



# Student Handbook

Welcome to K2  
Internacional

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## INTRODUCTION

WELCOME	1
YOUR FIRST DAY OF CLASS	2
SPANISH COURSES	3
GENERAL SPANISH COURSES [All levels A1-C2]	4
• Intensive 20 [20 classes per week]	
• Intensive 25 [25 classes per week]	
• COMBI 25+5 25 [25 classes per week]	
LONG-TERM COURSES [All levels: A1-C2 [25/30 classes per week	5
SEMESTERS, ACADEMIC YEARS [All levels: A1-C2 [25 classes per week]	
DELE PREPARATION COURSES [All levels: A1-C2 [20 + 5* classes per week ]	6
PRIVATE CLASSES (1:1) / SEMI-PRIVATE [All levels: A1-C2]	7
CLASSES FOR PROFESSIONALS [B1-C2]	8
• Business Spanish [20 group classes + 10 de private classes	
• ELE teachers [30 classes + private classes	
ONLINE CLASSES [All levels: A1-C2]	9
SPANISH COURSES 50+	
COURSES WITH COMBINATION OF CITIES	10
SCHOOL MATERIALS	11
SCHOOL RULES	12
EXTRACURRICULAR ACTIVITIES	13
ACCOMODATION	14
CONTACTS / IN CASE OF EMERGENCY	19
TIPS AND SERVICES	21
TRANSPORTATION	22
CUSTOMS, HOURS & TIPPING	25
ELECTRICITY, POST OFFICE & MONEY EXCHANGE	26
CÁDIZ. GENERAL INFORMATION	27
EL PUERTO SANTA MARÍA	33
SEVILLA	34
GIBRALTAR	35
JEREZ DE LA FRONTERA	36
PUEBLOS BLANCOS	37

X  
E  
D  
Z

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## WELCOME TO K2 INTERNACIONAL

K2 INTERNACIONAL is a school specialising in teaching foreigners the Spanish language. You can learn Spanish from a basic level to level of improvement through a continuously updated method, which combines the classes taught in the classrooms (fully equipped) with extracurricular activities, which will make you practice your knowledge quickly and have fun-previous acquired. We carry out cultural dissemination activities in collaboration with other Spanish organisations.

In addition, we organise courses for specific purposes that help the student specialise in the most critical and exciting areas and others that aim to prepare for the exams that give access to the different levels of the Diploma of Spanish as a Foreign Language (DELE).

K2 INTERNATIONAL is located in the historic center of our city, in one of its most central and well-known squares. With easy access to the following destinations: Seville, Malaga, Jerez, Tarifa, etc.

We welcome you and are at your disposal to help you in everything in our power to make your stay as happy as possible.



**IMPORTANT: Please read this manual carefully.**

All the information will guide you in the first days and throughout the program.

1

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# YOUR FIRST DAY OF CLASS

## BEFORE STARTING:

We will ask you to arrive at the school a little earlier, usually at 8:30, to take an oral and written level test and assign you the class that best suits your needs based on the test result.

After the exam:

You will have an interview with the academic coordinator, who will give you information about your class schedule\* and level, the city, and the extracurricular activities offered that week at the school. He will also show you the center's facilities and give you our Wi-Fi password, emergency number, and other helpful information to take into account during your stay.

You will complete learning needs a form that helps the teacher know your interests and reasons for learning Spanish to personalize your classes according to your questions.

\*Schedule: Classes are scheduled in the morning or the afternoon, depending on the level and number of students...

## FIRST CLASS:

We will introduce you to your teacher, who will give you the objectives of the course in a clear and detailed way. Your teacher will provide you with the book and class material. During the first break, we will introduce you to the other students in the school so you can get to know them all and start making new friends. After your first class, you will have another short interview with the academic coordinator to check and confirm that the assigned course suits your needs and interests.

## DURING YOUR COURSE:

Your classes will take place from Monday to Friday \*Except in the case of private lessons. Your teacher will evaluate and advise you continuously, indicating your progress and making recommendations to improve your Spanish in and out of class.

The school has a student help office. Contact her for any questions, suggestions, or problems you have. Every week we offer extracurricular activities, which we recommend not only to continue practicing Spanish outside the classroom but also to explore our customs and traditions, interacting with the people of Cadiz, your teachers, and your classmates.

You will have free access to our library, where you will find self-study materials - books, magazines, movies, music, tourist guides, etc- at your disposal. If you feel like preparing something to eat or drink, you will have free access to our kitchen, or you can go with your classmates to enjoy an authentic Spanish breakfast: coffee, orange juice, toast, churros, sweets... in the many bars from the square where the school is located.



## LAST DAY:

You will receive a certificate of skills acquired and an evaluation of your course. Your teacher will provide information about different resources to continue studying Spanish.

You will also receive a big hug from the whole team, hoping that you have had a fantastic experience and will come back to visit us soon.

2

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# SPANISH COURSES

Choose between group, private and semi-private classes

## GENERAL SPANISH COURSES (All levels A1-C2)

· Intensive 20 (20 classes per week).

· Intensive 25 (25 classes per week).

· COMBI 25 + 5 (30 classes per week).

## LONG-TERM COURSES (All levels A1-C2)

20/25/30 classes per week.

## SEMESTERS, ACADEMIC YEARS (All levels A1-C2)

20/25 classes per week.

## DELE PREPARATION COURSES (All levels A1-C2)

20 + 10 classes per week.

## PRIVATE CLASSES (1:1) / SEMI-PRIVATE (All levels A1-C2)

### CLASSES FOR PROFESSIONALS (levels: B1-C2)

Business Spanish: 20 group classes + 10 private classes

ELE teachers: 20 group classes + 10 private classes

## SPANISH COURSES 50+ (levels A2-B2)

Spanish (20) + Culture and Society (2) classes per week + Extra Activities\*.

## ONLINE CLASSES (All levels A1-C2)

## COURSE WITH COMBINATION OF CITIES (All levels A1-C2)

25 classes per week.

THERE ARE 6 DIFFERENT LEVELS FOR EACH GENERAL LANGUAGE COURSE

A1 BEGINNER

A2 ELEMENTARY

B1 INTERMEDIATE

B2 UPPER INTERMEDIATE

C1 ADVANCED

C2 SUPERIOR

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# GENERAL SPANISH COURSES (All levels A1-C2)

## INTENSIVE 20 (20 lessons/week)

The Intensive Course 20 (20 lessons/week) is conceived and designed for those students who wish to learn Spanish for some time between 4 and 12 weeks. The number of classes per week is 20 teaching hours, including various extracurricular activities of a cultural nature, such as a guided tour of the historic center of the city or a social and leisure heart, such as welcome parties.

This course is available for all levels, from beginner to advanced. The number of students per class is reduced, guaranteeing personalized attention. Teachers also participate in extracurricular activities, favoring relationships between teacher and student.

Classes include grammar, vocabulary, written and oral expression and comprehension (conversation), and knowledge of the Spanish language and culture. All classes are based on active student participation.

## INTENSIVE 25 (25 lessons/week)

The Intensive Spanish Course is conceived and designed to meet the needs of students who wish to learn Spanish or improve their level in a short period, quickly and efficiently. The number of classes per week is 25 teaching hours, including various extracurricular activities of a cultural nature, as in the standard, guided tour of the historic center of the city, welcome parties, culture workshops...

It is available for all levels, from beginner to superior. It follows the same structure as the Standard Course, but every day, there is an extra class (50 min.) dedicated to reinforcing oral expression, comprehension, and aspects of Spanish culture.

