



**ACADEMIA
TEBA** [®] LANGUAGES

GRANADA 2024

*Activity
Catalogue*

INTRODUCTION

At **Academia Teba Languages** we place great importance on our activity programme because we understand that this is a very **important aspect** of real **linguistic and cultural immersion** for our students. We have a wide range of activities on offer and they are divided into three groups - **cultural, social and sport.**

All of our activities are carefully chosen so that students have the opportunity to immerse themselves in the language outside the academic setting thus **enhancing overall language acquisition.** An integral part of this is our collaboration with local clubs. Activities that take place within the clubs provide students with an authentic environment for language practice, social connection and cultural immersion.

For each activity, students are accompanied by our experienced activity monitors who guarantee that students get the most out of the experience.



OUR ACTIVITY MONITORS



LUIS ORTIZ

Hello! I am Luis. I am a **teacher** and I love exploring new places and having fun. My educational background is in **psychology and sports science**. I hope you have a fantastic experience on our programme.



ÁNGELA ELVIRA

Hi, my name is Angela and I am a **Spanish teacher**. I am also a member of Teba's activity team. I love reading and going to the cinema. I am confident that we will have a great time together on this programme.



TRIANA GARCÍA

Hello! I am Triana and I am studying **nursing**. I love sports, animals, learning about new cultures and meeting new people. Looking forward to getting to know you and helping you enjoy this unique experience.



GET TO KNOW GRANADA



This is the first activity of each programme as it helps to orient students in the city. We visit the tourist office and the key landmarks in Granada. This activity helps **students become familiar with Granada** while encouraging collaboration and interactive learning by exploring the city with a map.

THE ALHAMBRA

Visit this impressive palace and fortress - considered the **eighth wonder of the world**.

During the visit, a guide will take you through the beautiful gardens, intricate palaces and impressive towers of the Alhambra, while explaining the history, architecture and cultural details of this historic place.

You can also explore the beautiful courtyards and gardens at your own pace, marvelling at the Islamic architecture and enjoying the panoramic views of the city.



Cultural
Activity



Alhambra



ARCHERY TAG

“Archery Tag” is an exciting game that combines elements of archery and dodgeball. In this activity, participants use bows and arrows tipped with foam to shoot at opponents and eliminate them from the game.

The objective is to hit the opponents while avoiding being hit by the opposing team’s arrows.

The game is usually played outside in a designated field or area. Archery Tag is a physical and exciting **activity which combines archery skills, strategy and teamwork.**

It's a fun way to release stress and enjoy friendly competition in a safe environment.





DANCE

This is an activity for people of all ages who enjoy music and want to learn to dance. This activity combines elements of various styles of dance, from Latin and contemporary dances, to traditional Spanish dances.

It gives you the opportunity to **enjoy music, stay active, learn new dance styles and socialise** in a fun and healthy way in a welcoming and friendly environment.



**Sports &
Cultural
Activity**



Dance

BASKETBALL

Basketball is an exciting team sport which is played on a rectangular court with the objective of dunking the ball into the opponent's hoop.

Combine exercise, sports skills and fun. It's a great way to stay active, develop teamwork skills and enjoy the excitement of a fast and dynamic game.

In collaboration with local clubs, including CB Granada, students join weekly training sessions with the teams.



**Sports
Activity**



Basketball



BOWLING

A great way to spend some free time. Bowling is both a recreational activity and a competitive sport. It is popular throughout the world and is played in bowling alleys or amusement parks.

In addition to the standard rules, there are many variations of the game, such as bowling ten or bolo nine, which have specific rules.

It is a social and fun activity that can be enjoyed by people of all ages and skill levels. You can compete against your peers and find out who has the most skill and success.



**Sports
Activity**



Bowling

CINEMA

Going to the cinema is a **culturally enriching experience** that strengthens intercultural understanding and encourages dialogue.

Plus, it's a fun way to enjoy a movie and spend quality time together. Sessions are planned to see the latest releases of all types of films from action films and science fiction to adventure and comedy.

Depending on the time of year you can attend the outdoor cinema and have a different cinematic experience.

Many of these films are analysed in class to create topics of debate and interest among students, helping to improve the level of Spanish.



**Social &
Cultural Activity**



Cinema

COOKING

The cooking workshop is an environment where participants learn to cook dishes under the guidance of a professional chef.

The workshops focus on specific topics, such as **traditional Spanish cuisine** and offer instruction practice, demonstrations and tasting of the dishes prepared.

The workshops encourage social interaction and are adapted for every level. These experiences **promote culinary education, creativity, appreciation of cooking** and of course Spanish Language acquisition.



