

Social Gatherings & TOUR

Amps

LIVABLE CITIES

La Salle - Universitat Ramon Llull & AMPS

July 16th – 18th, 2025

Day 1. Wednesday Evening:

Informal food & drinks at Time Out Market, Port Vell district.

Day 2. Thursday Evening:

Informal food & drinks at El Nacional, Eixample district.

Day 3. Friday Evening:

Relax and enjoy yourself in Barcelona. No events planned.

Day 4. Saturday Morning:

Guided Tours of Barcelona.



Day ONE

Wed, 16th June

Time Out Market

Time Out Market, Port Vell district.

7.30pm onwards

Moll d'Espanya, 5, 2nd floor, Ciutat Vella, 08039 Barcelona. [Map](#)

[Time Out Market](#) is located on the upper floors of the Maremagnum Building at the recently developed Port Vall (Barcelona's historic port). It has over 13 kitchens, one full-service restaurant and four bars. There are views of the sea, the port, and the city. Eating is informal. There are communal tables designed to enable sampling from all the kitchens that surround the main space. Formal dining is possible at the standalone restaurant Casa Amàlia.

Delegates should make their own way. We will start meeting there from 7.30pm onwards but this is intended to be a relaxed experience. There is no set time to arrive. We will meet and mingle together informally and delegates can choose where to sit, eat or drink once they arrive.

All food and drink is individually priced.

Day TWO

Thu, 17th June

El Nacional

El Nacional Restaurant & Bar, Eixample district.

7.30pm onwards

Pg. de Gràcia, 24 Bis, L'Eixample, 08007 Barcelona. [Map](#)

Informal drinks and food.

[El Nacional](#) is a multispace with four culinary spaces and four bars. The bars specialize in wine, beer, cocktails and oysters. The restaurants include La Llotja, specializing in fresh fish; La Braseria specializing in meat; La Paradeta offering quick snacks and La Taperia offers a full variety of tapas and rice dishes.

This is a public venue located in the centre of Barcelona. Delegates should make their own way via public transport. We will meet together informally and delegates can choose where to sit, eat or drink once they arrive.

All food and drink is individually priced.

Day THREE

Fri, 18th June

Explore Barcelona

On Friday evening at the end of the conference there are no social events planned. Delegates have free time to relax after the event and visit the city at their leisure.

The city is famous for multiple reasons and full details on the range of things people can do during their stay is widely available. Below are a few of the most common:

Barcelona Visitor Guide - <https://www.barcelonaturisme.com/wv3/en/>

Time Out Barcelona - <https://www.timeout.com/barcelona>

Barcelona Walks - <https://barcelonarchitecturewalks.com/>

Architecture Tours - <https://www.artchitectours.com/tour/barcelona-tours/>

Barcelona Life & Culture - <https://www.barcelona-life.com/culture>

Day FOUR

Sat, 19th June

Guided Tours

Superblocks and Green Axes

9.00am – 11am

22@ District

11.30am – 1.30pm

On Saturday, delegates are invited on two free guided tours focusing on recent urban transformation projects in Barcelona. The first tour, "Superblocks and Green Axes", will take place from 9:00 to 11:00, followed by the "22@ District" tour from 11:30 to 13:30.

Participants are welcome to join either one or both tours.

To register, please complete this [sign-up form](#) - also available on the conference venue page.

TOUR 1: Superblocks and Green Axes

Saturday, 19 July 2025, from 9:00 to 11:00am

[Sign-up](#)

Meeting point:

Mercat Sant Antoni (crossing Carrer Parlament and Carrer Borrell) at 9:00

At the end of the tour, the group will proceed by public transport to the meeting point for the @22 District Tour.



Superblock Sant Antoni. Source: Leku Studio (<https://lekustudio.com/>)

TOUR ONE is of Barcelona's Superblocks and Green Axes invites participants to experience firsthand how the city is reimagining public space to create a more sustainable and human-centered urban environment. Focusing on the areas around Mercat de Sant Antoni and the Eix Verd on Carrer Consell de Cent, the tour explores two of the city's most ambitious urban interventions aimed at reducing car traffic, improving air quality, and enhancing community life.

The journey begins at the historic Mercat de Sant Antoni, a 19th-century market located within the Cerdà grid, which was restored and reopened in 2018. Here, visitors are introduced to the concept of the Superilla, or superblock—a pioneering urban model that restricts vehicle access within a cluster of city blocks to give priority to pedestrians, cyclists, and local social life. Once car-dominated intersections have been transformed into public squares, complete with playgrounds, shaded seating areas, and urban greenery.

The tour continues into the heart of the Eixample district, following Carrer Borrell until reaching Carrer Consell de Cent, a key street in the newly implemented Eixos Verds (Green Axes) network. This initiative has transformed busy roads into green corridors that combine pedestrian-friendly spaces with features such as green paving, stormwater-filtering planters, and biodiversity-supporting landscaping—creating a climate-resilient urban ecosystem. These design choices—from widened sidewalks to traffic-calming measures—not only enhance environmental quality but also encourage social interaction and strengthen community life, contributing to a healthier, more inclusive city.

References:

https://www.archdaily.com/938244/superblock-of-sant-antoni-leku-studio?ad_medium=office_landing&ad_name=article

<https://landscape.coac.net/superilla-sant-antoni>

https://www.barcelona.cat/surveyfotografic/en/project/superilla_sant_antoni.html

TOUR 2: @22 District

Saturday, 19 July 2025, from 11:30am to 1.30pm.

[Sign-up](#)

Meeting point:

Café DHUB (Parc de les Glòries)

Optional lunch at 13:00 at Social Hu



@22 Barcelona district. Source: Ajuntament de Barcelona

The guided tour of Barcelona's 22@ District offers an immersive journey through one of Europe's most ambitious urban regeneration projects. Located in the former industrial neighbourhood of Poble Nou, 22@ has been transformed into a vibrant hub of innovation, where technology, design, and sustainability converge. The tour begins with an overview of the district's evolution, highlighting how abandoned factories and warehouses were repurposed into modern offices, research centres, and co-working spaces, fostering a unique blend of heritage and futurism. As visitors walk through the area, they encounter striking contemporary architecture such as the Media-TIC building and Torre Glòries, alongside revitalized industrial structures.

The tour also delves into the district's thriving ecosystem of start-ups, universities, and global companies, illustrating how 22@ has become a model for smart city development. Along the way, participants experience thoughtfully designed public spaces and green areas that encourage community interaction and sustainable living. Throughout, the guide discusses the social and urban challenges posed by rapid change, including gentrification and the quest to preserve local identity. This tour is ideal for those interested in architecture, urban planning, technology, and the future of cities.

A highlight of the tour is the recently inaugurated Parc de les Glòries, opened in April 2025, which has transformed the former traffic junction into a nine-hectare urban park featuring over 30,000 square meters of green space, biodiversity nodes, and innovative play areas for children.

References:

<https://retokommerling.com/distrito-22-barcelona/>

<https://ajuntament.barcelona.cat/premsa/wp-content/uploads/2020/09/200929-NOTA-AI-MPGM-22@.pdf>

<https://landscape.coac.net/ca/node/4598>