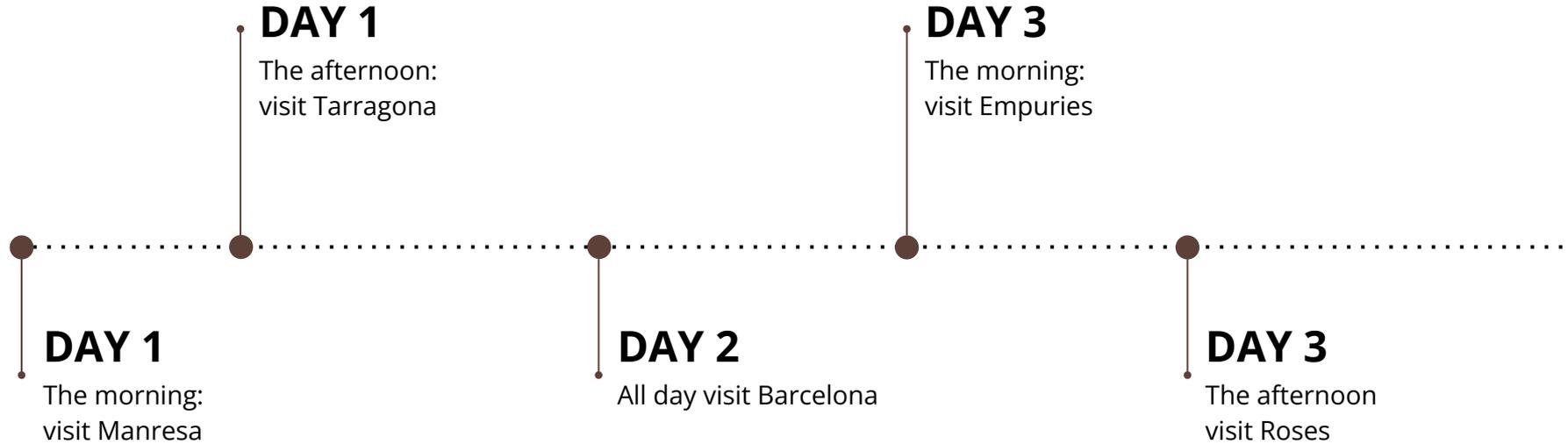


PROGRAM





Manresa

HISTORY: Manresa House of Retreats was founded by the Jesuit religious order on the banks of the Mississippi River, midway between Baton Rouge and New Orleans, in Convent, Louisiana. The 130-acre campus hosts three-day preached retreats for men, made in silence, based on the Spiritual Exercises of Saint Ignatius Loyola.



PLACES TO VISIT □

-Basilica Santa Maria De La Seu: The church of Santa Maria is documented from the year 890. Today only scanty remains are preserved of this Romanesque structure, and of its pre-Romanesque forerunner, including columns in the gallery (11th century), featuring columns with capitals having vegetable and geometrical motifs, and a 12th-century portal.

-Santa Maria de Montserrat Abbey: A Benedictine abbey perched on the craggy rock face of Montserrat mountain, Santa Maria de Montserrat Abbey serves as one of Catalonia's most important spiritual sites.

TARRAGONA

HISTORY: Tarragona is a port city in the region of Catalonia in northeastern Spain. Once called Tarraco, the city still retains numerous ruins from its past as a Roman colony. The Amfiteatre Romà is a 2nd century arena overlooking the Mediterranean, while the Necropolis houses several Roman tombs. Some traces of the Forum can be seen in the streets of the old city, surrounded by walls.



PLACES TO VISIT □

□- Les Ferreres Aqueduct: Five minutes north of Tarragona, bridging a pine-wooded valley, is a 250-metre section of an aqueduct that channelled water from the Francolí River to Ancient Tarraco.

-Tarragona Amphitheatre: It was built in the late-100s and could hold 15,000 spectators, who would have showed up for some pretty grisly exhibitions like the burning of the city's early Christian bishop Fructoso during the rule of the 3rd-century Emperor Valeriano.