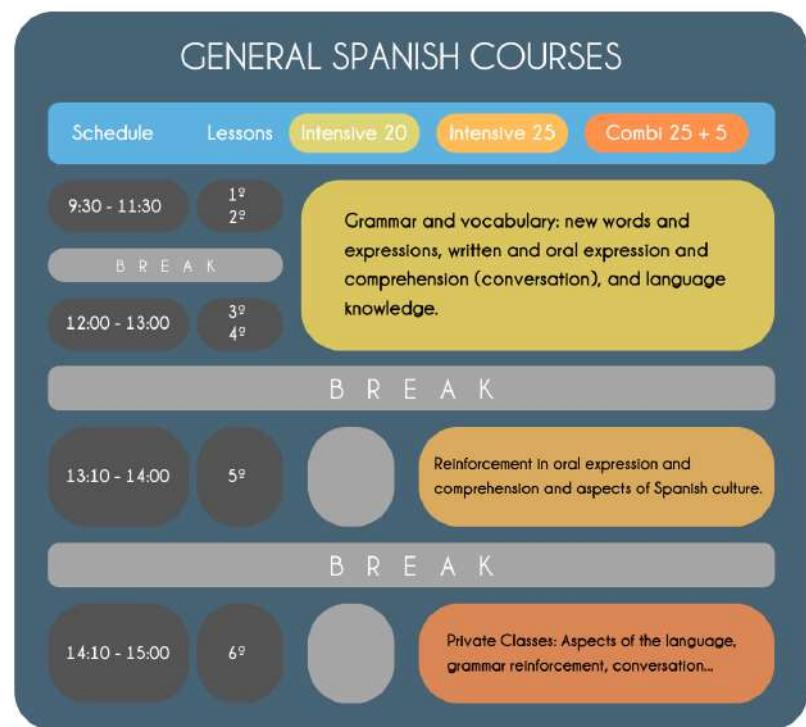
## COMBI 25 + 5

(30 lessons/week)

This course is designed to meet the needs of students who want to learn as much Spanish as possible in a short period during their stay in Cádiz.

Each day you will have five Spanish group classes and one private class. It is available for all levels, from beginner to advanced.

It follows the same guidelines as the Intensive Courses, but you have five more weekly private classes.



4

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## LONG TERM COURSE (All levels A1-C2)

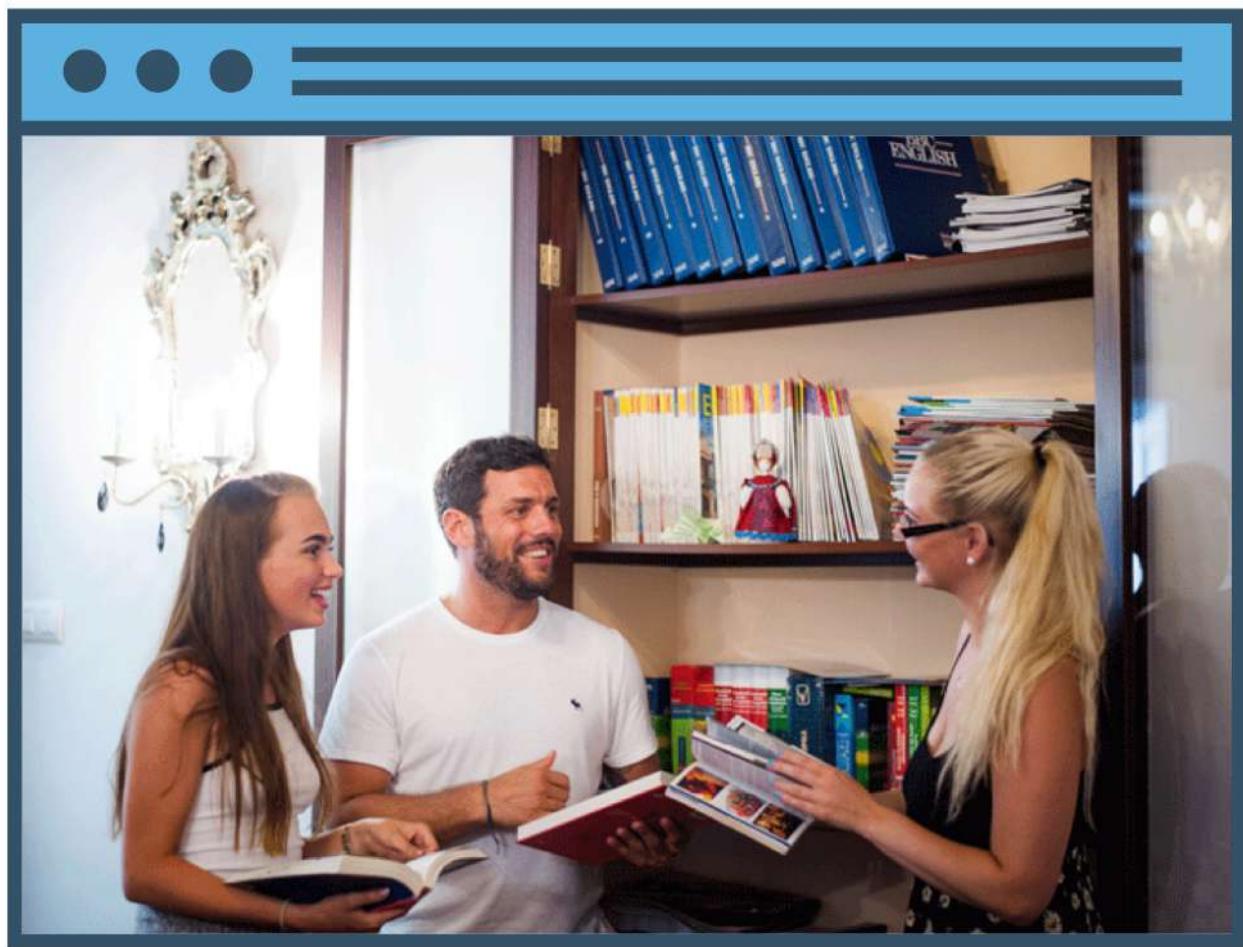
For students over 12 weeks, there is a significant reduction in the course price. Do not miss the opportunity to learn and practice Spanish in the different situations that may arise in your day-to-day life during your stay in Cádiz. You can choose between the general course of 25 or 30 hours per week.

## SEMESTER, ACADEMIC YEAR (From 24 to 48 weeks, all levels A1-C2)

It is mainly aimed at those students who want to take a break from their studies in their countries and take the opportunity to study Spanish. The knowledge that will serve them for a lifetime.

We all know that one of the most effective languages learning methods is **total immersion** since language skills are acquired more naturally and intuitively. Many of our students decide to take a sabbatical period in their life and have wanted to take advantage of it to study Spanish in one of our courses per semester or academic year. Be one of them too by studying at K2 INTERNATIONAL with special prices if this is your situation and your fundamental interest is to speak Spanish fluently in real situations of daily life.

After a course of **24 to 48 weeks**, we guarantee that you will never forget the Spanish you have learned. You will attend the classes of an Intensive Spanish Course + **1 hour of weekly tutoring** from week number 12.



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# DELE PREPARATION COURSE (All levels A1-C2)

If you want to have an official diploma of your level of Spanish, we recommend the DELE preparation course and then taking the exam in the same city. The Diplomas of Spanish as a Foreign Language (DELE) are official titles, accrediting the degree of competence and command of the Spanish language, awarded by the Cervantes Institute on behalf of the Ministry of Education in Spain (<http://www.mepsyd.es>)

In our experience, the ideal is that once you have obtained the level at which you want to take the exam (in your country or at the school with a general Spanish course), you do a minimum of 2-4 weeks of DELE preparation.

There are 4 DELE exams:

- The Diploma of Spanish Level A1 (Beginner) accredits sufficient linguistic competence to understand and use everyday expressions that are frequently used anywhere in the Spanish-speaking world to satisfy immediate needs.
- The Diploma of Spanish Level A2 (Basic) certifies the competence to understand everyday phrases and expressions and use them correctly.
- The Diploma of Spanish Level B1 (Initial) accredits sufficient linguistic competence to understand and react appropriately to the most common daily life situations and fundamentally communicate wishes and needs.
- The Diploma of Spanish Level B2 (Intermediate) accredits sufficient linguistic competence to function in ordinary situations of daily life, in everyday communication circumstances that do not require specialized use of the language.
- The Diploma of Spanish Level C1 (Superior) certifies the linguistic competence to function efficiently and with various phrases and written text. Recognition of attitudes and intentions.
- The Diploma of Spanish Level C2 (Superior) accredits the necessary linguistic competence to deal with situations requiring a high use of the language and a knowledge of the cultural habits manifested through it.

