



ACTIVITIES BROCHURE

CLIC CADIZ
2023

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THE TEAM

At CLIC Cadiz we attach great importance to the culture programme, because we understand that this is a fundamental aspect for the **linguistic and cultural immersion of our students**. That is why we invite everyone to participate in this programme, which has a wide range of activities on offer: from those focused on historical and cultural aspects, such as visits to monuments or guided tours, to more recreational ones, such as excursions or sporting activities.

All our activities are organised so that students get the most out of them, always under the guidance of our **team of monitors**. They are professionals in animation and intercultural communication and they coordinate continuously to offer a complete and immersive experience of life in Cadiz. We hope to see you very soon enjoying our activities!

DAY TRIPS



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

DAY TRIPS

TRIP TO SEVILLE

Seville is one of the most important cities in Spain due to its historical relevance. It has the most extensive historical centre in Europe, with monuments from different periods: Roman, Arabic and Baroque, amongst others.

During this trip we will visit the Cathedral, the Giralda tower, the Reales Alcázares, Barrio de Santa Cruz and Plaza de España. There will also be free time. We advise students to wear comfortable clothes and shoes.



GENERAL 17+

SENIOR 50+

DAY TRIPS

TRIP TO JEREZ DE LA FRONTERA

Jerez is the city of wine, horses and flamenco. Founded by the Phoenicians, it takes its name from the Muslim period when it was called Xeres. From this period there is still an Arab Alcazar, with a mosque and baths, which we will visit.

We will get to know the wine culture and the many *tabancos*, the typical bars where the city's wine is served. We will stroll through its streets and the San Miguel neighbourhood, the birthplace of flamenco.

CLIC INTERNATIONAL HOUSE CADIZ



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

DAY TRIPS

TRIP TO EL PUERTO DE SANTA MARÍA

Twenty minutes by boat from Cadiz, it is an ideal town to visit because of its importance in history and the beauty of the landscape. We will cross the bay and enter the Guadalete river by catamaran.

In El Puerto de Santa María we will visit the San Marcos Castle, where Christopher Columbus lived and where the first world map with America was drawn, a wine cellar, the bullfighting ring and the Iglesia Mayor Prioral.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

DAY TRIPS

TRIP TO MARRUECOS

Tangier is a Moroccan city, which we will reach by boat, crossing the Strait of Gibraltar.

When we get off at the port, we will take a bus ride around the city, from where we can see the coast of Spain.

We will see the cave of Hercules and the King's palace. We will have lunch in a typical Moroccan restaurant, go shopping in the old medina and see the Kasbah. It is essential to bring your passport and cash for shopping.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

DAY TRIPS

TRIP TO TARIFA AND BAELO CLAUDIA

Tarifa is the closest Spanish town to Africa, only 14 km away. It is the capital of windsurfing and kitesurfing, so thousands of people come to practice it every year. We can visit the Caliphate Castle of Guzmán el Bueno and stroll through its streets.

We will then visit the Roman city of *Baelo Claudia*, located on the beach of Bolonia, considered one of the most beautiful beaches in Europe. From this bay you can see the coast of Morocco while bathing in the Atlantic.

CLIC INTERNATIONAL HOUSE CADIZ



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

DAY TRIPS

TRIP TO VEJER DE LA FRONTERA

This village on the coast of Cadiz is considered one of the most beautiful in Spain. Vejer is situated on a hilltop and its houses are painted white. Due to its proximity to the sea, Vejer has seen the Romans, Muslims, Jews and Christians.

We will stroll through its streets, the Plaza de España and the church of Divino Salvador. We will lose ourselves in its Jewish quarter, will contemplate the coast of Africa from its walls and we will spend the afternoon on the beach of El Palmar bathing in the Atlantic.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

DAY TRIPS

TRIP TO EL PARQUE DE DOÑANA

The Doñana National Park has a unique biodiversity within Europe and serves as a passage and breeding area for thousands of European and African birds. We will visit the park from the Guadalquivir River in the area of Sanlúcar.

