



Class XI International Seminar
Portugal/Morocco
June 3-18, 2022

Tour Operators

<p>Portugal Viajes Gamma Tours S.A. Anna Olive Pasaje Oliva, 9 1º-4 17310 Lloret De Mar (Girona) Spain +34-972-368-562 groups@gammatours.com https://gammatours.com/en/</p> <p>Tour Manager: Miguel Silva +351968628350</p>	<p>Morocco Sarah Tours, Inc. Hamid Mernissi 3 Immeuble Fahem Suite 5 Skhirate, Morocco Ph: 212-650-130-314 discover@sarahtours.com https://www.sarahtours.com</p> <p>Tour Manager: Said Mounim WhatsApp is 212 6 63 83 37 51</p>	<p>Canadian Tour Operator Frederick Travel Waterloo Scott Allen, CTC 1-572 Weber Street North, Waterloo, Ontario N2L 5C6 (519) 745 1860 ext 303 CELL - (519) 897 9673 Home- (519) 885 0497 gartrav@sympatico.ca</p>
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Embassy Information

<p>Portugal US Embassy Lisbon Avenida das Forças Armadas 1600-081 Lisboa Phone: 351-21-727-3300</p>	<p>Morocco Consulate General of the United States Casablanca 8, Bd Moulay Youssef Casablanca Phone:(212) 522-64-20-00 After-hours American citizen emergencies only: (212) 661-13-19-39</p>
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Travel Notes

1. **Meals-** Included Meals are indicated beside each date as: (B) = Breakfast; (L) = Lunch; (D) = Dinner. All other meals and snacks are at your own expense.
2. **U.S. Embassies-** Review travel advisories/requirements from the U.S. Embassies located in Portugal and Morocco.
 - a. <https://tinyurl.com/Embassy-Portugal>
 - b. <https://tinyurl.com/Embassy-Morocco>

3. **CDC Recommendations-** Review CDC recommendations for health/vaccine recommendations.
 - a. <https://tinyurl.com/CDC-Portugal>
 - b. <https://tinyurl.com/CDC-Morocco>
4. **Do Not Forget**
 - a. Your signed passport
 - b. COVID vaccination card
 - c. Negative COVID test
 - d. 2 rapid COVID tests (in case we need to test while abroad)
 - e. Your nametag
5. **Make copies** of your passport, covid vaccination card and insurance policy. Carry one copy in a separate place to the originals and leave a copy with someone at home.
6. **IATA Travel Pass:** you may be interested in this electronic covid pass. <https://www.iata.org/en/programs/passenger/travel-pass/> The government of Morocco recognizes this pass. However, keep a hard copy of the vaccination card with you.
7. **Negative COVID Test-** For entry into Portugal, everyone must have a negative Covid test. This cannot be a home rapid test but must be an observed test. Accepted options include:
 - a. PCR / NAAT test 72 hours before boarding *or*
 - b. *Rapid* Antigen / TRAg test 24 hours before boarding.
8. A **PCR test** for entry to Morocco will be collected in Portugal. PCR test price is approximately 85€ / \$90 per person.
9. **Before boarding Air Portugal** to Morocco, passengers must present a **Health Form.** Upon arrival in Morocco, we may be screened by rapid tests or random PCR tests. Within 48 hours of entering the country, we may be required to take an additional test at the hotel. If the tests are positive, other preventive measures will be implemented. You will utilize your travel insurance if you must isolate.
10. **Currently to return to the U.S.,** air travelers aged two and older, regardless of nationality or vaccination status, are required to show documentation of a negative viral test result taken within one day of the flight's departure to the United States before boarding. You must show your negative result to the airline before you board your flight. A PCR test will be arranged in Morocco. Test cost is the class member's responsibility. The PCR test price in Morocco is approximately 400 dirhams or \$110.
11. **Leave a copy** of your agenda at home. Highlight contact phone numbers.
12. **Schedules can change** as we travel. Pay attention to the tour guide and the daily coordinators for the most current times and meeting locations.
13. **Pre-select your airline seat/Check -In-** If you wish to check-in early and preselect your seat, you can use your Air Canada ticket number to check-in and preselect your seat 24 hours prior to departure.

