



Dossier BIKE COAST BIKE 2009

► Intercanvi lingüístic i bicicleta

Entre els centres

**IES JOSEP MARIA QUADRADO—CIUTADELLA DE MENORCA
(BALEARIS) - ESPAÑA**

OSCAR ROMERO—HOORN— HOLANDA

Menorca>>>

del 10 al 20 de maig de 2009

Holanda>>>

del 13 al 23 de setembre de 2009





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FULLETO INFORMATIU



DG Educación y Cultura

Dear students and teachers from Holland,

This is the 3rd Bike Coast Bike Exchange between Oscar Romero and Josep M. Quadrado. It is a linguistic exchange adventure where all we have fun together, but it's also the visit of our friends, and we are delighted and very proud to be the hosts of a land that every year offers you an splendid spring as a present. We also know that you will give us the best of all you when we'll visit you again next september in Holland.

We would like to point out that we are very enthusiastic about welcome you once more, and be sure that we are trying to improve all the aspects in the exchange year after year. This exchange has brought academic and personal satisfactions to teachers, families and students.

We always get benefits and knowledge when we can discover our own island by bike, when we practice English and when we get the possibility to enjoy your routes in the country of the tulips, windmills, clogs, social tolerance and bicycles.

We want to invite all you to share our enthusiasm, to participate in all the activities, to enjoy our hospitality and to have fun.

Pere Ferrer Benejam
Director IES Josep Maria Quadrado

La al **camp** i a la **mntanya**



- When you go out home, remember to take a trash bag to pick up the rubbish, like papers, plastic bags and something like this.
- Moderate speed and be careful with down hills and warning, because there can be another country road's users.
- You must always give your way and overtake people with caution, although this make you stop and get down of your bike.
- Avoid skids. This practise destroys the vegetal cover of you bike and cause its erosion.
- Don't enter in properties with a forbidden pace.
- If during the route you have to open any barrier, you must close it when you passed it. The same cyclist that opened the barrier always has to close it.
- Don't step the sown fields. Turn around it and its better get down of your bike.
- Don't leave the path, so you can destroy the nature of some ecosystems and accelerate the erosion of the land. Be careful with dunes systems of the beaches and respect its delimitations.
- Respect the flora and fauna, and don't frighten off livestock. Respect the tranquillity of the contour.
- If you stop to have something, try to leave the place clear, clearer before you stopped there.



INTRODUCTION

Ciudadella, has got 20.099 inhabitants, it's the second most important town of Menorca. Since centuries ago, the settlers, have given different names like Jamma, Iamo, Iamona and Medina Minurka. But, it was on the Alfons III government, when the name of Ciudadella was imposed

Ciudadella's town festival honors Sant Joan, which is celebrated on 23rd and 24th of June. This festival and the virgin beaches are known by the majority of the people who come here and fill Ciudadella's streets during the summer. Usually the Mediterranean climate is characterized by the hot summer and the humid winter.



PORT DE CIUADELLA

The port of Ciudadella, small and picturesque is populated in the summer by luxury yachts and tourists of various nationalities walk by the piers. The result is, for many, the most beautiful port in the Mediterranean. On the North shore the traditional fishing boats line up, which during the summer months fish lobster and a variety of fish.

Meanwhile, on the other side of the port, many people are eating typical food of Menorca and drinking a beer or a soft drink in the sun.

The staircase that descends to the port, every night of the summer, is converted into a market where they sell different products, souvenirs, handmade items...

At the end of the port, is the place of pubs and discos of Plaça of Sant Joan. It is a place where young people usually go on Friday and Saturday nights.

In the port we can also find the boats that

traverse the coast on one day trips, showing the most beautiful beaches in the part of Ciudadella. It is also possible to hire a private tour in a typical Menorca boat with a professional skipper.



THE CHURCH OF MENORCA

A LITTLE HISTORY

The cathedral of Menorca is the gothic church built in honour of Santa Maria by order of king Alfonso III of Aragon. He conquered the island in 1287.

The building was started in 1300 and it was finished in 1362, it is built in the same place where the Muslim mosque was. The church is a beautiful building with an ogival arch, pointed arch and six chapels on every side. Its a Gothic style building, and it was restored in 1936-1941. It has got 15 meters of height.

The church has got one nave that leads to a polygonal apse and to which open other chapels, testimony of various historic monuments. Formerly Ciutadella was the capital of Menorca, so it was built here, currently the capital is Mao, but Ciutadella is still the Catholic capital.

The church had three doors of Gothic design, this nowadays has got two

doors. The bigger door , whose decoration did was hide in the neoclassic

portal , and the door of watch, called this for watch there is up. The

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portal ,and the door of watch, called this for watch there is up

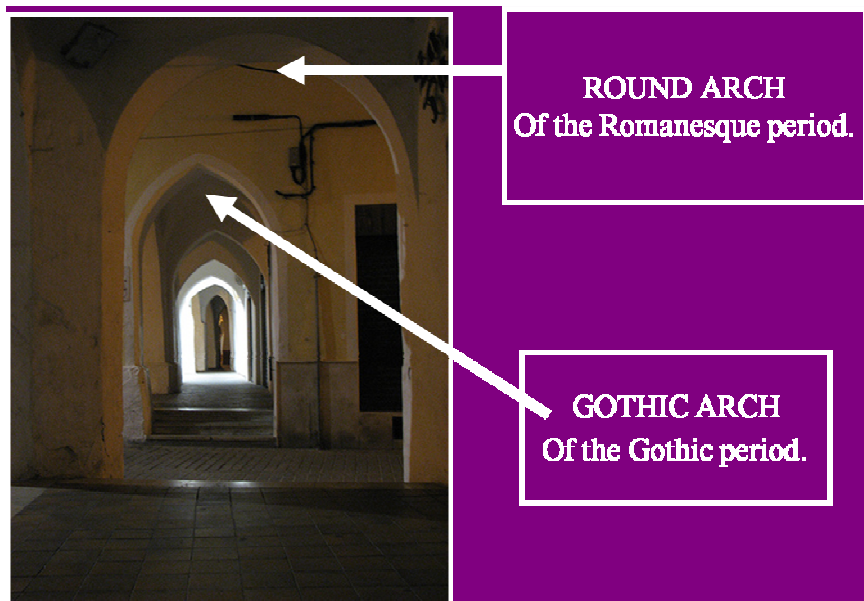


SES VOLTES

After of the Plaça Nova we arrive to Ses Voltes, the real name of the street is Josep Maria Quadrado. He was an historian and one of the most important figures of the Menorcan culture.

For this reason, the school center IES JM Quadrado take its name in his honour.

It's one of the most important and well known of Ciutadella. It's a narrow road with archway. There are a lot of shops, where you can find a lot of typical souvenirs



PLAÇA DES BE

Walking down the Ses Voltes street in direction to the Born square, you will arrive to a small square where you find the statue that represents a sheep carrying a flag.

It's a symbol of Sant Joan that represents the figure of Sant Joan Baptista.(Saint John the Bapstist)

DIA DES BE

This festival is celebrated on Sunday before the festival Sant Joan.

A young farmer, barefoot and covered with a sheep skin, carries all day on his shoulders a live sheep, very decorated with ribbons and flowers. A farmer is accompanied by a lot of people and four policemen. They go to visit some houses where they rest and eat.



BORN SQUARE

Born square is considered the neurological centre and one of the most important squares of the city. Town hall is in this place. It was built on fifteenth century Muslim. It is located near the Post office building, Born theatre, and the facades of Saura tower, Salort, Vivó and St. Francis church.



THE OBELISK

It was born in the Turkish attack in 1558 for the commemoration of the defence become to contain the invasion by Turkish troops of Mustafa Piali.