\*We recommend preparing for the exam for at least four weeks. You can confirm the dates here:

[http://diplomas.cervantes.es/informacion/inscripcion\\_fechas\\_examen\\_dele.html](http://diplomas.cervantes.es/informacion/inscripcion_fechas_examen_dele.html)

K2 INTERNATIONAL test center  
DELE exams in Cádiz.

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# PRIVATE (1:1) AND SEMI-PRIVATE CLASSES (All levels A1-C2)

If you need to study some specific topics, you don't have time to do a general Spanish course, you want to go at your own pace, or you want to have conversation classes exclusively for you, private classes are the best option. You can choose a specific number of private classes and, if you wish, combine them with a general Spanish course as there is excellent flexibility.

On the first day of class, you will meet with your teacher, and your teacher will establish your needs and objectives to develop a personalized program.

The semi-private classes are for two people who come together and speak the same Spanish level. You decide the number of classes.



7

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# COURSES FOR PROFESSIONALS (Levels: B1 - C2)

## SPANISH FOR BUSINESS

This course has been designed for students who want to develop negotiating skills and improve both linguistic and strategic skills in the business world in Spain. This course deals with concepts of business in Spain, analysis and practice of different types of negotiation, roles and attitudes, jargon and business strategies, cultural differences, preparation of reports and business letters, interviews with Spanish business people, and much more.

As a more excellent command of the language is necessary, we recommend having a minimum of a B1 level.



## COURSES FOR TEACHERS OF SPANISH (ELE)

This course is specifically designed for teachers of Spanish as a Foreign Language (ELE). Also, for those who wish to dedicate themselves to this rewarding work in the future.

K2 Internacional offers you a complete course of 20 observation/tutoring classes in the same classrooms as the center with students of different nationalities, + 10 private lessons per week. With this course, you will receive the didactic material and the necessary keys to face your future classes with total ease.

The course lasts 30 classes per week and is divided into two parts:

- In the morning: Programming and evaluation, the study of skills, resources, and strategies for all levels, of didactic units supervised by a teacher, and study of practical cases.
- In the afternoon: 2 times a week you will have the opportunity to face an actual class. Your teacher will apply monitoring techniques such as video recording of courses for later analysis and implementing different aspects such as cultural diversity, group dynamics, success in previously established objectives, etc.

Do not miss the opportunity to enter our ELE ZONE and discover all our educational resources at your disposal.

\*Don't hesitate to get in touch with us for more information about the Business Spanish Courses.



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# ONLINE SPANISH CLASSES (All levels A1-C2)

Our Online Spanish classes have been designed for students who, although they do not have enough time to go to a language school, would like to learn or continue to improve their Spanish – conversational fluency; DELE exam preparation; Spanish for Professional Purposes; University Preparation... or just as a hobby. It is also a trendy choice among students who have already been to school and want to continue studying with the same teachers when they return home. K2 teachers are in charge of planning and giving the online courses through Skype, Zoom, or Google Meet. It's as easy as connecting to the Internet from anywhere and at the time that suits you best.

## SPANISH COURSE 50+ (Levels A2-B2)

**Number of classes per week:** 20 lessons (4 teaching hours per day) + 2 culture and society classes per week

**Number of weeks:** 2

**Levels:** From Elementary (A2) to intermediate level (B2)

**Maximum number of students:** 8

**Class hours:** from 9:30 a.m. to 1:00 p.m., Monday to Friday.

**Cultural and leisure program.**

**Start date:** Contact us for more information about the 50+ courses



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# COMBINATION OF CITIES (All levels A1-C2)

Spain has incredible geographical and cultural diversity, and each destination offers a different landscape, culture, history, gastronomy, and personality.

So that you can experience them all, K2 Internacional collaborates with other Spanish schools in different cities, all of them accredited by the Cervantes Institute, offering you the possibility of taking a Spanish course combining the cities of your choice.

All our destinations offer the same services you will find in our school: various courses, accommodation, activities, excursions, transfer services, etc.

This program is very flexible: you choose the number of weeks you want to study at each destination and the type you would like to take in each of them. Between the schools you choose, there will always be constant communication, always offering you the level you are at that moment and following the same methodology and class dynamics.

## How to organize a city combination program?

It is straightforward. You just have to contact us in the way that is most comfortable for you – by email, telephone, or Skype – by providing us with the following information:

The type, of course, you want to take. The destinations you want to visit. The number of weeks you want to stay in each destination. The type of accommodation you want, in case you also need this service.



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## SCHOOL MATERIALS

The price of the course includes the first textbook you use and the material used during the classes-

In addition to these materials, we consider the use of different and varied resources and materials essential.

For example,

- The use of interactive teaching resources through ICTs
- Audio, movies.
- Applications
- You can borrow books, videos, CD ROMs, and CDs for free

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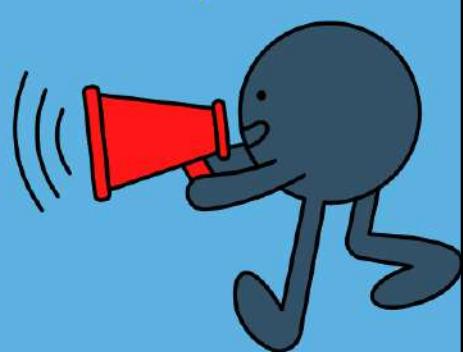
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# GENERAL SCHOOL RULES



1. Be punctual



2. Do not eat inside the classrooms.



3. Look after all the material of the school.



4. Be polite and respect the other students and teachers.



5. Be participative and work hard.



7. Throw chewing gums into the bins.



8. Do not put your feet on the chairs.



9. Do not throw papers to the floor.



10. It is not allowed to smoke in the school



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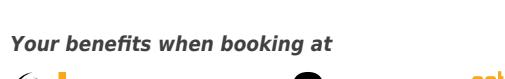
At K2 Internacional, we believe that the combination of Spanish classes with extracurricular activities and excursions motivates and encourages the learning of Spanish, as these ensure not only the best educational experience but also unforgettable memories of the city of Cádiz and incredible moments with new friends and colleagues.

A great team of experts in tourist activities and highly qualified Spanish language and culture teachers will be responsible for the extracurricular activities we offer. These will motivate you to use Spanish.

In addition to the activities organized by the school, we help you manage your excursions, give you information about the events that take place in the city weekly and collect language exchanges with Spaniards.



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## ACCOMMODATIONS

How is your stay organized?

If you have contracted a collection service:

The collection service offered by K2 Internacional guarantees safety, driving quality, effectiveness, and maximum comfort.

Both the driver and the vehicle are identified with the name of the school and your name so that you can locate us quickly. The journey is non-stop, and our drivers will leave you directly at the door of your accommodation in Cádiz.

If you come directly to Cádiz:

- If you stay with a family: Your family will be waiting for you in your new home and will give you directions about the house and how to get to school.
- If you stay in a shared apartment: A team member will be waiting for you to give you the keys to the apartment and a map of Cádiz. In addition, she will give you directions on the floor and how to get to the school.

\*In no case will you need to use public transport since all the accommodation offered by the school is a maximum of 15 minutes on foot from the school.

14

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## SHARED FLATS

Here is a list of recommendations for "rules" so that coexistence is positive. Even so, as you live with other people, you will have to establish your own rules, such as cleaning, use of the kitchen, and the bathroom, television programs...

Double rooms are only for those students who enroll together. Gas, electricity, and water costs are included in the price.

Accommodation begins on the Sunday before the first day of the course at 6:00 p.m. and ends the Saturday after the last day at midnight.

Accommodation rules in shared flats:

- You will give the keys to the school staff, and you will not be able to host friends or family. If you would like to host a friend or family member, please check with the K2 staff.
- All household items must be cared for and used. (Expenses for damage due to misuse will be borne by the student/students who live in the apartment)
- You must maintain cleanliness, ensuring everything is as you found the first day.
- It would help if you respected all the common areas.
- Lights and water should be off when not needed. (Let's not waste)
- You are responsible for the keys issued to you. In case of loss, please get in touch with the school directly. (The cost of the vital copy will be at your expense)
- Communicate with the school about any anomalies (for example, if something is not working)
- Respect the neighbors. After 24:00, loud music and noise are prohibited.
- You must take out the garbage at 22:00 and put the green container at the door (you can take turns).
- It is not allowed to change the placement of furniture or other objects.
- K2 International is not responsible for student belongings left on the floors.
- When your stay is over, ensure your room is tidy and don't forget anything. We also appreciate that you throw away all the food or things you do not take with you.