NOTE: Gratuity Recommendations:

- Bus driver - \$2.50 per day per person (US or equivalent local currency EURO)
- Tour Guide - \$5.00 per day per person (US or equivalent local currency Diram)

Flight Summary

June 3	Depart	Orlando	11:30 am	AC 1637
	Arrive	Montreal	2:37 pm	
	Depart	Montreal	8:25 pm	AC 812
June 4	Arrive	Lisbon	8:10 am	
June 12	Depart	Lisbon	9:25 am	TP 1456
	Arrive	Marrakech	12:00 pm	
June 18	Depart	Casablanca	9:05 am	AC 73
	Arrive	Montreal	12:00 pm	
	Depart	Montreal	7:50 pm	AC 1638
	Arrive	Orlando	11:11 pm	

FRIDAY, JUNE 3, 2022

[-/-/-]

Chairpersons- Chiarelli/Vermillion/Watts

8:30 am Arrive at Orlando International Airport

11:30 am Depart ORL to Montreal

8:25 pm Depart Montreal to Lisbon

SATURDAY, JUNE 4, 2022

[-/ L /-]

Chairpersons- Kent/Williams/Barben

Hotel – Masa Almirante Hotel; Av. Alm. Reis 68, 1150-020 Lisboa | <https://www.masahotel.com/>

8:10 am Arrive Humberto Delgado Airport in Lisbon Portugal

8:45 am Transfer to hotel Lisbon, Masa Almirante Hotel;
Av. Alm. Reis 68, 1150-020 Lisboa

Morning Free time to Relax/Walk Around

Lunch TBA

13:30 Hotel Departure (Walking)

14:00- 18:00 Lisbon Roots, Food & Cultural Walk

Historical walking tour of Lisbon from the 12th century to current times, through two very ancient Lisbon neighborhoods – Baixa and Mouraria. We will be introduced to the city's history and experience the local vibe while tasting where and what locals enjoy every day. Six stops are included for you to be introduced to very local places and to enjoy the icons and staples of Portuguese food culture and its influences.

18:00- Lisbon free time/independent return to the hotel

Dinner on Your Own

SUNDAY, JUNE 5, 2022

[B/-/D]

Chairpersons- Myers/Blake/Bryson

Hotel –Masa Almirante Hotel; Av. Alm. Reis 68, 1150-020 Lisboa

Morning Breakfast

9:00 Depart for Sintra (bus)

10:00-11:30 Guided Visit to The National Palace of Pena

The colored tones of the palace, the pinnacle of Romanticism in Portugal and the eternal legacy of Ferdinand II, the King-Artist, opens the doors to the imagination of all those who cross its threshold, with the infinite shades of green painting the surrounding park establishing an idyllic scenario, frequently hidden under the veil of the mists that characterize the Sintra Hills.

12:00-13:30 Lunch on your Own in Sintra

A unique fairy tale village from the 19th Century, classified as UNESCO world heritage site.

Afternoon Return to Lisbon

15:00- 17:00 Lisbon Sightseeing Tour

Through two hours we'll be taken through the old and historic Lisbon neighborhoods to discover Lisbon and appreciate the best viewpoints.

17:30-18:30 Visit an Urban Mushroom Farm

This is circular economy business that collects coffee ground waste and transforms it into edible & fresh oyster mushrooms, supplied to top chef restaurants in Lisbon. This interesting circular economy project is a result of a partnership with the Portuguese main coffee brew company.

19:00- 21:30 Tour and Dinner at Family-Owned Craft Brewery

Late afternoon, we visit and enjoy dinner at a family-owned craft brewery. After a beer tasting, dinner will be in the tap room.

Return to hotel

MONDAY, JUNE 6, 2022

[B/L/-]

Chairpersons- Parrish/Cashwell/Anzola

Hotel –Masa Almirante Hotel; Av. Alm. Reis 68, 1150-020 Lisboa

Breakfast

8:00 Depart Hotel for Oeste Region

9:15-11:15 Major Portuguese Corn Producer
This forestry and agricultural farm is focused on developing digital and precision agriculture and biodiversity, being self-sufficient in energy production and water management. It is the largest Portuguese maize producer.

12:00-13:00 Lunch at the National Agriculture Fair (FNA)
The National Agriculture Fair is the major annual event for the agricultural industry in Portugal. This is its 58th edition, having been postponed to 2020 and 2021 due to the Covid-19 pandemic. This year there is an even greater enthusiasm in its return. This year's theme is innovation and technology, promoting the networking among farmers, machinery and service provider companies, technicians and connoisseurs.

