



# Studio Colombia Art and Eat

Introduction to watercolors, perspective and Colombian cuisine

Feb. 20 - 28, 2019

## Walk the Arts (icscis inc.)

icscis stands for  
International Center for Synthesis Centre International pour la Synthèse

"Synthesis" is the putting together of parts or elements so as to form a whole, a unifying whole; the whole as all aspects of one's being, its totality. Our logo is the hand made circle, symbol of that whole, of the union of art and being and of the evolution of society through arts and culture. Its orange color represents the enthusiasm, creativity and determination required in the search of one's completeness.

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## About walkthearts.com

Walk the Arts (icscis inc.) is an art school without walls, as its studios are located throughout the world. We are not a travel agency, but a small cultural company that offers outstanding painting workshops and art history tours led by professional artists and art historians.

Our art experiences make emphasis on content and aim to immerse participants in the culture of the visiting country. Through art theory and art history lectures, we facilitate the discovery of your own creative path. Our workshops and cultural expeditions include discovery walks, art history lectures, art critiques, discussions, creative cooking classes and gourmet meals.

*Studio Colombia is so much more than a perspective painting workshop ... although I'll never look at a horizon line in quite the same way again! As a first-time visitor to Colombia, I was blown away by the colour, culture and beauty of the country and its people... As at any of their workshops, we laughed and we learned, we sampled the local spirits and grappled with the meaning of life (usually in that order), and we feasted on the local delicacies. Thank you, Yves and Mónica, for a wonderful experience that I would not hesitate to recommend to anyone!* Halina Gasewicz, Ottawa, 2013

## Art and Eat Colombia

Our eight-day workshop (Feb. 20-28) is an introduction to watercolors, perspective and Colombian Caribbean cuisine. It takes place in two beautiful and historical locations on the Colombian Caribbean coast: Puerto Colombia (15 kms from Barranquilla) and Cartagena. A great combination of drawing, painting, food and culture. Participants who are not too keen about food and cooking are free to devote more time to painting. We have both an art instructor and a food/cooking facilitator to cover the group's needs.

## About the Workshop

The aim of Studio Colombia is twofold. First, to provide participants with solid notions of watercolor and perspective drawing, and second, of course, to have a taste of Colombian Caribbean food and culture. What can you ask more for a full experience in South America?

A series of exercises will sharpen the visual perception of various drawing components: horizon line, vanishing points, basic proportions, etc. As for watercolor, the do's and don'ts of this needy medium... On the food side, cooking classes based on Walk the Arts' cooking theory (see our published book), food tour and a taste



## The Location and Itinerary

We will spend the first four nights at Hotel Pradomar, a simple but charming sea front cabaña type hotel in the resort area of Puerto Colombia, located 15 kms from Barranquilla: <https://www.hotelpradomar.com/>.

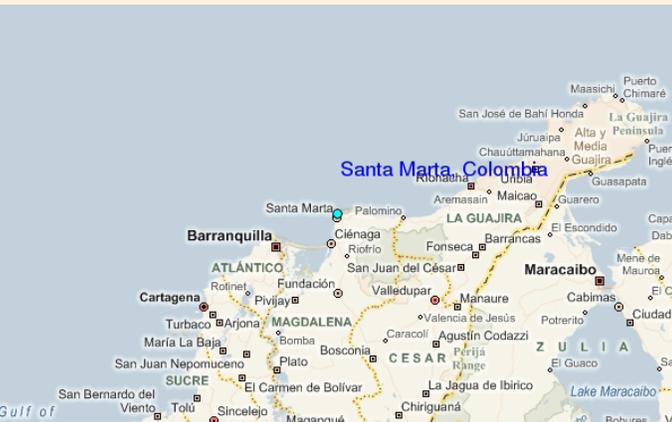
Barranquilla is Colombia's fourth largest city and the main industrial, educational and cultural centre in the Caribbean region of Colombia. The city is famous for its Carnival, one of the largest in the world and also a UNESCO masterpiece of the oral and Intangible Heritage of Humanity. Puerto Colombia is the perfect spot to start our workshop with the horizon line being at sea level before moving on higher grounds with more difficult pointers. We will do some watercolors, will have two cooking classes and will explore the basics of creative cooking. Deep fried fish, coconut rice and patacones are some of the food staples of the Caribbean coastal region.

On Day 5 we will head to the beautiful city of Cartagena (UNESCO world heritage site). After a safe two-hour private mini-bus ride, we will arrive at the very comfortable Hotel Caribe a historical beachfront hotel in El Laguito, Bocagrande: one of the most beautiful areas of Cartagena de Indias: <https://en.hotelcaribe.com/>.

Now it is time to tackle two vanishing points perspective. We will do some watercolors around the hotel's swimming

pool and in the old city. (optional) Also we will visit the Museum of Modern Art located in the walled city which is full of colonial mansions, museums, churches, outdoor cafes, restaurants and discos. In addition, we will have a street food tour to taste fruit juices, pan de bono, empanadas, arepa con huevo, cocadas and much more. As you eat and walk you'll discover some beautiful corners of Cartagena.

