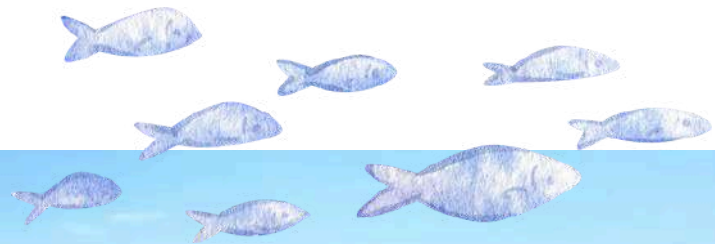


Environmental and Marine Activities for International Groups

Discover, Learn and Connect with the Mediterranean

Lloret de Mar, Costa Brava



la casa del mar
CENTRE D'INTERPRETACIÓ AMBIENTAL DE LA COSTA BRAVA



Discover our environmental experiences and find all the information you need to plan your visit with your group.

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Xatrac is a non-profit environmental organisation based in Lloret de Mar, on the Costa Brava. We create educational and environmental experiences that bring people closer to nature, science and the Mediterranean environment.

Our activities connect participants with both **marine and terrestrial environments**, from the Mediterranean Sea and rocky coastline to the forests surrounding Lloret de Mar.

Through hands-on learning, participants explore biodiversity, investigate environmental issues and develop a deeper understanding of our relationship with nature.

We welcome **international school and youth groups aged 15 and over**, adapting our activities to the size and needs of each group.

Our activities combine

- **Marine & terrestrial environments**

Explore the Mediterranean Sea, coastline and local forests.

- **Hands-on learning**

Learn through observation, experimentation and direct contact with nature.

- **Environmental awareness**

Explore environmental challenges and reflect on possible solutions.

- **Teamwork**

Work together through practical activities, challenges and discussions.



Three Ways to Explore the Environment

We offer three different environmental education programmes for **international groups aged 15 and over**.

Each programme combines a practical outdoor experience with an educational workshop. During the snorkelling season, the outdoor experience includes **guided snorkelling**. During the rest of the year, snorkelling is replaced by a **forest environmental gymkhana**.

1. Seaweeds & Marine Organisms _____ 4

Discover Mediterranean marine biodiversity, from the rocky shore to the underwater environment, and learn how biologists identify and classify marine organisms.

2. Human Interaction & Marine Pollution _____ 5

Investigate microplastics on the beach, discover marine life through snorkelling and explore the impact of human activity on marine ecosystems.

3. Mediterranean Marine Discovery _____ 6

An introductory experience combining marine exploration, hands-on activities and environmental discussions, designed to develop observation and critical-thinking skills.

TWO SEASONAL FORMATS

APRIL – OCTOBER

- **Marine programme + snorkelling**

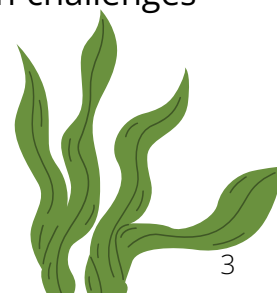
Explore the coastline and underwater environment through guided snorkelling and hands-on marine activities.

NOVEMBER – MARCH

- **Marine programme + forest gymkhana**

The snorkelling session is replaced by an outdoor environmental gymkhana, allowing participants to discover the Mediterranean forest and its biodiversity through challenges and teamwork.

Availability of the snorkelling programme depends on weather and sea conditions.



1. SEAWEEDS & MARINE ORGANISMS



10-75 participants, aged 15+



3–4 hours (with snorkelling, if not, 2:30-3:30h aprox.)



Discover the biodiversity of the Mediterranean

This activity focuses on marine wildlife both along the rocky shore and underwater. Participants discover different algae and marine organisms, learn about their characteristics and adaptations.

The experience includes

1. Snorkelling or environmental forest gymkhana

Using appropriate snorkelling and safety equipment, participants explore the underwater environment and discover Mediterranean marine life, including fish, algae, echinoderms, octopuses and other organisms.

Outside the snorkelling season, the snorkelling session is replaced by an environmental forest gymkhana, where participants discover the history of Fenals' forest and how its plants and wildlife have adapted to the environment.

2. Marine biology workshop

Working in small teams, participants discover how biologists observe, identify and classify marine organisms. They investigate how different organisms interact with each other and explore the connections between marine life and the environment.

Participants discover

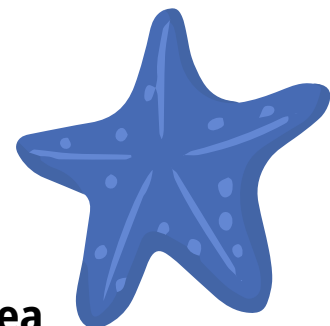
- Mediterranean marine biodiversity.
- Algae and their adaptations.
- Rocky shore and underwater ecosystems.
- Marine species identification.