- The Turks entered the terminal to the damaged walls, killing, looting destroyed with terrible cruelty. Almost all the survivors, some 4,500, were taken captives and sold to Turkey as slaves.



SES PALMERES SQUARE

When Ciutadella was walled, in this square the so-called Mao's door was opened. Here the Muslims gave the keys of the city to the king Alfons el Liberal, conqueror of Menorca. Every year in this day we celebrate the procession called "Els tres focs", in English "The three "in honours of that moment.



Sant Antoni



According to Saint Antoni's story, once the Christian troops of the king Alfons III al Liberal

were landed, around Maó's port, a fight with the Muslims started. But the main fight took place on 17th January 1289 on the north side of this port.

In the tower of the Santa Àgueda's castle the Muslims were defeated. Menorca was governed by Christians



THE MILL OF CAS COMTE

I Windmill destined to grind the wheat for obtaining flour, which was constructed in 1778

I It stopped grinding in 1905

I The mill "des Comte" is one of few mills that stay in Minorca with a base of two floors (the first was using as store and the second floor was the housing of the moliner)

Its utilization. Nowadays turned into a bar.

The mentioned store, the only example of urban store of the 18th century that we know in Minorca



ES BASTIÓ DE SA FONT

– A bastion was a tower with artillery pieces (guns), that it served to reinforce the protection that the walls give at the town.

– The Fountain bastion was created in XVII century to protect one of the doors of the medieval walls that surrounded the city.

–This is the only bastion who there is of the eight that there were. This is located on one of two big cliffs that surround the port.

–The bastion was used to save the wheat.

–In this is located the first public fountain of Ciutadella.



THE CONVENT OF SANTA CLARA

- The monastery, rebuilt after the assault of the Turks, was a collection of buildings from different periods, with subsequent modifications and extensions, the latest of which in the middle eighteenth century

- After the Civil War and by agreement of the municipal corporation of Ciutadella, began the Reconstruction of the monastery on the spot occupied by the former, although a considerable part of the site was ceded to the Salesian Congregation for the patio school. The new building contains a dependency of the former

- The church was built following the pattern of the nineteenth century Gothic.



ARTRUTX SQUARE

This square is located in the center of Ciutadella. It was restored recently.

The sculpture is located in the middle of the fountain. It is called "El Secret" (The Secret), because it represents two women that tell a secret. It is surrounded by water that wets it.



THE FISH MARKET



It is a market built over the old vegetable garden and orchard of the monastery of the Agustins, and now called freedom square.

It was built by a Catalan architect called Ramón Cavaller, imitating the Boqueria market in Barcelona.

It is an iron building with neoclassic style of XIX century. It is situated in the old nucleus and it was inaugurated in 1869, but it wasn't converted to a market until after the civil war.

In 1895 it was built the central metal structure, with function to protect the counters to sell fish. Nowadays the market sells meat, vegetables, fruit, cheese of Menorca and fish, that arrive every day from the port.

PALACE OF SQUELLA FAMILY (S.XVIII)



The Squella home brings to the architecture of the Ciutadella's palaces two important elements: The conception and the development of the staircase and the formal treatment of the façade

- In Sant Sebastian street we can find the palace of Squella family.
- It's a very old palace in barroque style.
- The main entrance is set in a stone frame, in which the golden tones are noticeable.
- There is a code of arms above the main balcony which is unique.
- The balcony has a baranda made of forged iron.
- Two facades have the same ornaments.
- The entrance includes a covered space with two archways and a stairway at the end.

PATI DE CAL BISBE

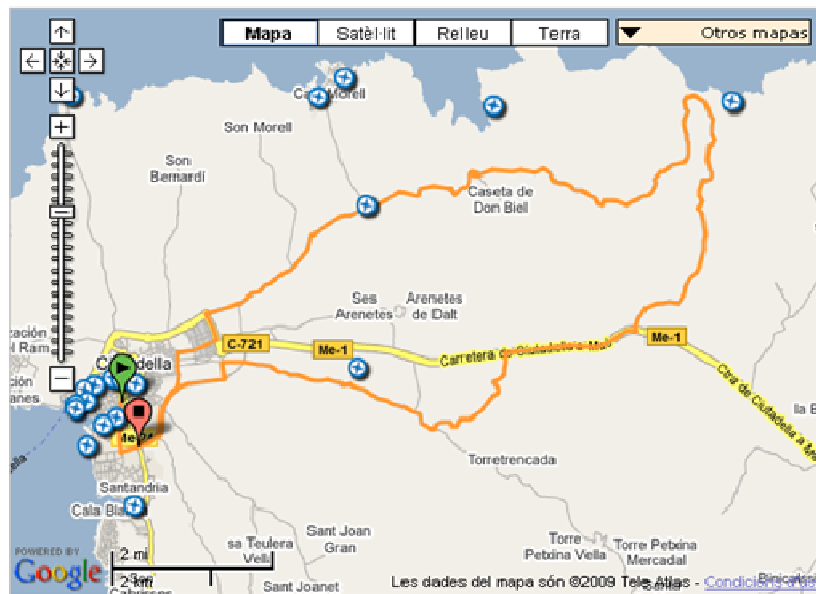


It's the patio of the house where the Bishop of Menorca lives. It has 4 doors: The right door leads to the Cathedral, the middle and left doors lead to Bishop's home, and the other is the entry door.

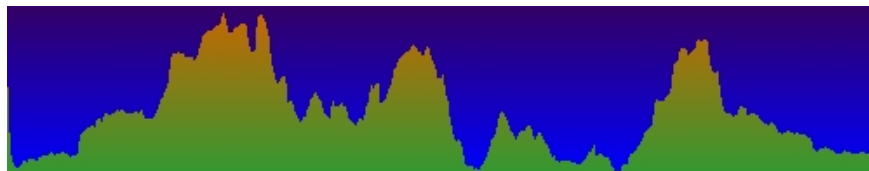
In the middle of the patio there is a cistern, and on the right side there is a small garden.

ROUTE 1

SUD CIUTADELLA



IES Josep M. Quadrado. Ciutadella-Camí vell-Son Camps-Terrellafuda-Camí del Pilar-Cal El Pilar-Es Pla de mar-El Furinet-La Vall-Ciutadella



Trail distance: 24,62 kilometers
Elevation min: 0 meters, **max:** 26 meters
Accum. height uphill: 95 meters, **downhill:** 100 meters
Ends at start point (loop): No

SON CATLAR



INTRODUCTION

The village of Son Catlar is one of the prehistoric talaiots of Minorca, precisely from the Bronze Age, from the third and second centuries B.C., and it was largest during the Roman conquest of Minorca.

MAIN PARTS

Bastió sud-est: A complex bastion constructed with big stones rises in the South West corner of the wall, in the highest area of the village.

East Tower: A type of constructive ornament, of spinning of stones smaller and very cut, sensitively different to that of the one used on the wall is the best tower preserved from the defensive precinct and that in which it appreciates itself more easily.

Northeast Door: It brings of rectangular lintel, the only known one to access in the village.

"Capades de Moro": With this popular name some perforated niches are known in | on the rock that often they show one reduces all around in order to close them with a slab of stone and that, as it seems, were used as containers of cinerary urns.

Stele with engrave: It is a well stone, with a simple recorded, maybe an anthropomorphic representation at the top, which has no certainty of its meaning and why the situation outside the wall.

South talaiot: The biggest talaiot of Son Catlar is quite disfigured by the collapses of its external ornament and of the inner stuffing and for the accumulation of stones around him in order to facilitate agricultural works although it finds itself.

