
Those who travel individually can choose one of the travel options explained in previous pages to reach Permacultura Cantabria facilities.



EXPENSES REIMBURSEMENT

REIMBURSEMENT POLICIES

For the project: BICYCLE (101186587 - BICYCLE - ERASMUS-YOUTH-2024-YOUTH-TOG) **Erasmus+ has authorised the following budget:**



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, invoices) before **August 20th, 2025**.

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

TRAVEL SUPPORT		
ENTITY/COUNTRY	PARTICIPANTS	TRAVEL PER PARTICIPANT
Permacultura Cantabria, Spain	6	220 €
Oriel, Italy	6	220 €
Erasmus Pays Basque, France	6	220 €
AENIE, Portugal	6	220 €
YEU, Belgium	6	220 €
CWE, Poland	6	300€

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

[Permacultura Cantabria](#)

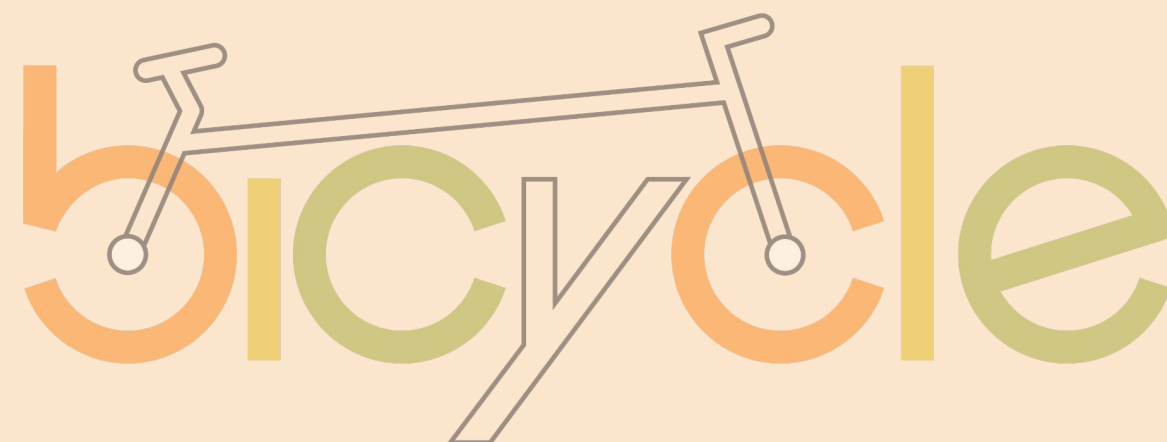
[Erasmus Pays Basque](#)

[Oriel Association](#)

[Creativity Works Europe - CWE](#)

[Youth for Exchange and Understanding - YEU](#)

[AENIE](#)



REQUIREMENTS AND CONDITIONS

Erasmus + makes us **keep all the invoices, flight tickets and boarding passes** 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.**

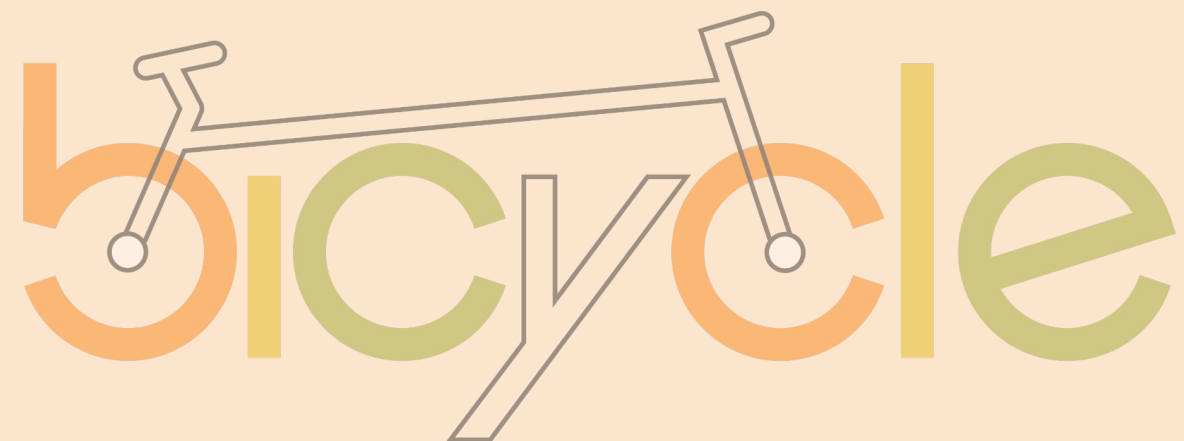
Coming to the activity or starting using the Funds of this activity means that you accept these conditions and requirements:

- ▶ **You need to attend to all the activities** of the 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.



To get all the expenses reimbursement it is **necessary to follow all these points during all the activities.**





PERMACULTURA CANTABRIA'S FACILITIES

FACILITIES

WHERE WE ARE?

