



CASTrips

Creativity Activity Service

Barcelona

www.CASTrips.org

Creativity, Activity & Service

5 Day Barcelona Itinerary

Please note this is a provisional program and all activities are subject to change

Day 1 – Arrival in Barcelona

Activity	Description
Arrival and Transport to Accommodation	A dedicated local CAS Trips leader will greet the group at the airport before traveling to the accommodation.
Check-in and relax	Check-in, relax, and freshen up following the long journey.
Walking Tour & Catalan Independence	The group's CAS Trip Leader takes the students on a tour of Catalonian space and time, from the famous Ramblas through the multicultural Gothic neighborhood and the spectacular Plaça Catalunya. Expect to experience the charms and struggles of beautiful Barcelona.
Evening Meal	Enjoy delicious Spanish cuisine as a group.

Day 2 – Creativity, Activity

Activity	Description
Sustainable Design Challenge	In teams of 3-5, students are tasked to get creative by investigating and planning a Sustainable Design project that would help to continue the regeneration process in the El Poble Sec area of Montjuic – the one time centre piece of the Olympic Games. In this collaborative challenge, students must interview members of the community to help determine their needs, and design a public space that would help alleviate that need.
Lunch	Enjoy lunch as a group.

Tapas and Paella Cooking Experience

Get ready to throw on that chef apron and cook up a Spanish feast in the kitchen! Students learn how to cook two staple dishes of local cuisine - Paella and Tapas - during this hands-on experience.

Self-made Meal

Come together as a group to indulge in the dinner creations.

Day 3 – Creativity, Service

Activity	Description
Service Challenge: Alella Green Tech	In this challenge the group teams up with a local charity partner to learn how sustainable farms of the future can work. They will first tour the premises of this picturesque park and then get their hands dirty alongside local volunteers.
Lunch	Enjoy a delicious lunch after the Service Challenge.
Parc Guell	Few artists have left their unmistakable stamp on a city like Gaudi did to his beloved Barcelona. Parc Guell is a fascinating and at times surreal park filled with sculptures and passageways where students dive into explore this beautiful manifestation of this iconic artist's imagination.
Evening Meal	Tonight, we switch it up by trading Spanish cuisine for Asian food for dinner.

Day 4 – Activity, Creativity & Service

Activity	Description
Service Challenge: Beach Clean up	In this activity students learn about beach waste and collaborate with a local NGO to volunteer their time as they help the organization to collect garbage from one of Barcelona's most visited beaches
Lunch	Enjoy a packed lunch on the beach.

Trencadís Workshop

Embark upon a journey in the footsteps of Antonio Gaudí and create a mosaic of your own in this creative workshop. Trencadís is the art of mosaic that the famous Catalan architect was famous for.

In this unique workshop, students discover the secrets of Gaudí's creations before trying to replicate them and create their own mosaic.

Evening Meal

Enjoy Peruvian cuisine at a local restaurant.

Reflection Workshop

Under the guidance of our CAS Trips Leaders, students participate in an in-depth reflection session that reviews the experiences and challenges of the trip and inspire students to develop their reflection-building skills that will be beneficial for the rest of their studies.

Day 5 – Departure

Activity	Description
CAS Project Challenge	After an introduction to the UN's Sustainable Development Goals and their future targets, participants receive the tools and framework to plan, organize and engage in a long-term collaborative team CAS Project that will have a positive impact on your own community back home.
Souvenir Shopping	A chance for students to enjoy the incredible shopping opportunities and take home some souvenirs of their trip to this enchanting city.
Check-Out & Departure	Departing from the accommodation, the group will board the transportation in time for departure.



CAS Trips

Sustainable, Responsible Travel

From striving to become carbon neutral, to preserving local cultures and supporting local economies, we take sustainability seriously. You can read how we challenge ourselves to take responsibility [HERE](#)

In 2021, CAS Trips declared a climate emergency and became a signatory of the [Glasgow Declaration for Climate Action](#).

Carbon Removal through every CAS Trip

CAS Trips calculates each destination's average carbon footprint using the CARMACAL emissions calculator. As a member of Tomorrow's Air, CAS Trips contributes \$20 for each participant towards the removal and permanent storage of 14kg of carbon. Tomorrow's Air is uniting travelers to support pioneering companies whose nature-tech solutions will help permanently reverse warming [through carbon removal](#).

Read more about the incredible work you will be supporting [HERE](#)

Safety & well-being

- ✓ Conducting and providing detailed risk assessments
- ✓ Overseeing all tours by our trained, professional trip leaders at all times
- ✓ Ensuring a minimum of 1:20 CAS staff-student ratio
- ✓ Offering 24/7 online support via email ahead of a trip
- ✓ Recording the highest safety and security standards for all third-party bus and rail companies
- ✓ Supplying parents with a full day-by-day trip itinerary including all transport details and 24-hour contact numbers
- ✓ Expecting all participants to maintain adequate travel insurance
- ✓ Complying with all local government requirements in regards to COVID-19
- ✓ All CAS Trips staff are trained in First-Aid and COVID-19 awareness and management



Glasgow Declaration
Climate Action in Tourism



Have questions or need further information?

Get in touch: info@castrips.org or +420 255 71 26 52