Talaiòtica house: The foundations that are observed here belong on the outer wall of a home | house talaiòtica and to | in several structural elements of the central courtyard.

Cambra hipòstila: They were a buildings that they were characteristic for their monolithic and political serial columns which give a lot of support to they roof form by slabs of stone. In Son Catlar's case, the "Cambra Hipòstila" is situated next to a very dilapidated talaiot and they're maybe related with domestically units too.

Table's sanctuary: It is one of the biggest sanctuaries in the prehistory of Menorca, but the table is in a very bad state, unfortunately, with a the top stone very broken in different segments, nowadays unrecognizable and part of the support's stone very dilapidated too.

In this places it celebrated a lot of religious rituals and it did a lot bonfires, sacrifices and domestic animals offerings to favour the fertile land and the herds.

North Talaiot: It is a talaiot with a very lightly and globular plan and a troncocònic profile pick ups to a base of two paraments, one outer of a big pads and one inner of a smaller stones.

Garites: In the north zone of the Son Catlar's wall we can see a serial of Garites or an empties spaces that it built inside the wall and with an entry since the inner of the precinct. Up to now we couldn't fix his function, but, without any doubt, they are relate with the defensive sistem of the village, even so they don't give be strange that they only localize in this sector

VOCABULARY

- Talaiot: It is a prehistoric monument from three to six metres of high. We can find it in frequency in the isles of Mallorca and Minorca. They were built began in the prehistory and we only practically meet of it's the buildings in the Balear Islands.



DUNE SYSTEMS

HOW DO THEY FORM?

Dunes form when the wind blows sand inland and there are plants well adapted to these harsh conditions which hold back the sand.

WHERE ARE THEY?

These systems are situated on the beach zones. Dune systems are often on humid areas to slow down the water to the sea.



DUNE VEGETATION

Some of the specialized plants are: Sea Daffodils (*Pancratium maritimum*), Marran Grass or Beach Grass (*Ammophila Arenaria*), Searocket (*Cakile maritime*)... They are very weak and easily destroyed by the sea, the people and the vehicles



THE BEE-EATER



The bee-eater (*Metrops apiaster*) is a beautiful African bird. They make long tunnels in the sand where they nest. In the last years there have been many sand extractions that have altered these bird colonies.

THE POSIDONIA SEAWEED

What is the posidonia seaweed ?

- is a dark green plant, with long leaves and tape form, that they can measure 2m.
- lives on the seabed, in a smooth relief, sandy and little depth with a maximum of 50m and very enlightened to sunlight . This sea plant forms extensive meadows known as "alguers".
- scientific name is Oceanic Posidonia referring to poseidon, the god of the sea, but it doesn't live in the oceans. Actually it is a plant endemic to the Mediterranean sea and therefore, we can only find it in this sea.



Where is it ?



ROUTE 2 CIUTADELLA—SON BOU



Ciutadella-Camí Vell-Cala Galdana-Cala Mitjana-Trebaluger-Cala Fustam-Cala Escorxada-Binigaus-Talis-Son Bou-Càmping de Son Bou

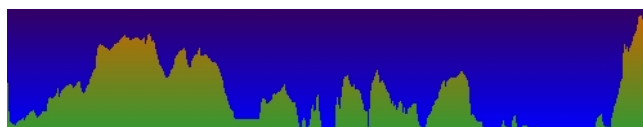
Trail distance: 39,87 kilometers

Elevation min: 0 meters, **max:** 123 meters

Accum. height uphill: 742 meters, **downhill:** 671 meters

Ends at start point (loop): No

Coordinates: 500



THE GULLY



The gullies are located in the south of Menorca, due to the erosion by the rain. The area is wetter because it is sheltered from the wind. The most representative ecosystems located in the ravines are the holm oak and olive trees.

The holm oaks are nutritious trees and project a big and dark shade; we can also find a large variety of flora and fauna. They were used to get wood and coal

The olive trees usually occupy deeper soils and less sunny.

Include the wild olive (*Olea europaea*) and kill (*Pistacia lentiscus*), which for its abundant production of fruits attract many birds such as cowbirds (*Turdus philomelos*), starling (*Sturnus vulgaris*), etc..

On the walls of the gullies there are usually inhabited milloques (*Neophron percnopterus*) and chorizo (Kestrel *Falco tinnunculus*).

Also we find a great diversity of plants, didalera (*Digitalis dubia*), Frígola (*Teucrium marum*), etc., adapted to living on the rock.

In the caves, also formed by the erosive action of chemical or water living species of Chiroptera, owls, etc. Almost no water gully carries all year, but it is very humid there are many plants. The animals that live there are fresh water turtles, water snakes and more.

In the history of Menorca the ravines were very important. In them lived the first inhabitants who lived in caves. They used them to protect themselves from wind and planting fruit and vegetables.

L'EXPLOTACIÓ RAMADERA

- It consists of extracting the maximum benefit proceeding from baby animals (young creature).
- Chicken eggs, milk and cheese cow, meat...



COWS

- The most important tools and machines are:
- the milking room: where the cows are milked.
- cooling tanks: they save extracted milk.
- A deposit where the milk is removed and then it is transformed in cheese.



MILK

- Cows can produce between 30 and 35 L. of milk a day.
- They are milked 305 days a year, and they spend two months without being milked.
- They can produce 10.000 L. a year.

ANIMALS FOOD

- Animals eat: Fodder, Straw, Grass, Silage with indian corn.

PRODUCTION

Products are sold to a wholesale (he's the intermediary between producer and costumer), and then they're sold to the shops

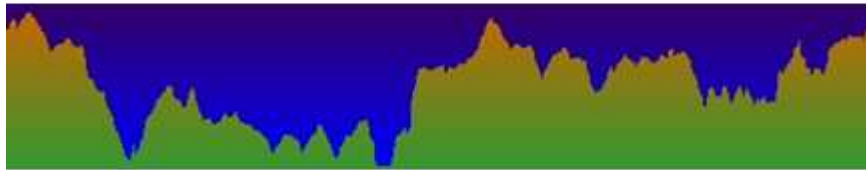


ROUTE 3

CÀMPING—CÀMPING



**Camping Son Bou-Torre d'en Galmés-Cala'n Porter-Cales Coves-
Camí de Cutaines-Alaior-Sta. Ponça-Camping de Son Bou**



Trail distance: 36,88 kilometers

Elevation min: 0 meters, **max:** 138 meters

Accum. height uphill: 610 meters, **downhill:** 616 meters

Ends at start point (loop): Yes

Coordinates: 499

NECROPOLIS OF CALES COVES



- It's the largest necropolis of hipogeous in Menorca .
- There are 3 different kinds of caves: oven caves, big hipogeous and natural caves.
- The caves were used from the XI century until the Romans arrived.
- They build the caves, using round tools, made of wood and made of stone. They make holes in the rocks and now they can still be seen.

HOUSE 1

Dimensions:

Internal length House: 6,20 m

Internal width House: 11,20 m

Internal length Caves: 14,50 m

Internal width Caves: 6,10 m



HOUSE 2

It is called "Cercle Cartailhac", and is located in the south of the ancient village.

Dimensions:

Outer diameter maximum: 15,80 m

internal diameter maximum: 12,50m



HYPOSTYLE ROOM

It was used as storage or a stable and it has only one room, covered with rocks and sustained with two Mediterranean types of columns.