We will take a boat trip on the river and then visit the park in a 4x4 vehicle, which will take us through the marshes and along the beach, from where we will see animals such as deer and wild boar, as well as birds that make the passage to Africa.



JUNIOR (13-17)

GENERAL 17+

DAY TRIPS

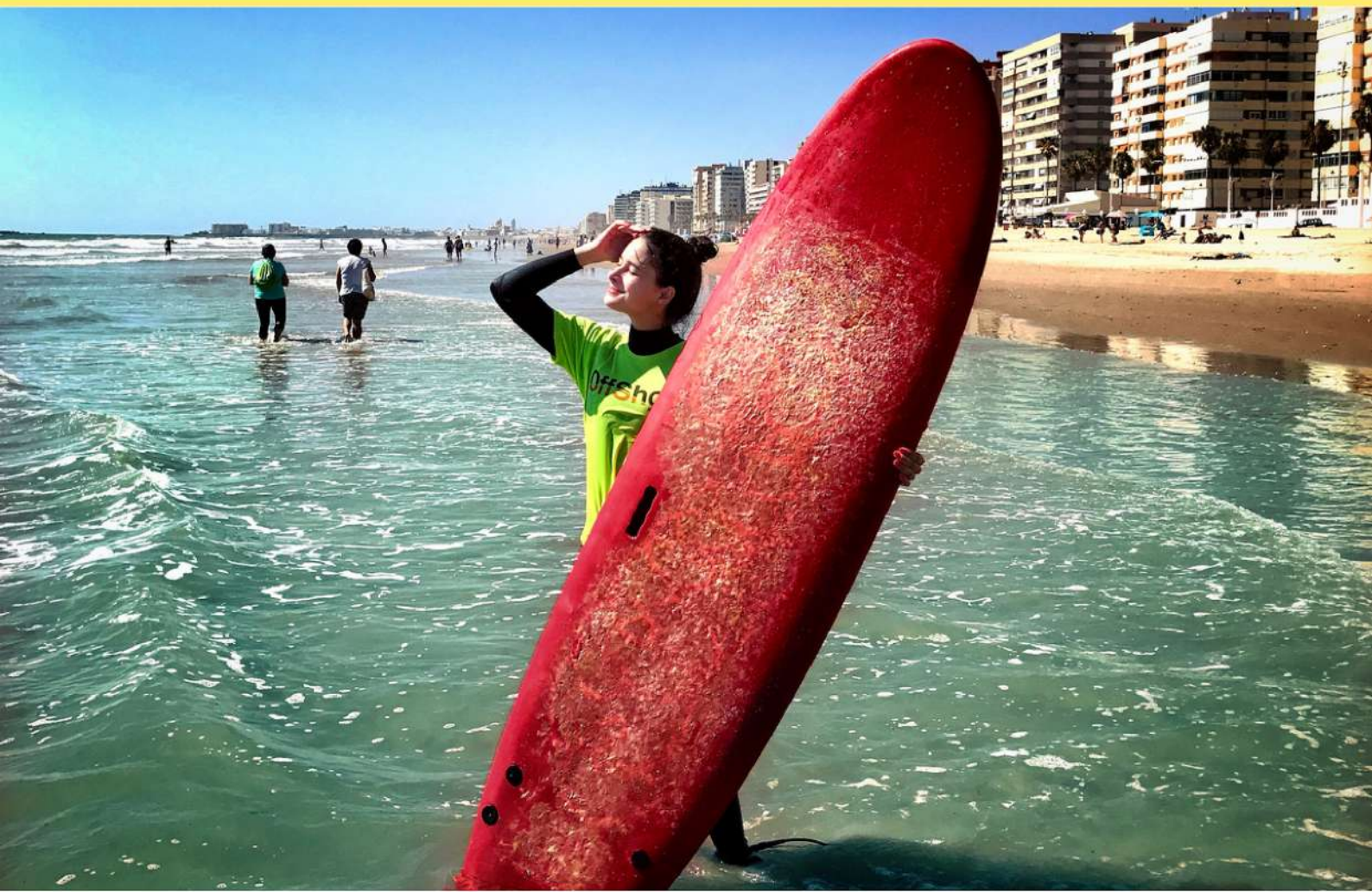
TRIP TO SANCTI PETRI

The island of Sancti Petri, located between San Fernando, Chiclana and Cadiz, is a perfect place for water sports. We will get to know the area by kayaking between the two shores and the island, where the castle is located.

