



THE SECOND

QLF Alumni Congress

SUNDAY, 13 NOVEMBER 2016 – WEDNESDAY, 16 NOVEMBER 2016

BARCELONA, CATALONIA, SPAIN

CONGRESS PLANNER

28 OCTOBER 2016





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THE SECOND
QLF Alumni Congress

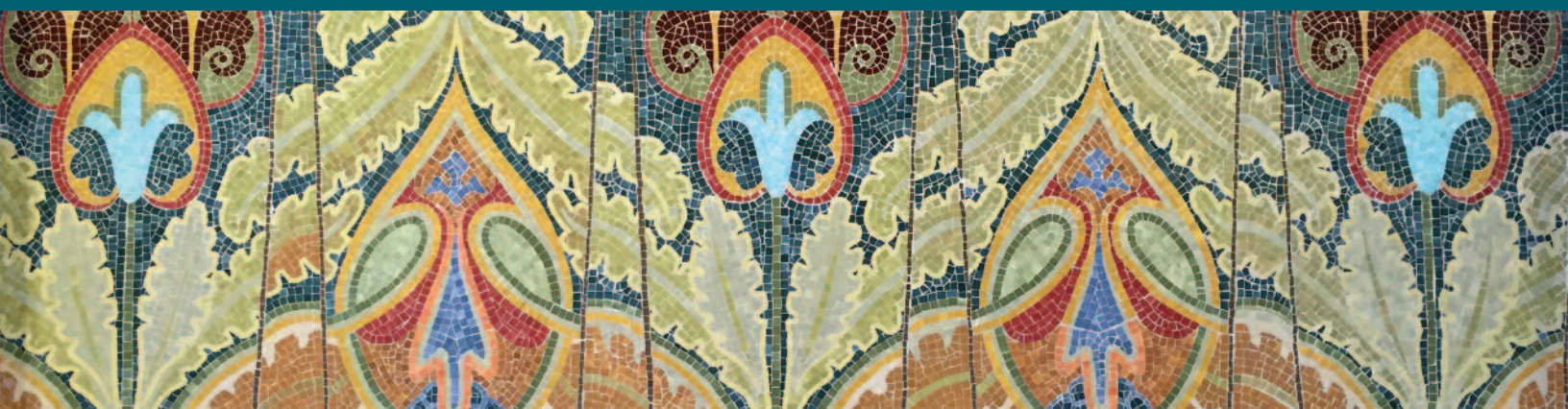
BARCELONA, CATALONIA, SPAIN

SUNDAY, 13 NOVEMBER 2016 – WEDNESDAY, 16 NOVEMBER 2016



At the Congress, QLF Alumni, partner organizations, and practitioners will convene in Barcelona to share knowledge of stewardship of natural resources and cultural heritage; catalyze conservation action; and set QLF's agenda for the next decade.

The Congress has the potential to make a lasting contribution to a more sustainable global community.

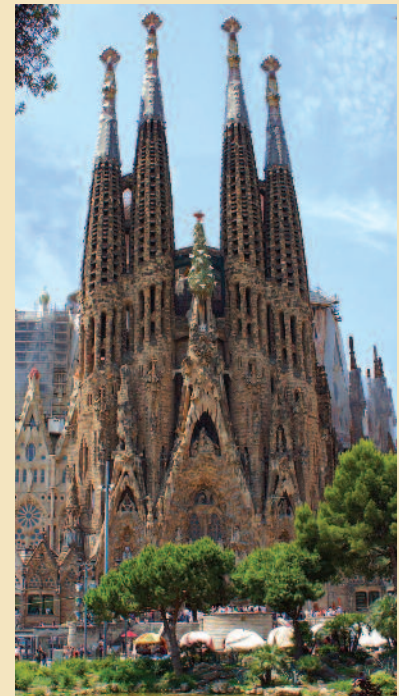


BARCELONA – LIVING MODERNISM

A relationship with Catalonia has thrived over the latter half of the 55-year history of QLF. When QLF began an exchange program in Eastern Europe shortly before the fall of the Berlin Wall, the German Marshall Fund of the U.S. asked QLF to include Catalonia in our Exchanges. The Fund recognized that the region was still recovering from the Franco regime in much the same way that Czechoslovakia, Hungary, Poland, and Romania were emerging from Soviet dominion.

A decade later, QLF's participatory approach to land stewardship found fertile ground in Catalonia, culturally and historically predisposed to a social approach to conservation. One Alumnus teamed with a savings bank to create a network of privately protected areas across the country; another created a Catalan network of local organizations that support individuals to manage private natural areas.

In recent years, QLF advised these Alumni and others in a European Union project to promote land stewardship across the continent, and co-authored a guide on the subject. Today, QLF has friends and Alumni across the country, and at high levels of government and NGO conservation agencies.



Photographs – clockwise from upper right

Sagrada Família, Barcelona, Catalonia. The Basílica i Temple Expiatori de la Sagrada Família is a large Roman Catholic church, designed by Antoni Gaudí. Its construction started in 1882 and is only now in its final stages. UNESCO World Heritage Site. PHOTOGRAPH BY MARINA99

Las Ramblas, Barcelona. Las Ramblas is the central most boulevard, which cuts through the heart of the city center. Aerial view. PHOTOGRAPH BY PERE SANZ

Cover photograph: The Museu Nacional d'Art de Catalunya, Montjuïc Hill, Barcelona. The Museum is noted for its collection of Romanesque paintings and Catalan art from the 19th and 20th centuries. PHOTOGRAPH BY FESUS

The border graphics of this brochure include a detail of a mosaic at Sant Pau; former hospital; classic of modernist architecture; UNESCO World Heritage Site; and a venue for the Opening Session of the QLF Congress.