VOCABULARY



Talaiot



Tavla



House



Hypostyle Room

System for collecting water



ROUTE 4

CÀMPING—FORNELLS



**Càmping de Son Bou-Sta. Ponça-Barranc d'es Rellotje-Es Polvorí-
Camí de Lluçasaldent-Alaior-Camí d'en Kane-Camí de sa
Cucanya-Sa Roca-Ses Salines de Fornells**



Trail distance: 25,31 kilometers

Elevation min: 0 meters, **max:** 181 meters

Accum. height uphill: 463 meters, **downhill:** 591 meters

Ends at start point (loop): No

Coordinates: 415

THE QUARRIES OF SANTA PONÇA

ALAIOR

- It is a town of Menorca. It's located 12km from the capital Mahón. It has the third biggest population of Menorca.
- It's a handicraft, an industrialist and university community with over 8000 people and municipality of 170 square km.
- In this municipality there is a school that is a part of the university of the Balearic Islands. The only one in Menorca.

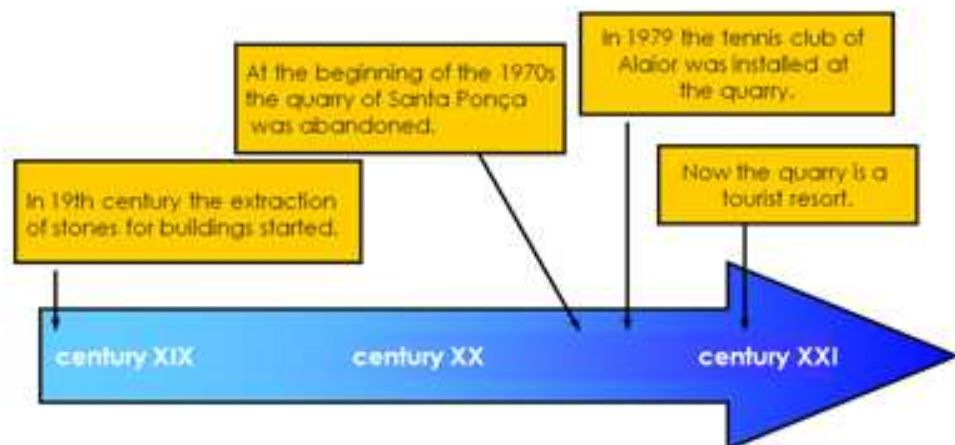


LOCALIZATION

The quarries of Santa Ponça are situated at the municipality of Alaior, you can see it on this map:



CHRONOLOGY



THE QUARRIES OF SANTA PONÇA

The quarries of Santa Ponça are some of the most important of Alaior. There are 3190 square meters.

In a corner there is a little quarry under the ground, it is very well conserved because it is protected from the wind and the rain...

MARÈS

It is the most important type of rock form of the south of Menorca. It borns of some sediments. The main characteristics are its hardness.

The most important disadvantage of the extraction is the hardness and the corrosiveness of the stones.



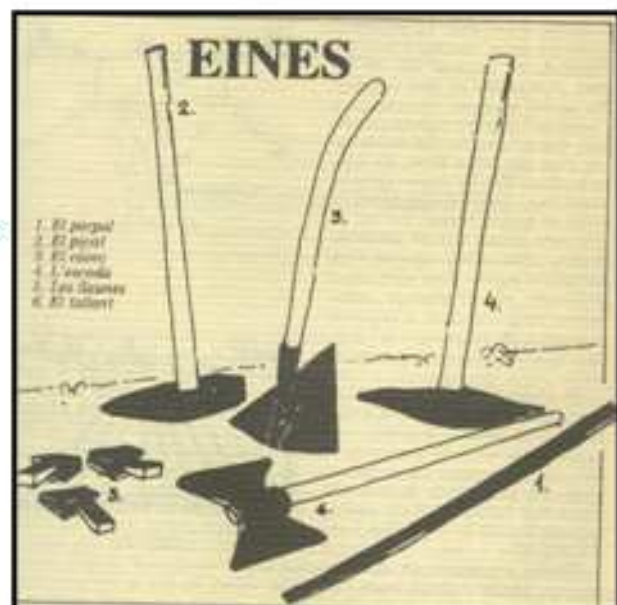
THE EXTRACTION

You must analyze, structure, and localize the marès, before extract it. There are two different ways to extract it:

- Manual extraction: Is a difficult and long way, and needs many time. Is extracted with special tools.
- Mechanic extraction: It needs some specialized machines. Is more modern than the manual one.

TOOLS

- | | |
|----------|-----------|
| 1 Perpal | 2 Picot |
| 3 Càvec | 4 Escoda |
| 5 Llaves | 6 Tallant |

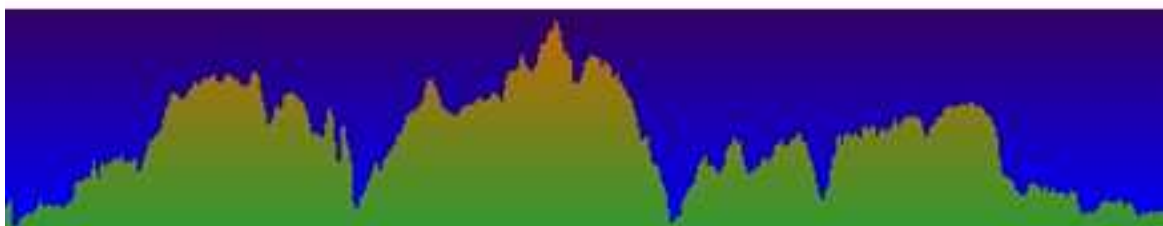


ROUTE 5

BARRANC D'ALGENDAR-CAMÍ REIAL



Ciutadella-Camí Vell-Barranc d'Algendar-Camí Reial-Cala Galdana-Macarella-Ciutadella



Trail distance: 44,16 kilometers

Elevation min: 0 meters, **max:** 139 meters

Accum. height uphill: 634 meters, **downhill:** 639 meters

Time: 5 hours 7 minutes

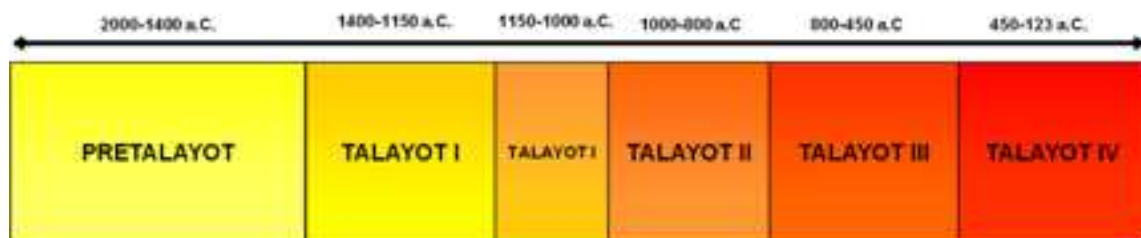
Ends at start point (loop): No

Coordinates: 1360

TORRE TRENCADA



CHRONOLOGICAL AXIS



TORRE TRENCADA —————

WHAT WE MUST SEE

“La taula”, the tabular relief, is one of the most beautiful of the island. It has a reinforcement column at the back, but it doesn't conserve the enclosure that surrounded it.



“The Talaiot” the megalithic monument of the Balearic Islands is not too well preserved and a half is covered with vegetation. Its function couldn't ever be clearly defined and probably it was useful for a proper defense, and sometimes for live in.



The tombs are anthropomorphic (dug in the ground) and probably are from the medieval period. They give us an idea of the log occupation that took the town, or at least its area.

BARRANC D'ALGENDAR



FLORA

Gullies normally have a leafy vegetation, thanks to the small river which takes water, something that allows the vegetation to be always green and full.