We will have fun paddle surfing, play games on the beach and take a speedboat ride. Don't forget your swimsuit, comfortable clothes and neoprene shoes. Supervised by monitors and with an auxiliary boat.



SPORTS



JUNIOR (13-17)

GENERAL 17+

SPORTS

SURF LESSONS ON CORTADURA BEACH

Surfing is one of the most popular sports in the province and can be practised both in summer and winter on the eight kilometres of urban beach that the city of Cadiz has.

In this activity, under the supervision of an instructor, you will learn the initial concepts of surfing and how to catch a wave. We will provide you with a surfboard and wetsuit. Bring your swimsuit and towel and don't forget your sunscreen.



JUNIOR (13-17)

GENERAL 17+

SPORTS

KAYAK AROUND LA CALETA

La Caleta beach is one of the best known and most popular beaches in the city of Cadiz and is surrounded by the castles of San Sebastian and Santa Catalina. On the same beach stands the Balneario de La Palma.

We will take a kayak tour around the beach to see the city from the sea and have a swim. A double kayak and lifejacket will be provided, accompanied by a support boat. Bring your swimsuit and comfortable clothes.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

SPORTS

YOGA AT THE TERRACE

Yoga is an ancient practice that connects body, breath and mind. Millions of people around the world practice it to reduce stress and improve their physical and mental condition.

In this activity, thanks to the guidance of our instructor, we will learn to control our breathing and to perform the first yoga postures. We will also have some time for meditation. We recommend comfortable clothes and shoes.



JUNIOR (13-17)

GENERAL 17+

SPORTS

BEACH SPORTS

Cadiz has eight kilometres of marvellous beaches where you can practise all kinds of sports. There is also an area on La Victoria beach that is especially suitable for this purpose.

Beach volley, football and tennis, games in the sea, running on the beach are the most common options. The monitors provide the material to spend a sporty afternoon on your favourite beach. We recommend you bring a swimsuit and sportswear.



MUSIC



JUNIOR (13-17)

GENERAL 17+

MUSIC

ZUMBA LESSON ON THE TERRACE

Zumba is one of the most popular fitness disciplines nowadays, focused on having a healthy physique and giving flexibility to the body through dance movements.

Under the supervision of an instructor and to the sound of Latin music, we will learn and practice the first Zumba moves. We recommend you bring comfortable clothes and sports shoes.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

MUSIC

LATIN DANCING LESSONS

Latin dances have become one of the most popular options for many people when they start dancing, as well as being a very interesting way to get to know the culture of the Hispanic community.

We will practice the first steps of the most popular dances: salsa, bachata and merengue, alone or in pairs. Our dance teacher will teach you different styles. We recommend comfortable clothes and shoes.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

MUSIC

RUMBA AND SEVILLANAS LESSONS

The *sevillanas* is one of the most typical dances of the fairs in Andalusia. It is divided into four parts and is danced in pairs. The rumba is a mixture of Latin and flamenco, which is danced in couples or individually.

Our teacher will teach us the first steps of these two traditional dances and explain the typical places where they are danced. We recommend comfortable clothes and shoes.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

MUSIC

FLAMENCO SHOW

Cádiz is one of the cities where flamenco was born and developed. Both in the capital and in its province, it has seen the greatest talents in history -from Camarón to Sara Baras, from the Pearl of Cádiz to Paco de Lucía.

In this activity we will see an authentic live show where we will discover flamenco singing, dancing and guitar playing in one of the city's legendary flamenco venues, the Peña de la Perla.

