

En Beas de Granada disfruta de tus

P A S O S

8, 9 y 10 de abril 2025
de 10h a 17h

Una experiencia en tres
pasos para tomar
consciencia del entorno
natural en el que vivimos y
sus recursos



1 **Ruta Saludable**

Camino del Nacimiento
Beas de Granada

2 **Taller cocina**

Productos de Cercanía
y de temporada

3 **Menú Degustación**

A partir de lo
elaborado en el taller
de cocina + cata de
vino de la tierra

Previa inscripción en
info.tomatierra@gmail.com
+34 626 70 91 72
Course fee 80€ participant

Lidera LA MOEBIUS
Organiza TOMATIERRA



P A S O S

GENERAL INFORMATION

Duration: fro 8 to 10 april, from 10h-17h.

Location: Beas de Granada, Spain

Target Group: Students, educators, and youth workers interested in sustainability, food culture, and experiential learning



Potential Follow-Up Actions:

Digital storytelling or reflective reports from participants

Development of sustainable food education toolkits for schools

Future collaborations with local producers & educational institutions

This experience fosters environmental consciousness, cultural engagement, and well-being while reinforcing experiential learning methodologies

● **Day 1: Environmental & Physical Awareness**

Outdoor Learning Component – Camino del Nacimiento

Guided Nature Walk: Observation & reflection exercises on biodiversity

Eco-awareness Discussions:

Understanding food sustainability & natural resources

Team-building Exercises: Group activities to foster collaboration and shared learning

● **Day 2: Culinary & Cultural Immersion**

Indoor Practical Component – Cooking Workshop & Tasting

Hands-on Cooking Workshop: Working with seasonal & locally sourced ingredients Culinary Storytelling:

Learning from local experts about food traditions & sustainable practices

Final Group Reflection & Tasting Session: Sharing insights through a mindful eating & wine pairing experience