

**PROGRAM: 2023-107-1 - ECO-LITERACY. SEA AND MOUNTAIN: THINK GLOBAL, ACT LOCAL.
PALAMÓS & BARCELONA (SPAIN) – 22-25.05.2023**

DAY	TIME	PLACE	ACTIVITY	DOCUMENTS
Monday 22	Afternoon	Barcelona & Palamós	13:25: Meeting in Barcelona airport T1. Transfer from BCN to Palamós. On the way: Introduction to the history of Palamós. From 1274 to the present day. 15:30: Arrival to Palamós: hotel accommodation.	-
			15:30 – 18:30: Free time.	
	Evening	Palamós	18:30 – 19:00: Meeting at the hotel, to present the program and activities to the group. 19:00 – 20:00: Discovering Palamós: Walk around Palamós Bay and the historical center of the city. 20:00: Dinner.	107-00; 107-08

DAY	TIME	PLACE	ACTIVITY	DOCUMENTS	
Tuesday 23	Morning	Palamós	07:00: The fishermen leaving the port (<i>optional</i>). 09:00 – 10:30: Visit to the municipal market. Street market (origin and traditions around it). Free time to visit the market. 10:30 – 12:30: Visit to the Museu de la Pesca. <ul style="list-style-type: none"> • Museums as cultural heritage resource. • Connection between Fishermen Brotherhood – Museum – University. • Espai del Peix. Recovering old cooking traditions from the fishermen. 12:30: Truman Capote route in Palamós.	107-01	
	(13h) LUNCH TIME (around 2 hours)				
	Afternoon	Palamós	14:00 – 16:30: Free time.	-	
			16:00 – 17:30: Arrival of the Fishermen's boats, after a long day, to Palamós. Fish market and auction.	107-03	
Evening		17:30 – 19:00: Free time.	-		
		19:00: Evening. Dinner: traditional “tapas”. Gastronomy as cultural heritage.	-		

DAY	TIME	PLACE	ACTIVITY	DOCUMENTS
Wednesday 24	Morning	Palafrugell Pals	09:30: Leaving Palamós 10:00 – 10:50: Visit Museu del suro (cork). Products km 0. Examples of traditional forest and farms products. 11:10 – 13:15: Tour visiting traditional rice cultivation and a traditional rice mill in Pals.	107-02; 107-04
	(13:30h) LUNCH TIME – Restaurant Pals (around 2 hours)			
	Afternoon	Pals & La Bisbal d’Empordà	14:30: Slow living; Pals as member of the Cittaslow movement. 15:00: Visit to the historial village of Pals. 16:00 – 17:00: Clay, traditional ceramic and terracotta (La Bisbal d’Empordà). Visit to the museum and the city. 17:00 – 18:00: Free time to visit the potteries.	107-05
	Late afternoon / Evening	Palafrugell & Palamós	18:00: Land scape from Far de Sant Sebastià (Saint Sebastià lighthouse). 19:30: Arrival to Palamós. 19:30: Free time / Free dinner.	-
DAY	TIME	PLACE	ACTIVITY	DOCUMENTS
Thursday 25	Morning	Palamós Barcelona	08:30: Transfer from Palamós to Barcelona. 10:00 – 13:00: A walk by the Modernism in Barcelona.	107-06
	(13h) LUNCH TIME - Barcelona (around 2 hours)			
	Afternoon	Barcelona	15:00: Visit The Güell Palace as example of Gaudí big works. Delivery of certificates. 17:10: Airport T1. Closing activities.	107-07

**The programme is subjected to changes in case of unforeseen circumstances.*