CLIC INTERNATIONAL HOUSE CADIZ



GASTRONOMY



GENERAL 17+

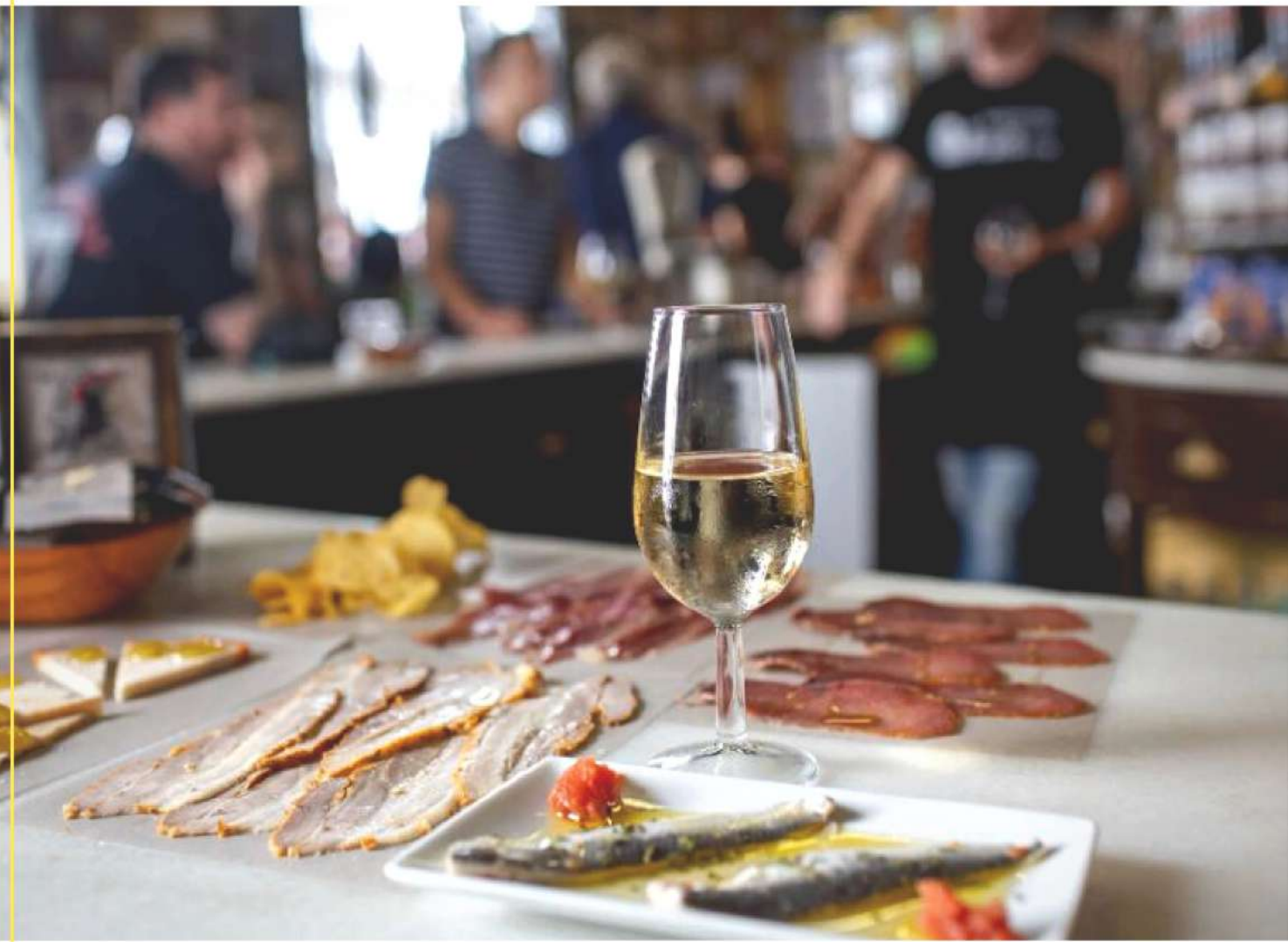
SENIOR 50+

GASTRONOMY

TAPAS TOUR IN CADIZ

Tapas culture is one of the main features of Spanish gastronomy. Tapas are small portions of food, usually accompanied by a drink, and can be very basic or very elaborate dishes.