CONGRESS PARTICIPANTS

There is overwhelming consensus that QLF's greatest strength over its history has been its cadre of Volunteers, Interns, International Fellows, and staff who have worked for over five decades in every capacity. QLF's Alumni number more than 5,000 and hail from 75 countries in six regions worldwide. Many command leadership in academia, business, government, law, and medicine. A majority are leaders in community and conservation. All Alumni share the same spirit and feelings about QLF undiminished by time and geography.

In November, QLF will, once again, tap the enormous talent, energy, and wisdom of its Alumni as we focus our vision in the face of a major QLF milestone; that is, the formalization of the Global Leadership Network, QLF's Network of Alumni worldwide. *Congress* participants — representing 50 countries and six regions — will assemble in Barcelona to:

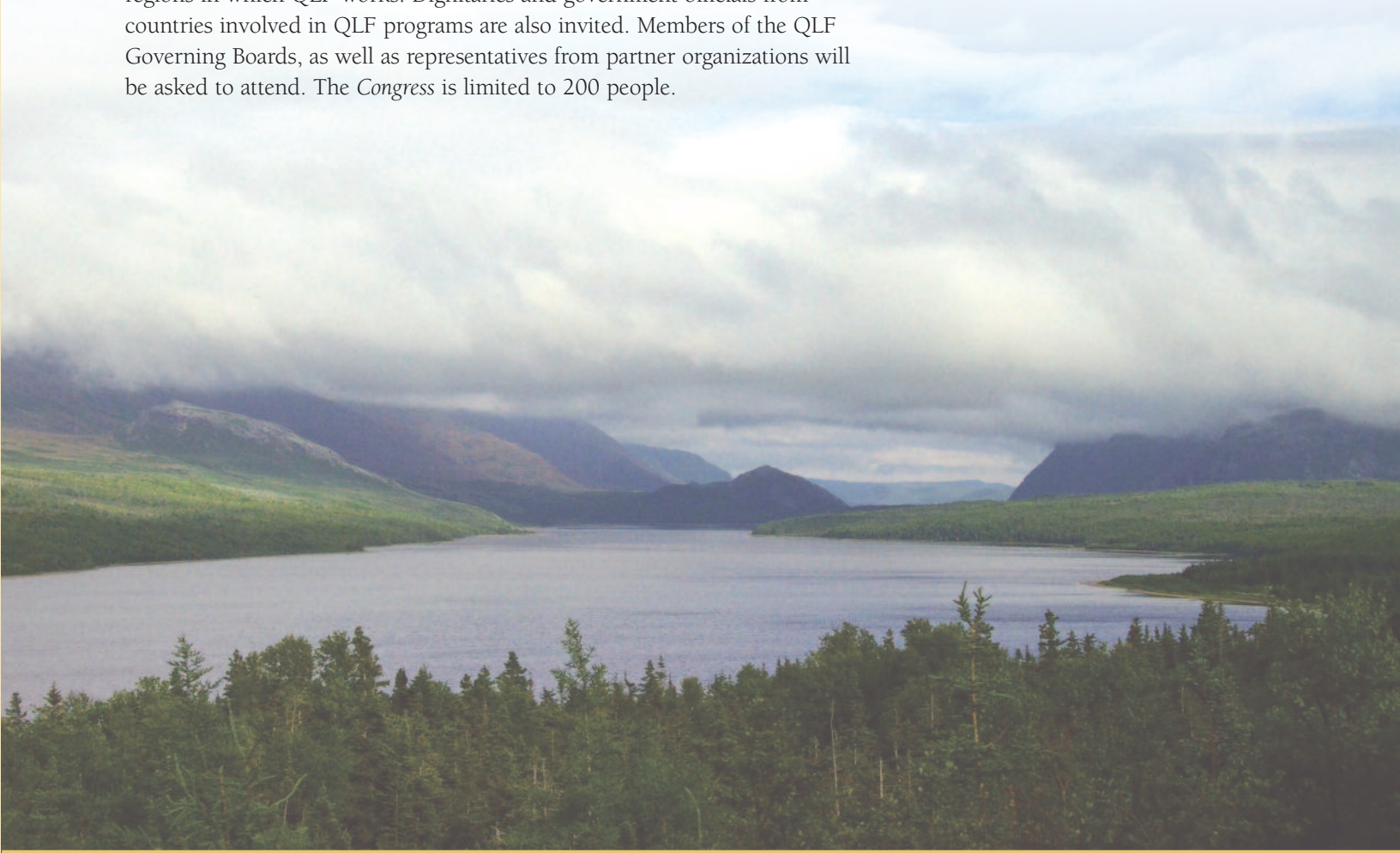
- ◆ Convene & Network
- ◆ Present & Report on Accomplishments
- ◆ Forge alliances and working partnerships to address global concerns in ways that governments cannot.

The *QLF Alumni Congress* will include selected Alumni from the global regions in which QLF works. Dignitaries and government officials from countries involved in QLF programs are also invited. Members of the QLF Governing Boards, as well as representatives from partner organizations will be asked to attend. The *Congress* is limited to 200 people.



