

SEVILLE

CULTURAL OFFER



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Seville Tour with euroMind

Seville is the artistic and cultural capital of Andalusia - the southern region of Spain. Considered the most "Spanish" city, it combines elements of Spanish, Arabic and Romanesque culture. Seville delights us with its diversity of colors, infrastructure (especially *mudéjar* style), narrow streets and mysterious gardens which can be found in every corner of the city.

During the visit, the coordinator will familiarize the group with the most important monuments and will share practical tips on where to go shopping, buy tickets to local attractions, try Spanish tapas, listen to flamenco, relax or just have a quality time with friends.



Price	Duration	Comments
Gratis	Approx. 3 hrs	The tour does not include tickets to any monument. The main objective of the tour is to familiarize the participants with the structure of the city centre.

¹ Once the trainees arrive in Spain, the Sending Organisation may request additional cultural activities and excursions included in euroMind's cultural offer with 48 hours in advance. If the cultural activity is not included in the cultural offer, it is possible to organize it for an additional fee of 5 EUR per person (administrative and organizational costs). The cost does not include admission tickets to the facilities and/or travel tickets. Apart from the established cultural programme, euroMind does not purchase, invoice admission tickets.

Metropol Parasol – Las Setas

Metropol Parasol is a very interesting example of modern architecture. This huge construction was built in 2015 in the very centre of the city. Its structure consists of six umbrellas in the shape of huge mushrooms and is considered one of the largest wooden buildings in the world. *Las Setas* Terrace was created in the form of winding paths so that visitors can enjoy the panorama of the entire city. On the lower levels, there is the *Antiquarium* (Archaeological Museum), the city market and numerous bars and cafes.

During the activity, the coordinator will give the group a short but intriguing history of the building, tell about the most interesting points of the city visible from the terrace.



Price	Duration	Comments
5 euro / person.	Approx. 45 min.	The ticket includes a free postcard in the shop.

Tapas Night

Going out for *tapas* is a great opportunity to try local Spanish cuisine, meet the euroMind team and have a nice afternoon in a typically Spanish way.

Tapas are small portions of food served with a drink and created to "share". The euroMind team will take the group to one of the local bars which are especially popular among young Spaniards, help all participants to choose and order typical Andalusian delicacies and explain all the unwritten rules of this tradition of going out for *tapas* that is so important to the local people.



Price	Duration	Comments
13 euro / pers.	Approx. 2 hrs	2 bars to choose from: Alameda Bar (on Thursdays the group can order different tapas to share and 1 drink for every person). Alfalfa Bar (every person orders 2 tapas + 1 drink).

Culinary activity - **Paella**

Who said that to taste paella, one of the most recognizably Spanish dishes, you have to visit a luxury restaurant?

euroMind gives you a unique opportunity to taste and prepare your own version of this wonderful Andalusian dish during a two-hour cooking workshop. During the workshop, the group will be able to prepare their own paella under the supervision of a Spanish chef. The participants will have at a wide range of fresh, local products at their disposal and a supply of a refreshing drink – *sangría* – renowned worldwide as a symbol of Spain. At the end everybody will have a chance to try all of the prepared dishes.

What makes the culinary workshop even more appealing is that it is organised in a typical Andalusian patio full of colourful azulejos.



Price	Duration	Comments
13 euro / pers.	Approx. 2 hrs	The activity consists of the independent preparation of paella for the rest of the participants (under the supervision of a chef). <i>Sangría</i> is served with a meal.

Visiting the **bullring** – La Real Maestranza

Are you interested in the famous *corrida*? If so, you definitely need to visit the royal bullring, one of the Seville's most important artistic monuments. Every year, as soon as the bullfighting season begins, the cheering audience fills the bullring to the last seat.

During the visit, the participants will have the opportunity to enter the sandy arena and imagine the emotions that every bullfighter experiences during the fight. Inside the building there is also a Bullfighting Museum with one of the world's largest exhibitions of paintings and real bullfighting exhibits (including trophies that commemorate the bravest bulls).

They will also have the opportunity to familiarize themselves with the principles and rich symbolism of the *corrida*, as well as with many secrets and curiosities about this tradition.



Price	Duration	Comments
10 euro / pers.	Approx. 1 h	The visit does not include tickets for bullfighting. The participants will be given audio guides. Activity not available on Mondays.

Flamenco Show

Flamenco is one of the most important elements of Andalusia's culture, which derives from the folklore of the Andalusian gypsies. The performance is a combination of traditional music, dance and singing. Despite the passage of time, it still arouses great interest all over the world and forms part of Spain's cultural heritage.

Seeing the *flamenco show* in a typical tavern is a unique experience. The performances are improvised and very expressive, and thus unique and authentic. Each show lasts about 30 minutes, followed by a 20-minute break. The flamenco group consists of a female or male flamenco dancer, a singer (1 or 2) and a guitarist. Among the audience you can often meet local artists and close friends of performing artists which creates a unique familial atmosphere. Participants receive refreshing drinks during the activity.



Price	Duration	Comments
10 euro / pers.	Approx. 1.5 h	It is not possible to book places. Activity starts at 21.00 (first show at 21.30). Drinks are included in the price of the activity.

Flamenco Premium – professional show + workshop

A *flamenco* dance show is not enough for you? Flamenco Premium is an hour-long professional *flamenco* show in the so-called *Tablao* (theatre with a special stage created specifically to perform *flamenco*) combined with a practical dance lesson, offered to the participants after the show. The mini-workshop includes learning the basics of clapping techniques, moving hands, and above all, basic steps.

The flamenco team consists of a singer, a guitarist and a female dancer (or a couple – male and female). The auditorium is located in the heart of Seville, in one of the narrow streets between the cathedral and *Plaza Nueva*. The hall is located in a historic Andalusian tenement house from the late nineteenth century.