Going out for tapas *-tapear*, as we say in Spanish- is a deeply-rooted social custom in Andalusia. In this activity we will try different types of tapas, in a relaxed environment, in the city market or in the different bars of Cadiz.



GENERAL 17+

SENIOR 50+

GASTRONOMY

VISIT TO TABERNA LA MANZANILLA

La Manzanilla is a tavern that was founded at the beginning of the 20th century. It is practically a museum because of the richness of its wines and because it still has the same furniture as when it was founded. Only Sanlucar sherry is drunk here.

The wine is extracted directly from the cask, without going through any chemical process. In this activity we will taste three different types of sherry wines and learn about the traditional process of creation.



GENERAL 17+

SENIOR 50+

GASTRONOMY

WINE TASTING ON THE TERRACE

Spain is the country with the largest extension of vineyards in the world and its wines are well known internationally. With multiple denominations of origin, Spanish wine has many varieties and flavours.

In this activity we will taste three types of wine: white, rosé and red, from different places of origin. We will learn about the smells, colours, nuances and flavours of Spanish wine.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

GASTRONOMY

COOKERY CLASS: TORTILLA & GAZPACHO

At CLIC we love to mix the teaching of the language with the practice of the most traditional cuisine. In this way you learn and enjoy the culture, traditions and language at the same time.

We learn how to prepare a Spanish omelette and an Andalusian gazpacho in the CLIC kitchen. Our cook teaches each recipe step by step. Afterwards, you can enjoy it together with your classmates on the terrace.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

GASTRONOMY

COOKERY CLASS: PAELLA

Paella is a rice-based dish, typical of the Valencian Community and one of the most popular dishes in Spanish cuisine. It is a simple recipe, in which many ingredients can be mixed.

We will make a seafood paella very popular in Andalusia, with rice, peppers, onion, mussels, clams, prawns and its secret ingredient, saffron. After the whole process, what better way to finish than enjoying it on the terrace.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

GASTRONOMY

VISIT TO THE FOOD MARKET

The Plaza de Abastos was one of the projects of Benjumeda, one of the most important architects of the neoclassical style in Cadiz. Located in the Plaza de la Libertad, it was inaugurated in 1838 and still conserves its original structure.

In the market, we will see vegetable and fruit stalls, specialities from all over the province of Cadiz, but especially interesting are the fish and seafood stalls. You can also enjoy tapas in its gastronomic corner.



ROUTES AND TOURS



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

TOURS

WALK THROUGH THE HISTORIC CENTRE

Cadiz was founded, according to legend, by Hercules, the mythological hero, and has been a key trading port for over three thousand years. It is a pleasure to stroll around the city, discovering the city walls and the historic centre.

We will be able to see many of its more than one hundred lookout towers, the two cathedrals, the great Falla Theatre and the Caleta beach. We will walk through the neighbourhood of La Viña and finish in the Plaza de Las Flores, eating churros and chocolate.

CLIC INTERNATIONAL HOUSE CADIZ



TREASURE HUNT IN THE HISTORIC CENTRE

Cadiz, with its more than 3,000 years of history, is a place full of legends and mysteries, a historic quarter full of monuments from different centuries that can be easily explored on foot.

In this team activity, the instructor will provide clues and ask questions to find the keys to the treasure hidden in Cadiz. Bring your mobile phone and comfortable clothes.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

TOURS

CASTLES AND BASTIONS TOUR

The Castle of Santa Catalina is a fortification dating from the end of the 16th century and is located on the beach of La Caleta. It served as a military prison and nowadays it is a great cultural space where there are exhibitions and concerts.

In this activity we will find out about the history of the castle, visit its different exhibitions and enjoy the fabulous views of the beach and the Atlantic Ocean.



JUNIOR (13-17)

GENERAL 17+

TOURS

BIKE TOUR AROUND CADIZ

Cadiz is a very practical city, small in area, which makes it easy to get around its streets, thanks to its ten kilometres of cycle lanes. It is, therefore, an ideal place to explore by bike.