The training course will take place at Permacultura Cantabria's facilities:

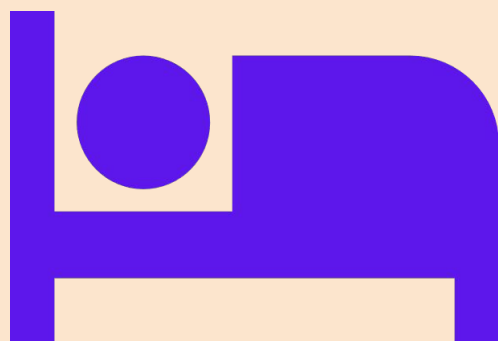


El Ferial, 17, 39620 Sarón, Cantabria

ACCOMMODATION

Each room has 2 or 3 beds, so they are ready for 2 or 3 people.

Bear in mind that not every room has a private bathroom.



DOCUMENTS REQUIRED

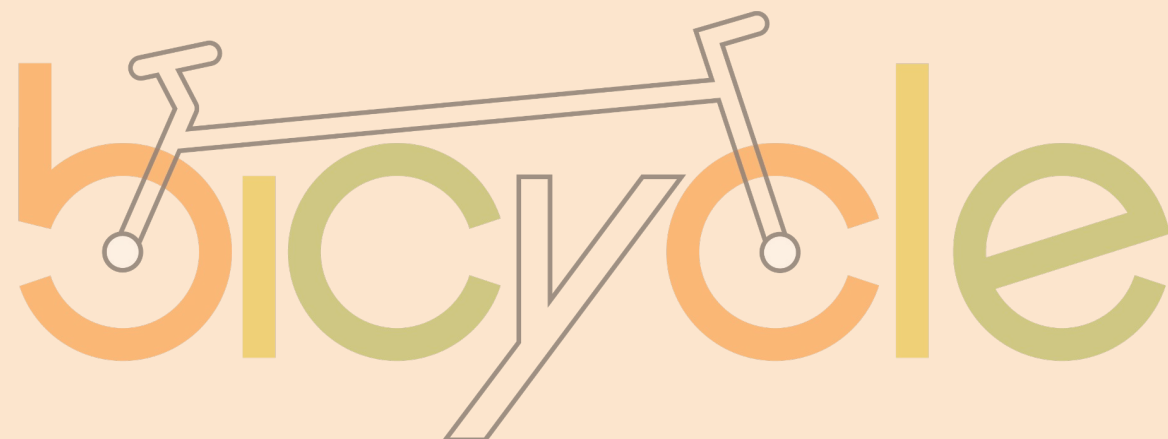


According to the Spanish law, we must register all visitors in advance.

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's subject the name of the Project and dates of the training course to help our logistics team to manage the documentation).

activitycantabria@gmail.com





IMPORTANT THINGS TO BRING

PERSONAL DOCUMENTS

PASSPORT

To enter in 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.**

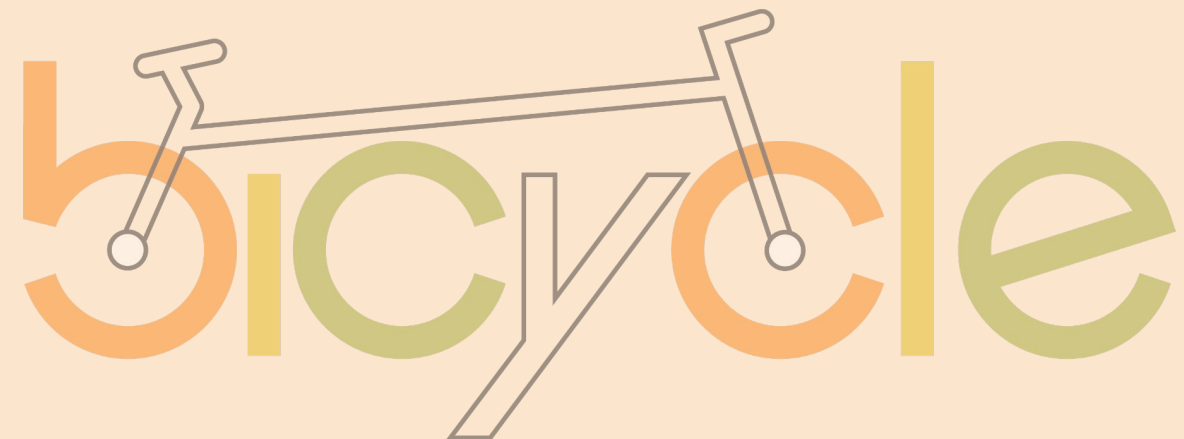
If you need a Visa, make sure you apply for it immediately because it can take a long time. **If you need an invitation or confirmation letter from Permacultura Cantabria, please let us know.**

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!**

Not sure how to issue it? Click [here](#)

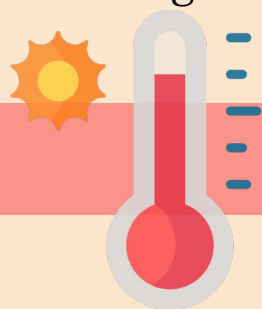


CURRENCY



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, so we might change the plans, but if the weather permits, we will go to a walking tour during the free time.