Photograph above and below:
Alumni Mojmir Vlasin (Czech Republic) with Norma Ferriz (Mexico), Stewardship Workshop, QLF Congress, Bükk National Forest, Hungary, 2006 -
PHOTOGRAPH BY GREIG CRANNA

Gros Morne National Park, Great Northern Peninsula of Newfoundland, designated a UNESCO World Heritage Site in 1987. Gros Morne has served as a classroom and research site for many QLF programs.
PHOTOGRAPH BY NICHOLAS GATES



OBJECTIVES

- Provide an opportunity for Alumni to Convene and Network. There will be time for informal conversations during meals, between Workshop Streams, and field trips.
- Participate in a two-day Stewardship Workshop managed by Brent Mitchell, Senior Vice President. The Workshop includes presentations by Alumni, Partner Organizations, and Members of the Governing Boards.
- Share knowledge and expertise among a multi-disciplinary, global network of conservation leaders and practitioners who continue to influence public policy at a regional and global level.
- Launch new programs, partnerships, and consulting teams under the banner of the Global Leadership Network.
- Present a Vision for QLF in its next decade as Larry Morris transitions to President *emeritus* and Beth Alling becomes QLF's third President in 55 years.



Photographs – clockwise from upper right

QLF Alumna Blažena Hušková representing the Czech Republic's Association for the Jizerské hory Mountains Region was a recipient of the International Stewardship Award, Awards Ceremony, QLF Congress, Bükk National Forest, Hungary, 2006 - PHOTOGRAPH BY GREIG CRANNA

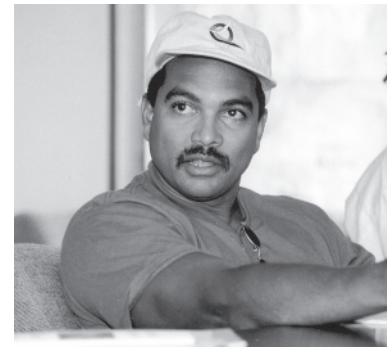
QLF Alumnus, Wil Maheia, Founder of the Toledo Institute for Development and Environment, Belize. Empowered, in part, through programs like QLF Exchanges, Alumni are leaders in conservation in their community, country, and region. PHOTOGRAPH BY GREIG CRANNA

QLF Alumni Magda Nassef (Egypt) on left with Heather Walter (Canada), Awards Ceremony, QLF Congress, 2006 - PHOTOGRAPH BY GREIG CRANNA

Members of the Congress Environment and Landscape Stewardship Study Tour complete a tree planting ceremony, Kiskunság National Park, Hungary, 2006 - PHOTOGRAPH BY GREIG CRANNA

Philip Nadeau, Chairman, Board of Directors, Quebec-Labrador Foundation – Canada, Welcoming Reception, QLF Congress, Budapest, Hungary, 2006.

PHOTOGRAPH BY ANITA SZEICZ



SCHEDULE

Sunday, 13 November 2016 – Wednesday, 16 November 2016

I. DONOR APPRECIATION DINNER

For Members of QLF's Governing Boards and Congress Sponsors~

SATURDAY, 12 NOVEMBER 2016 ~ BARCELONA

Registration for Congress Participants, Condes and Gallery Hotels, Barcelona ~

Guided Tour, Modern Art Exhibit, Museu Nacional d'Art de Catalunya, Montjuic Hill, Barcelona ~

Dinner, Oleum Restaurant, Museu Nacional d'Art de Catalunya ~

Lodging, Condes and Gallery Hotels, Barcelona ~

II. THE CONGRESS

DAY ONE: SUNDAY, 13 NOVEMBER 2016 ~ BARCELONA

Registration for Congress Participants, Condes and Gallery Hotels, Barcelona ~

Middle East Alumni Meeting, Gallery Hotel ~

Architectural Tour, La Pedrera, UNESCO World Heritage Site, the Modernist building designed by Antoni Gaudi ~

Opening Reception & Dinner, Gaudi Room, La Pedrera ~

DAY TWO: MONDAY, 14 NOVEMBER 2016 ~ BARCELONA, MONTSERRAT, MON SANT BENET

Plenary Session, Sant Pau, Barcelona's former Hospital de la Santa Creu i Sant Pau ~

Workshop Leaders, Facilitators, Presenters, and Participants convene in Working Groups to discuss the goals and anticipated outcomes for each Workshop, Sant Pau ~

Lunch, Sant Pau ~

Culture and Heritage Tracks:

Track I: Architectural Tour of Barcelona

Track II: Cultural Site Visit, Benedictine Monastery of Santa Maria de Montserrat ~

Dinner with Remarks by QLF Alumni, Món Sant Benet Hotel and Conference Center, region of El Bages ~

Lodging, Món Sant Benet Hotel & Parador Cardona, region of El Bages ~

Located in the region of El Bages one hour outside of Barcelona is the cultural heritage center Món Sant Benet with the refurbished Medieval monastery of Sant Benet del Bages, the former summer residence of Catalan painter Ramón Casas. Thirty minutes from Sant Benet is Parador Cardona, the ninth century castle that rests on top of a hill overlooking for valley. Within the castle is the church of San Vicente which was built in 981 and a Minyona tower built in the 2nd Century.