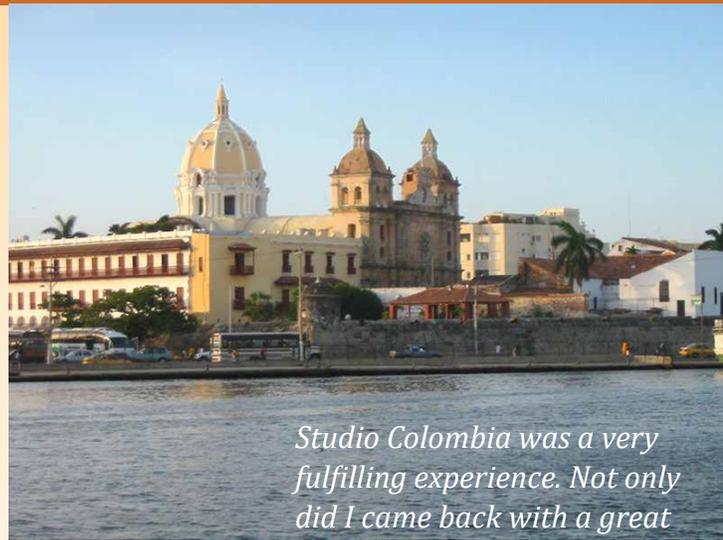
On the last day, we will bring everyone to the Rafael Núñez Airport in Cartagena from where you will take your flight back home.



## Meeting Point

On February 20th we will pick up everyone at the Aeropuerto Ernesto Cortissoz in Barranquilla. We will then head to our sea front cabana type Hotel Pradomar in Puerto Colombia (15 kms from Barranquilla).

There are several flights via New York, Miami, Charlotte or Toronto. We will advise everyone as of the best flight itineraries. Also, people traveling from the same city can make arrangements to travel together.



*Studio Colombia was a very fulfilling experience. Not only did I come back with a great appreciation for the country and its culture but I also found the other participants of Colombia Studio to be quite interesting. There was never a dull moment during Studio Colombia. I would recommend it to whoever is thinking of joining the next studio in this fascinating country.*

Doris Lamontagne, Ottawa, 2013



## The price

The price of our eight-day workshop *Colombia Art and Eat workshop* is CAD\$2500 per person (around US\$1900 as of September 2018). Price is based on 8 participants and includes: transfer from and to the airport as a group; all ground transportation as a group; 8-night double accommodation (all rooms with air conditioned and private bathrooms); all breakfasts; one lunch, two suppers, one food tour, art supplies; art and cooking classes, all ingredients for the creative cooking class, museum entrance, some drinks and the services of a local translator on board.

Before we leave, you will receive our pre-departure newsletter with all the details about what to bring, art material list, meeting point, schedule, contact information for your family, etc. We will also send you an expectations data sheet to personalize our teaching.

## Proposed Schedule

The schedule may be subject to change depending on the arrival time of the group, changes on ground transportation, availability of chefs, etc. Mornings and afternoons are dedicated to drawing, painting, creative cooking, beach and museums and evenings to art/life discussions around Colombian Caribbean typical food. All activities are optional.

Day	Date	Mornings (9 h- 12 h)	Afternoons (14h30 to 17h30)	Evenings
1	Feb. 20	Late arrival in Barranquilla. Pick-up at the aeropuerto Ernesto Cortissoz, Transfer to Hotel Pradomar in Puerto Colombia. Welcome drink.		
2	Feb. 21	Watercolor/ perspective class	Beach time Cooking demonstration 1	Supper at Hotel Pradomar
3	Feb. 22	Creative Cooking Class (CCC) with Walk the Arts. Developing the concept and the content of a meal.	Beach time Watercolor/perspective class on the beach.	Supper at leisure in Puerto Colombia
4	Feb. 23	Shopping at the Barranquilla Food Market Lunch at a typical snack food restaurant	Cooking demonstration 2	Supper with locals in Barranquilla- Back to Puerto Colombia
5	Feb. 24	Transfer to Cartagena by private van Arrival to our hotel	Discovering Colombian art at the Museum of Modern Art. Walk around the Old City.	Supper at leisure in Cartagena
6	Feb. 25	A short watercolor class around the hotel's pool Street Food Tour	Afternoon at leisure. Watercolor/perspective class before supper	Supper at leisure in Cartagena
7	Feb. 26	A short watercolor class around the hotel's pool.	Visit of a restaurant's kitchen and talk with the Chef. Afternoon at leisure	Supper at leisure in Cartagena
8	Feb. 27	An art class in the old city (optional)  Rest of the day at leisure	Suggested lunch on the beaches of Castillo Grande.	Farewell supper at in Cartagena
9	Feb. 28	End of the workshop. Return to your country from Cartagena. Transfer to the Rafael Núñez airport.		

*Through it's excursions, Studio Colombia is far more than art and touring. This is a trip that challenges one to stretch, to connect with one's own Being, whether artist or not, yet as well, it offers skill learning on an applied and practical level in a very collegial way. Gerry Giuliani, Ottawa, 2013*

## Facts about Colombia

- Total Area: 1,138,910 sq km land: 1,038,700 sq km - water: 100,210 sq km
- Coastline: 3,208 km (Caribbean Sea 1,760 km, North Pacific Ocean 1,448 km)
- Natural Resources: petroleum, natural gas, coal, iron ore, nickel, gold, copper, emeralds, hydropower
- Population: 49.913.668 (Estimate may 2018)
- Ethnic groups: mestizo 58%, white 20%, mulatto 14%, black 4%, mixed black-Amerindian 3%, Amerindian 1%
- Median age: 28 years
- Capital: Bogota with around 8.2 million people
- **Chief of state** President Ivan Duque since August 2018