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# SPANISH FAMILIES

## FOODS

Most Spaniards eat the following three meals a day:

**"THE BREAKFAST":** This meal is served between 8:00 and 9:00 in the morning. For many families, breakfast is something quick and informal. Coffee, cereal, toast.

**"LUNCH":** Most Spanish people have lunch between 14:00 and 15:00. It is usually the most extended and formal meal of the day. Many people have soup or salad before the main course, and this main course can be chicken, pork, vegetables... In Andalusia, our cuisine is genuinely traditional, and a wide range of meals and desserts are served after the main course.

**"DINNER":** Most people in Spain dine between 9:30 p.m., and 10:30 p.m. Dinner may consist of soup, salad, sandwiches, or other light meals. If you have a half board, they will ask you to have lunch, since it is the main meal, and you will have the chance to taste most of the traditional Spanish dishes.

## CULTURE

Spain does not have too many racial or religious origins. For this reason, most Spanish families have the same customs. Your host family will have their roots in Spain; most are Catholic, although they are used to receiving students from other religions. It is customary to give two kisses when you are introduced or greeted.

## TALKING TO HOSTS

You may have trouble talking to your host family at first, but don't give up!

It is normal to have some difficulties at first. If they take every opportunity to speak with the hosts, the conversation in Spanish will become more accessible and manageable.



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# STANDARDS OF ACCOMMODATION IN A FAMILY

For a pleasant family stay, you must be willing to participate:

Adjust to your new lifestyle and enjoy the activities in your new home.

Speak Spanish whenever possible.

Accept their customs and explain yours to them.

You must be polite and respectful towards the host family during your stay.

Your accommodation begins the Sunday before the first day of the course (from 6:00 p.m. to 8:00 p.m.) and will end on the Saturday after your last day of class (at midnight)

Let the family know if you won't be home for a meal.

Please call if you are going to be late.

Talk about your plans for the weekend, saying ahead of time if you're going to be away.

Ask your family before inviting a friend to the house. It is not allowed to host friends or family.

If you lose your keys, please inform the family immediately (the cost of the new keys will be at the student's expense). Most families only have one bathroom, so please don't take too long.

The light and the water should be turned off when you no longer need them (there is no need to waste energy)

If you wish to receive phone calls, please advise your family and friends not to call after midnight (Spanish time). Please check with the school if you need to be dismissed at a different time.

Students must pay for their transportation.

Calls from the family phone are not permitted. You can pay for your calls by buying a phone card.

Students must purchase their shampoo, toothpaste, and other personal hygiene items.

You must keep your room clean and tidy.

It would be best if you took care of all the utensils and furniture in the house (he will pay all damages caused by the student due to misuse)

Make your bed in the mornings.

How to wash clothes? The family will do your laundry once a week.

When your stay is over, please ensure your room is tidy, and you don't forget anything.

If you have problems with your homestay, please get in touch with the accommodation manager. We are here to help you have a pleasant stay. Remember, in any case, that changing accommodation is a serious matter and will only be done if the responsible person thinks it is necessary and justified. Just as the family commits to you, you commit to them to stay the agreed time. You will not receive a refund if you leave your accommodation without notice.

If you wish to stay in the house, you must also speak with the accommodation manager as far in advance as possible.

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## OTHER ACCOMMODATIONS

If you would like to stay in a hotel, hostel, youth hostel, or residence, please consult us; we will provide you with information and approximate rates. If you prefer to have your apartment, let us know your preferences and your budget. The school will advise you and find something that suits your needs. You will have the last word about your apartment. The price will depend on the size, the location, the season of the year, and your particular specifications.



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# CONTACTS

The course counselor will help you choose the Spanish course that best suits your needs, organizes your trip, and give you all the extra information you need about the city.

For any questions or doubts you have, contact us.



Tel/Fax: (0034) 956 212 646



Instagram: @k2internacional



E-mail: info@k2internacional.com



TikTok: @k2internacional



Address: Plaza del Mentidero,  
19 11003 Cádiz



Phone / WhatsApp:  
(0034) 600477977



Skype:  
informacionk2internacional



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# IN CASE OF EMERGENCY

We advise you to always carry this with you.

If you have any problems, do not hesitate to contact the school.

Tel: (0034) 956 212 646

Phone: (0034) 600 477 977

National Police	091
Local Police	092
Fire Department	085
Emergencies	112
Emergencies Ambulances	956 47 01 90 / 956 47 01 91
Red Cross Ambulances	956 22 22 22
Rescue and Maritime Security	956 20 22 02
Guardia Civil	956 22 11 00
Protección Civil	956 22 85 00
Atención al Ciudadano	956 24 10 15
Post Office	956 21 39 45
Grúa Municipal	956 28 16 62
RENFE (Trenes)	912 32 03 20
Tráfico	956 27 38 47
Autobuses (COMES)	956 80 70 59
Taxis (UNITAXIS)	956 27 28 29

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## TIPS

Cádiz is an exceptionally safe city, but you should be careful like anywhere else. We recommend the following:

- Always be careful with your luggage and do not leave it alone at the airport, bus, or train station.
- Never leave your bag unattended in bars, restaurants, or visits... if you are alone on the beach, you can ask someone to watch your things when you go to bathe.
- Leave valuables at home.

If you are robbed, report it immediately to the police.

If you need help, do not hesitate to contact the school or your host family

Always carry with you:

- A photocopy of your passport
- The address of your accommodation
- The emergency number of the school, the program coordinator, the family, and telephone numbers of interest.
- Your health insurance card.
- If you have a problem, first analyze the situation to see if you can solve it. The experience of traveling to another country also includes knowing how to deal with minor problems that may arise.

## SERVICES

- Accommodation, transfer, and insurance.
- Extracurricular activities. Guided excursions to famous places of interest. Social activities include parties, tapas routes, flamenco shows, surfing, yoga, and more.
- Free Internet access in all our facilities: 
- Reception service for fax, telephone, e-mail... free.
- Department of help and personalized attention.
- Reception of students on the day of arrival.
- Free library, video library, and sound library (you can borrow the material to practice and improve what you have learned in class).
- Free linguistic exchanges with Spanish students.

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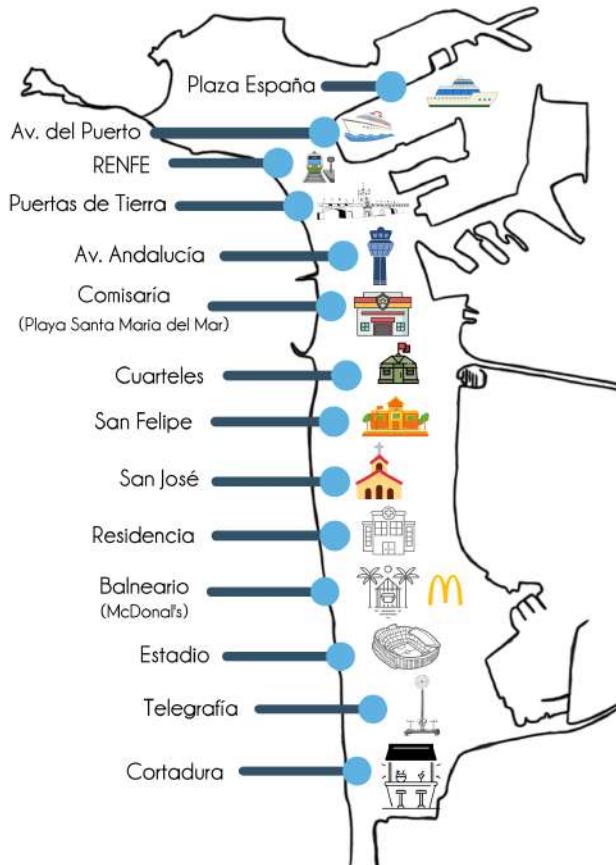
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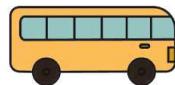
# TRANSPORTATION

Many people use public transport in Spain; being in most cases the most comfortable, fastest and cheapest way to get around. If you want to make a trip by train and need to know the times and destinations, you can do so by phone (902 24 02 02) or through the website: [www.renfe.es](http://www.renfe.es)

If you want information about intercity buses or other types of transport, ask us at the school.



