

C1 HEALME PROGRAMME

INSTITUT MARINA (LA LLAGOSTA)



SUNDAY 24TH

20:00 Welcome drink @ hotel's lobby

MONDAY 25TH

- **8:00** - Pick up at hotel
- **8:45** - INS Marina walking tour
- **10:00** - Exchange presents + coffee break
- **10:45** - Each partner's ppt school
- **12:00** - Each partner's swot analysis
- **14:30** - Lunch at school canteen
- Free afternoon
- **20:30** -dinner @ Oasis Natural Cooking (Bcn)

TUESDAY 26TH

- **8:00**: Pick up at hotel
- **8:45** - Management & dissemination plan by CR
- **9:30** - Etwinning label by Turkey
- **10:00** - La Llagosta walking tour + coffee break
- **11:30** - Healme Guide: Healthy Lifestyles activities discussion
- **13.30** - Heading to Barcelona
- **14:15** - Lunch (à la carte) @ Flax & Kale by Teresa Carles (Bcn)
- **16:00 onwards** - Barcelona walking tour

WEDNESDAY 27TH

- **9:30** - Pick up at hotel
 - **9:30-11:00** to Montseny (by coach)
 - **11:15** - Santa Fe del Montseny trekking route guided
 - **13:00** - Lunch at Montseny @ Avet Blau restaurant
 - **15:00** - Back to Barcelona
 - **15:00:16:30** Getting to Barcelona
 - Free afternoon
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THURSDAY 28TH

- **9:00** - Pick up at hotel
- **10:30** - La Fabrica del Sol workshop "Breath" (Barceloneta - Bcn)
- **12:00**: Vermut Barceloneta - *Optional: Visit Catalonia History Museum
- Free afternoon
- **20:00** Farewell tapas dinner "La Esquinica" (Bcn)

FRIDAY 29TH

- **8:30** - Pick up at hotel
- **9:30** - Self-knowledge workshop "Ad Animam" Coaching @ INS Marina
- **11:30**: Coffee Break
- **12:00** - C2 Exchange of Pupils Draft Programme by Croatia
- **12:30**: Participants' certificates and closing
- **14:00** - Lunch in Timesburg Sant Pau (Bcn)
- **16:00-17:15** - Sant Pau Modernist Hospital visit (guided) * **bring your teacher accreditations**
- **17:30**: Mobility closing and farewell+ CZ heading to airport

SATURDAY 30TH

- Departing of groups



Pls bring your teacher accreditations to make advantage of discounts!



TRANSPORT EXPENSES

- **School is in zone 2. Airport is in zone 1.**
- Multi-person **travel card** valid for bus, tram, metro and airport train rodalies which contains 10 intermodal journeys:
 - zone 1: 10,20 €
 - zones 1 and 2: 20,10€.
- **Bus to Montseny (Wed): 20,70€ /each. (cash)**

SCHOOL ACTIVITIES

Every day drinks and refreshments at school as well as Friday coaching workshop are on the house

OFF-SCHOOL ACTIVITIES

MONDAY

- **School lunch: 15-18€/pax (cash)**

TUESDAY

- **Lunch: on average 20€ /pax.(cash/credit card)**

WEDNESDAY

- **Lunch: 15,5€/each. (cash)**
- **Guide visit: 16,80€ /each (cash)**

THURSDAY

- **Vermut: on average 10€/pax. (cash)***
- **Dinner: on average 12€/pax (cash)**

*Optional: visiting the Catalan History Museum : 8€ /pax

FRIDAY

- **Lunch: on average 15 €/pax (cash or credit card)**
 - **Guided visit Sant Pau Hospital: 8,25 € /each (cash)**
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CITY SPOTS AND LANDMARKS

- **MNAC**: free entry accredited teachers or 12€ /pax
- **Sagrada Familia**: 17€/pax in advance
- **Palau Música Catalana**: 20 € /pax
- **Park Güell**: 10€/pax
- **Casa Batlló**: 25€/pax
- **Palau Güell**: 12€/pax
- **La Pedrera**: 25€ (audioguided)
- **Magic Fountain**: Thursday, Friday & Saturday 20:00 - 21.00 (20' /two turns)
- **Catalonia History Museum**: 8€/pax
- **Aquarium Barcelona**: 21€/pax

HOTEL NEARBY RESTAURANTS

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- **Aitor** - Vasque Pintxos Tavern- Sardenya street, 324
- **La Trocadero** - Fast Food Vegan- Marina street, 269
- **La Sagrada Cerveceria** - Craft beers and Mediterranean food - Sagrada Familia square, 16
- **Buenas Migas** - Mediterranean food - Sagrada Familia square, 17

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- **Los Bellota** - Jamón, tapas and beer: Marina street, 298
- **La Paradeta de la Sagrada Familia** - Seafood- Simó Passage, 18
- **Singular** - Brunch & Dinner - Sardenya street, 321
- **Enrique Tomás** - Jamón tapas and sandwiches - Marina street, 261

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- **La Bodega del Poblet** - Catalan tapas - Sardenya, 302