At the shady part of the gully, near the torrent, the most plentiful plants are, for exemple, rush, "canyet", yellow jujube or health grass



'Juncus' rush
(*Scirpus holoscirpaeus*)



'Canyet'
(*Phragmites sp.*)



'Ginjol groc', yellow
jujube
(*Iris pseudacorus*)



'Herba sana' health grass
(*Alopecurus sp.*)

FAUNA

The fauna of the area is based on birds called harriers (*Neophron percnopterus*), worm eagle (*Hieraaetus pennatus*) and other carrion birds (which eat dead animals) how the royal kite or the falcon (*Falco tinnunculus*).



"Arpella"; harrie
(*Neophron percnopterus*)



"Àliga calçada" worm Eagle
(*Hieraaetus pennatus*)



"Willà real o xoriguer"; falcon
(*Falco tinnunculus*)

ENDEMISMES



"Herba d'orenetes" (*chelidonium majus*). We can find it in shady places. It flowers between March and September.



"La Vidalba" (*clematis cirrhosa*). It flowers between October and April, in the light places.
It's between two and seven metres



Didalera (*digitalis dubia*).
We can find it down the large rocks of the gullies.

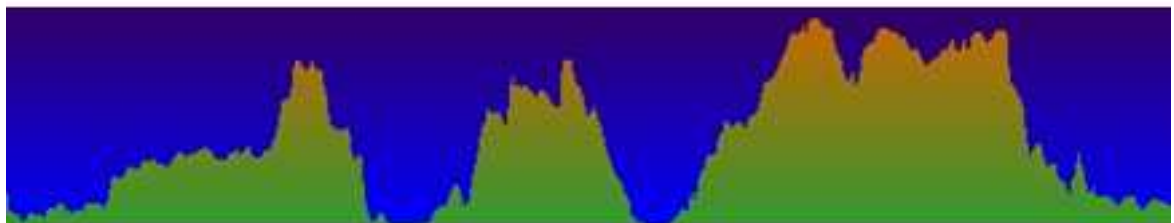


ROUTE 6

NORD CIUTADELLA



**Ciutadella-La Vall-Punta Roja-La Vall-Costa d'es Forn de Calç-
Sta. Victòria-Ciutadella**



Trail distance: 22,27 miles

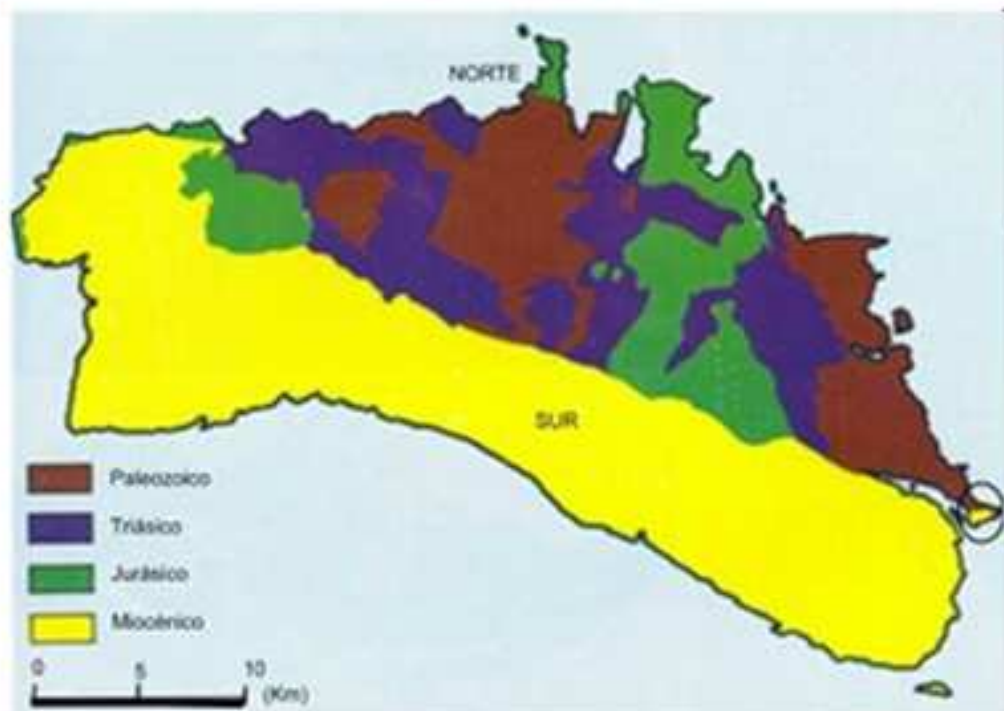
Elevation min: 0 feet, **max:** 407 feet

Accum. height uphill: 1.722 feet, **downhill:** 1.736 feet

Ends at start point (loop): No

Coordinates: 486

GEOLOGIA



- Menorca is the oldest island of the Balearics.
- In the North there is a really complex mosaic of materials; whereas, the South is thoroughly homogeneous. Both areas are separated by an almost straight line from Mahon harbour to Cala Morell (Ciutadella)
- The North area has terrains with different compositions, colours and ages. These terrains are impermeable and they can make small hills. There are black stones belonging to the Primary Era and reddish materials belonging to the Secondary Era.

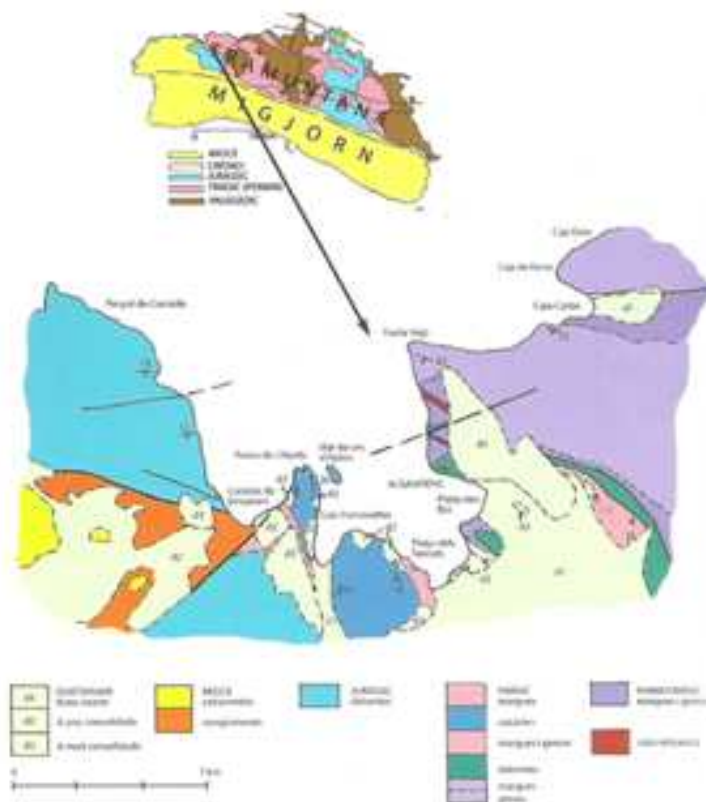


- The South is very flat and cut by little but deep gullies; it has a more homogeneous colouring and composition. These materials are permeable and they are mostly limestone (the popular ‘marès’). These materials belong to the Tertiary Era and some to the Quaternary Era.