2. HUMAN INTERACTION & MARINE POLLUTION

 10-75 participants, aged 15+

 3–4 hours (with snorkelling, if not, 2:30-3:30h aprox.)



Investigate microplastics and explore our impact on the sea

This activity focuses on the relationship between human activity and marine ecosystems. Participants investigate microplastics on the beach, explore marine biodiversity through snorkelling and discuss the causes, consequences and possible solutions to marine pollution.

The experience includes

1. Snorkelling or environmental forest gymkhana

Using appropriate snorkelling and safety equipment, participants explore the underwater environment and discover Mediterranean marine life, including fish, algae, echinoderms, octopuses and other organisms.

Outside the snorkelling season, the snorkelling session is replaced by an environmental forest gymkhana, where participants discover the history of Fenals' forest and how its plants and wildlife have adapted to the environment.

2. Human pollution workshop

Working in small groups, participants rotate through four different stations discovering marine organisms, understanding environmental problems and discussing the microplastics found during the investigation and connect it with the global problem of marine pollution.

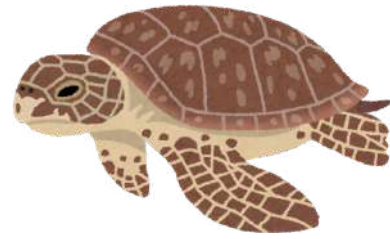
Participants discover

- Microplastic pollution.
- Human impacts on marine ecosystems.
- Marine biodiversity.
- Critical thinking and possible solutions.



 10-75 participants, aged 15+

 3–4 hours (with snorkelling, if not, 2:30-3:30h aprox.)



An introduction to marine biodiversity and environmental challenges

This programme offers an accessible introduction to Mediterranean marine life. Participants discover marine organisms through snorkelling and hands-on activities, while developing observation, reasoning and critical-thinking skills.

The experience includes

1. Snorkelling or environmental forest gymkhana

Using appropriate snorkelling and safety equipment, participants explore the underwater environment and discover Mediterranean marine life, including fish, algae, echinoderms, octopuses and other organisms.

Outside the snorkelling season, the snorkelling session is replaced by an environmental forest gymkhana, where participants discover the history of Fenals' forest and how its plants and wildlife have adapted to the environment.

2. Four-station workshop

Working in small groups, participants rotate through four different stations discovering and learning about the characteristics of different marine organisms, exploring issues related to pollution and human impacts on the environment and discussing environmental problems, human behaviour and possible solutions.

Participants discover

- Mediterranean marine biodiversity.
- Characteristics of marine organisms.
- Observation and identification.
- Human impacts on the environment.
- Critical thinking and environmental responsibility.



A different way to discover nature

When snorkelling is not available, participants can explore another important Mediterranean ecosystem: **the forest**.

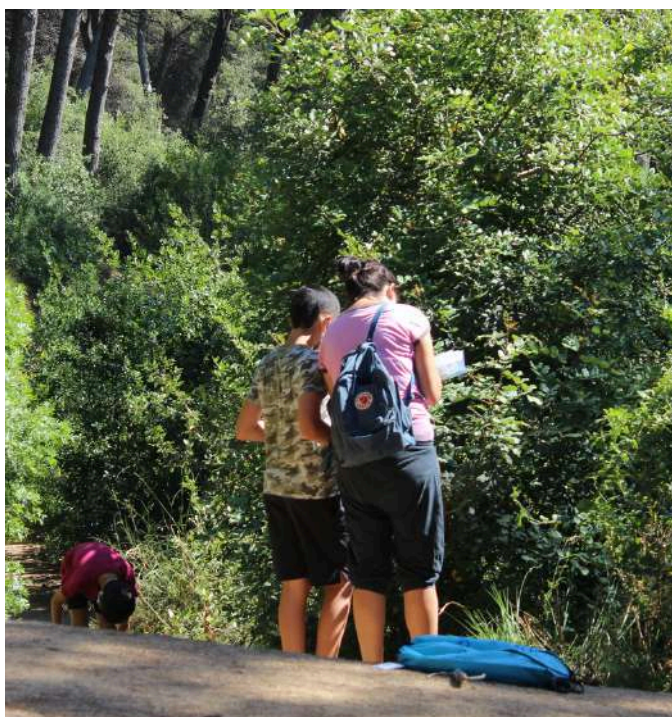
The snorkelling session is replaced by an **environmental forest gymkhana**, an outdoor experience combining exploration, teamwork and environmental challenges.

