

ECO-SPORTS

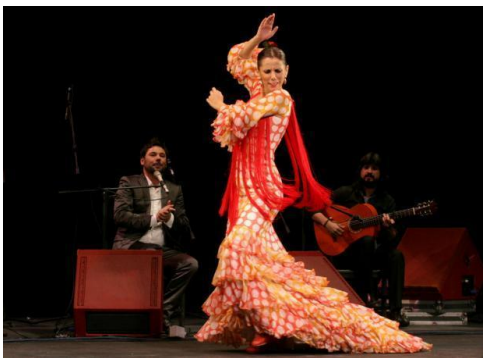


GRANADA

When people think about Granada or even look it up in the Internet, the images and information provided is at the very least incomplete.

Here is an example:

- What people see



On one hand, we have tapas, Alhambra, flamenco... In CELEI we also show all of them to our students, since they are all important aspects of our history. On the other hand, these are not the only things you can find in Granada, and however proud we feel about these components of our culture, there is a lot more to find, a lot more to do and a lot more to explore.

- What we also enjoy



Beautiful natural landscapes, many of them unknown to the locals, where we can practice all kinds of sports, from canyoning or hiking to football or basketball. We also explore the hidden natural gems in Granada's corners, learn about them, but most of all enjoy ourselves by doing many kinds of sports and activities.



Description of the program

Main features of the program include: introduction and training sessions of a variety of sports originating in different parts of the world, intensive language classes, immersion into Spanish society, and a number of workshops/excursions to places of historical and ecological significance. Students will spend their mornings in Spanish language class and afternoons learning the basics of everything from football and basketball to rock climbing and hiking. There will be a strong focus on nature, ecology, and sustainable development throughout the duration of the program. Spanish will be utilized throughout the duration of the program in order to promote good communication skills in the target language, although English will be used when necessary to clarify instructions.



SPORTS

The chosen variety of sports is designed to help students improve their skills on four different sports where they will learn transferable and specific abilities. They will also encourage collaboration and open mindedness, cultivate teachership skills and ability to self-reflect and improve. These sports are:



● **Football:** Played in teams of 5, 7 or 11.

Drills go from technical drills for passing or shooting, to tactical movement as a team to overthrow defending team's strategy. Games to practice the skills and Spanish known when the pressure is minimal during the game.



Basketball: Played in teams of

3 or 5, using drills, games, matches and also music that will help learn some techniques and tactics in other to improve the student's skillset. The drills are designed to maximize student's participation during sessions.



Volleyball: Played in teams of 8 players max. Mostly matches with in-game learning and improving and drills to introduce some basic skills.





Ultimate Frisbee: *Played with any number of players. Some drills will be used to teach game rules and basic handling and receiving abilities, but it will mostly be fun games and matches either outside or on sand (if possible).*



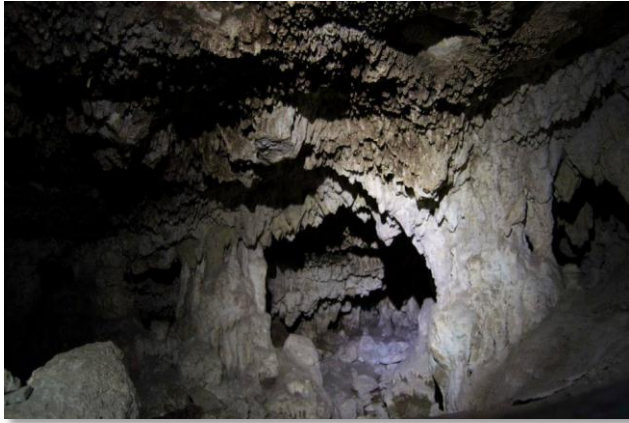
OUTDOOR ACTIVITIES

The purpose is for students to develop an understanding of the dynamic relationship between the ecology and sports, while simultaneously advancing their knowledge of the technical and tactical components involved in athletics. They will gain insight as to how to better protect the environment around them to ensure the future sustainability



Via Ferrata: *Rock climbing modality where physical strength and technique are less important, but ensures enjoyment through reaching high mountains and crossing secure Tibetan bridges. All gear and security measures will be provided by CELEI and the monitors of the activity.*

