



Study Trip Barcelona

Data / Dates:

21/03/2026 - 27/03/2026

A.A / A.Y:

2025/2026

Tutor:

Saturday, March 21, 2026

11:15

Meeting at Bra Train Station

11:31

Departure from Bra train station. Transfer by train to Torino Caselle airport

13:45

Arrival at Torino Caselle airport

16:50

Departure to Barcelona on Ryanair flight FR775

18:30

Arrival to El Prat airport (Barcelona)

19:00

Travel by Metro to the hostel Casa Gracia in Barcelona

19:45

Check in at Casa Gracia Hostel

<https://room00hostel.com/barcelona/>

20:15

Meeting point at the lobby of Casa Gracia Hostel and taking the metro transport going for dinner at Gatblau Restaurant

20:45

Vegetable, Creative and Catalan kitchen of the 100% agroecology based restaurant committed to a sustainable and healthy dining.

<https://www.gatblaurestaurant.com/es/>

22:30

We will take the Metro transport to go back to the Hotel

Sunday, March 22, 2026

8:00

Breakfast at Casa Gracia

10:00

We will take the train from Passeig de Gracia station to Sitges city, a traditional mediterranean village facing the to the sea.

<https://www.sitgesanytime.com/en/sitgesanytime>

10:40

Arrival at Sitges and walking to the Interpretation Center and Museum of the Malvasia wine

11:00

Visit the Museum and Center of the traditional Malvasia of Sitges wine, one of the Slow Food Presidium of Catalunya

<https://cellerdelhospital.cat/en/interpretation-center-malvasia/>

<https://www.fondazione Slow Food.com/it/presidi-slow-food/malvasia-di-sitges/>

12:00

Wine tasting and appetizers in the backyards of the Malvasia Center conducted by a mindfulness instructor.

We will be guided by a winefulness and food appreciation experience by Edgar Tarrès Falcò, professor of wellbeing and happiness at the Girona University

<https://www.edgartarres.com/en/>

13:30

Walking guided tour through Sitges historical center, to better understand the mediterranean historical food systems

15:00

Free time and free meal included in Sitges

17:00

Meeting at the Sitges train station to take the train back to Casa Gracia Hostel

20:15

Trip by Metro to the dinner to Hidden Factory in Raval Area

20:30

Conceptual dinner in a renovated ex-factory flat called Hidden Factory by Chef Xavier Moron. HF is a creative studio specialized in gastronomy and design, photography and art direction, located in the Raval area, the artistic, eclectic and vibrant neighborhood of Barcelona.

(<https://hiddenfactorybarcelona.com>)

23:00

We will take the Metro transport to go back to the Hotel

Monday, March 23, 2026

8:00

Breakfast at Casa Gracia

10:15

Meeting at the Casa Gracia lobby and travel by metro to Poblenou area to visit Abono Km0 project

11:00

Visit to AbonoKm0, a social innovation project that created a urban composting network in order to transform food waste into a high value product as benefit to the ground, consumers and local food system.

(<https://abonokm0.com>) (<https://giveth.io/project/abonokm0>)

13:00

Lunch at Aguaribay restaurant (15 min walk from AbonoKm0)

(<https://aguaribay-bcn.com/en/>)

15:15

Departing by foot to Elsa Yranzo Creative Food Studio Bcn (10 min walk from restaurant)

Elsa Yranzo is a designer and art director and curator. She produces contemporary projects destined to re-think the link between food and people through design, art, innovation and beauty. In 2023 she received the FOODA award as best professional food design. Co author of the book "Food design. La guía del diseñoalimentario). Currently she coordinates the Master in Food Design at the Basque Culinary Center.