## LOS AMARILLOS



## CÁDIZ

Address: Avda. Ramón de Carranza 31 Telephone: 956 28 58 52 / Fax: 956 28 51 50

## JEREZ DE LA FRONTERA

Address: Plaza de la Estación Teléfono: 956 32 93 47

## TAXIS



## Radio-Taxi Cádiz

24h telephone service: 956 21 21 21/22/23

## URBAN BUSES OF THE CITY OF CADIZ



### GENERAL INFORMATION:

Line 1 - PLAZA ESPAÑA - CORTADURA

Line 2 - PLAZA ESPAÑA - PUNTALES - BDA. LORETO

Line 3 - PLAZA ESPAÑA - BDA. DE LA PAZ - PUNTALES

Line 5 - PLAZA ESPAÑA - BDA. LORETO - ZONA FRANCA

Line 7 - INCENIERO LA CIERVA - GLORIETA SIMÓN BOLÍVAR

## INTERCITY BUSES



### TRANSPORTES GENERALES COMES

#### ALGECIRAS

Address: Estación de autobuses, C. San Bernardo, 1

Phone number: 956 65 34 56

#### CÁDIZ

Address: Plaza de Sevilla s/n

Telephone: 956 80 70 59 / Fax: 956 80 72 46

Reservations: 956 80 70 59

#### JEREZ DE LA FRONTERA

Address: Plaza de la Estación

Telephone: 956 34 21 74 / 956321464

#### LA LÍNEA

Address: Plaza de Europa, s/n

Telephone: 956 170 093

#### TARIFA:

Telephone: 956 684 038

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## TRAIN



RENFE Cercanías Cádiz

Delegación Cádiz

Address: Plaza de Sevilla, s/n. Estación de Cádiz 11006  
Cádiz Teléfono Clientes: 902 239 969  
Telephone: 902 240 202  
Email: clientecadiz@renfe.es

## AIRCRAFT



AENA

AENA: Aeropuerto de Jerez (Cádiz)  
Address: Ctra. N-IV (5º de Jerez), conexión A-4 Sevilla-Cádiz.  
Telephone: 956 15 00 00

AENA. Aeropuerto de Sevilla. Dirección: A-4, Km. 532, 41020  
Sevilla Teléfono: 954 44 90 00  
Provincia: Provincia de Sevilla

Web: [www.aena.es](http://www.aena.es)

## BOATS



CATAMARÁN

Consorcio de Transportes. Bahía de Cádiz

Cádiz - El Puerto de Santa María - Rota

Telephone: 956 87 65 09

Web: [www.catamaranbahiacadiz.es](http://www.catamaranbahiacadiz.es)

Email: [info@catamaranbahiacadiz.es](mailto:info@catamaranbahiacadiz.es)

## ACCESS



By highway:

From Cádiz on the N-IV, towards Madrid, 8 km. Jerez, at km 628.5. From Cádiz on the A-4 motorway, at the Jerez - Norte exit. From Seville on the A-4 motorway, at the Jerez - Norte exit. From Seville on the N-IV, towards Cádiz, Km. 628'5.

From the Campo de Gibraltar on the regional road 440 to Jerez, connect with the N-IV.

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# CUSTOMS



You must remember that in Spain there is a way of life and customs that differ from those of your country. Therefore, if you do not understand something, adverse reactions mustn't occur. And as always, you can ask family or school staff to explain why this is so.

Something that may surprise you is, for example, the treatment and physical contact between people. Even if there is not much trust, two kisses are usually given when greeting and saying goodbye to someone. Something that is also often surprising is that Spaniards, like the rest of Latinos, speak very quickly and loudly in public places.

## What is the average meal time?

Breakfast is usually at 08:00. This schedule may vary depending on the different work or study schedules that the family has. They typically have a coffee, juice, and something to eat between breakfast and lunch. Lunch is generally at 2:00 p.m. and dinner around 10:00 p.m.

During the weekend, the hours are usually more flexible, and meals are generally a little later.

# HOURS



Due to the weather and the long hours of sunshine in Spain, Spaniards tend to get up late in the morning and go to bed late at night, compared to other Europeans.

### Shops and businesses:

They are usually open from 9 or 9:30 a.m. to 2:00 p.m., and from 4:30 or 5:00 p.m. to 8:00 or 8:30 p.m., it is increasingly common to see some shops available during the traditional "siesta." Shops are usually closed a day and a half a week; most are closed on Saturday and Sunday, although some are closed only on Sundays.

### Restaurants:

They are usually open from 1:00 p.m. to 3:30 p.m. for lunch and from 8:00 p.m. to 11:00 p.m. or 11:30 p.m. for dinner. In summer, they are generally open until a little later, and many establishments offer non-stop services.

### Bars:

They are usually open all day and close at dawn. The nightlife in Spain is quite intense, and the bars and clubs will also stay open until dawn. In summer, they are open until after 3 or 4 in the morning.

### Pharmacies:

They are generally open from 9:30 a.m. to 2:00 p.m. and from 5:00 p.m. to 8:00 p.m. In addition to these hours, there are some pharmacies on call. All pharmacies have a list of all pharmacies on call on their door.

### Banks:

Bank offices are open from 8:30 a.m. to 2:30 p.m., Monday through Friday. Some branches are open some afternoon.

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## TIPPING



It is a great tradition in Spain.

This is very common in bars and restaurants. In general, the service is included in the bill. But there is a custom to leave a tip that ranges between 5% and 10% of the total. For hotel porters and theater ushers, we recommend 1 euro. And 5% of the total fare to taxi drivers.

Although in none of these cases is it mandatory, nor will anyone recriminate a customer if he does not leave a tip.

## ELECTRICITY



220 volts AC

## POST OFFICE



### Address:

Plz. Topete s/n 11001 Cádiz

Telephone: 956210511

Web: [www.correos.es](http://www.correos.es)

### Schedules:

General Hours - Monday to Friday: 08:30 - 20:30

Summer - Monday to Friday: 08:30 - 14:30

You can also buy stamps at any tobacconist and use the yellow mailboxes on the streets to send your letters. If you want to receive a letter or a package in Cádiz, you will ask that they be sent to the school address and not to your accommodation address. The school staff will pick it up and deliver it to you personally.

The main post office is in the market square on Calle Libertad. Hours: Monday to Friday from 08:30 to 20:30. \*In July, August, and the first fortnight of September, it only opens in the mornings until 2:30 p.m.

## MONEY EXCHANGE



The official currency in Spain is the Euro.

You can exchange money and traveler's checks at any bank (Monday to Friday from 08:30 to 14:00). Around the school, you will find several benches.

You can also exchange money at airports and four and 5-star hotels (in this case, the commission will be higher). In most shops and restaurants, you can pay with credit cards.

The official Spanish currency is the Euro. You can change money at any bank (Monday to Friday from 09:00 to 14:00). It is possible to exchange money directly at the airport and four or 5-star hotels. (in this case, there will be a commission). You can also pay by credit card in most shops and restaurants in Cádiz.

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## BANKS



The closest banks to the school are the Deutsche Bank and the BMN on Calle Ancha. There is also a Santander bank on Calle Columela. Hours: Monday to Friday from 08:30 to 14:00. Almost all stores accept Visa and MasterCard.

## PHARMACY



Cádiz has a large number of pharmacies in the historic district. The closest to the school is less than 1 minute from the school, on Cervantes street. Hours: 09:30 to 14:00 and 17:00 to 20:00. Also, consult the hours of the on-call pharmacies.

## MOBILE PHONES



We recommend you get a Spanish SIM card to use during your stay. To do this, you can go to The Phone House, on San Francisco Street.

