



**STUDY
ABROAD
ASSOCIATION**



**Northwestern
Michigan
College**



FRANCE & SPAIN

Focus: Culinary
Length: 12 Days
Dates: May 12 - 23, 2025



YOUR PROGRAM ITINERARY

DAY 1 - DEPARTURE - Monday, May 12

Depart Home for Bordeaux, France

DAY 2 - BORDEAUX - Tuesday, May 13

Arrive in Bordeaux, France

Airport Transfer & Check in at the Hotel

Orientation Walking Tour - *The group will become oriented with their neighborhood, the public transportation systems, nearby pharmacies, markets, ATMs, etc. Additionally, an in-depth safety briefing will be provided for what to do in case of an emergency.*

Welcome Dinner - *The group will be taken for an authentic dinner with a wide variety of menu options to cater all diets.*

DAY 3 - BORDEAUX - Wednesday, May 14

Breakfast & Day Briefing

Chocolate and Pastries Workshop (*approx 2h*)-

Discover local amazing French boulangeries Taste delicious French pastries, enjoy local Bordeaux chocolates, taste local Bordeaux pastries

Lunch Break (*Not included*)

Cité du Vin Tasting & Workshop - *Embark on an audio-guided interactive and sensory experience for a comprehensive journey through the history of wine production. At the end of the tour, you'll taste different wines from around the world. La Cité du Vin is the only cultural center in the world offering this approach to wine to a wide audience. The Permanent exhibition of the Cité du Vin invites people on a journey around the world of wine and the vine, from Antiquity to the present day and over five continents. Come and discover how this universal heritage has inspired people and shaped both their life and their territory for millennia. 3000 m² await you for interactive, individual and collective, educational, immersive, dreamlike, multisensory experiences*

DAY 4 - BORDEAUX - Thursday, May 15

Breakfast & Day Briefing

Day trip to Saint Emilion (*Approx 1 hour*)-*The town and surrounding vineyards was made a UNESCO World Heritage Site in 1999, owing to its long, living history of wine-making, Romanesque churches and ruins stretching all along steep and narrow streets.*

Lunch Break (*Not Included*)

Chateau Cantenac Visit & Tasting - *The Roskam-Brunot family expresses the best of its "savoir-faire" in each of its bottles, and offers wines celebrating the identity of their terroirs. As such, they practice a sustainable viticulture which allows to keep a healthy and balanced vineyard thanks to an independent adviser. Also, an evolution of the methods took place during the last decade in the continuity of the traditions for obtaining the best quality.*

Return to Bordeaux

DAY 5 - BORDEAUX/SAN SEBASTIAN - Friday, May 16

Breakfast & Day Briefing

Transfer to San Sebastian by Train (*approx 3,30hrs*)

Check in at the Hotel & Refresh

Free Afternoon to explore the City





YOUR PROGRAM ITINERARY

DAY 6 - SAN SEBASTIAN - Saturday, May 17

Breakfast & Day Briefing

Mercado de la Bretxa Visit- *One of the most emblematic features of San Sebastián's old town. The name of the market stems from local history. Back in the 18th and early 19th centuries, invading troops gained access to the city through a breach ('bretxa' in Basque) in the walls where the market now stands.*

Transfer to Cider House, Tour, Tasting & Lunch (Included)- *You will Tour the facilities of the Basque cider house. We'll see the apple orchards, the cellars, the production process, and the history that links cider with the Basque Country.*

Structured Free Time & Cultural Immersion

Return To San Sebastian

DAY 7 - SAN SEBASTIAN - Sunday, May 18

Breakfast & Day Briefing

Transfer to Larrabetzu (*approx 2,30 hrs*)

Txakoli Visit & Tasting in Gorka Izagirre - *Txakoli is a mild and lightly sparkling wine that is closely connected with the region. Visiting the areas where the grapes are grown, tasting its acidic, refreshing flavour and accompanying it with the magnificent local cuisine while surrounded by the intense green of the Basque Country is a feast for the senses.*

Lunch at Michelin Restaurant ENEKO - *The Chef Eneko Atxa returns to his origins with the Sutan Menu. An open menu with dishes thought to be cooked in front of the client. All of them are full of flavour, technique and tradition, and cooked with products from the surroundings. In this building, located in the outskirts of Larrabetzu, Azurmendi was born in 2005. After winning his 2 first Michelin Stars in 2012, he moved to the top of the hill, where he built an innovative ethic and sustainable building. Today, the Chef has come back to his 'first house' to talk about his roots, his culture and his traditions and of the Basque producers and his job. This is the ENEKO Restaurant, which enjoys 1 Michelin Star. It. In this restaurant they cook in front of the client, who will have the opportunity to see how the chef works and help him in some preparation.*

Structured Free Time & Cultural Immersion

DAY 8 - SAN SEBASTIAN/BARCELONA - Monday, May 19

Breakfast & Day Briefing

Transfer to Barcelona by Train (*approx 6 hrs*)

Check-in at the Hotel & Refresh

Barcelona Historical Walking Tour - *The group will visit the Gothic quarter of Barcelona which is the oldest part of town to see the Rambla Boulevard, the Roman Necropolis, Cathedral of Santa Eulalia, Plaza del Rei, Jewish quarter, Plaza de Sant Jaume, Plaza Reial and the Boquería market.*





YOUR PROGRAM ITINERARY

DAY 9 - BARCELONA - Tuesday, May 20

Breakfast & Day Briefing

Transfer to Countryside

Farm to Table Experience & Lunch *(Included)* -

This is an authentic experience where you will learn to prepare a combination of 2 tapas dishes for starters, 1 main dish, and 1 dessert. Using healthy, traditional family recipes and local, seasonal and organic ingredients, you'll discover the real Barcelona cuisine, as well as a range of cooking tips.