DAY THREE: TUESDAY, 15 NOVEMBER 2016 ~ MON SANT BENET

Remarks by QLF President Larry Morris

Morning & Afternoon – Stewardship Workshops:

Consensus Building and Collaborative Conservation

Going to Scale: Conservation Finance

Local Stewardship: Community-based Conservation

Marine and Freshwater Stewardship

New Directions in Protected Areas

Our Living Planet: Biodiversity and Nature Conservation

Responding to Climate Change

The Nature in Us: Cultural Heritage and Communities

Lunch, Món Sant Benet Conference Center

Workshop Plenary Session

Dinner & Evening Celebration

Lodging, Món Sant Benet Hotel, Parador Cardona ~

DAY FOUR: WEDNESDAY, 16 NOVEMBER 2016 ~ MON SANT BENET & BARCELONA

Final Session: Forging alliances and partnerships through the Global Leadership Network

Remarks by Beth Alling, QLF Executive Vice President ~

Closing Remarks by Larry Morris ~

Lunch, Món Sant Benet Conference Center

Afternoon Travel to Barcelona for Closing Reception & Dinner, Mercat del Born, once a public market and now an historic landmark, El Born exemplifies Barcelona's Living Modernisme ~

Lodging, Condes and Gallery Hotels, Barcelona ~

Departing Flights: Thursday, 17 November 2016

III. CATALAN STEWARDSHIP: A POST-CONGRESS STUDY TOUR

Led by Brent Mitchell, QLF Senior Vice President & Catalan Alumni ~

THURSDAY, 17 NOVEMBER – FRIDAY, 18 NOVEMBER 2016

The Catalan Stewardship Study Tour is optional and is not included in the Congress Registration Fee.

A select group of QLF Alumni will join Catalan policymakers to explore the current practice and future potential for nature stewardship and privately protected areas in the country. Tour includes field site visits and meetings with Alumni in Catalonia.

IV. ANDALUSIA: A POST-CONGRESS CULTURAL TOUR

THURSDAY, 17 NOVEMBER – SUNDAY, 20 NOVEMBER 2016 ~ SEVILLE & CORDOBA

The Post-Congress Cultural Tour is optional and is not included in the Congress Registration Fee.

Andalusia is noted for its UNESCO sites, protected areas, historic trade, and crossroads of the world's great religions.

THURSDAY, 17 NOVEMBER 2016 & FRIDAY, 18 NOVEMBER 2016

Depart for Seville from Barcelona & site visits in Seville ~

SATURDAY, 19 NOVEMBER 2016

Site Visits in Córdoba ~

SUNDAY, 20 NOVEMBER 2016

Depart for Madrid or Barcelona for return flight ~

28 October 2016

For information on the Congress, please contact

Beth Alling, Executive Vice President ~ EAlling@QLF.org or QLF2016Congress@QLF.org

ADDITIONAL ACTIVITY

CATALAN STEWARDSHIP: A POST-CONGRESS STUDY TOUR

A select group of QLF Alumni from other regions will join with Catalan counterparts and policymakers to explore the current practice and future potential for nature stewardship and privately protected areas in the country.

This two-day event will explore local issues in detail and help inform discussions with the larger group during the main Congress program.



Photographs –clockwise from upper right Miquel Rafa i Fornieles was among the first QLF Fellows from the European continent in 1990. He now oversees the 24 nature reserves of the Catalunya-La Pedrera Foundation. PHOTOGRAPH BY LARRY MORRIS

Jordi Pietx, QLF Alumnus and Catalan conservation leader serves as the Senior Advisor to The Second QLF Congress.

View of El Priorat (The Priory) region of Catalonia. In the distance lies the Nature Park named Montsant (Holy Mountains) where hermits lived in medieval times. The cliffs in the center secured Siurana, the last enclave of the Moors to fall in the reconquest of Catalonia, in 1153. The cliffs now protect nests of Red-rumped Swallows and other birds, and are popular with climbers. PHOTOGRAPH BY BRENT MITCHELL

QLF Senior Vice President Brent Mitchell introduces the Stewardship Workshop, QLF Congress, Bükk National Forest, Hungary, 2006. PHOTOGRAPH BY GREIG CRANNA



ADDITIONAL ACTIVITY

ANDALUSIA: A POST-CONGRESS CULTURAL TOUR

A post-Congress tour to Seville and Córdoba will bring Alumni and other QLF constituents to Andalusia. Andalusia is one of Spain's seventeen autonomous communities and lies in southwest Spain bordering both the Atlantic and Mediterranean oceans. Over its long history, the region has seen a succession of cultures and religions including long periods of Roman and Islamic rule. Today, architecture and traditions in Andalusia reflect a blend of cultures. Andalusia importantly represents UNESCO sites, protected areas, important historic cross-border trade, and coexistence of the world's great religions. The area echoes QLF's focus in community, culture and conservation, and the organization's work across cultural, religious and geographic borders.



Photographs – clockwise from upper right
Calleja de las Flores, Córdoba. Known for its charm, this street is frequented by visitors - PHOTOGRAPH BY ALINA PAVLOVA
La Mezquita, the Roman Bridge over the Guadalquivir River, Córdoba, Spain - PHOTOGRAPH BY SEAN PAVONE
The Cathedral of Saint Mary, the largest Gothic cathedral in the world, Seville, Spain - PHOTOGRAPH BY IEVGENII FESENKO





CONGRESS DONORS

The *Congress* is supported by corporations, individuals, foundations, and government agencies. QLF is seeking program sponsors at levels of \$2,500; \$5,000; \$10,000 and above.

TRAVEL TO THE CONGRESS

QLF is working with airlines to secure discounted fares to and from Barcelona.

CONGRESS REGISTRATION FEE

There will be a Registration Fee for each participant, which covers field trips and site visits; food and lodging; in-region travel; venues for meetings, Plenary Session, the Stewardship Workshop; and all other *Congress* expenses.

