



Mediterranean Food, Culture + Society

Barcelona, Spain

One Week Sample Faculty-led Program 2020



PROGRAM OVERVIEW

Trace the relationship between food, culture and society in the context of Catalunya through cooking classes, market tours, tastings, guest speakers, cultural activities, and excursions!

DESTINATION PREVIEW

Barcelona is the second largest city in Spain and one of the most popular destinations in the world to study abroad. Known for its fascinating history, awe-inspiring architecture, nearby beaches, delicious foods and never-ending nightlife, this Mediterranean hub gives students the unique opportunity to increase their Spanish language skills and gain firsthand knowledge of Spanish culture.



ABOUT US

Expanish Study Abroad (previously InSitu Programs) is dedicated to being the leading provider of innovative and dynamic programs in Barcelona, Spain and Buenos Aires, Argentina. Through providing customizable academic and logistical services, we offer the local expertise to complement a meaningful educational experience abroad.

PROGRAM INCLUSIONS

- Pre-arrival webinar
- Comprehensive on-site orientation
- Welcome Pack + two 10-ride public transportation cards
- Bilingual Coordinator chaperoning all program activities, excursions, and available for 24/7 emergency support
- Airport group transfer, in and out
- Welcome Lunch & Farewell Dinner
- 7 nights accommodation 3-star hotel with students in double and triple rooms and faculty in single rooms
- 9 hours of Group Spanish Classes (3 days of 3 hours)
- 9 exclusive **Cultural Activities**:
 - Gothic Quarter Tour
 - Las Mejores Bravas de Barcelona Activity
 - Market Tour
 - Paella Cooking Class
 - Chocolate con Churros Merienda
 - Flamenco Show
 - Cofradía de Pescadors Visit
 - Basque Tapas Cooking Class
 - Olive Oil Tasting

- 2 exclusive **Guest Lectures:**
 - Barcelona, Catalunya and Spain as Gastronomic Destinations
 - The Mediterranean Diet
- 1 exclusive **Excursion:**
 - Day trip to L’anoia, including private transportation, entrance, tour and cava tasting at a winery
- Access to Expanish Study Center M-F from 9am to 6:30pm
- 1 free program for faculty
- Taxes

ITEMS NOT INCLUDED

- Visa fees
- Airfare
- Accommodation extras not included in standard rate (telephone, laundry, meals not listed in itinerary)

TENTATIVE ITINERARY

DATE	MORNING	AFTERNOON	EVENING
DAY 1 Sunday	ARRIVAL & PRIVATE TRANSFER FROM EL PRAT AIRPORT Expanish coordinator will be at the airport to meet the group.	ORIENTATION SESSION Students will receive a comprehensive orientation including the following topics: introduction to the city, safety tips, how to use public transportation, healthcare, emergency protocols.	TRANSFER TO ACCOMMODATIONS
DAY 2 Monday	SPANISH CLASS	WELCOME LUNCH The group will enjoy a “menu del día” welcome lunch at local restaurant. GOTHIC QUARTER TOUR Students will get the chance to discover the secrets of the oldest neighborhood of the city	LAS MEJORES BRAVAS DE BARCELONA ACTIVITY Try the best patatas bravas in town!
DAY 3 Tuesday	GUEST LECTURE Barcelona, Catalunya and Spain as Gastronomic Destinations Students will learn how Barcelona, Catalunya and Spain became one of the biggest and most important tourist destinations for gastronomy	MARKET TOUR From the hand of a professional tour guide, we will explore one of the most important markets in Barcelona and have the chance to try some of their specialities.	PAELLA COOKING CLASS The group will learn how to make the traditional Mediterraneo dish of paella at a professional cooking class. Among other traditional dishes.
DAY 4 Wednesday	SPANISH CLASS	CHOCOLATE CON CHURROS MERIENDA Enjoy the national snack of Spain!	FLAMENCO SHOW Students will enjoy a professional flamenco

		<p>GUEST LECTURE The Mediterranean Diet Students will visit a Foundation dedicated to preserving and sharing the good habits of the Mediterranean Diet and learn more about it</p>	<p>performance dance in a local space.</p>
<p>DAY 5 Thursday</p>	<p>DAY TRIP TO L'ANOIA Catalonia is famous for its wines and "cavas." The group will immerse themselves in the region of l'Anoia, known for having the best vines for "cava" - the Catalan "champagne." We will learn about its creation process and have a tasting. After we will go to an old winery to try another typical gastronomy delicatessen from the area: "calçots", a winter spring onion.</p>		
<p>DAY 6 Friday</p>	<p>SPANISH CLASS</p>	<p>COFRADIA DE PESCADORS Visit the "Fisherman's Brotherhood of Barcelona," where we will learn how they still fish in the city and their techniques. Finish the visit seeing a fish auction and discover how the wholesalers sell to supermarkets, fish shops and restaurants.</p>	<p>BASQUE TAPAS COOKING CLASS The group will learn how to make some of the most popular tapas from the Basque country, one region in the north of Spain.</p>
<p>DAY 7 Saturday</p>	<p>OLIVE OIL TASTING Olive oil is the base of the Mediterranean Culture. With this workshop we will have a chance to learn about how it's done, and learn the different type of olive oil we can find.</p>	<p>FREE AFTERNOON</p>	<p>FAREWELL DINNER</p>
<p>DAY 8 Sunday</p>	<p>FREE MORNING</p>	<p>TRANSFER TO INTERNATIONAL AIRPORT</p>	<p>GROUP DEPARTURE END OF PROGRAM</p>

DESCRIPTION OF STUDY CENTER:

- Home to our award-winning [Spanish Language School](#)
- Centrally located in the Eixample neighborhood, just one block from La Pedrera building
- School facilities were completely refurbished in 2017
- Central AC and heating throughout building
- Normal operating hours from Monday to Friday, 9am to 6:30pm
- School has 9 classrooms of various sizes and a common area open for student use
- Student computers with internet access and free WiFi
- Printing and scanning services (available at low cost)
- Coffee and snacks are sold in reception
- Filtered water stations located throughout the school



CLASSROOM RENTAL SPACE

Are you looking to teach your own class during your time abroad? Add classroom space to your custom proposal!

All classrooms include:

- A clean and prepared classroom during specified class hours
- Whiteboards with dry erase markers
- Audiovisual equipment:
 - Classrooms of up to 12 students - Smart TVs (flat screen TV with connection to internet)
- Access to school common areas during operating hours
- Free WiFi and access to student computers
- Liability insurance covering any incidents on school premises