

# Frequently Asked Questions

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## Training Location

Carrer de Alaba, 100, 08018 Barcelona  
Metro Bogatell (line 4, yellow), Marina (line 1, red), Glories (line 1, red)  
About the project <https://www.apocapocbcn.com/>

## Training dates and themes

Module 1 (May 30 - June 1, 2025) - with Rosemary Morrow & Alfred Decker. This module will cover Ethics, Principles, Ecology, Design Methods, and Climate, and can be taken separately as a stand alone “Intro to Permaculture” training

Module 2 (Sept. 5 - 7, 2025) - with Starhawk & Alfred Decker. This module will cover Facilitation, Sociocracy, Urban Permaculture, Conflict Transformation & Trauma, and Communities, and can be taken separately as a stand alone “Social Permaculture” training

Module 3 (Oct. 10 - 12, 2025, online option available for out-of-town students) - with Alfred Decker. This module is focused on a group design project and wrapping up the full certified training, only available to participants who did the first two modules

## Training Times

**Fridays** 16h - 20h Session / 20h - 21h Dinner

**Saturdays** 10h - 13:30h First Session/ 13:30h - 14:30h Lunch/ 15:30h - 19:30h Second Session/ 19:30h - 21h Dinner

**Sundays** 10h - 14h Session/ 14h - 15h Lunch/ 15h - 18h Optional Climate Fresk training

## Meals

All meals are plant-based with gluten free options and prepared daily by Chef Sasha aka [Tiffinit](#)

## When to Arrive

**Module 1, 2 and 3 start on Friday at 16h**

Registration at the Nest will take place for Module 1 on the afternoon of May 30, 2025 **starting at 12h**. And the same time for new registrations for Module 2 on September 5.

## Contact

If you need to quickly get in touch while you are travelling, you can text the Whatsapp community chat for this training, invitation link:

<https://chat.whatsapp.com/FiMoZ1HslJcENcZ1dn8JCe> Or contact Valerie through Whatsapp: +34618063293

## Things to Bring

- Note-taking materials
- Range of layered clothing for variable weather
- Water bottle

## Travel & Arrival

### ***Arriving by Train to Barcelona***

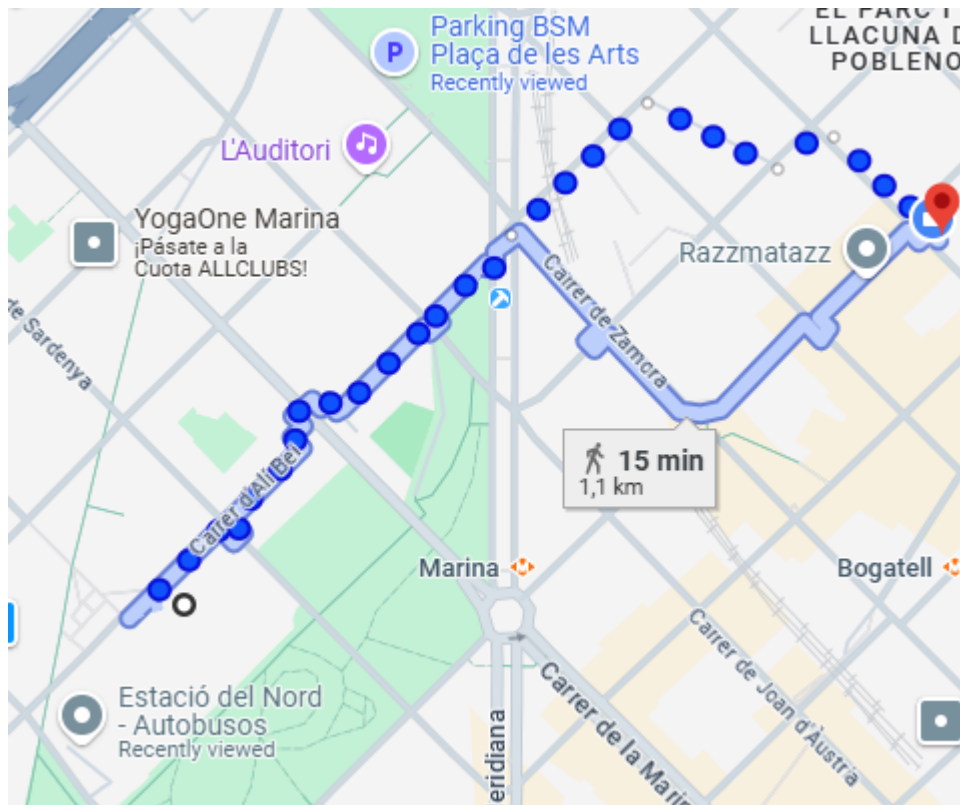
TRAINS: use <https://www.raileurope.com> and aim for Barcelona, from there take a bus to the meeting point. For combinations of trains+buses use <https://www.rome2rio.com/> Booking well in advance can make it much cheaper. If you're travelling from across Europe on the train we've found this website to be really useful to plan journeys <https://www.seat61.com>. Another useful website for booking trains is [loco2.com](https://loco2.com).