Price	Duration	Comments
15 euro / pers.	Approx. 1.5 h	Tablao is a mini-theatre, all the performances take place at 19.00 or 20.30. Participation in the workshop after the show is not obligatory.

Guadalquivir River boat cruise

See Seville from a different point of view during a relaxing cruise on the Guadalquivir River. The cruises offer great views of some of the city's monuments and are an attractive alternative for those who want to visit Seville in an original way.

The boats, equipped with spacious open terraces, sail from the riverside promenade, right next to the Golden Tower. During the one-hour cruise, participants will have the opportunity to compare the classic part of the city (including the Golden Tower, Bullring, San Telmo Square, historic bridges and the oldest district of the city called *Triana*) with the modern one that includes such districts as *Los Remedios* or *La Cartuja* with the avant-garde pavilions built for the world exhibition Expo92. During the entire cruise passengers can use an audio guide (available in English, among others languages).



Price	Duration	Comments
15 euro / pers.	Approx. 1 h	The cruises depend on the weather conditions. The activity can be carried out from 11:00 a.m.

Seville promotes bicycles as an environmentally friendly and alternative means of transport. With more than 138 km of cycling routes, favourable weather conditions and flat ground, the city is an ideal place for cycling.

If you want to visit the most important places and monuments of Seville and combine it with a sport activity - a bicycle trip is the perfect solution! The cycling route starts in the famous Maria Luisa Park and leads through the main tourist routes of the old town and the promenade along the coast of the river Guadalquivir. The guide shares interesting facts and urban legends with the participants and can modify and adapt the route to the expectations of the group.



Price	Duration	Comments
4-6 pers: 26 euro / pers. 7-9 pers.: 21 euro / pers. ≥10 pers.: 15 euro / pers.	Approx. 2 hrs	The group will be accompanied by a euroMind coordinator, a bicycle instructor and a guide. The activity is carried out on folding bicycles.

Canoeing

Canoeing on the Guadalquivir River is organized by a company that distinguishes itself by its organization and promotion of ecological tourism. It is a perfect activity for active groups, especially during the summer months that can be really hot in Seville.

The river is ideally suited for water activities: even national teams of rowers and canoeists from "colder" European countries choose Seville to organize training and sports camps.

After a short explanation of safety rules and instructions on how to manage a kayak, the group sets off on a rafting trip from the company's headquarters in Triana. The guide takes the participants on a journey through time to the most important moments for Seville in its navigation history, such as the conquest of America and the journey around the world.

With a bit of luck, in addition to the amazing sights, the group can also see the water turtles that inhabit the Guadalquivir Canal.



Price	Duration	Comments
20 euro / pers.	Approx. 2 hrs	Activity recommended from May to October. Participants will be canoeing in kayaks adapter for 1 or 2 people and will get lifejackets.

Learn the secrets of creating colorful Andalusian azulejos!

In the ceramics studio, the group will have the opportunity to learn about the rich history of Seville's ceramic tradition, of which the best example is the iconic *Plaza de España*. Then, the tutor will show the main techniques of ceramic decoration cultivated in the famous district of Triana.

After a short introduction, it's time for some practice! Each participant will try to make their own ceramic tile using one of the traditional techniques presented previously. You cannot imagine a souvenir from Seville more authentic than a handmade, sophisticated *azulejo*!

After the workshop you can visit the colourful museum of ceramics in Tripoli with the euroMind coordinator.



Price	Duration	Comments
21 euro / pers.	Approx. 2.5 hrs	All materials required for the workshop are included in the price. All the manufactured tiles might be collected after 24 hours.

Visiting **FC Sevilla** or **Real Betis Stadium**

If you are a football lover, you should be interested in this activity! euroMind gives you the opportunity to visit one of the two Seville sport clubs' stadiums: FC Sevilla or Real Betis.

The first one, the *Ramón Sánchez-Pizjuán* stadium, has a modern design and is very popular due to the club's high position in international rankings. The second one, the Real Betis stadium, is one of the largest stadiums in Spain (for more than 50,000 fans) and belongs to the oldest football team in the country.

During both activities, the groups will visit the rooms that commemorate the best moments in the history of the teams, see the cups won by them, visit the club locker room, sit on the players' benches, observe the yard from the VIP stands, and pose for a picture on the club wall in the conference room.



Price	Duration	Comments
4-14 pers.: 16 euro / pers. ≥15 pers.: 12 euro / pers.	Approx. 1.5 h	The visit is not available on match days or during maintenance works (especially FC Seville Stadium).

Football match

For football fans who see themselves more on the yard than on the stands, we recommend actually playing a football match! This is a great chance to integrate with your Spanish peers who will be your opponents in the game.

The football match takes place on the yard of one of Seville's oldest vocational schools, giving the group the opportunity to see what a traditional Spanish school looks like.

The match will be judged by a Spanish teacher who will ensure that everyone follows the rules of *fair play*. Your euroMind coordinator will do his/her best to provide a good atmosphere and to help you to communicate with your Andalusian colleagues.



Price	Duration	Comments
5 euro / pers.	Approx. 1.5 h	It is required to have sportswear and sport shoes. Activity starts at 15.00/15.30.

Are you interested in meeting new people and practicing foreign languages? Would you like to learn something interesting about other cultures? If the answer is YES, you can't miss out our cultural and linguistic exchange.

During the activity, participants share interesting facts about their country (prepared before), highlighting the question of stereotypes, the most beautiful places, culture and gastronomy. euroMind team will prepare a variety of games, quizzes and local Andalusian snacks that will help you to integrate and create a relaxed atmosphere.