**Social &
Cultural Activity**



Cookery

HORSE RIDING

In this workshop we provide the opportunity for students to try out horse riding.

Taught by experienced riders, it focuses on **teaching equestrian skills**, such as riding and care for the horses.

Participants receive hands-on instruction, learn riding techniques, and can develop a connection with horses.

These workshops offer an opportunity to experience horse riding and enjoy the interaction with these majestic animals.



**Sports
Activity**



Horse riding

SOCCER



These sessions are designed to teach participants the fundamentals of soccer. These classes are **led by experienced coaches and focus on aspects such as ball control, passing techniques, game tactics and physical abilities.**

Participants have the opportunity to develop their skills in a structured environment with the local soccer teams improving skills and understanding of the game.

Soccer training encourages physical activity, social integration and team spirit, as well as promoting a passion for this popular sport.



Sports
Activity



Football



**Sports &
Social Activity**

GYM

Gym classes are **instructor-led training sessions** which are carried out in a gym or fitness centre. These classes offer a variety of approaches, such as aerobics, weight lifting, yoga, pilates, spinning and more.

Participants follow a routine of pre-established sets of exercises designed to **improve strength, endurance, flexibility and cardiovascular health.**

Gym classes provide guidance, motivation and the opportunity to exercise in a group environment, which encourages consistency in physical activity and general well-being.



Gym



GYMKANA

This is a playful and competitive activity that involves **a series of tests or challenges that participants must overcome on a pre-designed course or circuit.**

These challenges may include puzzles, games, physical or mental obstacles, and specific tasks.

It takes place outdoors in the city of Granada and can be done on an individual or group basis. The objective is to complete all the tests in the shortest possible time.

Gymkhana **encourages cooperation, problem solving, creativity and fun**, and is used in a recreational, educational and team building context.



**Sports &
Social Activity**



Gimkana



KARTING

Karting is an exciting racing activity involving small four-wheeled vehicles. Participants drive around a specially designed high speed circuit manoeuvring through tight curves and straights.

Karting is a popular activity for both experienced enthusiasts and beginners alike, as it **offers an exciting and accessible driving experience.** Competitions can be friendly or competitive, depending on the occasion.

It's a great way to experience the adrenaline of a rally car driver in a controlled environment.



Sports
Activity



Karting

PAINTBALL

Paintball is an exciting recreational activity in which the participants face each other in simulated combat.

They use markers that shoot non-toxic paintballs at opponents. The objective is to eliminate the players or complete specific missions in an outdoor environment or in an area designed for paintball.

Participants wear protective masks and tactical equipment to minimise the risk of injury.