ALGAIARENS

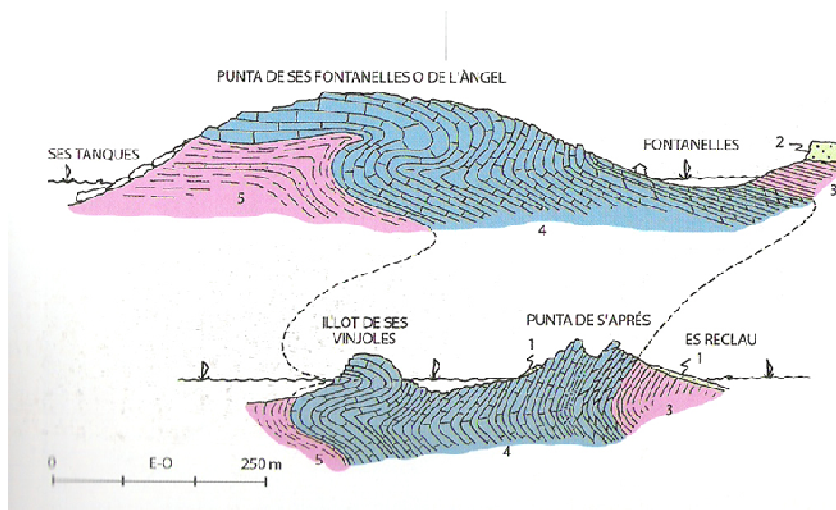
- Algaiarens is one of the best preserved natural spots of Menorca. It's a piece of costal area located on the north of the island, where you can see very well that the more resistant material has endured the force of the waves, whereas the softer materials were victims of more erosion. Of these materials the most resistant form the Corniola tips, s'Aprés, Fontanelles and the Punta Roja.



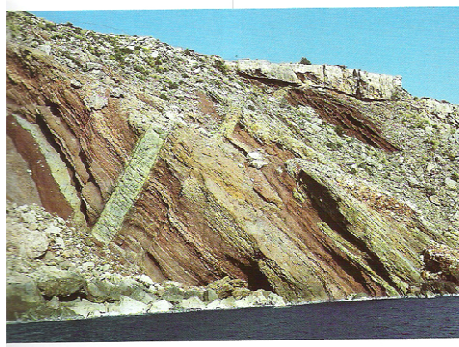
GEOLOGIA

PUNTA ROJA

- The specific observations begin in the moment in which are in situ
- In the high part of the low Triassic, it has mud as a whole. It is red, and in the contact with the dolomites, the mud is greenish.
- The low Triassic is formed in the island by two levels. The interior: massive, with very big extracts that present crossed, flat and very spectacular laminations. The exterior is red, locally yellowish.



- In the high part of the low Triassic, there is a dike of very upset volcanic rocks, of dark green colour, which correspond to basalts.
- The dike remains covered by a whitish and irregular cap. This whitish cap corresponds to a quaternary dune.
- Looking at the top of "Ses Fontanelles", it is possible to observe the knocked down fold that draws the calcareous section of the medium Triassic. The erosion of this fold a witness stops: The Island of "Ses Vinjoles".



PROGRAMME

Sunday 10

08:00 Arrive of Hoorn's expedition to Menorca Airport, A bus will pick you up and transport you to IES Josep M^a Quadrado in Ciutadella.
09:00 Arrival of Hoorn's expedition to IES Josep.M. Quadrado. Presentation in the Hall. Breakfast.
Parents will pick the students up. Teachers can relax at the apartment in Blancala.
Rest of the day free. Activities in families.

Monday 11

08:00 Arrive at the school.
09:30 Breakfast in the school's Bar.
10:00 Will visit the old town of Ciutadella in little groups
12:00 Meeting at the school
12:15 Bus departure to Monte Toro
13:00 Visit Monastery of "El Toro"
13:45 Lunch in the restaurant of El Toro
16:00 Boarding in the boat "El Pirata" Maó Harbor
16:30 Visit "Illa del Rei".
17:00 Itinerary" Port de Maó" by boat.
19:00 Disembark and route by foot in the old town of Maó
20:00 Return by bus to Ciutadella

Tuesday 12

08:00 Arrive at the school. Presentation route n.1
Checking the bikes and fittings
08:30 Start route n. 1
09:00 Visit and activity in "Son Catlar" (prehistoric village). Breakfast
10:30 Activity of beach volleyball in "Son Saura"
Activity: The marine coastal and the dune system. Lunch
13:30 Return to Ciutadella from Es Talaier and Cala en Turqueta
15:30 Return to Ciutadella
16:30 Arrive at the school.
19:00 Reception and break at the Town Hall. Parents are invited

Wednesday 13

08:00 Arrive at the school. Presentation route n.2
Checking the bikes and fittings.
08:30 Start route n. 2 "Camping Son Bou"
09:00 Visit "Cavalleria Nova" farm
11:00 Cala Galdana. Breakfast
12:00 Cala Mitjana, Trebalúger, Cala Escorxada i Cala Fustam
Activity: "The gullies of southern Menorca"
13:30 Arrive to Binigaus, swimming and lunch
15:30 We continue the route to Son Bou
17:00 Arrival at the camping. Settle down in the wooden houses.
Free time
19:00 Organization of groups. Prepare the dinner.
22:00 Time to have fun all together.

Thursday 14

08:00 Get up. Prepare the breakfast and lunch picnic for the day.
09:00 Presentation route n 3
Checking the bikes and fittings
09:00 Start route n. 3 to Torre d'en Galmés
09:30 Visit Torre d'en Galmés. Interpretation centre and site itinerary.
10:30 We continue the route to Cala'n Porter
11:30 Reception of the "Consell Insular" Cala'n Porter
13:00 We continue the route to Cales Coves. Swimming and lunch.
15:00 Return to Camping
16:30 Arrival at the Camping. Shower, swimming pool and sport activities.
19:30 Organization of groups. Prepare the dinner.
21:00 Activity: astronomic observation.

22:00 Time to have fun all together.

Friday 15

08:00 Get up and prepare the breakfast.
09:30 Tidy up the wooden houses and prepare the bags.
Presentation route n. 4
Checking the bikes and fittings
10:30 start route n. 4, Fornells
10:45 Visit Santa Ponça quarry. Alaior
11:15 We continue to Alaior, Sa Roca.
14:00 Arrival to Ses Salines of Fornells. Lunch
15:00 Activities: Sailing and canoeing
20:00 Tidy up. Carry the bikes in the lorries. Return by bus to Ciutadella

Saturday and Sunday 16 and 17

Activity in families

Monday 18

08:00 Arrival at the school.
Presentation route n. 5
08:30 Start route n.5. "Camí Reial"
10:00 Visit Torre Trencada village
11:30 Breakfast in the Algendar gully
"Flora and fauna"
12:30 Camí reial, Cala Galdana. Lunch
14:00 Macarella.
16:30 Return to Ciutadella.
18:30 Arrival at the school. Time in families

Tuesday 19

08:00 Arrival at the school.
Presentation route n. 6. North coast
08:30 Start route n.6. Cala Morell
10:00 Ses Fontanelles. Breakfast
11:00 Visit "Sa Punta Roja"
Activity: The menorcan Geology
12:30 Platja d'es Bot. Sport activities. Lunch
16:00 Return to Ciutadella.
17:30 Arrival at the school.
19:30 Arrival at the school. Preparation of the party and dinner.
20:30 Start the farewell party. Performances. Dinner.

Wednesday 20

09:00 Meeting at the school.
Evaluation activity.
10:30 Free time for the last shopping.
Packing the luggage.
Lunch in families.
14:00 Meeting at the school and time to say goodbye
14:30 Departure by bus to the airport.
17:25 Departure of the flight to Amsterdam.