Return to Barcelona

Free Afternoon to enjoy the City

DAY 10 - BARCELONA-Wednesday, May 21

Breakfast & Day Briefing

Free Morning to explore

Lunch Break *(Not Included)*

CIB - Culinary Institute of Barcelona -

Introduction - *The Culinary Institute of Barcelona is an institution that embodies the core values of excellence, innovation and commitment to collective well-being. In this place of learning, a culture of inspirational leadership and visionary thinking is fostered, where students become agents of change and actively contribute to building a better world.*

3:00 - 3:30 pm - Welcome & Presentation of the Activities

3:30 - 6:00 pm - Creativity Workshop

Seminar - *In this Workshop our Creativity teacher will offer a short session about creativity and innovation and it will allow you to identify and enhance your creative skills..Stimulate Creativity: This intense session will allow students to fully immerse themselves in the creative process and help them integrate the creative lateral thinking in the kitchen. It is a different way of understanding culinary learning, based on Design Thinking, and one of the most characteristic pillars of the CIB methodology.*

6:00- 7:30 pm- **Challenge Solving**-*The students will have to overcome a challenge that will force themselves to know their limits and those of their team, to investigate your environment, and to present solutions using all the acquired knowledge, their skills and your best attitudes. By doing the challenges in a team, collaborative work and communication skills are fostered among your classmates. This replicates the environment of a professional kitchen, where effective collaboration is key.assessment: The challenge-based assessment approach provides you with an exciting and motivating assessment experience.*





YOUR PROGRAM ITINERARY

DAY 11 - BARCELONA - Thursday, May 22

Breakfast & Day Briefing

9:00 am - 1:00 pm - Demonstrative Session

about Catalan or Spanish Cuisine - *This session will take place in one of our amphitheater classrooms, where one of our expert chefs will conduct a demonstrative master class of Catalan or Spanish cuisine. In this master class, students will be able to watch the session and view close-ups of the execution thanks to the monitors in the room.*

1:30 - 2:30 pm Lunch Break (Included)

3:00 - 7:00 pm - Practical session

Catalan/Spanish Cuisine - *The school presumes not to teach recipes, but to develop creativity and innovation from the kitchen. That is why, in the afternoon, students will enter the kitchens of the Culinary Institute of Barcelona where they will put into practice what they have seen and learned in the Demonstrative session, giving free rein to their creativity, to train and develop in the world of Catalan and Spanish cuisine.*

Farewell Dinner & Program Closing

DAY 12 - DEPARTURE - Friday, May 23

Breakfast & Day Briefing

Airport Transfer

Depart Barcelona, Spain for Home



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PROGRAM HIGHLIGHTS

- Historical and Cultural Walking Tour of Bordeaux
- Cité du Vin & workshop
- Day trip to Saint Emilion & Chateau Cantenac visit
- Fish Market Visit
- Cider House Visit & Lunch
- Txakoli Winery Visit & Tasting
- Michelin restaurant ENEKO
- Farm To Table Experience & Lunch
- Barcelona Historical & Cultural Walking Tour
- Two Intense days in CIB Culinary School

PROGRAM INCLUDES

- 10 Nights of Accommodation
 - 2-4 people per room for participants, each with their own bed and ensuite bathroom
 - Single for faculty/program leader with ensuite bathroom
 - Free wifi and daily continental breakfast
- All Ground Transportation
- Welcome & Farewell Dinners and meals where indicated
- Historical & Cultural Walking Tours
- Full Time On Site Program Director Available 24/7 in case of Emergencies
- 24/7 On-Ground Emergency Support
- SAA's Mandatory [Health Insurance](#)* (see next page)
- SAA's \$5m Liability Insurance (COI available upon request)
- Tips & Gratuities

NOT INCLUDED

- International Airfare
- Meals Not Specified
- Passport and Visa Fees (if applicable)
- Single Room Upgrade Costs for Participants
- Classroom/Meeting Space
- Optional Activities and Suggestions
- [Optional Travelers Insurance and/or CFAR/IFAR](#)
- Personal Expenses

ALL OF OUR PROGRAMS ARE 100% CUSTOMIZABLE

Is there an experience you'd like to provide the students that's not included in the itinerary?

Let's add it!

Are there sites that better fit your subject than the ones provided?

Let's swap them!

Tell us your dream itinerary and we'll work with you to make it a reality.



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