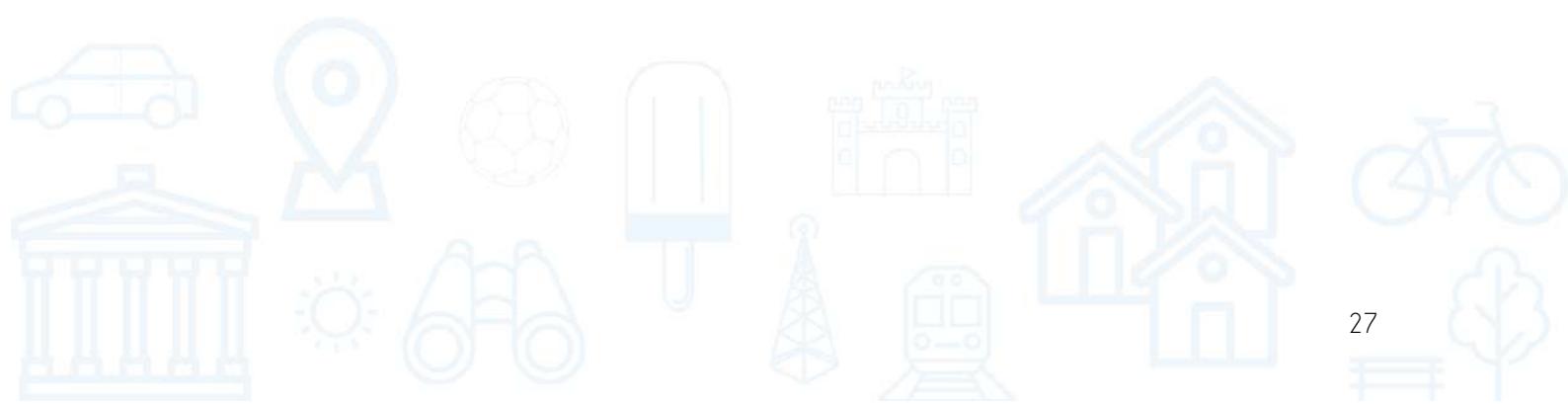
## CÁDIZ

### GENERAL INFORMATION

- **Shops and supermarkets:** The largest supermarket in Casto Antiguo is Carrefour in Plaza Libertad. There are also many other smaller supermarkets close to the school such as El Día on Calle Ceballos or El Jamón on Calle Cervantes and Calle Enrique de las Marinas. Supermarkets are usually open from Monday to Saturday from 09:00 to 21:30. Remember that almost all stores are closed on Sundays, and Carrefour express is also open on Sundays.



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# WHAT TO DO?

- **Museum of Cádiz:** Learn about the origins of the city. Here you can see Roman and Phoenician remains of great historical interest. Admission is free. Open from Monday to Sunday from 09:00 to 19:00.
- **The Cádiz Cathedral:** The city's quintessential monument. Enter and discover its surprising majesty. It is also possible to climb its tower, which offers beautiful views of the city. Open from Monday to Sunday from 10:00 to 19:00. Student discounts.
- **The Gran Teatro Falla:** It was built between 1884 and 1905 on the ashes of the previous Gran Teatro. The exterior is made of red bricks and neo-Mudejar style; it also highlights the richness and color of the interior dominated by the Spanish Arab style. Dare to attend one of their shows. You can buy your ticket here: [www.tickentradas.com/lugar/gran-teatro-falla-cadiz](http://www.tickentradas.com/lugar/gran-teatro-falla-cadiz)
- **Tavira Tower:** Climb the tallest tower in the old town of Cádiz and enjoy a pioneering attraction in Spain: The Camera Obscura, where you can see a complete view of the city. Open from 10:00 to 20:00.
- **Castillo de Santa Catalina:** After the looting of the city by the British in 1598, King Felipe II ordered the construction of this fortress.
- **Benot Art Gallery:** Visit this fantastic contemporary art gallery that offers innovative proposals. Open from Monday to Friday from 10:00 a.m. to 1:30 p.m. and from 5:30 p.m. to 9:00 p.m., Saturdays from 10:30 a.m. to 1:30 p.m. and from 6:00 p.m. to 9:00 p.m.
- **Football in Cádiz:** If you like football, we recommend you attend a Cádiz Fútbol Club match. His fans are nationally famous for their unconditional love for their team. Buy your ticket and be one more among its many followers.
- **Phoenician Archaeological Site:** Cádiz is the oldest city in the West. Visiting this site will help you understand the exciting origins of the city. The site is structured in different plans that correspond to the different periods of occupation of the settlement, highlighting the layout of streets, houses, and utensils corresponding to the 9th century BC. Open from Tuesday to Sunday from 10:00 to 17:00.
- **El Barrio del Pópulo:** Join the visit to the city's oldest and most charismatic neighborhood. Relive the fifteenth century of Cádiz and its most representative area of this time.

The school offers numerous activities that change weekly. Look at our Instagram or Facebook - K2 International - or ask at reception.

\*The schedule may change depending on the time of year.

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# WHERE TO EAT?

## BREAKFAST / SNACK

- **La Vaca Atada:** Located in the center of Cádiz, near the pier, it offers products such as empanadas, salads, quiches, cakes, sweets, and a wide variety of high-quality pieces of bread. Hours: Monday to Saturday from 09:00 to 16:00.
- **La Clandestina:** Café-bookstore. Here you can enjoy homemade cakes, some vegan, in a very relaxing atmosphere. It is the ideal place to take a book from our library and continue practicing in your free time. Hours: Monday to Saturday from 10:00 a.m. to 2:00 p.m. and from 5:30 p.m. to 9:00 p.m.
- **El Café de Ana:** Pleasant atmosphere to enjoy in good company, accompanied by chocolates, crepes, brunch, and much more. Hours: Monday to Sunday: 08:00 to 22:00.
- **Le Poeme:** Specialists in homemade cakes. It is located near the Carrefour market. Perfect for recharging before your purchases. Hours: Tuesday to Sunday from 09:00 to 21:00.
- **La Marina:** Chocolate with churros is one of the most typical snacks in Spain. There is no better place to try them than this traditional cafeteria in the Plaza de las Flores.
- **Café Royalty:** This romantic café is unique. Its paintings by renowned artists, exquisite artisan carpentry, and plasterwork covered in delicate gold leaf do not leave the visitor indifferent. Hours: Monday to Friday from 09:30 to 23:30 and Saturday to Sunday from 09:00 to 23:30.

## LUNCH / DINNER

### Cheap and good

- **The market:** If you prefer to shop in a place full of fresh products, then the call is your thing. You can practice Spanish with the locals while looking at their curious stalls selling fish and other products. In addition, the market has a Gastronomic Corner with typical cuisine from the region and food from other countries. The market is open from Monday to Saturday from 09:00 to 14:30. The Gastronomic corner has different hours depending on the season. Ask us at the office!

If you want to try some tapas and have some straws or a good wine for a reasonable price...

- **La Tabernita:** If you like homemade tapas, a cozy atmosphere, and good wine, you can't miss it. We recommend that you arrive early because it is always full. Winter Hours: Thursday to Sunday from 2:00 p.m. to 4:00 p.m. and from 8:30 p.m. to 11:00 p.m. Summer hours: Tuesday and Sunday: from 9:00 p.m. to 02:00 a.m.
- **100 Montaditos:** Montaditos bar. It is located in the Plaza de la Catedral. There you can enjoy typical montaditos in the sun. Some days they have promotions. Hours: Monday to Sunday: 11:30 a.m. to 11:30 p.m.
- **Freiduría Las Flores:** Any local from Cádiz will recommend it if you want to try a good fried fish. We recommend ordering it "to take away" and drinking it Cádiz-style on La Caleta beach, watching the sunset. Since there is a lot

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## More expensive but excellent

If you want to try something unique and with more style...