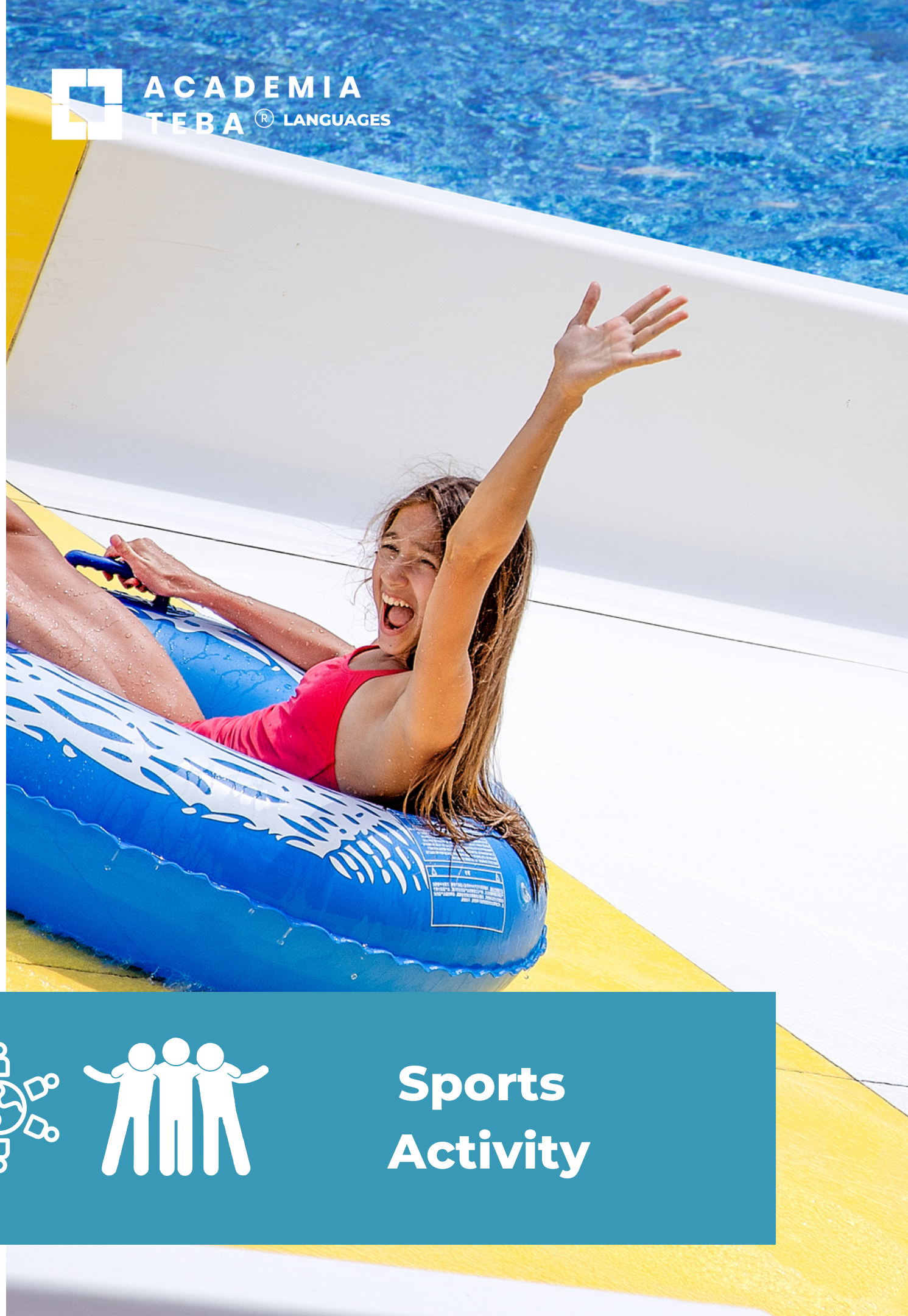
Paintball **combines strategy, teamwork and adrenaline**, turning it into a fun experience for friends, coworkers or classmates.



Sports
Activity



Paintball



WATERPARK

An entertaining destination offering **a wide variety of exciting water attractions and activities** for all ages.

Visitors can enjoy water slides, wave pools, lazy rivers, jacuzzis, and interactive play areas.

The park offers shaded seating areas, restaurants and snack shops. It is an ideal place to cool off and enjoy hot summer days.



**Sports
Activity**



Water park

THE SCIENCE PARK

The Science Park is a educational centre that combines **science, technology, and culture in an interactive and dynamic environment.**

There are exhibits, interactive experiments, museums, botanical gardens and spaces for astronomical observation. Visitors can explore scientific concepts through hands-on activities, multimedia exhibitions and live demonstrations.

They offer educational programs, conferences and workshops for all ages.



**Sports &
Social Activity**



Science park

ZIPLINE PARK

Exciting outdoor entertainment destination offering an experience of adventure and fun for people of all ages.

In this park, visitors can enjoy a network of cables suspended between platforms in trees or structures, which allows them to zip through the air using safety harnesses.

The zip line experience **combines the excitement of speed with the beauty of nature**, as the park is located in a forest on the outskirts of Granada. This activity promotes outdoor adventure, teamwork and offers a unique perspective on nature from above.



Sports
Activity



Zip lines

ICE SKATING

This activity has participants take to the ice rink to learn how to glide smoothly and elegantly across the ice.

It can be a recreational or sporting activity and skaters can enjoy the feeling of freedom and fluidity when skating , as well as the opportunity to learn artistic jumps and movements.

It is an **excellent form of exercise that improves balance, coordination and endurance.**



**Sports
Activity**



Skating



SEGWAY

Segway is a personal transportation device which combines a self-balancing system with electric mobility.

It consists of a platform with two wheels and a vertical handlebar, on which the user stands.

To move, the user leans forward or backward, which activates movement. Speed and direction are controlled through turning of the handlebar.

This activity is **a fun, efficient and relaxing way to explore the city of Granada**. Segways are easy to learn to drive and provide a unique transport experience



**Sports &
Social Activity**



Segway



HIKING

A great outdoor activity that involves walking in rural mountain or forest areas around Granada.

Participants will explore nature on foot, enjoying landscapes and experiencing a direct connection with the environment.

In this way, we promote **physical activity, well-being and appreciation of nature**. Furthermore, it is a flexible activity that can be adapted to different fitness levels and preferences, it is an opportunity to **disconnect, relax and enjoy the tranquillity of nature**, as well as to observe fauna and flora in their natural habitat.