-Tarragona Cathedral: One of the great things about Tarragona's romanesque and gothic cathedral is the way it sneaks up on you. There has been some sort of temple here since Roman times, through the Visigothic and Moorish periods to the 12th century when the cathedral was constructed.

BARCELONA

HISTORY: Barcelona is a city on the coast of northeastern Spain. It is the capital and largest city of the autonomous community of Catalonia, as well as the second most populous municipality of Spain. Barcelona is a major cultural, economic, and financial centre in southwestern Europe, as well as the main biotech hub in Spain. As a leading world city, Barcelona's influence in global socio-economic affairs qualifies it for global city status.



PLACES TO VISIT IN BARCELONA

One of the most popular attractions in Spain is the Sagrada Família – a Catholic basilica designed by Catalan architect Antoni Gaudí, who was famous for championing the architectural style known as Catalan Modernism. It has been under construction for over 100 years and isn't expected to be completed until 2026.

2. A 19th-century music hall, the Palau de la Música Catalana is the work of another great Catalan architect, Lluís Domènech i Montaner, who is also renowned for his contributions to Catalan Modernism. The palace's exterior boasts ornate columns and mosaic work, while on the inside, a stained-glass ceiling dominates the auditorium.

3. Designed by Modernist architect Josep Vilaseca i Casanovas, the Arc de Triomf is Barcelona's answer to the eponymous triumphal arch in Paris. It is a main artery of the city and the site of numerous cultural fairs, including markets and parades celebrating Chinese, Thai and Bolivian heritage, just to name a few.

4. The Port Vell Aerial Tramway is, as its name suggests, a large air-borne cabin that transports people from the Port Vell harbour to the slopes of Montjuïc. It first opened in 1931, at which time it went to the top of Montjuïc. However, after falling into disrepair after the Spanish Civil War, it was later re-opened in its new form and has become a popular attraction offering great views of the city.

5. Located just off the Via Laietana in the neighbourhood of El Born, the church of Santa Maria del Mar is a Catalan Gothic basilica that has existed in some form since at least the 10th century. Among residents, it is sometimes referred to as 'the church of the poor' or 'the church of the common man', in contrast with the aforementioned cathedral, which was attended by the city's wealthier citizens.

EMPURIES

HISTORY: Empuries was established by settlers from Massalia (Marseilles) in the 6th century BCE who founded the port of Palaeopolis on an island at the mouth of the Fluvia River. The settlers prospered through trade and then spread to the Greek town known as Neapolis near the coast which covers about 4 hectares.

PLACES TO VISIT: As places to visit we have : Castellò D'Empuries. The historic center of the village, It seems to be in a village in Tuscany. Then there is the Castellò del cemento, that of the largest residential marina in the world. Then we have Empuriabrava, a not bad urban structure; to look at it well also has something fascinating. Then there is the Castellò della Riserva del Parc Natural dels Aiguamolls de l'Empordà



ROSES

HISTORY: The origins of Roses are disputed. According to classical sources holds it was founded in the 8th century BC by Greek colonists from Rhodes. It seems more probable that it was founded in the 5th century BC by Greeks from Massalia (Marseilles), perhaps with an admixture of colonists from neighbouring Emporion (today's Empúries).



PLACES TO VISIT:

Ciutadella de Roses: is a ruined fortification in the municipality of Roses. There are various buildings in its surrounds, such as the Castell de la Trinitat, as well as the monastery Santa Maria de Roses, the country's earliest known example of the Lombard architectural style. Construction of the present citadel was ordered by Charles V, Holy Roman Emperor in 1543 at the same time as Castell de la Trinitat to protect it from pirate attacks and from the French.

Aquabava: a fantastic aquatic park to have fun
Cala Montjoi: A beautiful rocky beach with a clean and beautiful water

THE END

THANK YOU FOR YOUR ATTENTION