- **El Balandro:** Fusion food for an excellent price. We recommend you go to its bar since the restaurant area is much more expensive. Hours: Monday to Sunday from 1:00 p.m. to 5:00 p.m. and from 8:00 p.m. to 12:00 a.m.
- **El Faro de Cádiz:** A sophisticated restaurant decorated in a marine style. It is one of the oldest and best known in Cádiz to taste traditional food. Again, we recommend going to the bar instead of the restaurant if you don't want to spend a lot. Hours: Monday to Sunday from 1:00 p.m. to 4:30 p.m. and from 8:30 p.m. to 12:00 a.m.
- **Cumbres Mayores:** Meats and sausages from the Sierra de Huelva in a rustic setting with brick, wood, hams, and antiques. Hours: Monday to Sunday from 11:30 a.m. to 4:30 p.m. and from 8:00 p.m. to 11:50 p.m.
- **La Pepa:** Located near the football stadium, in the new part of the city, it is a must if you want to try authentic paella. Its menu offers a wide variety of rice dishes for all tastes. With sea views. Hours: Monday to Sunday from 09:00 to 00:00.
- **Arsenio Manila:** International cuisine in a restaurant decorated with organic design elements, such as wood and leather, and a cocktail area. No dish is not good here. With sea views. Hours: Monday to Sunday from 13:00 to 00:00.
- **El Parador:** It is ideal for watching the sunset on the sofas on its terrace. There is no better place to end the day. Hours from Monday to Sunday from 18:00 to 00:00.

## RESTAURANTS WITH VEGETARIAN OR VEGAN OPTIONS:

La Veganesa: Calle San Antonio Abad, 5

Las Niñas Veganas: Plaza de la Libertad (in the Central Market)



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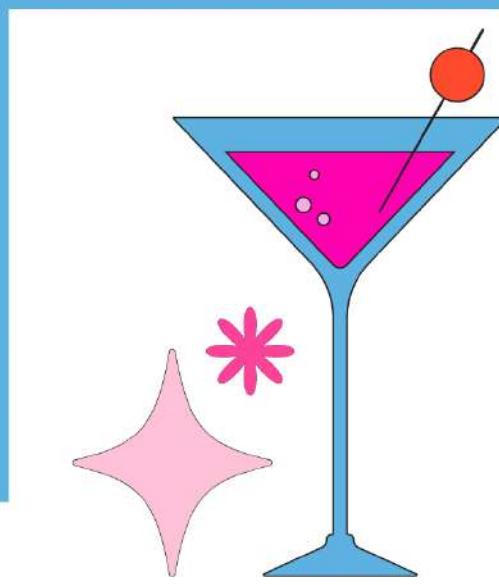
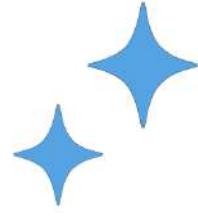
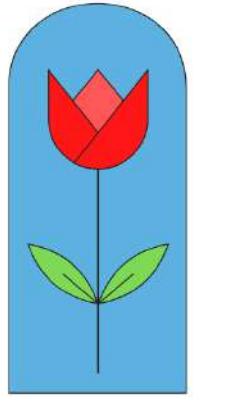
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# NIGHT LIFE

- O'Connell's is an Irish pub in the Plaza de San Francisco. Here you will be able to taste one of the many world beers offered to you in an international environment, an ideal way to make friends.
- La Isleta is a small bar/pub that offers live music. Among their events, they hold jazz sessions and flamenco shows.
- El Pelícano: They offer a language exchange on Wednesdays. Every week they organize different concerts and other events.
- La Cava: With its flamenco tablao, every Thursday, you can go to enjoy a flamenco show with renowned dancers and singers less than a 10-minute walk from the school.
- La Perla (Peña Flamenca): If you like flamenco, you have to visit it to experience, first-hand, how the people of Cádiz experience flamenco. In addition, while you enjoy the show, you can taste typical delicious dishes of the cuisine of Cádiz.
- La Punta: If you want to dance until dawn, we recommend you go to the clubs in La Punta where the young people of Cádiz usually go from Thursday to Saturday.
- Momart Theatre: Party and show venue in Cádiz. It is one of the reference places in the city, with a comprehensive and outstanding cultural program. The careful aesthetics of the room create a unique atmosphere in the events that take place there.



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# VISITING OTHER CITIES

From Cádiz it is very easy to visit other cities and towns that will surely make you fall in love. If you have time to travel, do not hesitate and discover endless destinations that Andalusia can offer you.



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# EL PUERTO DE SANTA MARÍA

- **Castillo de San Marcos:** It is a fortress church built on the foundations of a 10th-century mosque. It was erected by the monarch Alfonso X El Sabio in honor of the Virgin after taking over the city. In it, you will also find a cellar, and you can do wine tasting inside the castle.
- **Iglesia Mayor Prioral:** Dates back to 1486. Like most of the significant buildings in this area and the cathedral of Seville itself, the church is built with sandstone from the Sierra de San Cristóbal, from the neighboring city of Jerez de la Frontera.
- **Bullring:** Visit it and discover everything related to bullfighting, one of the traditions most associated with Spain. In this square, in addition to bullfights, concerts are held. When visiting it, don't forget to stop by its bullfighting museum. Free entrance.

## Where to eat?

- **El Romerijo:** Nationally famous for its seafood and fried fish quality, with a large terrace and an informal atmosphere.
- **El Sitio:** A restaurant with a modern look and views of the river. It has outstanding evaluations and a low price.

## How to get it?

- **By boat:** You can go directly from the port of Cádiz. The ship leaves approximately every hour and takes only 30 minutes to arrive, and it is convenient since the boat leaves you in the heart of Puerto de Santa María.
- **By bus:** They leave the Cádiz bus station approximately every 30 minutes and take about 35/40 minutes to arrive.
- **By train:** They leave the Cádiz train station approximately every 40 minutes and take between 20 and 40 minutes to arrive, depending on the type of train.



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# SEVILLA

- **Real Alcázar:** It is one of the oldest palaces in use in the world. A palace that has lived through different stages in time, from the end of the 11th century to the present day, and its walls, have seen the influence of the different cultures that have passed through Seville.
- **The Cathedral of Santa Cruz:** This cathedral, officially the largest in the world, is located in the heart of Seville. The number of works of art, architectural elements, chapels, altarpieces, codices, goldsmithing, etc., is predetermined to the temple in an encyclopedic museum of architecture and sacred art furniture.
- **Plaza de España:** It is the most significant monumental legacy of the Ibero-American Exposition of 1929. Its curious semi-elliptical plant of 200 meters in diameter, with buildings like arms, finished off in the north and south towers (seat of the military government) together with its southwest orientation, representing the embrace of Spain and its colonies to the American people.

## Where to eat?

- **La Bartola:** The gastronomy of always. Wide selection of wines. Traditional cuisine: stews and rice dishes. Grilled and baked meats: suckling pig, beef, lamb.
- **La Brunilda:** In the heart of Seville, one of those narrow streets with an ancient flavor is La Brunilda Tapas. A cozy place with high ceilings and a special meal that perfectly mixes the selection of raw materials with the preparation of each dish. The pairings are spectacular, and the combination of unforgettable flavors.
- **Taberna Águilas:** offers a friendly and relaxed atmosphere. We find cheeses, preserves, and pâtés, among others, on its menu. In addition, they have recently included new stews in the kitchen, the kind that smell makes you crave, such as spinach or prawns with tomato. It is provided with a good cellar that has a good number of Denominations of Origin.

## How to get it?

- **By bus:** Departure from the Cádiz bus station approximately every 2 hours. You can ask for the hours at the management office, and they take about an hour and 45 minutes to arrive.
- **By train:** They leave the train station approximately every hour. You can ask for the hours at the management office, and they take around 1 hour and 30 minutes to arrive. We recommend this last option.



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# GIBRALTAR

- **The Rock of Gibraltar:** It is an icon known worldwide. Also, it is home to many monkeys that will steal your food if you are not careful. You can go up by cable car and explore its caves and tunnels, and it is highly recommended for its curious history.
- **Europa Point:** It is the southernmost point of the British Overseas Territory of Gibraltar and the Iberian Peninsula, limiting the Bay of Algeciras to the east. Located at the tip of the Rock of Gibraltar, the area is flat and is occupied by a playing field and some buildings. On a clear day, there is a good view of the Strait of Gibraltar, Africa, including the Rif mountains; the bay of Algeciras, and the Spanish cities on its shore.
- **Main Street and shopping area:** Along its streets, you will find many red British-style booths where you can take photos to send home. In addition, in stores, you will not pay taxes.