For additional information, email *Congress* Staff: QLF2016Congress@QLF.org

For additional information on financial assistance for Travel and the Registration Fee, please contact *Congress* Director, Beth Alling: EAlling@QLF.org

CONTACT PERSONS

For more information on the *Congress* and post-*Congress* tours:

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Congress Program Manager
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GUIDELINES FOR TRAVELERS

Get Required Documents

- Please be sure your passport is valid for at least six months after your scheduled return date.
- Determine whether you require visa(s) for your travel. Visa requirements in Spain:
<http://www.exteriores.gob.es/Consulados/LONDRES/en/Consulado/Pages/CheckPassport.aspx>
- Note the travel advisories posted by your country's government. For example:
 - ▶ U.S. Department of State –
<https://travel.state.gov/content/visas/en/general/americans-traveling-abroad.html>
 - ▶ Canada Department of Foreign Affairs –
http://www.international.gc.ca/departement-ministere/contact_us-contactez_nous.aspx?lang=eng#
- Verify your health insurance coverage for international travel and bring your insurance card with you. Purchase medical travel insurance coverage, if necessary. Note QLF is not responsible for financial costs associated with medical care.
- Consider making photocopies of your passport and visa(s) as well as of credit cards and other important documents. Keep one copy secure and separate from the originals, and leave others with your family and/or office.

Get Informed

- Consult the World Health Organization site: http://www.who.int/ith/mode_of_travel/en/
- Ask your doctor or travel clinic about suggested vaccines. The U.S. Center for Disease Control and Prevention provides travel information at:
<http://wwwnc.cdc.gov/travel/destinations/traveler/none/spain>
- Download a map of Barcelona on your mobile phone with the free app, maps.me. This app works both off and online.
- Download the mobile app, WhatsApp, a free app that allows for text messaging and calls over Wi-Fi.
- Gather information on your country's Embassy and Consulate in Spain.
- Check your departure and return dates on all your tickets.

Get Packing

- Purchase power adapters/converters for any electrical devices you are bringing. In Catalonia, electric power comes through at 220 volts, most commonly type "c" europlug (rounded pins).
- Pack a copy of your home contact info and your travel itinerary in your luggage. In the event of lost luggage, this may speed its recovery.
- Pack essentials (such as medication) in your carry-on bag in case your checked luggage is lost.

We look forward to seeing you in Barcelona!

Quebec-Labrador Foundation – U.S.
55 South Main Street
Ipswich, Massachusetts 01938
U.S.A.
978.356.0038 (Office)

Quebec-Labrador Foundation – Canada
606, rue Cathcart, bureau 341
Montréal, Québec H3B 1K9
CANADA
514.395.6020 (Office)

www.QLF.org



THE SECOND QLF ALUMNI CONGRESS

SUNDAY, 13 NOVEMBER – WEDNESDAY, 16 NOVEMBER

PARTICIPANT INFORMATION

I. Lodging – Barcelona and the El Bages Region, Catalonia

12 & 13 NOVEMBER 2016, BARCELONA, CATALONIA

Condes de Barcelona, Passeig de Gràcia 73, 08008, Barcelona, Spain

Phone: (+34) 93 445 00 00

www.condesdebarcelona.com

hotel services: restaurant/bar, gym, safe, Wi-Fi

Gallery Hotel, Rosselló 249, 08008, Barcelona, Spain

Phone: (+34) 93 415 99 11

www.galleryhotel.com

hotel services: gym, restaurant/bar, Wi-Fi

14 & 15 NOVEMBER 2016, EL BAGES REGION, CATALONIA

Hotel Món Sant Benet, Cami de Sant Benet de Bages s/n, 08272 Sant Fruitós de Bages, Spain

Phone: (+34) 93 875 94 04

www.hotelmonstbenet.com/en/

hotel Services: hairdryer, safe, Wi-Fi

Hotel Parador de Cardona, Castell de Cardona, s/n, 08261, Cardona, Spain

Phone: (+34) 93 869 12 75

www.parador.es/en/paradores/parador-de-cardona

hotel services: elevator, gym, restaurant/bar, safe, Wi-Fi

16 NOVEMBER 2016, BARCELONA, CATALONIA

Condes de Barcelona, Passeig de Gràcia 73, 08008, Barcelona, Spain

Phone: (+34) 93 445 00 00

www.condesdebarcelona.com

hotel services: restaurant/bar, gym, safe, Wi-Fi

Gallery Hotel, Rosselló 249, 08008, Barcelona, Spain

Phone: (+34) 93 415 99 11

www.galleryhotel.com

hotel services: gym, restaurant/bar, Wi-Fi

II. Travel

ARRIVAL BY AIR

Barcelona El Prat International Airport has two main terminals: T1 and T2. If you need to transfer between terminals, use the shuttle bus service, which leaves from outside each terminal. For details: barcelona-airport.com/eng/transport_eng.php

Barcelona hotels, Condes and Gallery, are accessible by Aerobus, metro, shared shuttle, taxi, and train.