Moreover, language and cultural exchange allows you to immerse yourself in the secrets of Spanish culture and customs, as well as provide a great opportunity to boast about your country!



Price	Duration	Comments
10 euro / pers.	Approx. 2 hrs	The language of the exchange is English. The group should prepare interesting facts about their country.

Bowling afternoon

Let's spend an active recreation evening with bowling. Do you like competing and having fun at the same time? If yes, this activity is just for you.

We invite you to join us in the bowling club located in the shopping center in Seville. We guarantee a great fun and a positive atmosphere. You can not only bowl, but also take advantage of other attractions such as table football, simulators and air hockey. There is a drink to slake players' thirst for everyone.

Everyone will have a chance to combine relax and fun activities while sporty emotions. If you want to integrate the group, spend nice time with your friends, try bowling!



Price	Duration	Comments
15 euro / pers.	Approx. 2 hrs	One drink included in the price. We recommend comfortable clothes. The groups can buy extra rounds.

Dance workshop - **Sevillana**

Sevillana is a beautiful element of folklore from the south of Spain, which has many fans today. It is a very well-known and eagerly performed dance in Andalusia. Sevillana can be seen and heard primarily at local holidays and festivals, and the dancers are not limited by gender or age.

During this dance workshop, participants will learn the interesting history of its creation and will have the opportunity to try on traditional costumes in which this dance is performed. Then our Spanish euroMind team will teach you choreography for all 4 parts of Sevillana. At the end, all participants together with the tutors will present the practiced dance. For everyone there is a little snack and drink - Spanish Sangria.

This workshop is a perfect way to get to know the rich culture of Andalusia, get some exercise and have lots of fun!



Price	Duration	Comments
10 euro / pers.	Approx. 2 hrs	We recommend comfortable clothes and shoes.

Indoor **rock climbing**

Do you need a dose of adrenaline and energy release? We invite you to take part in indoor rock climbing classes under the guidance of an instructor! It's great fun for everyone regardless of age and experience!

Over 300 m² of climbing space in a modern interior is waiting for a group. There is no need for the participants to have any specialized knowledge - the instructors will take care of explaining the basics of climbing.

Necessary belay devices are available on-site, and there is also a possibility to rent additionally full equipment such as harnesses, climbing shoes, ropes, and bags with magnesia.

The only thing that you must remember is a sports outfit and a bit of fighting spirit. Will you dare?



Price	Duration	Comments
20 euro / pers.	Approx. 2 hrs	Sport clothes and shoes are obligatory. The activity requires good physical health.

Trip to **Córdoba**

Premium: Visit to the **Mosque—Cathedral of Córdoba**

In the 10th century, Córdoba was considered one of the largest and most densely populated cities in the world. Numerous libraries, medical schools and universities have influenced the perception of Córdoba as a centre for European education. Moreover, the city was a symbol of religious tolerance, since three cultures - Christians, Muslims and Jews - coexisted harmoniously in its area.

The most spectacular monument in Córdoba is the mosque La Mezquita. It is a unique temple. Created as a Visigothic church on Roman ruins, it was taken over in the 8th century by the Arab rulers and transformed into the largest mosque in Europe. In the 13th century, La Mezquita became a Catholic cathedral, delighting with its impressive "forest of columns".

The premium option includes a ticket to the Mosque—Cathedral of Córdoba.



Tips: travel time: 1:30h one way. The trip is not recommended from mid-June to mid-September due to high temperatures.

Trip to **Cádiz**

Premium: entrance ticket to **Torre de Poniente** or **Torre Tavira**

Cádiz is the oldest and most continuously inhabited city in Spain. This typical Andalusian *pueblo blanco* (white town) is located on the shores of the ocean and reflects the harbour atmosphere of fishing villages.

The old town delights with its large open squares, narrow street networks interspersed with wide harbour alleys and towers overlooking the entire city. These impressive buildings, smeared with sea air, give the city a mysterious atmosphere.

Sun worshippers can relax and calm down on the nearby beaches, and more curious tourists can admire the numerous monuments such as the Cathedral (with the tomb of one of the greatest Spanish composers - Manuel de Falla), the oldest fish market in the country or the Roman theatre.

Premium options include (option 1) an entrance ticket to the Cathedral and its *Torre de Poniente* observation tower, or (option 2) an entrance ticket to the *Torre Tavira* observation tower, where participants can use an interesting optical device called *camara obscura* that allows them to enjoy a 360° view of the city thanks to its lenses and sunlight.



Tips: travel time: 1:30h one way. Recommended in summer and winter months.

Trip to **Ronda**

Premium: **Bullring**

Ronda is one of the most impressive and charming towns in Spain, located in a mountainous area and surrounded by traditional vineyards. Despite its small size, Ronda enchants with its amazing location at the edge of a nearly 70-metres high and 120-meters deep canyon. The fairy tale neighbourhood has inspired many writers and artists, and undoubtedly continues to impress visitors. During the tour, apart from walking on the promenade at the edge of the canyon, you can visit numerous monuments of the city, including the famous bridge (built in 1793), the historic bullring, and *baños arabes* (Arabic baths).

The premium option includes a ticket to the oldest bullring in Spain that inspired numerous works created by the famous painter Francisco de Goya. Bullfighting takes place here only once a year to reproduce the scenes depicted in Goya's paintings.



Tips: travel time: 1:30h one way. Due to the small size of the town, the trip (sightseeing with the coordinator + free time) takes no more than 4 hours.

Trip to **Grenada**

Premium: **Alhambra** or **Generalife Gardens + The Royal Chapel**

One of the most visited cities in Spain, located at the foot of the Sierra Nevada mountains. Grenada is famous for its delicious tapas served free of charge with every drink and a unique atmosphere that combines Arab and Andalusian traditions (including the legacy of Spanish gypsies).

