



# LISBOA: 5 DAYS ADVENTURE

APRIL 29th - May 3rd, 2024

Guided by **Grażyna Ostrowska**

Guest teacher **Majid Modir**

**Sunday, 28th April** > arrival day, check-in at the accommodation  
dinner in the evening, introduction to the course schedule

## **Monday, 29th April > CITY DAY**

- Lesson 1: Composition, Focal point, Image cropping / Balance
- Walk to the center, session on the top of Arco da Rua Augusta. Joined by a local city guide the brief summary about the city history. Sketching session
- Walk to Cais do Sodre. Lunch at Mercado da Ribeira. Elevador da Bica, changing into the Tram 28E. Ride to the Castle, sketching session. Walk to Miradouro das Portas do Sol and Miradouro de Santa Luzia.
- Pause.
- Dinner at Largo do Carmo

## **Tuesday, 30th April > OTHER SIDE OF THE RIVER TEJO**

- Lesson 2: Value studies, introduction to color
- Ferry from Cais do Sodre to the opposite side of the river. Walk to Miradouro Cristo Rei.
- Lunch take-away on the beach :) - Don't forget your swimsuit!  
Afternoon: Surf session at Costa de Caparica!
- Dinner at Ponto Final



### Wednesday, 1st May > TRIP TO CASCAIS - Guest teacher day!

- Lessons 3 (by Majid Modir): Guiding into watercolor sketching on location & color mixing.
- Train ride to Cascais, visiting the Farol Santa Marta, lunch nearby
- Cycling to Boca do Inferno, Farol de Cabo Raso.
- Dinner close to accommodation in Lisboa

### Thursday, 2nd May > TRIP TO SINTRA

- Lesson 4: painting on location with limited tools
- Train from Rossio station to Sintra, guided tour there (Palacio National da Pena).
- Lunch on location. Hiking in Sintra hills, visiting artists community.
- Dinner in Lisboa.

### Friday, 3rd May > LISBON BY THE RIVER

- Lesson: deepening the painting on location praxis
- Tram ride to Tore de Belem and Padrao dos Descobrimentos. Painting session in Jardim Vasco da Gama.
- Lunch at MAAT Museum. Walk to LX Factory, dinner. Outdoor exhibition with music session therev

### Saturday, 4th May:

- departure after breakfast

• DUE TO WEATHER CONDITIONS THE SCHEDULE MAY BE CHANGED



**Covered:**

6 nights at the accommodation with breakfast  
Teaching  
all Art TOOLS & MATERIALS  
(tailor made sketchbook & viewfinder, folder, 2 x pencils, 6 x watersoluble crayons, selection of 6 watercolours (tubes), 3 x brushes, eraser, sharpener, tape, water container, Lighthouse bag)  
City Guidance, transport (tram, ferry, train tickets),

**Not covered:**

Meals (lunch & dinner)  
surfing session (Caparica)  
bicycle rent (Cascais)  
visiting the sights  
(Arco Augusta, Farol Santa Marta, Tore de Belem) .

**COSTS: 1295€**

**APPLY BY SENDING AN EMAIL TO:  
INFO@LIGHTHOUSE-ARTCOURSES.COM**

## ABOUT THE INSTRUCTORS

### GRAŻYNA OSTROWSKA (COLOGNE, DE)



YOUR INSTRUCTOR & CONTACT PERSON  
FOUNDER OF LIGHTHOUSE COURSES

First of all I am an optimistic and enthusiastic person, and I can't stop me from making new (big and small) plans :)

I am visual artist, painter, illustrator and graphic designer, born 1972 in Warsaw, Poland, moved to Germany 1997. I graduated in Product and Communication Design at The Academy of Fine Arts in Warsaw. As a creative director and illustrator I run my own studio ILLUS | ICONS | INFOGRAPHICS in Cologne. As a painter I founded ATELIER GO, creating landscapes, florals and still lifes and most of all - visual memories of the places travelled. LIGHTHOUSE COURSES is my new-born-enterprise with focus on my favourite destination - Portugal.