By Aerobus – Catch the Aerobus from Terminal 1 or 2C to Plaça de Catalunya. Cost is €5.90 one-way or €10.20 round trip, which is valid for 15 days from the date of purchase. Walk from Plaça de Catalunya to either hotel, ~12 min (1km). To return to the airport, the A1 and A2 lines stop at Plaça de Catalunya. The A1, which is light and dark blue, stops at Terminal 1. The A2, which is dark blue and yellow, stops at Terminal 2. More details at: aerobusbcn.com/en/buy-tickets

By Metro – The metro stops in Terminal 1 (inside the building) and Terminal 2 (outside the building next to the train station). Take the L9 Sud (south) and go until Zona Universitària, then transfer to L3 to station Diagonal. Both hotels are within walking distance of the station. For details: aeroport-barcelona-elprat.com/ingl/ or tmb.cat/en/home



By Shuttle – The meeting place for the shared shuttle bus service with touristActive is at Terminal 2B. The shuttle runs from 07:00 to 00:00. The maximum waiting time for the shuttle to leave the airport is 60 minutes. The drop off location is the Hard Rock Cafe Barcelona, Plaça Catalunya, 21, 08002 Barcelona, Spain, which is a 10 to 15 minute walk to either hotel. Cost is €11.25/person. For transport to the airport, you can arrange a pick up at your hotel. For details: touristactive.com/airport-shuttle/barcelona/TID1443-Barcelona_Airport_Shuttle_Bus_Transfer

By Taxi – The trip from the airport to the city center via taxi takes between 20 and 40 min depending on traffic. Prices range from €30-€40. If you go by taxi, note that over a quarter of Barcelona's taxis are hybrid vehicles. Taxi Ecologic (taxiecolologic.com), an IOS 14001 certified company, offers free Wi-Fi, a universal mobile phone charger, and a free mobile app for reservations and payments.

By Train – The train station is located next to Terminal 2. If you arrive at Terminal 1, take the Free Green Terminal Airport Shuttle to Terminal 2. Catch R2N towards Granoller Centres or Sant Celoni (runs every 30 minutes from 6:00 to 23:00) and get off at Passeig de Gracia station (~26min). Both hotels are within walking distance of the station (~5 -10 min). Cost is €5. A T10 card for Zone 1 is €9.95, which is valid for 10 trips on trains, metros, and buses (except the Aerobus) within Barcelona city and can be used by multiple travelers. For details: renfe.com/

ARRIVAL BY CAR

If heading to Barcelona by car, use one of three motorways, AP7, N-11 and C-32. From the French border, Barcelona is ~150 km from La Jonquera. The French motorway network connects to Barcelona motorways AP7, N-11 and C-32. Enter the city via the ring roads or the Avinguda Meridiana. From all other directions take the AP-7 or C-32 and enter the city via the Avinguda Diagonal.

ARRIVAL BY TRAIN

International trains arrive at the Barcelona Sants Train Station, which is located in the center of Barcelona at Plaça dels Països Catalans, 08014, Barcelona, Spain. From the Sants Train Station catch the R2S towards Estació de França to station Passeig de Gràcia, or take the metro L5 (blue line) towards Vall d'Hebron to station Diagonal. The hotels are within walking distance of both of these stations.

CUSTOMS

Customs regulations are subject to change, and it is your responsibility to verify what can be brought into and out of Spain. For details:

www.spain.info/en/informacion-practica/consejos-viaje/consejos-practicos/requisitos/

III. Practical Information

BANKS, CURRENCY, & CURRENCY EXCHANGE

Most banks in Barcelona are open Monday-Friday from 8:30 to 13:00 or 14:00. Some banks are open on Saturdays from 9:00 to 12:00, and may be open late one day during the week.

The official currency of Spain is the euro (€). USD 1 = approximately 0.90 Euro. For the up-to-date currency exchange rates check www.xe.com.

There are several options for exchanging currency. You can exchange your currency before your trip at your local bank. You can exchange money at the airport, although there is a transaction fee associated with your exchange. A third option is to use your bank card at an ATM upon arrival in Spain. This option involves an ATM fee of approximately 3 euros in addition to your local bank's fee for using your ATM card internationally. Before you leave, however, contact your bank and credit card company to alert them that you will be using your card to make withdrawals while traveling in Spain. Otherwise your card could be declined if unusual spending patterns are detected.



CLIMATE

A coastal city, Barcelona is nestled between the Pyrenees Mountains and the Mediterranean Sea. Barcelona's climate is characterized as Mediterranean, the winters are mild and relatively rainy, with summers warm and sunny. In the summer months the Azores high dominates the weather and rainfall is not abundant. However, rain is more frequent in the winter when the Azores high moves southwards and the prevailing winds are out of the west.

The month of November averages around 13°C (55°F) with a low of 9°C (45°F) and a high of 18°C (64°F). The average precipitation in November is 34mm. You can find more information about weather conditions in Barcelona at: <http://www.barcelona-tourist-guide.com/en/weather/weather-november.html>

DRINKING WATER

The tap water in Barcelona is considered safe to drink. However, because your body may not be accustomed to the mineral content of the water, you could get sick. Drinking bottled water may help minimize your risk of getting sick. If problems should arise, pharmacy hours in Barcelona are 9:00-14:00 & 17:00-21:30.

ELECTRICAL ADAPTERS

In Catalonia, electric power comes through at 220V/50Hz (European two-prong plug). Electrical devices of 110V/60Hz (most U.S. and Canadian appliances) require the use of an adapter/voltage transformer. If your electrical device accepts 220V/50Hz, you may still need to use an adapter for the plug/socket configuration, which will not be supplied by QLF. If your electrical device does not accept 220V/50Hz, you will need to bring a transformer.

IMPORTANT TELEPHONE NUMBERS IN BARCELONA

In case of an Emergency

112 European Emergency Number (free): Ambulance, Police, Fire Department

061 Medical Service and Ambulance

091 National Police (urban areas, large issues such as Terrorism and National Security)

092 Local Police (towns and cities, traffic control, smaller crimes)

080 Fire Department

LANGUAGE

Spanish (Español) and Catalan (Catalá) are the two official languages of the Catalonia region of Spain. Both languages are spoken relatively interchangeably, and English is widely understood in many parts of the city, especially tourist areas. Also, learn a few Catalan phrases to truly experience the friendliness of Catalonians.

