



Viaggio Didattico Portogallo Portugal Study Trip

Data / Dates:

25/03/2025 - 31/03/2025

A.A / A.Y:

2024/2025

Tutor:

Beschorner Sanderson

TUESDAY, MARCH 25TH, 2025

06:30

Departure from Bra Movicentro by bus

09:30 (Approx.)

Arrival at Bergamo Orio al Serio Airport

Lunch at the airport – free meal

12:25

Departure from Bergamo Orio al Serio (BGY) Airport – Flight Ryanair FR4042

14:10

Arrival at Porto (OPO)

Transfer by metro from the airport to the Moov Hotel

15:00

Arrival at the Moov Hotel - Praça da Batalha, 32 - 4000-101, Porto, Portugal

Moov Hotel Porto Centro - <https://hotelmoov.com/hotels/moov-hotel-porto-centro/>

16:45

Departure to meet Liliana Alves – Owner of Época Café – walking food/history tour in the city center.

Época Café Porto - <https://www.instagram.com/epocaporto/>

18:30

Arrival at Época Café by foot, and take some time to sit down and explore what we just saw.

19:00

Dinner at Época Café

20:30

Walk back to the hotel and end of the day.

WEDNESDAY, MARCH 26TH, 2025

Breakfast at Moov Hotel

08:15

Departure by bus for Aldeia do Sistelo

10:00

Meet a local producer of presidium slow food – Broa de Milho de Arcos de Valdevez (Corn bread)

Workshop and picnic there

Broa de Milho - <https://www.fondazione Slow Food.com/en/ark-of-taste-slow-food/broa-de-milho-2/>

14:30

Departure by bus to the wine producer

15:00

Visit Quinta do Cerqueiral – Wine producer

Quinta do Cerqueiral - <https://cerqueiral.pt/sobre-nos/>

17:00

Departure by bus to Moov Hotel – Porto

18:30

Arrival at the hotel

19:30

Departure to Oficina Restaurant – By Chef Marco Gomes

Oficina Porto - <https://www.oficinaporto.com/en/about>

22:00

Walk back to our hotel

22:30

End of the day

THURSDAY, MARCH 27TH, 2025

Breakfast at Moov Hotel

Check-out and collect luggage

09:50

Departure by bus

10:15

Visit to Port Wine Producer – Traditional well-known product from Portugal.

Pocas Port Wine - <https://pocas.pt/en/about/>

12:30

Departure by bus to Lume – Organic and Artisanal Bakery and Bistro

Lume Bistro - https://www.instagram.com/lume_bio/

13:15

Lunch at Lume Bistro

15:00

Departure by bus to Cascais

18:15

Arrival at the hostel, check-in at Ljmonade Hostel

Ljmonade Hostel - <https://www.ljmonade.com/>

19:45

Meet in the lobby and walk to dinner

20:00

Dinner at Beira Mar Restaurant

Beira Mar Restaurant - <http://www.restaurantebeiramar.pt/quem-somos.html>

Focus will be on Bacalhau(salted cod), with Mr. Paulo Mendonça talking about this very traditional and historical product in Portuguese cuisine.

22:30

Walk back to the hotel and end of activities.

FRIDAY, MARCH 28TH, 2025

Free Breakfast

09:30

Departure to Quinta do Pisão

Quinta do Pisão - <https://ambiente.cascais.pt/pt/quinta-do-pisao/gestao-do-habitat>

10:00

Foraging experience at Quinta do Pisão – guided by Cláudia Silva Mataloto – She is the co-author of the book: "Recipes of Kings and Fishermen", and the book "From Nature to the Table".

Cláudia Silva Mataloto - <https://www.linkedin.com/in/cl%C3%A1udia-silva-mataloto-535b3359/?originalSubdomain=pt>

11:40

Departure to Wissi Atlantic Vegetables

12:00

Arrival at Wissi – pioneer in the natural harvesting of seaweed with the mission of introducing these marine vegetables into the daily diet of the Portuguese.

Wissi - <https://wissi.pt/en/about-us/>

13:00

Departure to ESHTe – Estoril - <https://www.eshte.pt/en/articles/2nd-cycle-degrees-masters/>

13:20

Lunch on the campus

14:30

Talk on “Portuguese Gastronomy in the World” by Maria José Pires (ESHTE).

16:45

Departure to Évora

18:30

Arrival and check-in at Holiday Inn

Holiday Inn Évora - <https://www.ihg.com/holidayinnexpress/hotels/gb/en/evora/lisev/hoteldetail>

End of activities and free dinner

SATURDAY, MARCH 29TH, 2025

Breakfast at the hotel

09:00

Departure by bus to Herdade do Esporão

Herdade do Esporão - <https://esporao.com/en/origins/alentejo>

10:00

Visit to Olive Oil Production

Esporão Olive Oil - <https://esporao.com/en/olive-oil?origin=alentejo>

11:00

Guided tour of the cellars and wine caves

Esporão Wine - <https://esporao.com/en/wine?origin=alentejo&brand=herdade-do-esporao>

13:00

Lunch at the Wine Bar - <https://esporao.com/en/tourism/lunch-at-the-wine-bar>

Esporão Wine Bar

Esporão Instagram - <https://www.instagram.com/esporaoworld/>

16:00

Departure to our Hotel in Évora

17:00

Arrive in Évora and free time until 19:30 (T.B.C.)

19:45

Meeting in the lobby and walk together to the restaurant

20:00

Dinner at Bruxa d'Évora

Bruxa d'Évora - <https://www.abruxadeevora.pt/>

22:30

Walk back to the hotel and end of activities

SUNDAY, MARCH 30TH, 2025

Breakfast at the hotel

Check-out

09:00

Departure by bus

09:30

Visit to Herdade São Luís – Regenerative agroecological farming with Francisco Alves

Herdade São Luís - <https://www.orgo.eco/>

Herdade São Luís Instagram - https://www.instagram.com/herdadesluis_porcusnatura/?hl=pt

12:30

Departure by bus to local restaurant

13:00

Arrival at Restaurante Manuel Azinheirinha

Restaurante Manuel Azinheirinha - <https://www.visitalentejo.pt/pt/catalogo/onde-comer/restaurante-manuel-azinheirinha/>

15:00

Departure by bus to Lisbon

17:00

Arrive at WOT Lisbon Nomad Hostel - <https://www.wotels.com/lisbon/wot-lisbon-nomad/>

Check-in – End of activities
Free dinner

MONDAY, MARCH 31ST, 2025

Breakfast at the hotel and free time until 11:00.

11:00

Departure by metro, all together

14:10

Departure – Flight EasyJet EJU 1994 from Lisbon (LIS)

18:00

Arrival at Milan Linate (LIN)

21:00

ETA in Bra

End of the trip