In addition to the world-famous Alhambra, a palace complex of the *Nasrid* dynasty, and the Moorish district of *Albaicín*, both of which are UNESCO World Heritage Sites, Grenada boasts about Renaissance cathedral and a gypsy district called *Sacromonte*, where you can see flamenco performances and the caves dug into the hill.

There's something for everyone: shopping fans can immerse themselves in the winding streets of an Arab market, gourmets should try Arab specialties and free tapas, and beautiful views' lovers should climb up to one of the numerous sightseeing points.

The premium option includes (option 1) an entrance ticket to the Alhambra Palace Complex or, if there are no tickets, (option 2) an entrance ticket to the Alhambra - *Generalife* Gardens and the Royal Chapel where some of the most important members of the "Catholic Kings" family are buried.



Tips: travel time: 3 hours one way! Tickets to Alhambra must be purchased 3 months before the visit.

Trip **Gibraltar**

Premium: **Cable Car**

Gibraltar is the British overseas territory, the most densely populated territory in Europe (28 000 citizens over an area of 6.5 km²). The currency is the Pound of Gibraltar and the locals speak English. The history of this city-fortress is full of wars, as for many centuries it was a military base. The territory that once belonged to Spain was finally taken over in 1704 by the British. Gibraltar is a duty-free zone and visitors, apart from shopping, can try typical English dishes (such as fish and chips) and experience the atmosphere of old London.

The biggest attraction is the Rock of Gibraltar with its defensive tunnels and monkeys (*macaques*) that live in the upper part of the rock. Climbing is the main part of the trip to Gibraltar. Along the way we will meet the previously mentioned *macaques* and admire the unforgettable views of Africa.

The premium option includes cable car tickets that takes you to the top of the rock in 7 minutes which saves a lot of time and energy compared to climbing on foot.



Tips: The basic option includes an entrance ticket to The Rock of Gibraltar. The tour is not recommended from mid-June to mid-September because of the high temperatures. Non-EU nationals without a special visa will not be allowed to enter Gibraltar. Underage students need parental consent (written at the police station before coming to Spain). Climbing up on foot is physically demanding and takes around 1-1.5h one-way!

Trip to **Malaga**

Premium: entrance to **Picasso Museum**

Malaga is the most international city in Andalusia, located on the Costa del Sol, one of the most beautiful coastlines in Spain with long and sandy beaches. Malaga is famous for its nightlife, shopping, art, beautiful seafront promenade and sunshine. The hometown of Pablo Picasso and Antonio Banderas attracts millions of tourists from all over the world every year.

What's more, Malaga is one of the oldest cities in the world and has many magnificent monuments that will intrigue art and history lovers. The most important monuments include the Roman theatre, two palaces - *Alcazaba* and *Gibralfaro* (located on a hill and topped with a spectacular terrace) and the cathedral *La Manquita* that means "one-armed".

The premium option includes a ticket to the Picasso Museum: the symbol of the city. The museum has an impressive collection of the artist's paintings.



Tips: travel time: 2:30hrs one way! Recommended for both winter and summer months.

Trip to **Nerja**

Premium: entrance to the **Caves of Nerja**

Nerja is a picturesque seaside town, an ideal place to rest and relax on the beach as it is known for its small, charming coves, crystal clear water and favourable weather. The average annual temperature of 20 °C, the beautiful mountainous landscape of La Axarquía and the irregular coastline of the beaches and cliffs are just some of its many attractions. There are also impressive caves (*Cueva de Nerja*) where you can discover numerous testimonies to the long history of this place.

The most important monuments include the 17th-century El Salvador Church, the Capistrano Playa Gardens and the Balcony of Europe (*Balcón de Europa*) - a spectacular viewpoint in the form of a terrace with a promenade.

The premium option includes a visit to the Caves of Nerja that were created millions of years ago and are now a true geological jewel. Mineral formations (stalactites and stalagmites) come in various sizes and shapes, sometimes reaching a height of 30m.



Tips: travel time: 3 hours one way! Recommended only during the summer months from mid-June to mid-September due to the fact that the trip is based on the stay on the beach.

Trip to **Marbella**

Marbella is a town and community in southern Spain that belongs to the province of Malaga. It is one of the most important resorts on the Costa del Sol that enjoys international popularity.

Marbella is a city of splendour, luxury and classic beauty. According to some people, it is the most luxurious touristic city in Spain. Various celebrities have their estates in Marbella and you can find their yachts worth millions of euros moored in the harbour, the latest Ferrari models are on the roads and the streets are full of original sculptures made by Salvador Dali. The city also has an archaeological and cultural heritage: the 16th-century town hall, the Emta de Santiago chapel, the Iglesia de la Encarnación Church, the Castle Walls, the Puerto Banus Yacht Port... but these are just a few additional reasons to visit the city located on the trail commonly known as the "Golden Mile".

After a walk through the city and a beautiful long seaside promenade, the participants will have time to enjoy the beach located in the city.



Tips: travel time: 3h one way! Recommended only during the summer months from mid-June to mid-September due to the fact that the trip is based on the stay on the beach.

Trip to **Matalascañas**

Premium: stop in the village **Rocio**

If after an intense and busy week you only dream of resting on a wide, sandy, golden beach and swimming in the ocean, then this trip is the perfect choice.

Matalascañas is a famous holiday town known as "Seville Beach". It is surrounded by vast dunes and the Doñana National Park, famous for its lynx farming and the landscape reminiscent of the African savannah. The beach in Matalascañas can be proud of its blue flag and a full range of services to fill the time on the beach. During the summer season, numerous *chiringuitos* (beach bars) are opened and local restaurants serve seafood and Andalusian delicacies on the 4 km long promenade *Paseo Marítimo*.