“Bon dia” (good morning or good day)

“Potser” (maybe)

“Bona tarda” (Good afternoon)

“No se” (I don't know)

“Bon vespre” (Good evening (dark outside)

“Sisplau” (please)

“Bona nit” (Good night)

“Gracies” (thank you)

“Adeu” (Goodbye)

“De res!” (You're welcome)

“Si” (yes)

“Hola” (hello)

“No” (no)

“No ho entenc” (I don't understand)

PERSONAL SAFETY GUIDELINES

Despite its reputation for petty theft and street crime, Barcelona is a relatively safe city. However, be mindful of your surroundings especially while touring Barcelona's major attractions. Principal tourist areas and metros are often the most targeted areas for pick pocketing and bag snatching. Spanish law requires that you have



photo identification with you at all times although a photocopy of your passport is often seen as sufficient.

TIME ZONE

Barcelona is in the Central European Time Zone. Central European Standard Time (CET) is one hour ahead of Greenwich Mean Time (GMT +1). Please consult the table for a comprehensive list of cities.

You can find the current time in Barcelona at <http://www.timeanddate.com/worldclock/spain/barcelona>

CITY	TIME DIFFERENCE IN HOURS (GMT +1)
Amman	-1
Beirut	-1
Cairo	-1
Jerusalem	-1
Rio de Janeiro	+3
Lima	+6
Montreal	+6
US Eastern Standard	+6
Quito	+6

TIPPING

In Barcelona, tips and gratuities are not expected. Tipping in restaurants is generally restricted to a few euros for lunch or dinner. For expensive restaurants if you are very satisfied with the service, you can leave a 10–15% tip. A taxi ride within the city, a tip of 10–20 cents is sufficient, as where a ride from or to the airport, is generally one or two Euros.

VAT REFUND

Non-EU residents can reclaim IVA (VAT or value added tax) on single items worth over €90 bought in shops displaying a “Tax-free Shopping” sign, within six months of purchase. In order to claim your refund, request a tax-free check at the time of purchase. At the airport have the tax-free check stamped at the customs office prior to checking your luggage. The refund will be issued either on your credit card or in cash at La Caixa bank branches at the airport.

IV. Suggested Packing List

CLOTHING:

- Casual clothing for Site visits and Workshops
- Smart Casual clothing for Dinners
- Warm jacket for cool evenings

PERSONAL ITEMS:

- Binoculars
- Camera
- Charger(s)
- Converter for 220V/50Hz
- Mobile phone
- Small bag for personal belongings during cultural site visits on 14 Monday, November 2106. (Luggage will be transferred between Barcelona and the El Bages Region in a separate vehicle, and will not be available during transit.)
- Sunglasses
- Sunscreen
- Toiletries
- Travel Guides

Quebec-Labrador Foundation – U.S.
 55 South Main Street
 Ipswich, Massachusetts 01938
 U.S.A.
 978.356.0038 (Office)

Quebec-Labrador Foundation – Canada
 606, rue Cathcart, bureau 341
 Montréal, Québec H3B 1K9
 CANADA
 514.395.6020 (Office)



THE SECOND QLF ALUMNI CONGRESS

SUNDAY, 13 NOVEMBER – WEDNESDAY, 16 NOVEMBER

POINTS OF INTEREST

CATALUNYA

Catalunya (Catalonia in English) lies in the northeastern corner of Spain, bordering France, on the Iberian Peninsula. This region of Spain includes a section of the Pyrenees Mountains as well as approximately a quarter of the country's Mediterranean seaboard. Protected areas, which include marine protected areas, comprise ~30% of Catalonia, and are divided into five types: national parks, natural sites of national interest, undeveloped nature reserves, partial nature reserves, and natural parks (Generalitat de Catalunya, 2012).

A wealth of natural beauty, the terrain of Catalonia includes rocky coasts and mountains, fertile plains and sandy shores. The present landscape of the Iberian Peninsula dates to the Palaeogene (~65-34 million years ago), when tectonic activity led to the formation of the Pyrenees Mountains. The rocks of Montserrat Mountain represent an ancient delta associated with this activity.

Barcelona, the capital of Catalonia, has a democratic form of government rooted in the so-called Usatges Laws instituted by Ramon Berenguer I in the 11th century. This code of privileges represents one of the earliest known examples of democratic rule. Barcelona's Consell de Cent (Council of 100), constituted in 1274, was Europe's first parliament. Catalonia has a long history of maintaining its independence from Spain. In 2006, under the Socialist government of Jose Luis Rodriguez Zapatero, Catalonia's Autonomy Statute was approved, formalizing their autonomous relationship with the rest of the country.

