



## **Project:** “Orchard in permaculture and Theater”

Infopack for participants ESC in the Ecohousing of Valdepiélagos. Madrid 2020

## Asociación Cultural Teatro Sol y Tierra



Dear friends, we welcome you to the ESC volunteering organized by the Cultural Association Teatro Sol y Tierra

### **CONTENT**

1. Project information
2. Location
3. Travel
4. Accommodation
5. Food and Pocket money
6. Other practical details
7. What to bring
8. Others

### **1. PROJECT INFORMATION**

The project will be held from 1 May 2020 to 31 October 2020. Teatro Sol y Tierra is based in Ecohousing of Valdepiélagos, where 30 families with independent economies live.

There will be a total amount of four volunteers in this project: two Danish (one from ICYE, another from Permakultur Danmark), one Italian (from RIVE- Ecovillages Network) and one Spanish (from Teatro Sol y Tierra).

We will prepare and represent various theatrical scenes for the people of the town and we will maintain the garden of the Association with permaculture methods.

The garden has 600 m<sup>2</sup>, 12 vegetable beds and 20 fruit trees, compost toilet, use of gray water.

The house has bioclimatic design, 75% bioconstruction, solar heating and photovoltaic energy.

We are not a Permaculture Academy, we only apply its methods in the garden, learning is doing and experimenting. In the morning, from 10 to 13 we will collaborate in the garden. One morning will be dedicated to the general cleaning of the shared spaces in the house.

We will also do nonviolent communication, theater and Spanish workshops. In the afternoon, from 17 to 19, from Monday to Friday).

## 2 LOCATION

Valdepiélagos is a small population of 300 inhabitants 45 kilometers from the city of Madrid.

Address : Calle Ecoaldea, 1. Valdepiélagos.

Tel. +34 918416945 y +34 659024510

## 3. TRAVEL

For the reimbursements of the trips we will need:

-All the receipts of the trip.

- Boarding of flights.

All this can be sent as an attachment by email.

The maximum amount to pay per round trip is and 360 EUR for Denmark.

## BUSES

If you come by bus from Madrid:

You must take the Metro from the Airport to the Plaza Castilla Metro station . There is a passage that connects the Metro with the underground bus station.

Metro map

<https://www.planometromadrid.org/mapas-metro/plano-metro-madrid-2018-01.png>

You must take the bus 197 with the end in Torrelaguna-Uceda, but use only those that pass through Valdepiélagos, its schedule from Monday to Friday is 7:20, 14:30, 16:00 and 20:00 hours, and at 8:00, 13:30 and 23:00 on Saturday, Sunday and official holidays.

Timetable bus

<https://www.redtransporte.com/madrid/autobuses-interurbanos/197-madrid-torrelaguna-ucedas.html>

You have to go up to the -1 floor and look for dock 30. The ticket price is 5'20 Euros and the driver is paid. It is necessary to carry small money they do not change big bills. It is necessary to warn him to open the trunk to place the luggage. The bus takes about 65 minutes, the previous town is Talamanca. If you sit in the front you can ask the driver to let you know when you arrive.

The stop in the town is in the Plaza next to the Town Hall, you can search on Google map how to get from Ayuntamiento de Valdepiélagos to Calle Ecoaldea, 1 ([Way: Plaza-Teatro Sol y Tierra](#)). In the town everyone knows the neighborhood by La Ecoaldea, we are 10 minutes walk from the stop.

Take the downhill street, Tentetieso, between the Town Hall (building with flags) and the supermarket (Autoservicio Araceli), after 100 meters take the right on Sargalillo street, 300 meters on the left the road to La ecoaldea, where there are garbage containers. Take Camino a Uceda, you are 200 meters away, at that point you will see the houses.

If you notify us of the departure time of your bus, we can pick you up at the Valdepiélagos stop.

If you inform us in advance about the time of your arrival, we can pick you up at the bus stop.

#### **4. ACCOMMODATION**

The participants will stay in different houses of the Ecovillage, in single rooms with heating. We are not a community that shares the economy.

Please bring your towel and ecological shampoo and toiletries.

The arrival is at house number 1 and there we will accommodate you, ask for Victor Torre



#### **5. FOOD AND POCKET MONEY**

The volunteers will make lunch and dinner with the tutors, with vegan-vegetarian diet. The Association takes care of meals and accommodation. There will be different groups for the preparation of the meals. Each volunteer will have breakfast at their hosting house. Lunch will take place at 14 and dinner at 20.

Each volunteer will receive 150 EUR per month of pocket money.

#### **6. OTHER PRACTICAL DETAILS**

We have also left an open space in the workshop to be fulfilled with the proposals of the participants.

In the house we have Wifi

Photographs and videos for the dissemination of the project in Social Networks are important for the ESC Program, to make it visible and help other people to learn about this project.

If you want to do meditation or yoga, talk with the Organization.

If you are interested in learning about the administrative tasks of the ESC o ERASMUS + program, let us know.

For more information about ESC going to [https://europa.eu/youth/solidarity\\_en](https://europa.eu/youth/solidarity_en)

About Youthpass <https://www.youthpass.eu/es/login/>

If you are under 26, it is possible to acquire online a monthly rechargeable Youth transport card for Madrid Community (20 EUR) (<https://www.metromadrid.es/en/travel-in-the-metro/card-types#panel1> ).

## 7. WHAT TO BRING

Smiles, open mind and willingness to participate

- European sanitary card.
- Swimsuit, cap and sun cream .
- Musical instruments, board games and other entertainment (Optional)
- Some simple product from your country for the thematic night (Optional)
- Passport
- A notebook to take note of the learning
- A laptop will be very useful for you.
- Concerning your clothing, if you are here in summer, keep in mind that there could be quite high temperatures.

## 8. OTHERS

In order for you to use the health care service, we will have to go to the town hall and register you with your passport, and only then we can go to the health care center with your european health card.

It is possible that the volunteers make friends with some young people in the town and do some activities together, such as going out to concerts.

There are several excursions between one and two hours walking around the Ecohousing.

The organization has several bicycles.

In the large hall, there is an area with cushions (The Corner of the volunteers) where you can watch movies, play instruments or read.

At one point you may coincide with some group of young people, who come to receive training about international projects with theater.

In the town, ten minutes by walking there are two supermarkets, pharmacy, hairdresser, library, restaurant and coffee shops, where you can get in touch with the people of the village.

From Madrid city an hour by bus there are several places with monuments to visit on weekends; Segovia, Toledo, Avila, Salamanca, El Escorial and Aranjuez.

In Madrid City, there are several recommended sites to visit, El Retiro Park, El Rastro (famous Flea market, only Sundays), Tabakalera (occupied space for free exhibitions and concerts), Lavapiés (intercultural neighborhood), Huertas Street (youth pubs area), Chueca (Gay Zone).

As. Cultural Teatro Sol y Tierra

Email: [victortorraquero@gmail.com](mailto:victortorraquero@gmail.com)

<http://www.solytierra.com/>