The premium option includes a stop in the village of *El Rocio*, which, thanks to its sandy and unpaved roads suitable for horseback riding, resembles the Wild West. During this stop, you will visit the church that houses one of Spain's most famous statues of Our Lady, visited every year by pilgrims from all over the country and the world.



Tips: travel time: 1:20h one way. Recommended only during the summer months from mid-June to mid-September due to the fact that the trip is based on the stay on the beach.

Trip to **Tavira (Portugal)**

Premium: **ferry trip** to the beach or entrance to the **Igreja da Misericórdia**

Tavira fits into a trend of *slow cities* and is the most charming village in the sunny region of Portugal - Algarve. The town has preserved the atmosphere of the fishing village, and strolling through its narrow streets you can have the impression that time has stopped here.

Tavira is distinguished by a kind of oriental charm - a remnant of Arab times. The old town is filled with traditionally tiled houses with pitched roofs and churches and they are overlooked by the ruins of a castle from the Moorish times, which is now set up as a botanical garden.

The premium option includes a visit to the beautiful Renaissance Igreja da Misericórdia Church (only on Saturdays) filled with white and blue *azulejos* tiles, or a ferry trip to the 12km sandy beach which is part of the local nature reserve.



Tips: travel time: 2:20hrs one way! Recommended from May to September. To get to the sandy beaches you need to use the ferry.

Trip to **Faro (Portugal)**

Premium: entrance to the **Chapel of Bones** and a **ferry trip to the beach**

Faro is a fascinating Portuguese town that combines an extensive history, interesting tourist attractions and a unique Portuguese charm. Despite the fact that Faro is the capital of the Algarve region, it is often unduly overlooked by tourists. Faro has more historical monuments than any of the cities on the south coast. At this point also begins the journey to the nature reserve *Ria Formosa*.

The most interesting monuments and places to see in the Old Town include: the Cathedral, Arc de Vila, the *Igreja do Carmo* Church and its Chapel of Bones. In addition to the monuments, visitors can admire the natural reserve areas inhabited by various species of birds and go to one of the sandy beaches.

The premium option includes admission to the mysterious Chapel of Bones and a ferry trip to the beach of the *Ria Formosa* Nature Reserve.



Tips: travel time: 2:30hrs one way. Recommended from May to October. To get to the sandy beaches, you need to use the ferry or ask the coordinator to take the group by our bus to the city beach located 15 minutes away, after visiting the city.

Trip to **Albufeira (Portugal)**

Premium: **boat trip** among cliffs and caves

Albufeira is the most energetic city on the beautiful Portuguese Algarve coast. Albufeira has amazing beaches, a great climate, a large selection of restaurants and a vibrant nightlife. Over the years, Albufeira from a fishing, peaceful town has evolved into the most popular tourist resort on the Algarve coast. The city is divided into two completely different parts: The Old Town and *The Strip* ("New" City).

The most interesting places to visit in Albufeira are, among other things, the historic part of the city together with the main square, *Praça da República*, Church of the Blessed Virgin Mary, the Tower of *Sineira*, beautiful beaches and, above all, the unusual caves which we can reach by boat!

The premium option includes a cruise among the sandy cliffs and caves that the south coast of Portugal is famous for. During the cruise, participants will enjoy swimming in natural pools surrounded by rocks.



Tips: travel time: 3hrs one way! Recommended only during the summer months from mid-June to mid-September due to the fact that the trip is based on the stay on the beach.

Trip to **Olhão (Portugal)**

Premium: boat trip to the virgin island

Olhão, a small Portuguese town located just 15 km from Faro, the capital of the region. Often underestimated by tourists, it is one of the most authentic places in the Algarve. The beautiful city centre lined with Portuguese *azulejos* tiles, a long promenade along the ocean and a local market - these are three main points for which you should go to Olhão. The area around the town also includes the Natural Park *Ria Formosa* and numerous beaches.

The premium option includes a boat trip to one of three beautiful and unspoiled islets that surround Olhão (the most beautiful of them is Armona!).



Tips: travel time: 2:30hrs one way. Recommended from June to October. To get to the most beautiful beaches, we recommend choosing the premium option.

Trip to **Vilamoura (Portugal)**

Premium: **tourist train**

Vilamoura is a small and young Portuguese town: only 50 years old. However, it's not just a tourist resort and its history is not similar to any other city in the Algarve region. It is located in the heart of the coastline, halfway between Faro and Albufeira.

The city's climate is created by the marina, the largest harbour in southern Europe built in 1974, which is usually a home to almost 1000 yachts. The port is by far the biggest tourist attraction of Vilamoura. The real pearls of the village are the sandy beaches: *Praia da Marina* and *Praia da Rocha Baixinha* (with a picturesque *Praia da Falésia*, a beach surrounded by huge orange rocks).

The premium option includes tickets for the tourist train that allows you to visit the whole town in a convenient way and explore all the most interesting corners of Vilamoura.



Tips: travel time: 2:40hrs one way. Recommended only during the summer months from mid-June to mid-September due to the fact that the trip is based on the stay on the beach.

Trip to **Aracena**

Premium: entrance to the **Jamón Museum** and the **castle**

Aracena is located in a nature reserve in the centre of the *Sierra de Aracena*. It is one of the most important protected areas in Andalusia and occupies the whole north of the province with its meadows covered with cork oaks, chestnuts and shrubs, where the famous *cerdos ibéricos* graze.

The town which is full of monuments and cultural heritage is located at the foot of the old castle and the monastery *Nuestra Señora del Mayor Dolor*, where the minaret of the mosque is preserved. The main point of the trip is a visit to the *Gruta de las Maravillas* (Cave of Miracles), one of the most interesting and picturesque cave complexes in Spain.