Speaking: English, German, Polish, bits of French, Italian and Portugese.

### MAJID MODIR (VOLTERRA, IT)

YOUR GUEST TEACHER

I am honored to host Majid as course teacher for one day.

He is a visual artist, photographer and graphic designer, born 1961 in Iran, moved to Sweden 1986, and 2016 to Italy.

He graduated in Graphic Design & Illustration (MFA) at The Swedish University College of Arts, Crafts and Design.

As creative director he runs his own design center (Maj Studio) and also teaches motion graphic at The College of Art & Design (Nyckelviksskolan) in Stockholm.

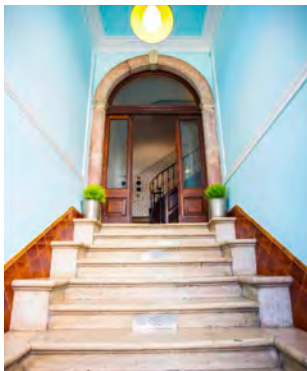
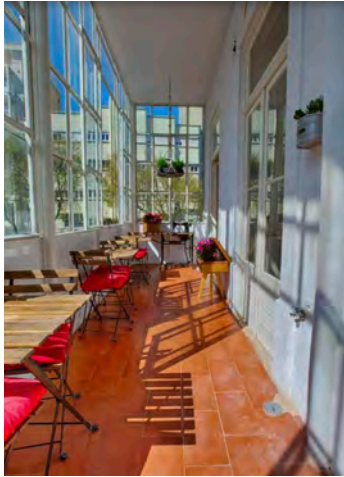
Urban Sketchers instructor and founder of IL PUNTO Watercolor School in Volterra offering painting workshops since 2017.

Multiply awarded, he has been showing his works and watercolors in a number exhibitions in Scandinavia and Italy.

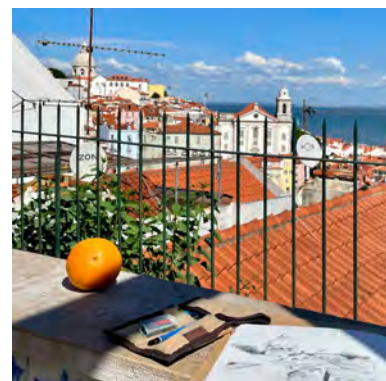
Speaking: English, Swedish, Persian, Italian.



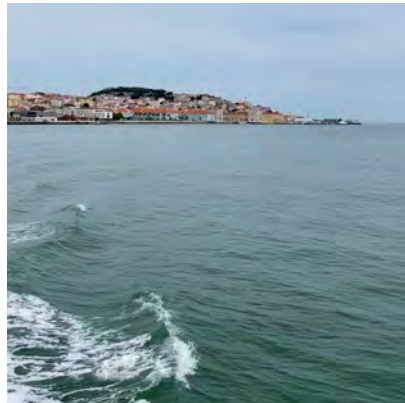
## OUR ACCOMODATION CHALET D'AVILA, LISBOA



## DAY 1 > LISBOA



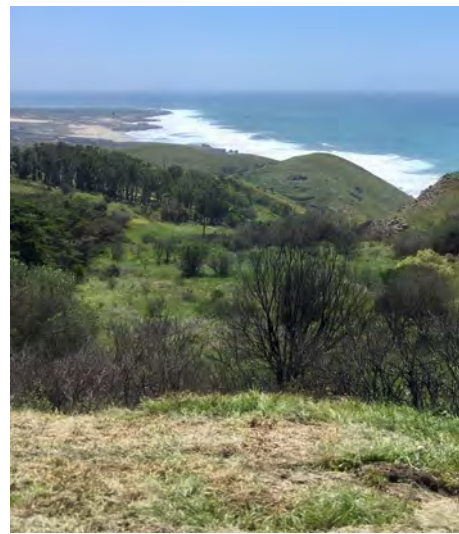
## DAY 2 > ALAMADA



## DAY 3 > CASCAIS



## DAY 4 > SINTRA



## DAY 5 > PARK, MAAT, LX FACTORY

