



9th Intergovernmental Meeting of the "Mediterranean Diet"

A.-All sessions will be at the headquarters of the Caja Rural of Soria Scientific Foundation (C/ San Juan, nº 1, very close to Alfonso VIII Hotel and in front of the Provincial Council). The chosen place of the meeting (Caja Rural of Soria Scientific Foundation) is a few meters from the Council of Soria.

B.-It's recommended to wear sports shoes during two days for afternoon activities.

C.-Accommodation will be at Alfonso VIII Hotel, in the center of the city.

D.-A translator will be available in English.

JUNE 2, 2019

Travel by **Transfer** from Madrid-Barajas Airport to Soria will be available. The departure is expected **around 19:00 pm**, in the afternoon on Sunday, June 2. Please, you are asked of **adjusting the schedules** of your flights with the Transfer.

Accommodation at the **Alfonso VIII Hotel**.

JUNE 3, 2019

8:00 am: Breakfast at the hotel

8:40 am: On the way to the headquarters we will visit some monuments and places of interest of the Mediterranean Diet (Garden of Seeds of the Mediterranean Diet).

9:00 am: Welcome ceremony and delivery of documentation

- First meeting of the Emblematic Communities of the Mediterranean Diet
- Presentation of the intergovernmental meeting: Ms. Elisa de Cabo de la Vega / Mr. Juan Manuel Ruiz Liso
- Delivery of the Terminological, Encyclopedic and Gastronomic Dictionary of the Mediterranean Diet

9:30 am

- Proposals and activities of Agros
- Proposals and activities of Chefchaouen
- Proposals and activities of Cilento
- Discussion

11:30 am: Coffee at the corner of San Juan, next to the Caja Rural of Soria Scientific Foundation

12:00 pm

- Proposals and activities of Hvär/Brack
- Proposals and activities of Koroni
- Proposals and activities of Tavira
- Proposals and activities of Soria
- Discussion

13:00 pm

Reception of the Mayor, Carlos Martínez Izquierdo, at the Council of Soria

13:30 pm

Lunch invitation from the Council. After lunch, return to the hotel and time to rest

17:00 pm

- Visit to Golmayo, city of the Mediterranean Diet, to inaugurate the streets and squares of Agros, Chefchaouen, Tavira, Cilento, Hvär/Brac and Koroni
- Visit to Dr. Ruiz Liso`s Edible Park
- Visit to the orchards of the Mediterranean Diet
- Visit to the cave paintings of Valonsadero Mountain

20:30 pm

Dinner at the “Casa del Guarda”, in Valonsadero Mountain. After dinner, return to the hotel

JUNE 4, 2019

8:00 am: Breakfast at the hotel

9:00 am: Intergovernmental Meeting of the representatives of Cyprus, Morocco, Italy, Greece, Croatia, Portugal and Spain. Contributions, new actions and discussions

Proposals of the Emblematic Community of Soria:

- Routes of the Mediterranean Diet of the Emblematic Communities of UNESCO
- The Mediterranean Diet and depopulation in our regions
- Certification of Mediterranean Diet products
- Restaurants of the Mediterranean Diet
- Creation of the Academy of the Mediterranean Diet. Each member defends a product of the Mediterranean Diet

11:30 am: Coffee at the Corner San Juan, next to the Caja Rural of Soria Scientific Foundation

12:00 pm: Closing ceremony of the conference

13:00 pm: Reception of the President of Provincial Government

13:30 pm: Lunch at the restaurant “La Chistera”. After lunch, return to the hotel and time to rest

16:00 pm:

- Visit to the hermitage of San Saturio, Douro River and City Walls
- Visit to the monastery of San Juan de Duero (Romanesque cloisters of the XII century)
- Visit to the Romanesque church of Santo Domingo (XIII century)
- Visit to the Municipal Fruit and Vegetable Market
- Visit to the Palace of the Counts of Gómara. Renaissance architecture and Legends of Bécquer
- Visit to the Romanesque Church of San Juan de Rabanera (XII century)
- Visit the historic center of the city and the Casino Machadiano

20:30 pm

- Closing dinner at the “Antonio Machado” Parador, offered by the President of the Provincial Government
- End of the meeting and return to the hotel

JUNE 5, 2019

- Breakfast
- Departure to destinations: Madrid / Adolfo Suárez Barajas Airport