13:00-14:00 Meeting with the Confederation of Portuguese Farmers at National Agriculture Fair
In this encounter you will have the opportunity to have an overview of the key role of the farming sector in the Portuguese Economy. Championing the interests of Portuguese agriculture at home and abroad, safeguarding the economic aspect, CAP work and advocates next the Portuguese Government for a sustainable agricultural policy within the country and in the European Union, representing Portugal in the European Commission's Agricultural Committees and in the Economic and Social Council.

14:00-15:00 Guided visit to FNA's Portuguese Autochthonous Breeds' Section
Portugal has 61 autochthonous breeds -- among sheep, cattle, goats, pigs, chickens, horses and canids --, 50 of which are livestock species.

15:00-17:00 Free time at the FNA

18:30 Return to Hotel; Dinner on Your Own

TUESDAY, JUNE 7, 2022

[B/L/-]

Chairpersons- Chiarelli/Davis/Hendrie

Hotel –Masa Almirante Hotel; Av. Alm. Reis 68, 1150-020 Lisboa

Morning Breakfast

7:30 Depart Hotel (bus)

9:00-10:30 Visit to a Cooperative of Potatoes, Vegetables and Fruit Growers

This cooperative consists of more than 90 shareholders and 150 employees, that buys and sells fruit, potatoes and pre-pack agricultural produce (4th generation preservation methods). Visit to its industrial unit where 2nd category fruit is revalued by transforming it into products with high added value in the market, such as fruit juices and snacks, using state-of-the-art technology.

- 11:30-13:00 Visit to a Fruit and Vegetable Producer and Distributor**
 This company is currently one of the biggest companies in the fruit distribution sector of the Iberian Peninsula, producing and exporting. With a turnover of around 40.000.000€, this position reflects the realization of a well- thought-out strategy designed to reach one specific goal - the leadership in the sector in which the company operates. The group will have a guided visit to the company's 12.500 m2 warehouse where the fruit is being processed, packaged, and stored.
- 13:30-15:00 Picnic in a Vineyard at a Wine Estate**
 After the picnic lunch and a guided walk through the vineyard, visit to the winery and barrel room, you will be challenged to make your own wine from single grapes varieties.
- 16:30- 17:15 Visit to the Cork Oak Forest and Cork' Observatory**
 The Cork Oak Forest and Cork Observatory presents the cork oak as a living element and an ecological niche of great value. In partnership with associations of producers, universities, researchers and business associations, the guided visit will allow you to fully understand the impact and uses of this unique material cork is.
- 19:00 Return to Lisbon; Dinner on Your Own**

WEDNESDAY, JUNE 8, 2022

[B/-/D]

Chairpersons- Kent/Hill/Hollingsworth

Hotel – Evora Hotel Avenida Túlio Espanca, 7002-502 Évora | <https://evorahotel.pt/>

- Morning Breakfast/Check-Out of Hotel**
- 8:45 Depart Hotel (bus)**
- 9:30-11:00 Visit to a Cut Flower Production and Trade Company**
 Being one of the largest cut flower production and trade companies, it produces over 60,000 feet of flowers/day of more than 50 varieties, within 28 hectares distributed over 6 production centers, in greenhouses with climate control or hydroponics.
- 13:00-15:00 Visit and Lunch on Your Own at Monsaraz**
 Visit to the charming fortified village of Monsaraz , from where the group will enjoy a superb panoramic views of the region and the lake of the Alqueva dam, the largest artificial water reservoir in Western Europe, as a field introduction to EDIA, the governmental body in charge for its management in the region.
- 15:30-16:30 Visit to a Portuguese Gin Distillery**
 This is one of the best Portuguese gins, made only with ingredients from Portugal, fruits of herbs. You'll see and learn everything about gin making, from artisanal botanicals maceration to the distillation itself. The visit will finish with a gin tasting.

17:30-19:00 Visit to a Regenerative Farming Estate & Iberian Black Pig and Mertolenga Cattle Grower

This estate has been practicing the regenerative agriculture system for six years now, using livestock in an extensive regime as a solution to combat soil desertification and, consequently, to fix carbon, retain and purify water. Soils are naturally enriched with the controlled rotation of cows, pigs, goats and sheep, which give rise to nutrient-rich pastures.

The Iberian pigs are born and raised in wooded cork oak forest, fed freely and exclusively on acorns and herbs that they find in their path. Much valued for its authenticity, it is from the black pigs' legs that the famous Pata Negra ham is made. The visit will end with an Iberian ham tasting produced by this farmer.