BARCELONA

The city of Barcelona, the capitol of Catalonia, is located almost midway along the coastline of the region. Situated between two rivers, the Llobregat and the Besos, Barcelona has a rich history of accepting new ideas and styles. This began, in part, as a result of being the center of important seafaring commercial empires. Moors brought navigational tools to Barcelona; philosophers and revolutionaries from France brought ideals of the French Revolution and new forms of art, which had an important influence on artists like Picasso and Dalí. The city is best described as a patchwork of distinctive districts, which tell the story of its growth from a medieval

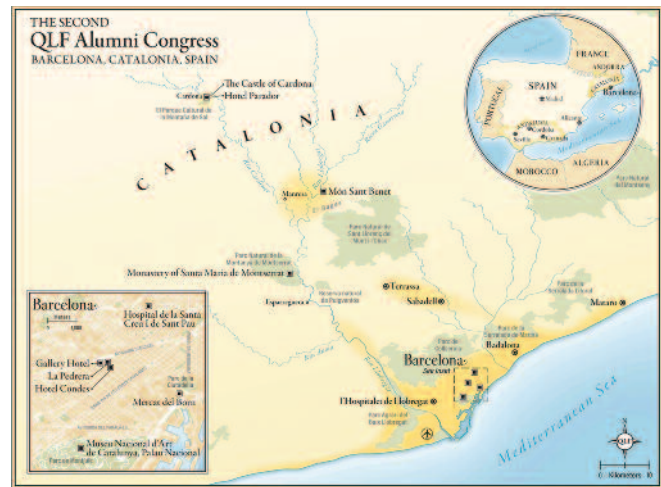


Illustration by Margot Carpenter, Hartdale Maps

core to the 19th century expansion to today's ultra-modern showpieces.

Barcelona represents a mix of architectural styles. Medieval buildings were constructed between the 11th and 13th centuries in a distinctive local Romanesque style. Towards the end of the 19th century, a new style of art and architecture, Modernism, was born in Barcelona. The most famous example of this work is the Basilica de la Sagrada Família by Antoni Gaudí i Comet.

Antoni Gaudí's distinctive style was radically different from those of his contemporaries. His works were greatly influenced by nature and remarkable for their range of form, color, and texture. In many of Gaudí's works are natural curved construction stones, twisted iron sculptures, and organic-like shapes. Also Gaudí adorned many of his buildings with color tiles arranged in mosaic patterns. This combination of original design, shaped stonework, and vibrant colors is an awe-inspiring visual experience.

Hospital de la Santa Creu i Sant Pau

The hospital de la Santa Creu i Sant Pau dates back to 1401 when Pope Benedict XIII approved the consolidation of the six small churches of Barcelona into one – the Santa Creu. Almost 500 years later, a contest was held to determine the design and construction of a new hospital which would enhance the Santa Creu and unite emerging medical, architectural, and technological discoveries under one roof. Barcelona chose Lluís Domenech i Montaner's design; and so, the Santa Creu i Sant Pau was born. The hospital became a public site in 2009, and is



now a cultural landmark within Catalonia. It is recognized as a Historic Artistic Monument and a UNESCO World Heritage Site.

La Pedrera

La Pedrera (the stone quarry) is a modernist building that was designed by Antoni Gaudí. Formally known as Casa Mila, La Pedrera is considered among Gaudí's finest works. It was constructed between 1906 and 1912 and the last building he designed. In 1984, it was designated a World Heritage Site by UNESCO. The structure of the building consists of curved iron beams on every floor, which allows the walls to support themselves. The facade is made of limestone, and the roof, one of its most renowned aspects, features skylights, stairways, and chimneys.

Mercat del Born

This historical indoor market was Barcelona's first major cast-iron covered market, and it is the largest of its kind in Europe. Designed by Antoni Rovira i Trias and inaugurated in 1876, the Mercat del Born was built during the European modernist movement. It was originally built as a public market for the neighborhood of La Ribera, and was Barcelona's main wholesale produce market until its closure in 1971. In 2002, renovation of the old market began. However, this effort was stopped when archaeological artifacts dating to the 1700s were discovered on the site. In 2013, the building became the home of El Born Centre Cultural, a place that encourages preservation and education about local history and culture. Today the building is designated a Local Heritage Site.

Museu Nacional d'Art de Catalunya

This building was constructed for the International Exposition of 1929 and first designated as a museum in 1934. It is located on the hill of Montjuïc, and its collections depict the history of art in Catalonia. Exhibits range from Romanesque murals to Renaissance and Baroque paintings, to Catalan Modernist art. The Òleum Restaurant is a historic room within the museum with expansive views of the city of Barcelona.

EL BAGES REGION

Benedictine Monastery of Santa Maria de Montserrat

The Monastery of Montserrat was founded in 1025 by Oliba, Bishop of Vic, and Abbott of the Grand Monastery of Ripoli. The location's religious significance dates back to 880 AD, when it is believed that the Virgin Mary of Montserrat was discovered by shepherds in a cave on the mountain hiding from Moorish invaders. The Monastery is known for housing the Virgin of Montserrat (or "Black Madonna"), and for its spectacular views of the Catalan countryside.

Món Sant Benet

Món Sant Benet is a restored monastery in the comarca of Sant Fruitós de Bages. The Viscounts of Conflent founded the monastery in 960 AD, and 12 years later it became consecrated in the presence of Count Borrell of Barcelona. Since then, Món Sant Benet has served as a College of Arts and a home for monks. Although the site was damaged during the 15th century, the architect Josep Puig i Cadafalch saw to its restorations in 1907. Nearly 100 years later, Caixa Manresa, a Catalanian bank, continued the site's restorations, opening it to the public in 2007.

Parador Cardona

Constructed over a 1,000 years ago, the Medieval Castle of Cardona – now the Parador Cardona Hotel – stands high on a hilltop overlooking the town of Cardona, the river Cardener, and the Cardona Salt Mountain Cultural Park. Construction of this site, which comprises a castle, palace, and monastery, began around the 8th century. Elements of Catalan Romanesque style are found throughout the site, such as in a ducal courtyard and large hall with pointed arches, and the church of San Vicente, which dates back to the 11th century. Both Romanesque and Gothic elements can be seen in the chapel of San Ramón Nonato.