## Where to eat?

- The Lounge Gastro Bar: Overlooking the Queensway Quay Marina, you can enjoy an exquisite meal.
- Café Rojo: It is located in the heart of Gibraltar. This charming cafe has an excellent reputation for its exquisite customer service.

## How to get it?

-By bus: The only way to get to Gibraltar by public transport is by bus. You have to take a bus to Algeciras, which leaves approximately every 2 hours and takes about two hours to arrive; then you have to take another bus to La Línea de la Concepción; this journey takes 30 minutes. Once there, you can walk to the Gibraltar border.

\*, REMEMBER that to enter you have to bring your passport.



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# JEREZ DE LA FRONTERA

- Royal Andalusian School of Equestrian Art Foundation: It is known worldwide for its exhibition "How Andalusian Horses Dance," a unique show that exhibits and summarizes, in a way, all the work that this institution has carried out since its foundation.

- Zoo: In Jerez de la Frontera is one of Spain's oldest zoological and botanical parks, as it opened its doors in 1953. This zoo is, therefore, one of the places of interest in the city, and you should not lose especially if you travel with children.

In addition, Jerez has numerous wineries where visits and wine tastings are carried out. Come and try our famous Sherry wine, the pride of Cadiz.

Web: [www.sherrywinesshop.com](http://www.sherrywinesshop.com)

## Where to eat?

- Bar Alborónia: Regarding gastronomy, the menu is short, about fifteen dishes, which are complemented with daily suggestions. In this way, they work only with seasonal products, and it stands out that all the dishes are entirely made in the establishment. The cuisine combines Arabic and Andalusian with a creative touch.

- Mesón La Tasca: Establishment divided into two zones. On one side, they have a dining room decorated in a classic style and with tables covered with linens. In another, a space decorated in a more rustic style, with a certain air of an inn, is the bar and an area of tables, high and low, dedicated to tapas. This activity reinforced this classic from Jerez at the end of 2013 by creating a special letter called "14 tapas," in which 14 proposals are collected in this format.

- Atuvera: It is a mixture of tradition with modern touches both in the decoration of the premises and in the presentation of the dishes. A different menu from the usual in the area is Gourmet products, most of which are served in "half portions."



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# LOS PUEBLOS BLANCOS

Throughout the region of Cádiz, we find a set of towns that seem to climb the mountains like clusters of white houses that offer us an original and picturesque vision of this area known as Pueblos Blancos. Its name comes from the old habit of the inhabitants of whitewashing the facades of their houses, decorating them with brightly colored flower pots, creating a spectacle of color for the eyes, to which is added the gold of the sun, the brown of the mountain, the green of the hills and the blue of the sky. In it survive stories of what was the daily life of Al-Andalus, the urban layout of its streets, the economy linked to the cultivation of oil, the artisanal production of leather goods and even a marked presence in the name of the majority of the towns that make it up: Vejer de la Frontera, Arcos de la Frontera, Grazalema, Villaluenga, Bornos, Villamartín, Algodonales, Olvera, Torre Alháquime, Setenil de las bodegas.

## Some recommendations:

- In Vejer de la Frontera, we recommend having lunch or dinner at El Calif; although somewhat expensive, it is a beautiful place with exquisite food where most of its dishes are organic and seasonal. You may be unable to resist the temptation to stay one night in his cozy hotel.
- If you travel to Arcos de la Frontera, you will enjoy one of the region's best views, being this one of the best-known White Towns. Do not forget to visit the church of Santa María de la Asunción and its castle.
- Described as a natural paradise, Benamahoma is another town of great beauty. A calm and quiet town where we recommend you have lunch at La Tasquita to taste traditional Spanish food.
- Surrounded by mountains, Grazalema is an excellent alternative to the beach. It has endless trails that are worth it if you like to contact nature. If you go, don't forget to stop by the Gastrobar la Maroma to taste its delicious dishes for a more than reasonable price.
- Setenil de las Bodegas is an architecturally peculiar town. Its urban fabric's uniqueness and extreme beauty will define it as one of the main tourist destinations in the Sierra de Cádiz. The houses, some under the rock and others on top or inside it, print different levels of height to the streets, configuring corners as unique as the streets of Cuevas de la Sombra and Cuevas del Sol.



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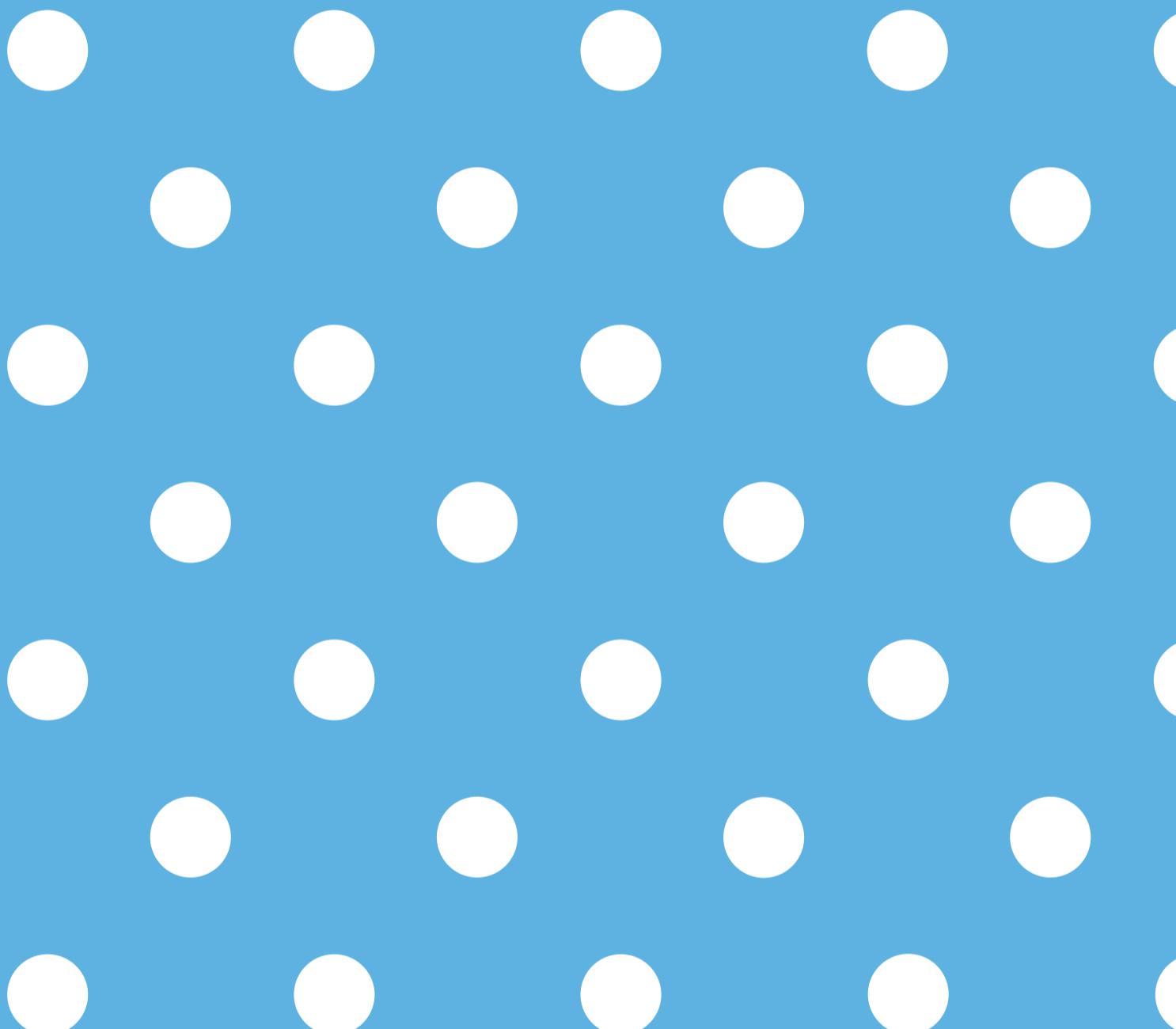
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