If you just want to **check the forecast before coming**, please click on the following link:

<https://www.aemet.es/es/eltiempo/prediccion/municipios/santa-maria-de-cayon-id39074>

EMERGENCY NUMBERS

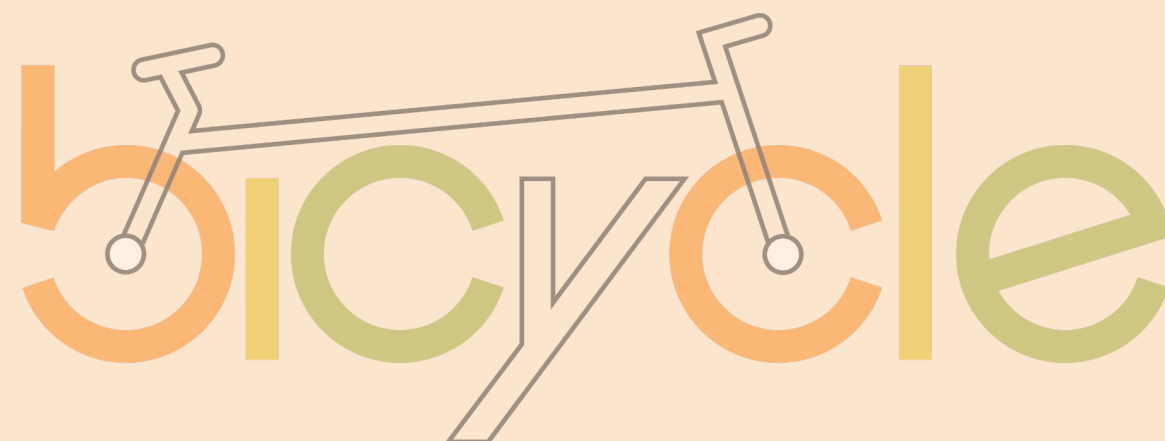
We're sure everything will go smoothly, and you'll have an amazing time! But just in case you ever need a helping hand, here are some essential emergency numbers. It's always good to be prepared, even if we hope you'll never have to use them! Stay safe and enjoy your time! 🚀 😊

Emergency: 112

Local Police: 092

Firefighters: 112

Local taxi (Sarón): 655 800 222



MULTICULTURAL ACTIVITIES

Please **bring something** you would like to share with us **from your country**.

E.g.:

FOOD
MUSIC
PICTURES

STORIES
CRAFTS
GAMES



THINGS FOR THE SUITCASE

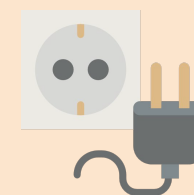


Clothes & Accessories for changeable weather. Can be cold and rainy or hot and sunny.

Personal & Hygiene products (towel is not required)



Bring your own reusable bottle to reduce plastic waste (if it is possible)



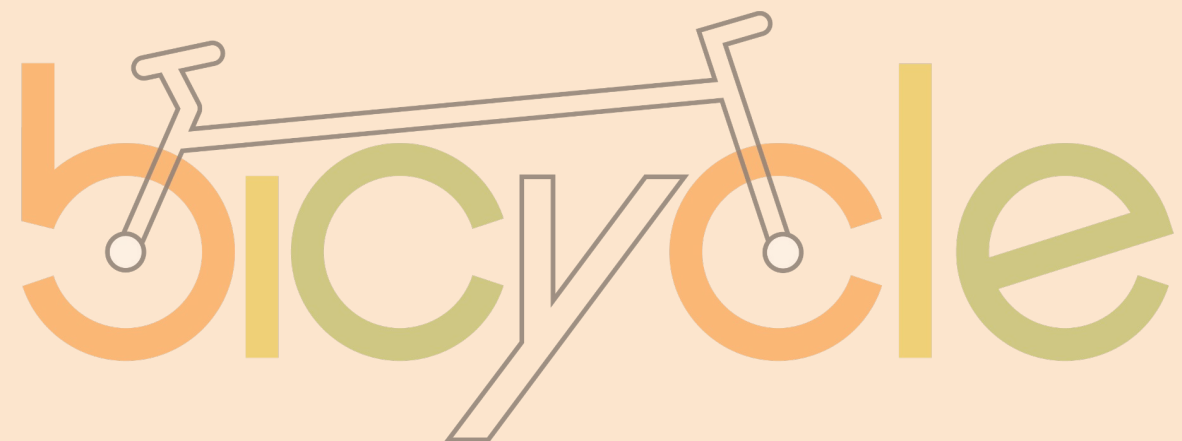
Plugs in Spain are the most common in europe: V230-50hz

Each participant will be responsible for their own belongings throughout their stay. The organization will not be held liable for any damage or loss resulting from the participant's lack of responsibility.



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](#)



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's
beaches**



Sardinero



Boat trip from Santander to Somo

<https://www.losreginas.com>



Paseo Pereda



Magdalena's Palace



**Bicycle Culture as Youths Civic
and sustainabLe Empowerment**

AND, DON'T FORGET TO...

Bring good vibes and your best smile!

activitycantabria@gmail.com