



# Regenera4MED

**Regenera4MED** seeks to transform Mediterranean tourism by promoting **regenerative practices** that:

build **climate resilience**,  
support **local communities**  
preserve **cultural heritage**.



# L'Scala



## Bioregional importance

- Metabolic interface where the Pyrenees mountains meet the Mediterranean Sea
- Fluvià River and Montgrí Massif

## Identity

- Blue fish and anchovy
- Empòrion, historical heritage

## Tourism Dynamics

- Intense summer peaks
- Structural vulnerabilities
- Permanent residents, seasonal workers, second-home owners...

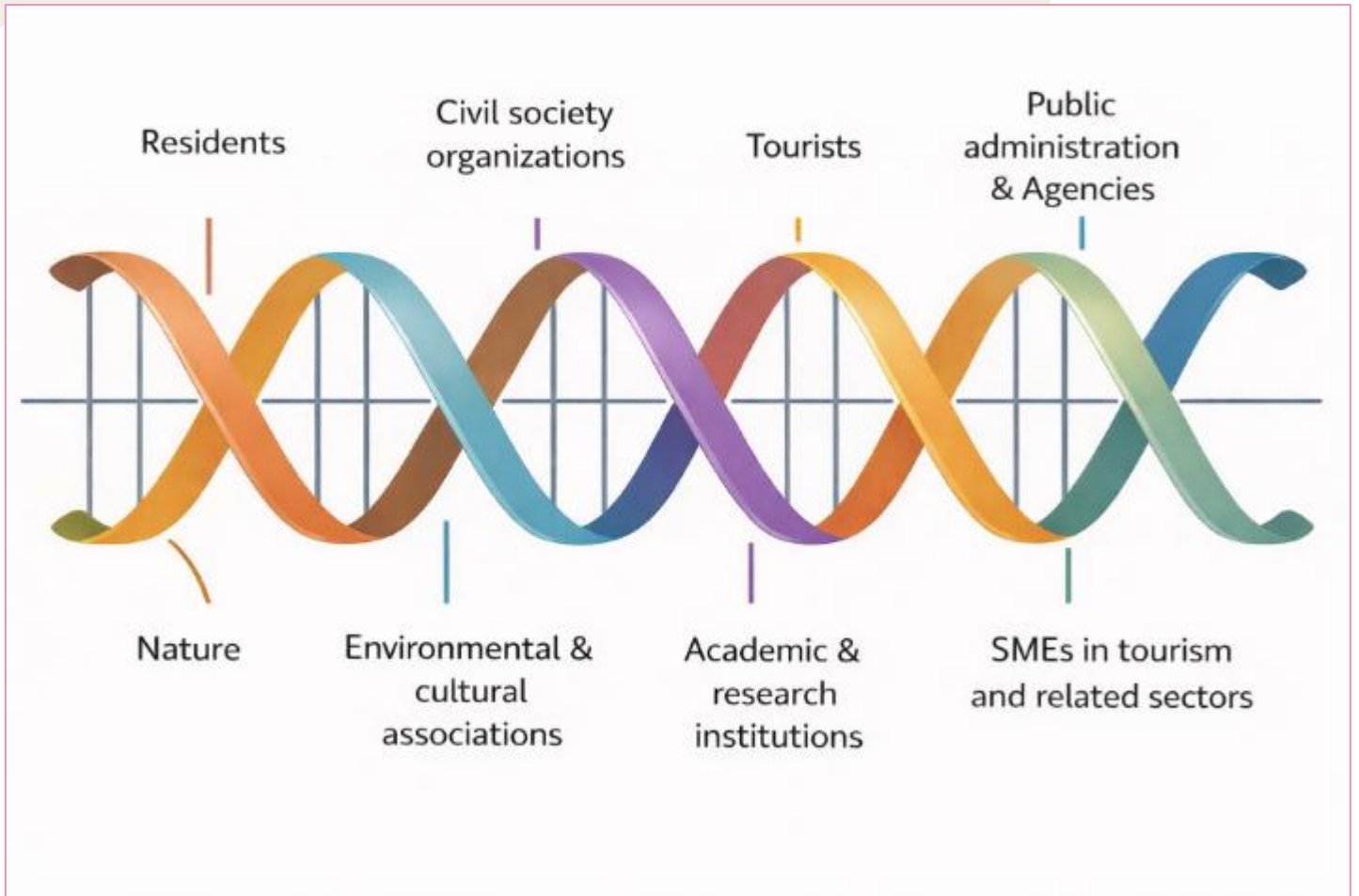




"What is happening in this place?"



“Noone can do this  
alone”





Regenera4MED

Interreg  
Euro-MED



Co-funded by  
the European Union

“Learning together”



“Seeing the territory as living  
system”



“Creating a shared vision”



“Ideas emerge”



The experiences are only the visible part. The real work happens before that. It happens when people:

- understand the territory better
- build relationships
- develop a shared language
- learn how to work together
- a common vision



The biggest value is the social infrastructure.

Relationships, trust, shared understanding,  
collective agency.

These are the conditions that make regenerative  
tourism practices possible.



Start your regenerative journey with  
Regenera4MED now!

Start your [Regenera4MED](#) Blueprint course here:  
[Regenerative Tourism Blueprint](#)

Tools and resources: [What we achieve - Interreg Euro-MED - Regenera4MED](#)