19:45 Evora Hotel Check-In

**20:30 Dinner at Hotel
Reflection**

THURSDAY, JUNE 9, 2022

[B/-/D]

Chairpersons- Myers/Johns/James

Hotel – Evora Hotel Avenida Túlio Espanca, 7002-502 Évora

Morning Breakfast

9:00-10:30 Guided Visit of Evora

A UNESCO World Heritage, with more than two thousand years of history, founded by the Romans and rated as one of the best Portuguese cities to live in. On this guided walking tour we visit and learn about the Roman Temple, the Cathedral, the Bones' Chapel and Giraldo Square.

10:30- 13:00 Free time and lunch on your own in Evora

14:30 – 15:30 Visit EDIA- Development and Infrastructure of Alqueva Dam

Alqueva is Europe's largest strategic water reserve and artificial lake that revolutionized 120.000 hectares of dryland into new irrigated land in Alentejo, becoming a unique opportunity in Europe for the development of agricultural and agro-industrial activities.

In this meeting, the group will have the opportunity to understand the economic, social and farming dimension of this strategic main investment and project.

16:30- 17:30 Visit to an Olive Grower and Olive Oil Producer

A family property with 300 hectares of vineyards, olive groves and almond groves, it has excellent quality soils and excellent sun exposure for the production of these crops. The project embraces the ecosystem, in an integrated production philosophy, with resource optimization and environmental protection. It cultivates, today, the nature that it hopes to find in the future, sustainable and in full harmony. The visit will be mainly focused on the olive grove and olive oil production.

18:00- 20:30 Dinner and Wine Tasting in a Talha Wine Cellar

From the time of the Romans, the Alentejo region has a tradition of producing and aging wines in clay vessels or amphoras, called Talha. Mostly for home consumption, this ancient art of wine making results in a very unique wine and has seen increased demand for its bottled wines after aging in the Talhas. We'll visit, learn about and taste Talha wine.

FRIDAY, JUNE 10, 2022

[B/L/-]

Chairpersons- Parrish/Lanfier/Lucio-Chinchilla

Hotel – Ibis Porto Centro Mercado do Bolhão; Rua Sá da Bandeira 567 2º 4000-437 Porto
<https://all.accor.com/>

Morning Breakfast/ Hotel Check-Out

7:00- 11:40 Early Driving to Douro Valley (approx. 4 hours 30 minutes)

12:15- 13:30 Lunch at Local Restaurant

14:00- 15:00 PCR Tests for Morocco

15:00- 18:00 Guided visit in Porto

Discover the second largest city of Portugal and one of the oldest European cities. Its historical center was declared a World Heritage Site by UNESCO in 1996, located in the north coast of the country. The city where Douro River reaches the Atlantic Ocean and where the Port Wine cellars are located.

18:30 Hotel Check-In/ Dinner on Your Own

SATURDAY, JUNE 11, 2022

[B/L/-]

Chairpersons- Chiarelli/McKenna/Mikell

Hotel –Masa Almirante Hotel Av. Alm. Reis 68, 1150-020 Lisboa <https://www.masahotel.com/>

Morning Breakfast- Hotel Check-Out

7:30 Depart Hotel (bus)

10:00-11:00 Douro Valley Cruise

In a traditional Rabelo boat the group will tour on a fantastic stretch of the Douro River, with no national roads on its banks. Along the way you can see the terraced vineyards on the banks of the river, farms and beautiful scenery as the river meanders through the middle of the increasingly steep slope, in a unique landscape considered World Heritage by UNESCO.

11:30- 14:00 Lunch at Port Wine Estate Producer

We will visit a family-owned Vineyard for a Porto Wine tasting, and lunch paired with the wines of the property.

14:00-18:00 Return to Lisbon

- 18:00 Hotel Check-In
- 20:00-22:00 Farewell Dinner with a Fado live show
- 22:30 Return to Hotel

SUNDAY, JUNE 12, 2022 [B/-/D]

Chairpersons- Kent/Moehling/Paez
 Hotel – Hotel Sky Blue, Marrakech, Morocco

- Morning** Early morning Breakfast – Check out of Hotel
- 6:45 Depart to Airport
- 9:25 am Depart Lisbon
- 12:00 pm Arrive Marrakech, Morocco
- Afternoon** Visit Marrakech Cultural Sites
- Evening** Dinner
Reflection

MONDAY, JUNE 13, 2022 [B/-/D]

Chairpersons- Myers/Pavlik/Sebring
 Hotel – Desert Camp in Zagora

NOTE: You will need a small backpack for the desert overnight. Big luggage stays on the bus.