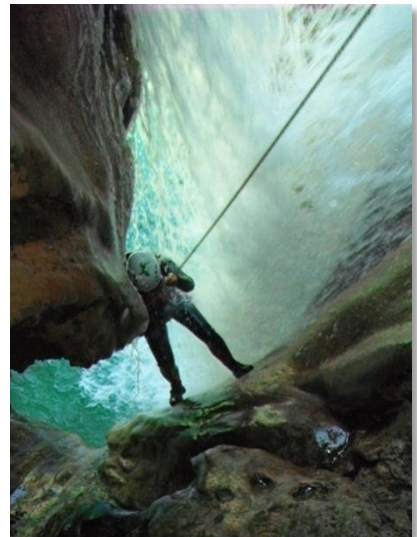




Speleology: *Students will explore caves with the help of their guides where they will also learn about their formation and history about those caves. Students will crawl through the caves only for a few minutes, but it will mostly be walking inside them. They will use protective gear provided by CELEI.*



Canyoning: *It consists in following a river down its cascades, jumps and rappels while observing wildlife and enjoying the fun involved in every step of the activity. Special gear and clothing will be provided by CELEI.*



Spanish course sport course

Students will attend a total of 10 hours classes in Spanish language. Classes are dynamic and interactive, taught by high qualified native-speaking teacher in small groups. The objective of the class is to be practical, student centered, and highly contextualized. Vocabulary learned in class will be directly applicable to the students' sport sessions, and students will have the opportunity to practice the skills learned in class during their everyday interactions with teachers, monitors, friends and local people.



Flamenco Course

This class will introduce you to flamenco technique then give you a chance to get into the dance as we move, move, and move some more. We look at body positioning, hand movements, footwork, turns, palmas, mind preparation.... We'll start slowly with the technical focus. Then you'll be given a chance to let loose following along, feeling the rhythm in your body and applying the technique. The classes will also have a theoretical part where the teachers explain Flamenco history, where this music came from, how important was Granada and the south of Spain on building this

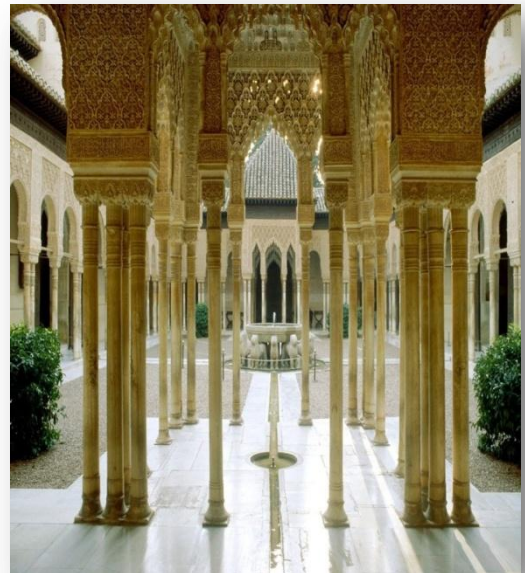


music and culture, main varieties “Palos” and most famous figures of flamenco. You will also have the chance to explore our neighborhoods the Albaycin and Sacromonte and to meet professional Flamenco singers and dancers to enrich your understanding.

CULTURAL ACTIVITIES

Alhambra

Heritage, the whole of the Alhambra and the Generalife is the most emblematic monument, known and visited Granada with more than 800,000 visitors annually from all over the world. Be captivated by a city, fortress and palace of the kings of the Nazari dynasty, through its rooms and gardens that are the epitome of Muslim art in Europe.



Science Park

Science is part of the great intellectual adventure of human beings, one of the many fruits of his curiosity, the attempt to represent the world in which we live. As a product of human thought, science is a core component of culture, so it is urgent to bring to the attention of everyone, especially the intellectuals of humanistic education, science is no stranger to life activity and, therefore, their responses are also cultural. Moreover, scientific ideas, sometimes veiled so deeply condition social ideas.

The Science Park is a science center and museum of 70,000 m², located a few minutes walk from the historic center of Granada. Since its inauguration in 1995, is the most visited museum in Andalusia. More than 7 million people already know their facilities, a figure that has become an international reference center of science in southern Europe.



Academic Field Activities and Cultural Excursions

- **Madrid:**
 - Prado and Reina Sofia museum
 - Royal Palace
 - Exploring downtown Madrid
- **Toledo**
 - Cathedral
 - El Greco House
 - Walled city
- **Granada**
 - Tapas Tastings Tour
 - Flamenco performance
 - Guided tour to Alhambra
 - Fredrico Garcia Lorca museum
 - Exploring Albaycin, and down town and the University city
 - Hiking in Cahorros natural park
 - Rio Verde
 - Pantano de Colomera
 - Sciences park
- **Malaga**
 - Exploring the city
 - Participating in outdoor activities



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