



Lost PARADIGM

Studio Colombia Art and Eat
Introduction to watercolors, perspective and Colombian cuisine
Feb. 17 - 25 2024

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 quality 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!" H. Gasewicz, Ottawa, Canada, Studio Colombia 2013

Art and Eat Colombia

Our eight-day workshop (Feb. 17-25) 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 interested in food demonstrations 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 perspective drawing and the basics of watercolors, 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 of local dishes on the beach.



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/demonstrations 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 have a group transfer to the Rafael Núñez Airport in Cartagena from where you will take your flight back home.



"If you're looking for an authentic experience of Colombian culture and food, look no further. As a non-artist the draw for me was the varied and interesting itinerary - many off the beaten track of usual tourist sites. The diverse culinary and cultural experiences made it perfect! Mónica and Yves are knowledgeable, passionate and delightful to be around. I can't imagine experiencing all that I did without them." R. Gallo, Ottawa, Canada, Studio Colombia Art and Eat 2019)



Meeting Point

On February 17th we will pick up everyone at the Aeropuerto Ernesto Cortissoz in Barranquilla. We will then head to our sea front cabaña 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.



The price

The price of our eight-day workshop *Colombia Art and Eat workshop* is CAD\$2900 per person (around US\$2160 as of August 8, 2023). 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 street food tour, art supplies; art and cooking demonstrations, museum entrances, 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. 17	Late arrival in Barranquilla. Pick-up at the aeropuerto Ernesto Cortissoz, Transfer to Hotel Pradomar in Puerto Colombia. Welcome drink.		
2	Feb. 18	Perspective/watercolor class on the beach	Beach time Discovering Pradomar Cooking demonstration 1	Supper at Hotel Pradomar
3	Feb. 19	Perspective/watercolor class on the beach	Beach time Foundations of Colombian Coastal cuisine -Principles of our color based approach to cooking	Supper at leisure in Puerto Colombia
4	Feb. 20	Perspective/watercolor class Lunch at a typical snack food restaurant in Barranquilla	Visit of Barranquilla's Food Market Visit of the Museo Caribe Cooking demonstration 2	Supper with locals in Barranquilla- Back to Puerto Colombia
5	Feb. 21	Transfer to Cartagena by private van Arrival to our hotel	Art class Afternoon at leisure	Supper at leisure i
6	Feb. 22	Perspective/watercolor class around the hotel's pool	Discovering Colombian art at the Museum of Modern Art. Walk around the Old City.	Street Food Tour
7	Feb. 23	Visit of the Bazurto Market	Perspective/watercolor class Afternoon at leisure.	Supper at leisure
8	Feb. 24	Perspective class/watercolor class (conclusion) Rest of the day at leisure	Suggested lunch on the beaches of Castillo Grande.	Farewell supper in Cartagena
9	Feb. 25	End of the workshop. Return to your country from Cartagena. Transfer to the Rafael Núñez airport.		

"I came back amazed with the country and the art (food and drawing). I would do it all over again but stay longer; I enjoyed it that much."

A. St-Louis, Ottawa, Canada, *Studio Colombia Art and Eat 2019*)

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: 52 millions
- Ethnic groups: mestizo 58%, white 20%, mulatto 14%, black 4%, mixed black-Amerindian 3%, Amerindian 1%
- Median age: 31.6 years
- Capital: Bogota with a population of 11.5 millions
- Barranquilla population: 2.3 millions
- Cartagena population: 1.1 millions