(<https://elsayranzo.com>)

18:30

Back to Casa Gracia Hostel

20:15

Trip by Metro to diner place at Pirineu in Boca restaurant

20:30

Dinner at Pirineu in Boca, a restaurant dedicated to the Pyrenees region small producers and traditional gastronomy

<https://pirineuenboca.es>

22.30

Back to Casa Gracia Hostel

Tuesday, March 24, 2026

8:00

Breakfast at Casa Gracia

10:00

Trip by Metro to the Fira Barcelona where the Alimentaria Fair will be held

11:00

Visit to Alimentaria Fair and Exhibition 2026. Free lunch included

<https://www.alimentaria.com/en/>

17:30

Meeting point at Alimentaria Fair and back to Casa Gracia Hostel

20:00

Trip by Metro to dinner at Casa Bonay

20:30

Dinner at Bodega Bonay which is Giacomo Hassan's restaurant, UNISG alumnus

Bodega Bonay It's an elegant bistro located in Barcelona's Eixample district, with a creative Mediterranean cuisine made with seasonal and locally sourced ingredients)

<https://casabonay.com/dining-drinks/bodega-bonay/>

22.30

Back to Casa Gracia Hostel

Wednesday, March 25, 2026

8:30

Breakfast at Casa Gracia

10:00

Taking the Metro to Sant Antoni area

10:30

Visit the headquarters of Justicia Alimentaria, a non-governmental organization (ONGD) dedicated to promoting food sovereignty, sustainable agriculture, and fair food systems and fighting against the negative impacts of the industrial food system through research, lobbying, education, and public campaigns.

<https://justicialimentaria.org>

13:15

Lunch at Mescladís Montjuïc

Fundació Mescladís, which translates directly as "Mixture Foundation," developed as a culinary training program destined to integrate migrants and Spanish youth who struggle to find employment.

Restaurant Mescladís Montjuïc is part of the social business of the foundation where all food is organic and fair trade.

<https://mescladis.org/en/restaurants/lliure-montjuic/>

15:00

End of didactic activity of the day

Free afternoon & evening. Free dinner

Thursday, March 26, 2026

7:00

Take away breakfast box by Casa Gracia breakfast

7:45

Depart by private minibus to Girona province

9:30

Arrival to Plat Institute farm lab

Plat Institute works together with multidisciplinary professionals and specialize in emerging disciplines of food, such as: food design, food tech, social food, sustainability and circularity, developing studies and research papers that serves as guidelines for innovation, product development, and ecological transition.

<https://platinstitute.com>

10:00

Workshop with Plat Institute team

Based on the Innovation Strategic Thinking method we will question the Status Quo of the food systems and propose new solutions to balance technology to humanism.

13:30

Lunch at Plat Institute farm

15:00

Depart by private bus to Girona city

15:30

Free time on the Girona historical center

17:30

Depart to Barcelona

20:15

Taking the Metro to diner place at Rasoterra restaurant

Right in the heart of Barrio Gótico, Rasoterra is a vegan slow food & natural wines restaurant with a long time love story to tell through their kitchen!

<https://www.rasoterra.cat>

22:30

Back to Casa Gracia Hotel

Friday, March 27, 2026

8:00

Breakfast at Casa Gracia

10:00

Check out from Casa Gracia and taking the metro to Food Cultura Foundation

10.30

Visit to Food Cultura archives and the art works exhibition of the Catalan artist Antoni Miralda

<http://www.foodcultura.org/en/>

<https://stomakdigital.org>

12:00

Taking the Metro to Mercat de Sant Josep (Boqueria Market)

<https://www.boqueria.barcelona/home>

12:30

Free walk and street food tastings for lunch

15:30

Meeting point at the Boquería market and taking the Metro to Casa Gracia to pick up our bags

16:15

Taking the metro to the Barcelona El Plat airport

17:00

Drop off our luggage at the Ryanair counter & free diner included

19:25

Take off of our flight Ryanair FR9111

21:05

Landing to Torino Caselle airport & pick up our bags

21:30

Transfer to Bra by a private mini bus

22:30

Arrival to Bra Movicentro

End of study trip