

BLENDED INTENSIVE PROGRAMME

BIP – Gastronomy as Cultural Heritage

April 16th and April 23rd to 28th

Polytechnic University of Tomar

Virtual part

Tuesday – 16-04-2024

14.30 – 16.00 – Introduction to the course program

Lecture – **Portugal gastronomic regions**

(zoom link sent by email)

Physical part

Tuesday – 23-04-2024

10:00 – Opening session – Auditorium 0106

10.30 - **Workshop – Show cooking** – (building F - garden)

15.00 – **Workshop Plant based** - (room O105)

Wednesday - 24-04-2024

10.00 – 12:00 - **Workshop Traditional confectionery** – (Tomar Municipal Market)

12:00 – 15:30 – Free Lunch

15:30 – 17:30 - **Workshop – Molecular gastronomy** – (rooms J190 and J188)

20:00 – **Medieval dinner** (30€ per participant - Praça da República – city center)

Thursday - 25-04-2024

Workshop Cultural visit

Visit to the Convent of Christ

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Friday – 26-04-2024

10.30—12.30 – **Workshop “Confraria do Chicharo”** (room O105)

12:00 – 15.00 – Free Lunch

15.00-17.00 – **Workshop – Wine tasting**

Van transport organized to and from the venue. Pick up point Polytechnic University of Tomar

Saturday - 27-04-2024

10.30—12.30 - **Workshop –Prehistoric cooking** - (building F - garden)

Sunday - 28-04-2024

Cultural Workshop - Visit to Rio Maior and Alvados

Bus transport organized to and from the venue. Pick up point Polytechnic University of Tomar

8.00 - Departure from Tomar

9.30 – 11.00 – **Visit to the Rio Maior Salt Flats**

11. 15 – 12. 30 – **Visit to “Cooperativa Terra Chã”**

12:30 – 14.30 –Lunch

14.30 - 15.30 – **Lunch Terra Chã Restaurant** – (25€ per participant)

15.30 – 16.30 - **Nature walk**

16.30- 18.00 – **Regional product tasting workshop**

18.00 – Return to Tomar city

18.00 – Closing session

Useful information:

How to how to get to Tomar

The nearest airport is Lisbon Airport.

You can reach Tomar by train, bus or car.

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At Lisbon Airport:

Located next to the Lisbon Airport building (arrivals area), the station "Aeroporto" belongs to the red line of the Metro.

If you want to travel by train to Tomar, from Lisbon Airport you have a direct connection to Oriente station. The "Gare do Oriente", also known as "Gare Intermodal de Lisboa", or "Railway Station of Lisbon – Oriente" is one of the most important rail and road interfaces of Lisbon.

If you want to travel to Tomar by bus, from Lisbon Airport there is a connection to the station of "Jardim Zoológico" (exit to the bus station "Sete Rios"). You should take the red line from Lisbon Airport to "São Sebastião" and in São Sebastião change to the blue line until the station "Jardim Zoológico".

To travel on the Lisbon underground, you need to acquire the "Viva viagem" card, which is available for purchase and recharge in the automatic vending machines and sale points. Always keep the recharge receipt of your title of transport and always carry it with you. You may need it in case of exchange or breakdown of the card.

For more details: <https://www.metrolisboa.pt/viajar/mapas-e-diagramas>

Download the application UnderLX: Metro de Lisboa on Google Play.

If you travel by bus from Lisbon to Tomar via "Sete Rios" station, you should check the Rede Expressos website for timetables and ticket booking: <https://rede-expressos.pt/pt/horarios-bilhetes>

At Oriente station, you can take a direct regional train to the city of Tomar. To check timetables and tickets here: <https://www.cp.pt/passageiros/pt>

From Porto Airport: direct connection from the airport to the Metro station. Take the metro to "Campanhã" station in the city of Porto. From "Campanhã" station, you can buy a train ticket to Tomar. You will need to change trains at "Entroncamento" station.

To check timetables and tickets here: <https://www.cp.pt/passageiros/pt>

To arrive by car from Lisbon:

Take the northern direction, by the A1 motorway (A1 NORTE). Take exit towards A23-N110-N243 towards Abrantes - Castelo Branco - Torres Novas - Tomar - Alcanena.

Follow the A23 and exit towards Tomar/Coimbra, via the A13. Then, you will have a first exit 17 to Tomar Sul (towards the city centre) and then a second exit (exit 18) to Tomar Este which gives direct access to the IPT campus.

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Arriving by car from Porto

Take the direction South, by the A1 motorway (A1 direction LISBOA). Take the exit towards A23-N110-N243 towards Abrantes - Castelo Branco - Torres Novas - Tomar - Alcanena.

Follow the A23 and take the exit towards Tomar/Coimbra, via the A13. Then, you will have a first exit 17 to Tomar Sul (towards the city centre) and then a second exit (exit 18) to Tomar Este which gives direct access to the IPT campus.

How to arrive our Campus?

Polytechnic University of Tomar

Venue: Instituto Politécnico de Tomar (IPT), Tomar, Portugal

Address: Quinta do Contador, Estrada da Serra

2300- 313 Tomar Portugal

GPS: 39°36'03.2"N 8°23'29.3"W

Institutional Website : [www. ipt.pt](http://www.ipt.pt)



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Venues to our BIP



P – IPT Cafeteria

F - Workshop show cooking; Workshop Prehistoric cooking.

O – Opening session; Workshop Plant based; Workshop “Confraria do Chicharo”

J – Workshop Molecular gastronomy

Other useful information

Taxi services:

Táxis “O Infante do Nabão” (+351): 917 307 258

TomarTaxi (+351) 912 114 585

Urban Bus schedules (Tomar): <http://www.cm-tomar.pt/index.php/pt/viver/transportes-urbanos>

CP National Train Services: <https://www.cp.pt/passageiros/pt/consultar-horarios>

National Express Bus Services: <https://rede-expressos.pt/pt>

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Contact information of the Portuguese Team

- Célio Marques | celiomarques@ipt.pt | (+351)919976463
- Rita Anastácio | proppresident@ipt.pt | (+351)917180608
- Rosa Nico | gri@ipt.pt | (+351)967114189