



Instituto Cuatro Ciclos

Welcome to the training with Cathy Malchiodi.

This document is intended to answer questions and doubts, as well as to provide practical information to facilitate your arrival in Sitges, your stay and everything you need to know.

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TRAINING DATES: July 6 to 9, 2023

TRAINING SCHEDULE: from 8:30 to 14:00 pm

On the first day we started at 8:00 am for registration.

PLACE OF TRAINING:

Hotel Sunway Playa Golf, Sitges, (BARCELONA), Catalonia, SPAIN.

Address of the Hotel:

Passeig Marítim, 92, 08870 Sitges, Barcelona

Hotel website: <https://www.hotelplayagolfsitges.com/>

Hotel phone number: (34)938113410

1.) How to get to the hotel

Location on Google Maps: <https://goo.gl/maps/PTND7NazjvXh36qa8>

Arriving from Barcelona

By car: Take the C-32 motorway with toll or the C-31 through the Garraf curves, toll free, exit Sitges CENTRO, go towards the promenade.

By Train from BARCELONA SANTS or BARCELONA ESTACIÒ DE FRANÇA Station

Go to RODALIES / CERCANIAS, which are the trains that go to the province of BARCELONA.

The line is the R2 and there are trains towards VILANOVA I LA GELTRÚ or SANT VIÇENS DE CALDERS, at BARCELONA SANTS STATION on tracks 11 or 12. There are trains every 15 minutes and the journey takes between 20 and 30 minutes.

By plane:

From anywhere in Spain or Europe go to Barcelona Airport JOSEP TARRADELLAS, "El Prat".

<https://vueling.com>

<https://iberia.com>

From Europe: Airlines flying to Barcelona from Rome, Lisbon, Paris, London, Berlin, Amsterdam, Zurich,

KLM, LUFTHANSA, AIRFRANCE, TAP, Vueling, Easy Jet
British Airways, Swiss, Austrian.

From Mexico or the United States

Emirates has direct flight from CDMX to Barcelona
Aeromexico via Madrid

From USA and CANADA

United, Air Canada, American Airlines, American Airlines, Level, Iberia, British Airways
KLM

From Mexico: Aeromexico and Emirates offer flights to Barcelona.
From South America: Avianca, Latam, Iberia

From Barcelona Airport to Sitges:

MY TRANSFERS

Good value and good quality private transport service:

<https://www.mytransfers.com/>

Airport Taxis

BUS:

Select the language above and look at the timetables

<https://busgarraf.cat/>

WHERE TO STAY IN SITGES

The Sitges Tourism website has a number of practical tips and suggestions from Where to stay.

Stay at the SUNWAY HOTEL where the event will take place.

To stay at the Sunway Hotel and get a 10% discount, go to their website and choose from the flats and rooms available for the dates you require. It is a very popular hotel.

Go to <https://www.sunway.es>

Once you have selected your dates and the type of room or flat at the time of payment enter the COUPON: ARTE10
Supply is limited.

a) VISIT SITGES : In several languages

<https://www.visitsitges.com/>

b) Booking.com

Here you can have several options of hotels, flats and so on.

Please check the MAP for their location and see how far they are from the event hotel.

c) AIRBNB.com

Remember to look on the map for the location of your rental and make sure that the site of your choice is in Sitges, many people advertise their properties

in "Sitges" when they are located in nearby towns, and that will mean having transport or using public transport.

RESTAURANTS FOR DINING: The VISIT SITGES website has all the restaurants on offer. There are all kinds of meals for all kinds of preferences.

<https://www.visitsitges.com/>

Water sports: paddle surfing, kayaking, etc...

<https://nootka-kayak.com/>

Emergency telephones:

Emergency telephone numbers in Sitges

General emergency telephone 112

PUBLIC HEALTH CARE CENTER CAP 93 894 64 26

Firefighters 080

Health Emergencies 061

Guardia Civil 062

Hospital Sant Camil 93 896 00 25

Hospital San Juan Bautista 93 894 00 33

Mozos de escuadra (POLICE) 088

Local police (emergencies) 092

National Police 091