

Towson University
TU Iberian Insights: Cross-Cultural Psychology in Spain and Portugal
Summer 2025
(subject to change)

Sunday, June 29	Depart U.S.
Monday, June 30	<p>Arrive in Lisbon, Portugal Transfer by bus from airport to housing On-site orientation Walking tour of Lisbon - explore Portugal's rich history, from the monarchy's end to the revolution, while visiting iconic sites like Praça do Comércio, Santa Justa Lift, São Jorge Castle, and viewpoints like Portas do Sol Group welcome dinner at a local restaurant with Fado Show - a soulful experience of traditional Portuguese music, echoing the city's deep emotions and rich cultural heritage Overnight at Easy Hotel Lisbon in Lisbon</p>
Tuesday, July 1	<p>Breakfast at the hotel Guest lecture: <i>Historical and Contemporary Perspective of Portugal and Portuguese Society</i> Visit to Castle of São Jorge – an historical monument, situated on a hilltop, providing expansive views of the city while offering insight into Portugal's medieval heritage and its role in the defense of the region TU class [2 hours] Overnight at Easy Hotel Lisbon in Lisbon</p>
Wednesday, July 2	<p>Breakfast at the hotel Pastel de Nata cooking class - learn how to prepare a typical Portuguese tart, symbol of Lisbon's rich culinary tradition Visit to Carmo Archaeological Museum Overnight at Easy Hotel Lisbon in Lisbon</p>
Thursday, July 3	<p>Breakfast at the hotel All day excursion to Sintra – a picturesque town known for its palaces, gardens, and historic architecture Visit the Palácio Nacional da Pena - originally a Moorish chapel transformed into a royal retreat by King Ferdinand II in the 19th century, reflects the Romantic architectural style Visit Quinta da Regaleira - designed by Luigi Manini, estate renowned for its enigmatic architectural and esoteric symbolism Stop at Cascais Beach Overnight at Easy Hotel Lisbon in Lisbon</p>
Friday, July 4	<p>Breakfast at the hotel Interactive volunteer experience with a local nonprofit organization (e.g. Lisbon Project - organization dedicated to empowering and integrating migrants and refugees into the Portuguese society) Visit to Jerónimos Monastery and Belém Tower - both iconic representations of Manueline architecture, embodying Portugal's maritime strength and its role during the Age of Discovery Visit to Oceanarium in the Parque das Nações – a marine science center with diverse aquatic ecosystems, promoting ocean conservation through its immersive exhibits Overnight at Easy Hotel Lisbon in Lisbon</p>

Saturday, July 5	<p>Breakfast at the hotel</p> <p>Travel to Sevilla by bus - group meeting on the way</p> <p>Stop at Olhão - coastal town in southern Portugal known for its bustling fish market and traditional architecture</p> <p>Check into the hotel</p> <p>Overnight at Uma Suites Parada de Marques in Sevilla</p>
Sunday, July 6	<p>Breakfast at the hotel</p> <p>Walking tour of Sevilla – discover architectural emblematic buildings, including Cathedral, Giralda Tower and the Alcázar of Seville</p> <ul style="list-style-type: none"> • Visit to the General Archive of the Indies – a repository housing extensive documents and records related to Spain's colonial administration in the Americas, offering insights into the country's imperial past • Visit the Palace of San Telmo – a 17th-century Jesuit seminary, converted later into a Andalusian government building <p>Group dinner and Flamenco show - Flamenco dance is an Adalusian (southern Spain) cultural icon, it is a passionate and expressive Spanish art form that combines singing, guitar playing, dance, and handclaps</p> <p>Overnight at Uma Suites Parada de Marques in Sevilla</p>
Monday, July 7	<p>Breakfast at the hotel</p> <p>Visit to the Royal Alcazar and Cathedral of Saint Mary – both iconic sites, with the Alcázar showcasing Moorish-inspired palatial architecture and the Cathedral representing a monumental example of Gothic design</p> <p>Group lunch</p> <p>Guest lecture: <i>Historical and Contemporary Perspective of Spain and Spanish Society</i></p> <p>Group meeting</p> <p>Overnight at Uma Suites Parada de Marques in Sevilla</p>
Tuesday, July 8	<p>Breakfast at the hotel</p> <p>Visit to Isla Mágica, a themed park that offers educational and recreational experiences centered around the historical context of the Age of Exploration and colonial expansion</p> <p>Visit to the University of Seville – founded in 1505</p> <p>Guest lecture: <i>Psychology, Mental Health, and Cultural Identity</i></p> <p>Overnight at Uma Suites Parada de Marques in Sevilla</p>
Wednesday, July 9	<p>Breakfast at the hotel</p> <p>Interactive/hands-on volunteer experience with a local nonprofit (e.g. Fundación Adecco - foundation dedicated to fostering dialogue and understanding among the Mediterranean's diverse cultures through various educational and cultural activities)</p> <p>Visit the Metropol Parasol - Known as "Las Setas", modern wooden structure in Seville with panoramic views of the city, a contemporary landmark amidst its historic surroundings</p> <p>Overnight at Uma Suites Parada de Marques in Sevilla</p>
Thursday, July 10	<p>Breakfast at the hotel</p> <p>Day excursion to Córdoba</p> <p>Guided tour of the Mezquita-Catedral and the Alcázar y Sinagoga - explore Córdoba's rich history, including its Roman, Islamic, and Christian periods, and how these have shaped contemporary social identity</p> <p>Group lunch</p> <p>Guest lecture: <i>The impact of cultural diversity in Córdoba, focusing on how different groups influenced societal norms and values</i></p> <p>Travel back to Sevilla</p> <p>Overnight at Uma Suites Parada de Marques in Sevilla</p>

Friday, July 11	Breakfast at the hotel 1-hour cruise along the Guadalquivir River - see important landmarks such as the Torre del Oro , the Bullring, and the Triana Bridge TU class [3 hours] Overnight at Uma Suites Parada de Marques in Sevilla
Saturday, July 12	Breakfast at the hotel Student presentations and final group discussion Flamenco dance workshop - learn basic rhythms and movements of this iconic Spanish art form from local performers Group farewell tapas dinner at a local restaurant Overnight at Uma Suites Parada de Marques in Sevilla
Sunday, July 13	Breakfast at the hotel Transfer by bus to the airport Return to the U.S.