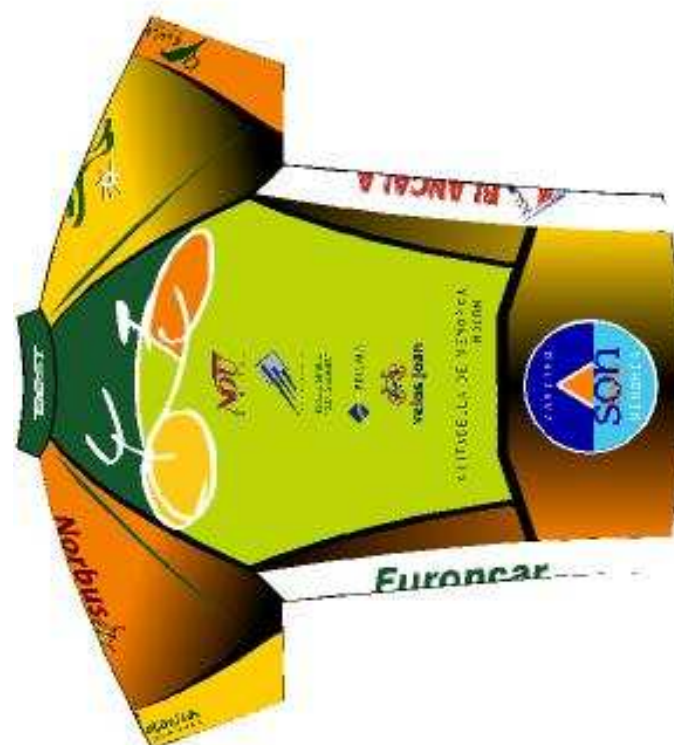


INTERCANVI LINGÜÍSTIC I ESPORTIU ENTRE L'IES J.M. QUADRADO I L'INSTITUT "OSCAR ROMERO" DE HOORN

ACOLLIDA DELS ALUMNES HOLANDESOS

PAUTES DE L'ACOLLIDA

- 1/ Les famílies de Ciutadella rebran els alumnes holandesos amb les portes obertes per tal d'acollir a ca seva un company o companya estranger i oferir-li la mateixa hospitalitat que esperam rebre quan els nostres alumnes els tornin la visita
- 2/ Les famílies oferiran una estada agradable mentre que l'al·lot o al·lota visitants seran els que s'adequaran al ritme d'aquella família i respectaran els seus horaris i normes. Tanmateix, convé ser flexible i crear les bases d'una relació de confiança i comprensió per tal que el nouvingut es senti bé.
- 3/ Encara que la major part del dia els alumnes tindran activitats organitzades fora de la casa, convé aclarir des del primer dia quins espais, electrodomèstics, estris es poden utilitzar. L'alumne/a de Ciutadella i el seu convidat es poden encarregar, de manera conjunta, d'adesar els espais que ocupen, aclarir l'habitació,...
- 4/ La llengua d'intercomunicació entre els alumnes ha de ser l'anglès, però no s'ha de perdre l'oportunitat per practicar un poc la seva llengua i les nostres.
- 5/ Si no hi ha canvis de programa per causa del temps, els alumnes holandesos i els nostres s'hauran d'endur picnic, preparat per les famílies, cada dia (entrepans, fruita i molta d'aigua)



Diari dels alumnes

DIUMENGE 10 DE MAIG



Diumenge dia 10 de maig ens vam trobar, alumnes i famílies, a les nou a l'institut. Tothom estava molt nerviós per l'arribada dels nostres companys holandesos, que van arribar amb una mica de retràs. Mentre esperavem entravem i sortíem de l'institut esperant l'arribada del bus. Hi va haver un parell de falces alarmes, fins que, passades les deu va aparèixer el seu autobús. Vam començar a cridar i a saltar d'alegria, estàvem tots molt contents i no sabíem que fer. Quan el bus es va aturar, cadascú cercava el seu company holandès per donar-li la benviguda. Vam començar a entrar a l'institut on ens vam presentar i els mestres de cada centre van dir unes paraules. Després ens vam disposar a berenar de xocolata i ensaïmada. En haver acabat el berenar i haver-nos conegut una mica més, cadascú se'n anà amb el seu company i la família cap a casa.



En haver dinat i descansat, ens trobarem a les cinc a la plaça de la Catedral per fer un gelat i estar junts. Aquella mateixa tarda, a les sis i mitja, ens retrobarem totes les famílies davant del poliesportiu disposats a anar a veure un espectacle eqüestre al lloc de Ses Arenetes. A les set i mitja va concloure l'activitat i també aquell primer dia de Bike Coast Bike.

10 de maig, el primer dia:

Els estudiants menorquins vam quedar a les nou del matí a l'institut per rebre els nostres companys holandesos. Tothom estava molt impacient i nerviós. Quan vam arribar tots, ja hi havia la taula del berenar parada i els regals preparats.

Mentre els pares i les mares conversaven dins el vestíbul, els alumnes vam anar a fora a esperar el bus dels nostres companys holandesos.

Van passar un munt d'autobusos i, més d'una vegada, ens vam pensar que venia el bus que esperàvem quan no ho era. Quan finalment va arribar l'esperat, tothom estava molt emocionat (holandesos i menorquins).

Després de la rebuda i de donar els regals als nostres companys, vam berenar de xocolata amb ensaïmada i menjars típics menorquins. Tothom disfrutava molt i estava emocionat!

Ben entrat el capvespre, ens vam reunir per anar a veure una demostració de doma menorquina de cavalls. Els holandesos van quedar ben al·lucinats amb els bots dels cavalls i ens ho vam passar molt bé junts.

Pel vespre, cadascú se'n va anar a la seva respectiva casa i vam compartir el primer vespre junt amb el nostre amic o amiga holandès/a.

Dia 11

A les nou i mitja vam fer una berenar a la cantina de l' institut. Després vam partir per grups a fer una volta per Ciutadella així mostràvem i explicàvem el poble de Ciutadella a els nostres amics d'Holanda. Els hi vam mostrar: el port de Ciutadella, la Catedral, Ses Voltes, la Plaça del Be, la Plaça del Born, les Palmeres, el Molí, es Bastió de sa Font, etc. A les 12:30 ens vam reunir a l' institut per agafar un autobús per anar a dinar i a conèixer El Toro. Després de dinar va manar a Maó a visitar la ciutat i ja que érem allà també vam visitar La Illa de Rei. Quan va acabar la visita de la ciutat vam davallar cap a Ciutadella per ser cada un amb les seves famílies.



12th OF MAY 2009

We meet at the high school at 8 with our bikes. Later we went to the class nº 20 to explain the route and the things we will explain.

We took the bikes and we started the route to son Catlar by the road. there there were some reporters from the IB3 channel and they asked some questions to some students. we go inside the village and we explained some most important parts.

Later we had breakfast and we took our bikes to continue the route. We passed near the “lloc of son Aparets” and the “lloc of son Teri” and we took the “camí de cavalls” and we passed near the “cova des pardals” to go to Son Saura beach.

There we explained the dunes and the posidonia seaweed. we had lunch, we swam, and we played some games.

Later we took our bikes to continue the “camí de cavalls” to “es Talaier” and “Cala’n Turqueta”. And later we return to the high school. And we went home.

Two hours later we met at the town hall and the major welcomed the Dutch students. we went to the town hall’s garden to took a photo of everybody.



13 de maig, de 2009.

Ens vam aixecar a les 7:15 i a les 8 ens vam trobar tots a l' escola per començar la ruta nombre 2. Ens



vam reunir tots a l' aula nombre 20 i vam explicar en que consistiria la nostra ruta.

A les 8:30 vam començar la ruta dirigint-nos cap al Camí Vell. Vam passar per un lloc, sa Cavalleria Nova, on ens van explicar el funcionament de la maquinària d'un lloc, les munyidores, el procés de produc-



ció de formatges, etc. Finalment ens van donar a provar els formatges.