From **Sants Estacio**, the easiest ways to get to Nest City Lab (Carrer de alaba, 100, 08018, Barcelona) is by metro:

<p>Option <b>25 min</b> L3 (green) + L1 (red)</p> <p>○ Sants Estació Sants-Montjuïc, 08014 Barcelona</p> <p>○ Sants Estació</p> <p><b>L3</b> Trinitat Nova ✓ 2 min (2 stops)</p> <p>○ Pl. Espanya</p> <p>Walk ✓ About 3 min</p> <p>○ Pl. Espanya</p> <p><b>L1</b> Fondo ✓ 9 min (7 stops)</p> <p>○ Marina</p> <p>Walk ✓ About 11 min, 750 m</p> <p>⊙ Nest City Lab Carrer d'Àlaba, 100, Sant Martí, 08018 Barcelona</p>	<p>Option <b>29 min</b> L5 (blue) + L4 (yellow)</p> <p>○ Sants Estació Sants-Montjuïc, 08014 Barcelona</p> <p>○ Sants Estació</p> <p><b>L5</b> Vall d'Hebron ✓ 6 min (4 stops)</p> <p>○ Verdaguer</p> <p>Walk ✓ About 3 min</p> <p>○ Verdaguer</p> <p><b>L4</b> La Pau ✓ 12 min (7 stops)</p> <p>○ Bogatell</p> <p>Walk ✓ About 8 min, 450 m</p> <p>⊙ Nest City Lab Carrer d'Àlaba, 100, Sant Martí, 08018 Barcelona</p>
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### ***Arriving by Bus to Barcelona***

If you are arriving in Barcelona by bus, it will likely stop in either Sants or Estació del Nord. In the first case, follow the directions for Sants just above; in the second case, Estació del Nord is closer to the Nest and is just an **18 minute walk** (see exact location just below).



### ***Arriving by Car to the Nest (not recommended)***

Here is the address: Nest City Lab, Carrer d'Àlaba, 100, Sant Martí, 08018 Barcelona. Here is the location: [📍 Nest City Lab](#)

*Where to Park near the Nest City Lab if travelling by car?*






Parking BSM Plaça de les Arts **24/7**, C/ de Padilla, 157, Eixample, 08013 Barcelona , [here](#). Parking card 3 days available at 42 Euros

Telpark **24/7**, Carrer de Sancho de Àvila, 35, Sant Martí, 08018 Barcelona [Here](#)

### ***Arriving by Airplane to Barcelona (not recommended):***

The most ecological and economical way to get from the T2 airport terminal is to take the [Renfe airport train](#) to the Passeig de Gràcia station, and then you are just a very short walk to the bus stop. There is also the [“L9 Sud” metro line](#) which goes from both T1 and T2 airport terminals to Plaça Catalunya, but you must change trains at the Torrassa station. The easiest and fastest way to get from the airport directly to Plaça Catalunya is to just take the [Aerobus](#), which costs approx €7.

Option 1 <b>45 min</b> A1 + metro Line 1	Option 2 <b>47 min</b> A2+ metro Line 1
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(red)	(red)
<p>○ Josep Tarradellas Barcelona-El Prat Airport 08820 El Prat de Llobregat, Barcelona</p> <p>○ Aeroport Terminal T1</p> <hr/> <p><b>A1</b> Pl. Catalunya - Andana Central ✓ 20 min (non-stop) · Stop ID: 109207</p> <hr/> <p>○ Gran Via - Pl Espanya</p> <hr/> <p>Walk ✓ About 3 min</p> <hr/> <p>○ Pl. Espanya</p> <hr/> <p><b>L1</b> Fondo ✓ 9 min (7 stops)</p> <hr/> <p>○ Marina</p> <hr/> <p>Walk ✓ About 10 min, 750 m</p> <hr/> <p>⊙ Nest City Lab Carrer d'Àlaba, 100, Sant Martí, 08018 Barcelona</p>	<p>10:45 AM ○ Josep Tarradellas Barcelona-El Prat Airport 08820 El Prat de Llobregat, Barcelona</p> <p>10:45 AM ○ Aeroport - Terminal C</p> <hr/> <p> <b>A2</b> Pl. Catalunya - Fontanella ✓ 20 min (non-stop) · Stop ID: 108594 · </p> <hr/> <p>11:05 AM ○ Gran Via - Pl Espanya</p> <hr/> <p> Walk ✓ About 3 min</p> <hr/> <p>11:13 AM ○ Pl. Espanya</p> <hr/> <p> <b>L1</b> Fondo ✓ 9 min (7 stops)</p> <hr/> <p>11:22 AM ○ Marina</p> <hr/> <p> Walk ✓ About 10 min, 750 m</p> <hr/> <p>11:32 AM ⊙ Nest City Lab Carrer d'Àlaba, 100, Sant Martí, 08018 Barcelona</p>

### Coming with kids?

Who can be looking after the children (will it be a permaculture educator?)?

[Daniella Querol](#) is an artist, educator, and permaculturalist who lives at the site of the training, and will offer childcare support for participants with activities around permaculture and art.

My child doesn't speak English?

Daniella speaks English, German, Spanish and Catalan.

What will the children be doing? Is there an age limit for the children?  
How far away will the children be? How much does it cost to bring a child?  
How will children be accommodated?

For all of these questions, [please contact Daniella directly HERE](#).

### **Extenuating Circumstances Policy**

In the event of unforeseen circumstances beyond normal control, such as war, civil or political unrest, executive actions taken by governing authorities, strikes, natural disasters, epidemics or other serious threats or highly unexpected circumstances (!), this course may be cancelled or postponed, and any deposits received will be reimbursed minus transaction fees. You may want to get a ticket that can be cancelled or changed

### **Random**

*Is there insurance in case I have an accident or feel sick?*

It's imperative that you have health and travel insurance that covers Spain. You take full responsibility for yourself in case of an accident and the training organisers can under no circumstances be held liable for any losses or injuries (we hope there are none) incurred during your stay.

*None of my questions are here...can I write to you?*

Yes, please do write to us with any questions you may have at [info@12pdesign.net](mailto:info@12pdesign.net)