In this activity we will take a bike ride along the bike path, going through Genoves Park, La Caleta beach, Campo del Sur, Santa Maria del Mar beach and La Victoria beach. We recommend comfortable shoes and clothes.

CLIC INTERNATIONAL HOUSE CADIZ



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SENIOR 50+

TOURS

ROUTE OF THE CONSTITUTION

The first constitution, known as La Pepa, was proclaimed in Cadiz in 1812. It was promulgated in the midst of the War of Independence against the French and included representatives from the provinces of Spain and the colonies.

We will take a walk to see the Plaza de España, the Centenary monument, the wall of San Carlos, the Alameda, the bastion of La Candelaria, the church of El Carmen and the Oratory of San Felipe, where the constitution was proclaimed.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

MONUMENTS

VISIT TO THE MUSEUM OF CADIZ

The Museum of Cadiz is located in the Plaza de Mina, in what used to be the old orchard of the convent of San Francisco. It is a neoclassical building divided into archaeological, fine arts and ethnographic areas.

The most important pieces in the museum are two Phoenician anthropoid sarcophagi, unique in Spain. We can find archaeological remains from prehistoric, Roman and Muslim times and paintings by Zurbaran and Murillo.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

MONUMENTS

VISIT TO THE TAVIRA TOWER

Watchtowers are one of the most characteristic elements of Cadiz architecture. In the 18th century, thanks to trade with America, there was no commercial house in the city that did not have one, until there were 160 towers.

The Tavira Tower is not only the highest of them all but also has a camera obscura from which you can see the whole city without leaving your room. It is one of the most important attractions and sights of the city.



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

MONUMENTS

VISIT TO THE CATHEDRAL

Cadiz Cathedral is a building with two architectural styles: baroque and neoclassical. Construction began in 1722 and was completed one hundred years later. It is known as the Cathedral of the Cross in the Sea or New Cathedral.

The Cathedral is located between the Pópulo and the Campo del Sur, in the heart of medieval Cadiz. In this activity we will visit its chapels, the choir, its fabulous crypt and enjoy the views of the city from the bell tower.



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GENERAL 17+

SENIOR 50+

MONUMENTS

VISIT TO YACIMIENTO GADIR

The Gadir archaeological site is one of the most important Phoenician settlements in the West and is an essential place to visit in Cadiz. It preserves streets and a total of eight houses dating from the 16th century BC.

Inside the site under the puppet theatre of Cadiz we will see a projection that tells the history of Gadir, and at the end we will walk along glass walkways over the site itself. Maximum groups of 20 people.



CULTURE



JUNIOR (13-17)

GENERAL 17+

SENIOR 50+

CULTURE

CULTURE LESSONS

In these classes, we try to teach you a bit more about the different aspects of the Spanish culture. We will talk about Spanish painters or writers, the most famous traditional festivals or flamenco, etc.

We will learn about the origin of festivals such as the Seville Fair or Carnival, the importance of Dalí and Picasso, the musical revolution of Camarón and Paco de Lucía, the international projection of Almodóvar and Antonio Banderas.



1937
Picasso
Museum of Modern Art



PRONUNCIATION LESSONS

One of the main problems when learning another language is making yourself understood and pronouncing correctly. In this class we propose a series of exercises to improve your pronunciation.

Practise phonetics with fun exercises, with which you will be able to see the diversity of accents, the differences between Spanish in Spain and Spanish in Latin America. Classes are aimed at all levels.



JUNIOR (13-17)

GENERAL 17+

CULTURE

CULTURAL EXCHANGE

Travelling to learn a language allows us to learn first-hand about another country's culture, traditions and ways of life. As CLIC has classes in different languages, we organise language exchange activities.

By doing this, Spanish and international students can get to know each other, practice the language and talk about their cultural differences and ways of life. There will also be dynamic activities to encourage conversation.



**WE'RE LOOKING
FORWARD TO SEEING
YOU!**