Vam continuar per aquest camí i ens vam trobar amb la baixada situada a la platja de Cala Galdana. Tot i a pesar de la velocitat en que vam baixar vam tenir un parell d'incidents. En Josep, en Maarten i na Judtih van ser els que van caure al darrer tram de la baixada, però a pesar de les petites i poc important ferides

van poder continuar. Na Marije però, quan va caure es va fer un trenc a la cella i va ser acompanya a l'hospital pels professors i n'Alexandra, que un dia abans havia caigut i s'havia fet mal al braó.

Després d'aquesta baixada vam berenar tots junts asseguts al costat del torrent on vam poder contemplar un polit paisatge. Vam passar per la platja de Cala Galdana i vam continuar el camí per arribar a la platja de Cala Mitjana fins a arribar a Trabalúger, on vam quedar a dinar i fins i tot alguns, van aprofitar per nedar.



Vam seguir el camí i vam arribar a la platja de Cala Fustam, on només ens vam aturar uns minuts per fer algunes fotos i descansar. Després, vam continuar fins arribar a la platja de Cala Escorxada i ens vam tornar aturar per fer algunes fotos més. Vam haver de pujar algunes costes i vam arribar la platja de Binigaus, on vam haver d'anar per un camí molt estret i amb algunes dificultats fins arribar a Cala Tomàs, on ja hi havia Na Marije, n'Alexandra i els professors. Vam continuar la nostra ruta fins arribar a la platja de Talis. Poc després ens vam trobar davant de la platja de Son Bou, on vam haver de caminar 3 quilòmetres baix de la bicicleta damunt l'arena. Llavors vam continuar per un camí, on hi havia la





Quan vam arribar al càmping vam trobar les motxilles, ens vam repartir les cases i les feines de grup. Ens vam instal·lar, i vam tenir temps lliure



El fosquet vam començar a cuinar el sopar, vam posar taula i al cap d'una estona vam sopar. En acabar de sopar vam tenir una estona més de temps lliure i després ens en vam anar a dormir.



Va ser una ruta una mica llarga ja que vam poder gaudir molt del meravellós paisatge i de les platges del sud de l'illa.

Dia 13: Càmping-càmping

A les 9 berenàvem tots junts al menjador de el càmping. Després vam partir cap a Torre d'en Galmes. I allà vam fer una visita per el poblat. Després ens vam dividir en dos grups per anar a Cala'n Porter, un grup va anar per el camí nou i els altres van seguir el camí normal. A Cala'n Porter van fer una xerrada amb el Alcalde de Alaior i ens van convidar a una picada. Després vam seguir cap a Cales Coves on vam dinar per després partir cap al Càmping . Al vespre vam aclarir els parxes i sopar, després de sopar un grup va escurar mentrestant els altres feien temps lliure.



Dia 14 (falta)



15 de maig, la quarta ruta:

Quan ens vam despertar al càmping de Son Bou, feia mal temps i ens vam plantejar no fer la ruta. Vam haver d'esperar que el temps millorés i vam berenar i rentar els estris emprats amb tranquil·litat. Després, vam jugar un partit de futbol que teníem pendent i ens van guanyar els holandesos. Tampoc havíem jugat al Bingo el dia anterior, així que hi vam jugar tots junts dins del

menjador del càmping. Els guanyadors del joc es penjaven una tira groga que posava: "Mr/s Bingo!", com la de les súpermodels. Acabada la diversió, vam ordenar les nostres pertinències i vam partir cap a la darrera ruta abans del cap de setmana.

La ruta consistia en anar del càmping de Son Bou a Ses Salines de Fornells, passant per Santa Ponça, el Barranc des Rellotge, Es Polvorí, es Camí de Lluçaldent, Alaior, es Camí d'en Kane, es Camí de sa Cucanya i Sa Roca. A ses Salines havíem de fer les activitats marítimes que s'havien preparat (piragüisme i vela) però no les vam poder realitzar degut el vent que feia aquell matí.



En general, la ruta va ser més o menys fàcil, la majoria d'aquesta per carretera i amb bon ritme. Primer, ens vam aturar a la pedrera de Santa Ponça on vam explicar alguns detalls del marès i de la seva extracció. També allà vam explicar algunes característiques d'Alaior. En un determinat tram de la carretera (Sa Roca) per arribar a Ses Salines de Fornells, vam haver de separar el grup en dos per facilitar l'agilitat del trànsit. Finalment vam arribar-hi i, amb dos busos, vam tornar junts cap a l'institut.



Dies 16 i 16 falten

DILLUNS 18 DE MAIG

Dilluns dia 18 de maig, ens vam trobar a les vuit al pati nord de l'institut per donar començ a la cinquena ruta del programa Bike coast bike. Era una ruta bastant llarga que s'iniciava a la ronda sur i passant pel camí Vell arribava al Barranc d'Algendar. La primera aturada va ser al poblat talaiòtic de Torretrencada, on vam exposar una petita explicació de la taula i altres recintes. En sortir d'allà vam continuar la nostra ruta cap al barranc, on vam donar a conèixer als holandesos la flora i la fauna d'aquella



àrea. En haver berenat es vam disposar a continuar cap al Camí Reial, fins arribar a la carretera de Cala Galdana. Allí ens vam dividir en dos grups per poder travessar la carretera més fàcilment. En arribar a Cala Galdana vam agafar un tram de camí de Cavalls per arribar a Macarella, on vam dinar i nedar. En haver descansat, vam disposar-nos a partir tot seguint la carretera de Macarella, passant per Sant Joan de Missa, on vam fer una aturada per conèixer un poc millor l'ermita. Una volta arribats a l'institut vam acordar els darrers preparatius per l'endemà i vam aplaudir els guies, com soliem fer cada dia.

Més cap al vespre, ens varem tornar a trobar per anar a fer una volta i un gelat, com acostumàvem a fer cada Fouquet.

Dimarts dia 19

vam fer la darrera ruta. Com cada dia ens vam trobar al pati de l'institut a les vuit del matí. A continuació vam presentar la ruta i n' Albert ens va ajudar ja que el dia anterior no havia pogut realitzar la seva ruta, perquè el seu company no es trobava bé.



Lavors, vam començar la ruta. La primera part va ser des de l' institut fins les Fontanelles, va ser allà quan ens vam aturar per reposar un poc i fer-nos una foto de grup.

Seguidament vam continuar amb la ruta fins a arribar a la platja de La Vall, a on vam berenar i vam descansar. Després vam pujar fins la Punta Rotja per fer l'explicació de la geologia de Menorca i de sa Punta Rotja; allà també vam aprofitar per fer una altra foto de grup. Seguidament vam baixar fins a arribar a sa platja des Bot, a on vam tenir suficient temps per dinar, reposar, nedar, passar-ho molt bé... fins que vam tornar a agafar ses velos per arribar directe a l' institut. Una vegada allà, ens vam acomiadar fins la festa final.

El nostre grup va arribar abans a la festa perquè havia de preparar el guió de la presentació. A poc a poc les mares vam començar a aportar menjar, fins que a les 20:30 vam començar la presentació de la primera actuació. Els presentadors van ser n'Aída, n'Ester i en Joan Triay. Al cap d'una hora, quan ja havien actuat diferents grups, vam fer una pausa per sopar. Després alguns alumnes van donar un petit regal a tots els professors que havien participat a l'intercanvi Bike Coast Bike. Seguidament en Pere i en Tom van fer un petit discurs a on en Darren va ser el traductor. Tot seguit vam continuar gaudint de les actuacions fins, aproximadament, les 12:00, a on tothom va començar a plorar pensant que era aquella la darrera nit.

Així, idò, cada família va tornar a casa seva, fins el que seria el darrer dia.