The premium option includes a ticket to the Jamón Museum - the famous *jamón serrano*, a culinary symbol of Spain (visitors will have the opportunity to taste this local delicacy during their visit) - and the entrance to the picturesque castle of Aracena located on a hill.



Tips: travel time: 1:30h one way. Tickets to *Gruta de Maravillas* must be booked 2 weeks in advance.

Trip to **Mérida**

Mérida is a tribute to the Roman period on the Iberian Peninsula. The Roman theatre, amphitheatre and temple dedicated to the goddess Diana make this former capital of the ancient *Lusitania* one of the best preserved archaeological sites in Spain, and it is also a UNESCO World Heritage Site. The main point of the trip is visiting all of the monuments listed above. In addition, while walking through the city, you can admire the fortress Alcazaba, Trajan's Arc and the monumental Roman bridge.

The capital of Extremadura offers a rich calendar of cultural events full of attractions related to ancient heritage, including the International Festival of Antiquity Theatre.



Tips: travel time: 2:20hrs one way. The trip is not recommended from mid-June to mid-September because of the very high temperatures.

Price list of trips

Trip	Basic	Premium
Córdoba	40 €	51 €
Cadiz	40 €	46 €
Ronda	40 €	51 €
Grenada	45 €	61 €
Gibraltar	50 €	64 €
Málaga	49 €	56 €
Nerja	49 €	61 €
Marbella	45 €	-
Matalascañas	35 €	38 €
Tavira (Portugal)	43 €	46 €
Faro (Portugal)	49 €	61 €
Albufeira (Portugal)	50 €	75 €
Olhão (Portugal)	49 €	65 €
Vilamoura (Portugal)	49 €	53 €
Aracena	46 €	50 €
Mérida	49 €	-

Comments

- Prices of trips are given in euros, per person.
- Trip prices apply to groups of more than 15 participants. In case of smaller groups, prices will be adjusted individually or the option to join a bigger group for the same price will be offered.
- Basic trips do not include the purchase of additional tickets to monuments, museums and attractions (except for those cases when you can find such information in the description).
- When choosing premium trips, the price of additional attractions will be included in the budget.
- When choosing a trip to Gibraltar, it is mandatory to have an identity card or a passport. In addition, minors must have permission from their legal guardian to take part in the trip and a scanned copy of their parent's identity card. For people from countries outside the European Union (e.g. Ukraine, Turkey, Albania), they must have a valid visa to cross the border.
- After each tour around the city with the coordinator, the group will have free time. The time of the break depends on the selected trip and the organisation of the group. During the free time, the group can have lunch, go back to the visited places, spend time on the beach etc.
- Trips recommended in the summer months: Cadiz, Málaga, Nerja, Marbella, Matalascañas, Tavira, Faro, Albufeira, Olhão, Villamoura
- Trips recommended in the winter months: Córdoba, Cádiz, Ronda, Grenada, Gibraltar, Málaga, Aracena, Mérida

Culinary workshop – **carving a serrano ham**

Few things are as typical of Spain as *jamón serrano*. Choosing the right ham, slicing it properly and placing it on a plate is considered to be an art.

Fernando Soto has more than 25 years of professional experience in the field, having contributed to the celebration of public and private events. He is also a member of the jury of the prestigious serrano ham carving competitions.

The workshop consists of practical and theoretical training. A. A brief theoretical explanation of the character of Iberian pork, its history and traditions: the origin of Iberian pork, the rearing and diet of the animals, the nature of the pastures. B. New Quality Standards 2014: explaining labels, types of ham and ways of distinguishing them. C. Practical cutting workshops: presentation of cutting tools and techniques to maximise the use of the ham, culminating in ham tasting.



Price	Duration	Comments
15 euro / pers.	Approx. 2.5 hrs	All materials necessary for the workshop are provided by the organiser; the workshop is especially recommended for groups with a gastronomic profile.

Botanical workshop – a visit to the **American Garden**

The American Garden in Seville is one of the few gardens in Europe where you will find a rich and diverse variety of American plants. Thanks to the *Raíces* programme, a Spanish-American cooperation has been established in order to develop an American garden, the harvest of which comes from different parts of America. The inauguration of the garden took place on the occasion of the World Expo Exhibition in 1992.

The visit to the garden is guided by Mariano Martín Cacao, a biologist who was involved in the development of this interesting project from the very beginning.

Thanks to the workshop, participants will have the opportunity to learn about the history and specificity of American horticulture and trends, as well as the practical characteristics of American plants.



Price	Duration	Comments
17 euro / pers.	Approx. 2 hrs	The price of the workshop includes an entrance ticket to the garden and a guided tour. The workshop is especially recommended for groups with a profile: gardening, landscape architecture.

Plant care workshop - **Kokedama**

Kokedama 苔玉 (literally "moss ball") is a Japanese technique related to the care of ornamental plants which consists in replacing the pot with live moss. Thanks to this, the plant remains vivid and organic and gains exceptional aesthetic value.

During the workshop participants will learn about the history and technique of Kokedama and how to create, care for and nurture such plants. In the practical part, they will focus on the types of Kokedama and plant specifications. In the end, each student will make their own personalised Kokedama.

Thanks to these workshops, trainees will have the opportunity to develop their creativity and manual skills, as well as to learn some new trends in gardening.



Price	Duration	Comments
17 euro / pers.	Approx. 2 hrs	All necessary materials are provided by the organizer. Workshop especially recommended for groups with a profile: gardening, landscape architecture.

Barista workshop – **café AB**

Are you a coffee lover? If not, you probably haven't had the chance to have a really well-prepared cup of this black treasure! Thanks to our workshop you will get to know the process of creating coffee from roasting beans to the most pleasant moment of enjoying its unique taste.