Sports,
Social & Cultural
Activity



Hiking

INDOOR CLIMBING

This space is specifically designed for the practice of indoor climbing. It consists of a vertical structure that simulates rock walls and offers a variety of climbing routes and obstacles with different levels of difficulty.

Climbers use harnesses and ropes while climbing the walls and there are mats below for protection in case of falls. Climbing is **an activity that combines strength, balance, endurance and skill.**

It can be enjoyed by people of different levels of experience, from beginners to advanced climbers. Furthermore, it is a social activity, since Climbing walls are usually places where climbers gather, share advice and support each other.



**Sports
Activity**



**Rock
climbing**

THEATRE

Theatre is a form of performing art in which actors play characters and act out stories on stage before a live audience.

Through acting, music, lighting and the scenography, the theatre creates a unique emotional experience for the public.

It is **an artistic expression** that can transmit ideas, emotions and deep messages. It is a **powerful form of entertainment and communication**.

Theatre covers a wide range of genres, from drama and comedy to opera and experimental theatre, and has been a fundamental part of human culture and society for centuries.



**Sports &
Social Activity**



Theatre



**Sports &
Social Activity**

TENNIS

Tennis is a sport of speed, skill and resistance, which is played both on grass or clay.

The players use rackets to hit the ball and score points to win games and sets.

It is a physical activity that **combines skill and strategy and it encourages healthy competition, exercise and fun.**



Tennis

Didactic excursions where participants are provided with detailed information about the area. Each excursion is **adapted to the needs and interests** of the group.



SIERRA NEVADA

Granada is based at the foot of the Sierra Nevada mountain range which is noted for its scenic beauty and activities like skiing. It's an area of great ecological value and a popular destination for **mountain tourism and winter sports**.

CAHORROS

This is a beautiful natural area formed by a narrow gorge through which the Monachil river flows. The place is famous for its **impressive trails and hanging walkways** that allow visitors to explore this scenic environment.

MÁLAGA

A city known for its warm climate, beautiful beaches and a rich cultural heritage. Malaga is the hometown of the famous painter Pablo Picasso and offers a mix of history, art and gastronomy. It's a popular tourist destination with a **varied offer of museums, historic architecture and vibrant culture**.

EXCURSIONS

Didactic excursions where participants are provided with detailed information about the area. Each excursion is **adapted to the needs and interests** of the group.



GRANADA COAST

Some of the most beautiful beaches in the province of Granada are Playa de Motril, Salobrena Beach and Almuñécar beach. These beaches are popular destinations for people who want to enjoy the sea and the sun in the region as they are just **40 mins drive from the city centre.**

ALBAYCIN

This is a historic neighbourhood of the city of Granada, known for its Moorish architecture and its narrow streets. It is a place of whitewashed buildings and charming squares offering stunning views of the Alhambra and the Sierra Nevada mountains. This neighbourhood is famous for its **bohemian atmosphere, craft shops and restaurants** that serve authentic Andalusian food. It is also a **UNESCO heritage site.**

SACROMONTE

Sacromonte is a famous neighbourhood in Granada, known for its caves, which are houses excavated in the hills surrounding the city. This place has a **rich gypsy heritage and is famous for its flamenco music and dance shows.** Sacromonte is a point of cultural reference that offers visitors a unique experience. With panoramic views of the Alhambra it is an emblematic place to explore the history, culture and music of Granada.

EXCURSIONS



Didactic excursions where participants are provided with detailed information about the area. Each excursion is **adapted to the needs and interests** of the group.



ALPUJARRA

This is a mountainous region just south of Granada city, known for its scenic beauty, white towns perched on the slopes of the mountains and a rich cultural heritage. The Alpujarra is also famous for its **Moorish architecture, its farm terraces on the slopes and the production of handmade products such as rugs and ceramics**. Visitors can explore the picturesque towns of the Alpujarra, enjoy hiking routes in the mountains, and experience the local gastronomy.

EXCURSIONS

CAZORLA NATURAL PARK

One of the largest natural parks in Spain which is ideal for **hiking and wildlife** observation.

UBEDA-BAEZA

Úbeda and Baeza are two historical cities in the neighbouring province of Jaén about 1 hour drive from Granada. Both cities are known for their impressive Renaissance architecture and have been declared **UNESCO heritage sites**.



CONTACT US

If you require additional information, please do not hesitate to contact us. We are available to answer your questions and provide you with any additional details that you need.



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