Participants explore the natural surroundings of Xatrac while completing different challenges and discovering aspects of the Mediterranean forest and its biodiversity.

The forest gymkhana includes

- Outdoor challenges and missions.
- Teamwork and problem-solving.
- Observation of the natural environment.
- Discovery of Mediterranean forest biodiversity.
- Environmental challenges and reflection.

The activity encourages participants to see the forest from a different perspective, discover its history, and reflect on the importance of protecting natural ecosystems.



How We Organise Groups

To ensure **safety, quality and a better learning experience**, each activity group has a maximum of 15 participants.

If your group is larger than 15 participants, we divide it into **two or more smaller groups**, depending on the total number of participants.

The groups rotate between the different parts of the programme so that everyone can take part in the complete experience.

Example for a group of 30 participants

Group A

→ Snorkelling

Group B

→ Educational workshop



Then they
switch:

Group A

→ Educational workshop

Group B

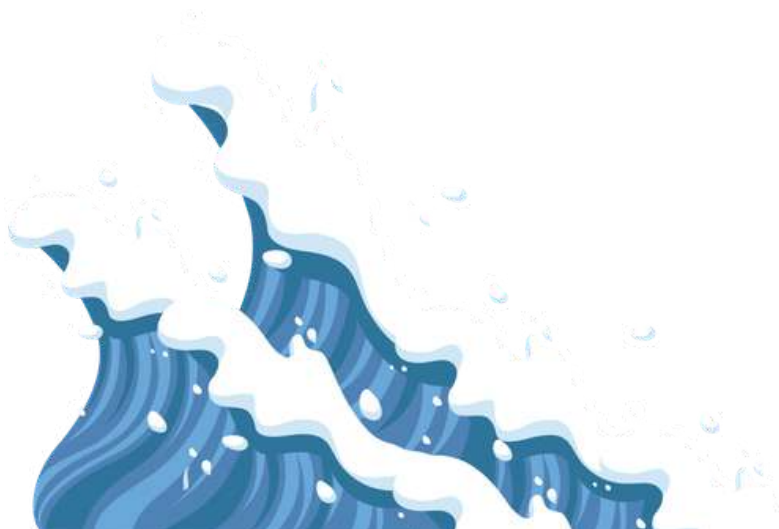
→ Snorkelling

For groups of 45 participants or more

When the group needs to be divided into three smaller groups, one group will have **free time** while the other two groups take part in the activities.

The groups then rotate, ensuring that everyone participates in the complete programme and has some time to relax between activities.

This flexible organisation allows us to welcome larger groups while keeping activity groups small, safe and comfortable.



Activity prices

	With snorkelling	Without snorkelling
Price	€24 / person	€17 / person
Duration	3-4 hours	2.5-3.5 hours
Programme	Marine activity + snorkelling	Marine activity + forest gymkhana

Snorkelling season: generally April to the end of October.

Non-snorkelling season: generally November to March.

Snorkelling is subject to suitable weather and sea conditions.

What is included?

For the snorkelling programme, Xatrac provides the necessary snorkelling and safety equipment.

Participants should bring:

- Swimwear and towel.
- Comfortable clothes.
- Suitable footwear.
- Sun protection.

Age & Group Size

Age: All programmes are suitable for participants aged 15 and over.

Minimum group size: 10 participants.

Maximum group size: 75 participants per day.

For groups of more than 15 participants, the group is divided into smaller groups and activities are organised through a rotation system.

Groups of more than 75 participants can be accommodated by arranging the programme across different days.

Add a Picnic to Your Experience

Make the most of your visit to Xatrac by adding a picnic lunch to your activity.

Picnic – €12 / person

The picnic includes:

- Crisps.
- Salad and vegetables.
- Cold cuts and ingredients for sandwiches.
- Fruit.
- Biscuits.
- Drinks.

Dietary requirements: We can accommodate vegetarian, vegan and other dietary requirements or food intolerances upon request.

The picnic can be added to any of our activity programmes.

A simple way to turn your activity into a complete outdoor experience.



Plan Your Visit with Xatràc

Looking for an educational and engaging outdoor experience for your international group on the Costa Brava?

Get in touch with us and we will help you choose the programme that best suits your group.

WHERE ARE WE?

[La Casa del Mar](#)

C/ Pius Font i Quer s/n Lloret de Mar - 17310 - Girona

HOW TO GET HERE

On foot along the promenade of Fenals Beach, or through Fenals Forest from C/ Pius Font i Quer.

CONTACT DETAILS

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+34 670 293 265

www.xatràc.org

Explore. Learn. Take action.

Connecting people with the sea, nature and science through environmental education.