The workshop includes a visit to the factory where the trainees will become familiar with the types of coffee, how the beans are roasted and the entire production process. Then they will participate in a virtual tour to get to know all stages of coffee making process. The trainees will have the opportunity to taste different types of coffee prepared using different techniques to discover their favourite taste and brewing method.



Price	Duration	Comments
20 euro / pers. (with breakfast) 17 euro / pers. (with breakfast)	Approx. 2 hrs	All materials necessary for the workshop are provided by the organizer; the workshop is especially recommended for groups with a profile: gastronomy, hospitality.

Dog grooming workshop

This workshop is an ideal choice for animal and hairdressing enthusiasts. Are you one of them? If yes, you will learn how to properly cut dogs hair and take care of it. The professionals will show you how to operate scissors and electric razor during the treatment in a salon.

During the workshop, the trainees will get to know the rules of care techniques selection depending on the breed of the dog. They will focus on Spanish Water Dog breed treatment as the salon specializes in it. This breed is very demanding due to the special kind of dogs' coat. After observing different forms of hair cutting, washing and hair care of the dog performed by the professionals, they will get the opportunity to wash the ears, clean the hair and the paws of the dogs, groom, brush their hair and finally style it using special tools and cosmetic products.

Thanks to this workshop, trainees will gain professional and profound knowledge on Spanish Water dogs as well as develop their creativity and manual skills in general.



Price	Duration	Comments
10-15 os. 20 euro / os. ≥16 os. 15 euro / os.	Approx. 3 hrs	All materials necessary for the workshop are provided by the organizer; the workshop is especially recommended for groups with a profile: hairdressing and veterinary.

Hairdressing Workshop - **Spanish Trends**

If you are interested in fashion, this workshop is just for you. Fashion is not only about beautiful dresses and accessories but also about hairstyling.

Spanish women are known all over the world for their lush, thick and always well-groomed hair. During all Andalusian festivals such as *Feria de Abril* and *Semana Santa*, the right hairstyle is obligatory for every outfit.

During the workshops, participants will learn about the rich history of traditional Spanish hairstyles, the up-dos and accessories for each holiday and the characteristics of the hair structure in this region of Europe.

In the practical part, under the supervision of a professional hairdresser, each participant will have the opportunity to try their hand at styling using appropriate cosmetics, tools and, above all, specific accessories.



Price	Duration	Comments
15 euro / pers.	Approx. 3 hrs	All necessary materials are provided by the organizer. Workshop especially recommended for groups with a profile: hairdressing.

Business workshop

We encourage young people to think about the future and become a real entrepreneur in their field!

The aim of the workshop is to familiarize the group with the strategy of preparing an attractive and realistic business plan and planning one's own business activity.

During the workshop, the trainees will receive tips on the key elements of the business plan and the rules of how to prepare it well. Afterwards, the participants will be divided into four-person groups, in which they will develop their own business ideas on special sheets, analyzing such elements as: market, competition, marketing plan, project budget, etc. At the end, each group will present its idea and receive professional feedback from the leader.



Price	Duration	Comments
10 euro / pers.	Approx. 2.5 hrs	Workshop suitable for all occupational profiles.

Creative development workshop

Creativity - one of the most desirable features on the labour market. According to research, 60% of management staff indicated creativity as the most desirable leadership skill demanded on the labour market, along with honesty (52%) and the ability to think globally (32%).

During the workshops, participants will have a chance to develop their creative potential. Under the supervision of the leader, they will solve a number of tasks stimulating such skills as: working in a group, solving problems under pressure of time, flexibility, decision making. The workshops are conducted on the basis of informal educational methods that stimulate imagination and encourage innovative approaches to challenges.



Price	Duration	Comments
5 euro / pers.	Approx. 2.5 hrs	Workshop suitable for all occupational profiles.

Workshop "**How to live abroad?** - How to deal with culture shock".

Internships abroad are not only an opportunity to develop professional skills, but also, or perhaps above all, to experience life in another country, in an international environment, in a different culture.

The aim of the workshops is to prepare the trainees to consciously experience the programme. Participants will have the opportunity to understand better the process of adaptation, learn what cultural shock is and how to deal with it, learn definitions and functions of stereotype and prejudice. By using active methodologies and techniques of informal education, participants will also have the opportunity to reflect on their own cultural identity and its impact on the perception of reality. The whole activity is based on practical exercises, which help to understand and put the discussed issues into practice.



Price	Duration	Comments
5 euro / pers.	Approx. 2.5 hrs	Workshop suitable for all occupational profiles.

Workshop "My image on the labour market"

For young people, taking their first steps in the labour market, it is essential to know how to properly plan their career path, present their skills and talents in the recruitment documentation and excel during the job interview.

During the workshop, participants will have the opportunity to define their strengths and useful skills on the labour market (within the selected specialization), learn how an effective and modern CV should look like and how to get prepared for the interview. At the end of the workshop, the trainees will prepare their own CV for the selected position, according to the received guidelines and professional feedback.

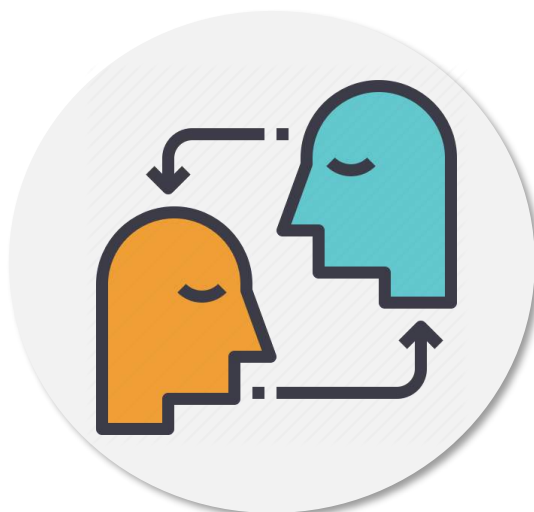


Price	Duration	Comments
5 euro / pers.	Approx. 2.5 hrs	Workshop suitable for all occupational profiles.