Morning Breakfast at hotel-Check out of Hotel

Travel to Agafay

We will travel across the Atlas Mountains south to Agafay. Today we will explore the Berber villages at the highest pass of the Atlas Mountains and then visit a farm of citrus on the way to Lalla Takerkoust. You will be received by the farm manager who will brief you on organic growing citrus and fruit crops on the Haouz plateau. You will also visit a small farm over the desert of Agafay of Zafran Growing. Your guide will brief you on what is agricultural and livestock traditions and the conventional development of this region. You can ask any question concerning the way of life in this part of Morocco. He is an anthropologist specialized in North Africa.

Lunch TBA

Afternoon Arrive in Agafay and depart for Nakhla Oasis

We will reach Agafay in the afternoon. We will leave our bus and hop on camels

to trek to the desert camp for an overnight Sahara experience under the African skies. Our camp will be set with tents and a sumptuous dinner. This is an authentic experience of life in the desert you will treasure for a lifetime.

Evening **Dinner at Desert Camp**

TUESDAY, JUNE 14, 2022

[B/-/D]

Chairpersons- Parrish/Sewell/Vermillion

Hotel – Helnan Chellah Rabat Hotel N2 Rue D’Ifni Rabat, <http://www.helnan.com/en/Hotels/Index/13>

Morning **Early Morning to watch sunrise over the Sahara**

Wake up for a sunrise over the ocean of the Sahara dunes, then return to Camp for a delicious breakfast.

We will stop at Sidi Bouathmane to visit CIPA farm for arid farming and desert agriculture.

Lunch **TBA**

Afternoon Visit an organic farm where Dr. Fettouma Benabdenbi will host you and give you a briefing on organic farming in Morocco.
Visit The National Agriculture Research Center of Settat then proceed to Rabat.

Evening Dinner and accommodation will be in Rabat.

WEDNESDAY, JUNE 15, 2022

[B/-/D]

Chairpersons- Chiarelli/Watts/Williams

Hotel - Helnan Chellah Rabat Hotel N2 Rue D’Ifni Rabat, <http://www.helnan.com/en/Hotels/Index/13>

Morning **Breakfast**

Morocco Ministry of Tourism – Water and Forests Preservation Project

Briefing from a representative of the water and forests preservation project of the Ministry of Tourism will be accompanying us to talk about this vital project that crucial to Morocco. Under the Patronage of his Majesty the King, the Ministry of Agriculture, Fishery and Rural Development are working diligently to meet the needs of a Green and sustainable Morocco. This meeting will take place in the Hotel Chellah conference room.

Lunch **TBA**

Afternoon **Guided Tour of Rabat**

Evening **Dinner in Hotel**

THURSDAY, JUNE 16, 2022

[B/-/D]

Chairpersons- Kent/Barben/Blake

Hotel - Hotel L'Escale, 85 Ave Des Forces Armees Royales Fez, Morocco

<http://www.hotelescale.ma/>

Morning	Breakfast- Check out of hotel Meeting with Thom Wright, Ag Attaché, USDA Foreign Ag Service Strawberry Farm Visit Travel to Fez
Lunch	TBA
Afternoon	Meeting with local congressman to discuss Kansara Rural Development Initiatives
Evening	Dinner at the Hotel Reflection

FRIDAY, JUNE 17, 2022

[B/-/D]

Chairpersons- Myers/Bryson/Cashwell

Hotel - 12 Rue Kamal Mohamed, Casablanca, 20000, Morocco

Note: Antigen Covid tests will be taken today.

Morning	Guided tour of Fez Today a full-day tour to the ancient city of Fez where we discover the heartbeat of Moroccan cultural aspects in depth. The city of Fes offers an enactment of a surreal setting. Step back in time at a medieval medina thick with exotic smells, tastes, and sounds, vibrant, noisy, fascinating, and overwhelming – a visual and pungent feast for the senses – Fes is by far the largest lively of all medinas on earth.
Lunch	TBA
Afternoon	Zniber Domaines Winery We will later take off to Meknes to visit the Zniber Domaines Winery, then an afternoon visit to Fimabiom, an organic association of organic farmers.
Evening	Farewell Dinner at Zohor Restaurant, Casablanca

SATURDAY

[B/-/-]

Chairpersons- Parrish/Castro-Anzola/Davis

Hotel - None

Morning	Breakfast/Check out of hotel
6:00 am	Arrive at airport
9:05 am	Depart Casablanca for Montreal
12:00 pm	Arrive Montreal
7:50 pm	Depart Montreal
11:11 pm	Arrive Orlando