Workshop of **empathy** and teamwork skills

In a world where robots and automated processes reduce the need for human resources in companies at a dizzying pace, social skills become the main bargaining chip in the race for jobs. Empathy, understanding other people, teamwork, mediation and negotiation skills are one of the key features that distinguish us from robots and allow us to stand out on the labour market.

During the workshop, participants will take part in a communication game that will help them to learn how to benefit from group work and develop their social skills such as empathy and negotiation skills. The workshop aims to encourage young people to reflect on the usefulness of empathic attitudes in the labour market and to increase their social sensitivity.



Price	Duration	Comments
5 euro / pers.	Approx. 2.5 hrs	Workshop suitable for all occupational profiles.

Study visit: **Abengoa** – Sanlúcar la Mayor

Abengoa is an international company using innovative technological solutions for sustainable development in the energy and environmental sector. It generates electricity from renewable sources, transforms biomass into biofuel and produces drinking water from seawater.

Abengoa Solar Industrial Systems specializes in implementing solar thermal systems that supply energy to commercial and industrial installations and replace traditional energy sources such as natural gas, propane, fuel and electricity.

During a visit to a huge 60-hectare solar farm, the guide presents all the 3 types of solar installations used for power generation in the plant. The participants will have the opportunity not only to learn about the advantages and disadvantages of each solution but also to take a closer look at the individual installations. The most impressive is undoubtedly the 100-metre high solar towers with several hundred huge heliostats concentrated around them.

ABENGOA

Price	Duration	Comments
25 euro / pers.	Approx. 3.5 hrs	The visit is especially recommended for groups with RES profile and other technological profiles.

Study visit: **DroneTools**

DroneTools manufactures and maintains personalized drones. The company manufactures carbon fibre drones using the most modern technologies. The machines are equipped with appropriate installations, including cameras (thermal, thermographic or articulated). The company cooperates mainly with public services: army, fire brigade, ambulance and is present in seven countries in three continents.

During the visit, participants will be introduced to the characteristics and secrets of the dynamically developing drones market, and then have the opportunity to familiarize themselves with all stages of production, such as: production and completion of plastic parts mainly made of carbon fibre, the painting process, installation of small, medium and large components, the welding and forming process or assembling additional installations.



Price	Duration	Comments
25 euro / pers.	Approx. 3 hrs	Visit recommended especially for groups with technological profiles.

Study visit: **EDAR** - Wastewater Treatment Station

EDAR belongs to the Granada Water Foundation which aims to: protect the environment, rational use of natural resources (especially water), protect nature and promote sustainable development. The station purifies and treats water which is crucial for the proper functioning of local communities, especially in such a hot and dry region as Andalusia

At the beginning of the visit, participants will have the opportunity to become acquainted with the functioning, means and objectives of such plants, and then, under the supervision of engineers working at EDAR, familiarize themselves with the various stages of wastewater treatment and the specificity of the sewage industry.



Price	Duration	Comments
9 euro / pers.	Approx. 2.5 hrs	The visit is especially recommended for groups with biological and chemical profiles.

Study visit: **The Nursing College**

The Nursing College has been bringing together all the male and female nurses in the province of Seville for more than 150 years. Thanks to its efforts, the nursing courses have been officially recognized as equal to those at the university.

The main purpose of the visit is to familiarize participants with the organization and functioning of the health care system and hospitals in Spain. In addition, the group will be introduced to the principles and structure of the Spanish educational system with a particular emphasis on the professional development opportunities in the medical sector. The school authorities will also present the projects in which the college is involved at a local and regional level.

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Price	Duration	Comments
5 euro / pers.	Approx. 2 hrs	Visit recommended especially for groups with profiles: nursing, social care and pedagogy.

Visit study: **Genera Games**

Genera Games is a company operating mainly in the video games sector. Currently, Genera Games cooperates with such brands as Disney, Intel, Paramount, Dreamworks, BBVA League, Universal etc., making it a leading player in the local market.

The visit will begin with a meeting where students will learn how the company and its departments are organized and what the functions and working methods of each team are. Then, in an interactive form, some of the projects, in which the company is currently involved, will be presented. The last stop will be the test room where all the participants, individually or in pairs, will try out new video games created by Genera Games while having the chance to leave a review and/or suggest improvements.



Price	Duration	Comments
8 euro / pers.	Approx. 2 hrs	Visit recommended especially for groups with profiles: computer science and graphics.

Study visit: **LIPASAM**

LIPASAM is a company dealing with municipal and sanitary waste management and recycling. As part of its activities, the company offers educational programs that can also be used by our trainees.

The "Get to know LIPASAM" programme is aimed at spreading information about LIPASAM's activities. During the workshop, participants will learn about the company's processes and visit their installations (including modern machinery and technologies). All the activities are delivered in an interactive and practical way with particular emphasis on the process of waste segregation and recycling.

The "LIPASAM in class" programme focuses on waste segregation. Through interactive workshops, participants will learn about environmentally beneficial habits such as waste reduction, segregation, reuse of raw materials and care for cleanliness in public places, thus increasing awareness and environmental sensitivity and acquiring specific tools that will allow rational waste management in everyday life.



Price	Duration	Comments
5 euro / pers.	Approx. 2 hrs	Workshops suitable for all occupational profiles, especially those related to environmental protection.