

Spanish & Gastronomy

50+ Spanish Super Intensive



MAY
4th to 16th



Morning classes
+ Activities



Lacunza

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Spanish & Gastronomy



Join us in San Sebastian for two weeks of Spanish & gastronomy. Students will have the chance to improve their Spanish in 20 group classes with same level students of all ages, and to practice their Spanish more socially with same age students in mini group sessions in the evenings.

In the senior course, some of the mini group sessions happen outside the classroom and take students to emblematic places in town where they can learn more about its culture, history, gastronomy and more specifically, how the city is linked to the world of gastronomy. You will be able to see your program timetable at the end of this leaflet.



4th-16th
MAY



2 weeks
classes

425€/week

+ enrolment fee 60€
Min 6 per week & course

Activities



Visit a local cider Museum

On your first day at Lacunza we will take you right into the heart of the Basque Country to taste our famous Basque cider. Here you will see a traditional Basque town, you will learn about the making of this local drink, get to taste it and ask any technical questions you might have. Our Lacunza guide will take you from the school to the local cider house and back.



Pintxo Tour

One of the best activities to do in San Sebastián is to take a pintxos or food tour to discover the the city's superb culinary scene. If you're not familiar with pintxos, they're bar snacks that date back to the 1940 - 1960s when bars started putting out a bit of food on the bar in order to compensate for the wine shortage that occurred after the Spanish Civil War. Today, pintxos are an important part of the drinking experience in Basque Country, as locals and tourists hop from one bar to another to drink and try some of the pintxos at each place. Pintxos take many different forms, although many are held together by a toothpick.

Dinner at a local gastronomic society

Basques are known not only for their hardworking nature but also for being exceptional cooks and producers of top-quality ingredients. Their culinary tradition has its roots in gastronomic societies—gathering places for family and friends to enjoy the best of Basque cuisine around a shared table.

It is often difficult for visitors to access these societies, as they are private, invitation-only spaces reserved for local communities. This is a unique opportunity to discover this hidden gem of Basque culture thanks to the local implication of Lacunza in the city.



Ham tasting at famous Bodega La Cepa

La Cepa is an old school pintxo bar serving the local classics. Handsome hams are hung from the ceiling; there's a traditional feel here but with a few quirky twists if you look hard enough. And it's for the platters of Iberico ham that La Cepa is well known for – arguably the best in San Sebastian. This is one of the larger bars in the Old Town, with a few tables inside and a couple outside too, where you can relax in prime position to watch pintxo crawlers work their way along 31 de Agosto.

Sunset cocktail at Akelarre restaurant

In 1970, tucked into the hillside on Mount Igeldo in San Sebastián, AKELARRE restaurant by Pedro Subijana was born. A restaurant that holds 3 Michelin Stars since 2007, after 25 years with two Michelin Stars. As of 2017 it also has hotel rooms, a spa and a new bar and restaurant with large terraces. AKELARRE Restaurant is the result of a joint effort, of the work of an extraordinary team, some of whose members have been working side by side with the chef for a long time. Akelarre's terraces complete the gastronomic offer of Espazio Oteiza with their cocktail bar whose creations have been designed by the bartender Patxi Troitiño, professor at the Basque Culinary Center. This is the best way to enjoy a selection of signature cocktails with sea views at sunset, on the hilltops of San Sebastian.



Gastronomy

San Sebastian has more Michelin stars per square meter than any other city in the world.

Half a day trip to Tolosa with a visit to its famous Saturday food market

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Paella Tasting

Most students who claim to have tried paella actually tasted "rice with stuff." And that is not paella. If you really want to know this iconic dish of Spanish cuisine, try our paella made by Sergio, our local chef, on the school's terrace accompanied with cider or wine. Although the north is not particularly known for its paellas, this is an experience not to be missed!



Visit to San Telmo Basque History museum and get to try Spain's delicious chocolate con churros

Chocolate with churros is a typical dish of Spanish cuisine, also spread in several Latin American countries such as Argentina, Chile, El Salvador, Mexico, Paraguay, Peru and Uruguay for more than a century. It is consumed as a breakfast at very early hours and sometimes served as an afternoon snack.

In this activity you'll visit San Telmo Museum, opened in 1902, and the oldest museum in the Basque Country. Reopened in 2011 after a five-year renovation and expansion process, it is the largest museum dedicated to the interpretation of Basque society, from prehistory to the present day. The historic building is a 16th-century Dominican convent and a new pavilion has been built, located under Mount Urgull, which, among other things, hosts temporary exhibitions.

A little bit of culture and a warm snack afterwards is just the perfect combination, especially for those with a bit of a sweet tooth.



Visit a local cheese farm in the middle of nature, learn about production and enjoy some tasting!

Gastronomy, tradition, craft and culture all go hand-in-hand at Adarrazpi cheese farm. They are just a few minutes from San Sebastian, in the foothills of Monte Adarra. A perfect natural setting where you will enjoy a tour of their traditional cheesemaking dairy, to put you in touch with our roots and culture.

This is a unique outing for everyone. A guided tour on which you will not only visit the artisanal cheesemaking dairy, but also have the chance to enjoy Basque cuisine and learn how they make their cheeses and dairy produce.



Visit a local txakoli winery and get to know our local wine

Txakoli (pronounced [t̪ a kɔ̃ li]) is a slightly sparkling, very dry white wine with high acidity and low alcohol content produced in the Spanish Basque Country. It is normally served as an aperitif and drunk within one year of bottling as it cannot be stored for longer. The most common, white, variety has a pale green color, but there are red and rosé varieties. When served, it is normally poured into tall glasses from a height, often as an accompaniment to pintxos.

During your visit to the Talai Berri txakoli winery one of the two sisters, 5th generation of the family's winemakers, will reveal all the secrets of txakoli. After the visit, on the terrace and surrounded by 12 hectares of vineyards, we will taste Talai Berri txakoli and Eusko Label quality products, such as Ibarra chillies, Idiazabal DO cheese, white tuna and Basatxerri sausage. Finally, we will have the opportunity to taste the exclusive Hondarrabi Zuri TTANTTA vinegars and the vermouths MARI ZURI and MARI GORRI.

Farewell dinner at famous Bodega Donostiarra

Bodega Donostiarra is a local tapas bar that serves traditional local Basque Cuisine. The original business was founded in 1924, run by a family that had a network of wineries throughout the city that sold wine.

Little by little, these establishments became informal bars serving tapas and "chiquiteo" in neighbourhoods such as the Parte Vieja, Gros, Sagüés, Amara viejo, Antiguo and Loiola.

This restaurant reinvented the notion of what a "bodeguilla" is. It has been running for almost 100 years and is one of the Meccas for local food in San Sebastian. Outside of the Old Town, in vibrant Gros neighbourhood.



Timetable



4th-16th
May

SPANISH & GASTRONOMY Sample Timetable (actual timetable may vary)						
Week 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9.30 13.00	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Excursión a Tolosa y visita guiada al mercado de los sábados Group leader Transporte a Tolosa en tren Visita guiada mercado Tolosa Visita del pueblo de Tolosa
13.00 14.00	LUNCH	Tour de pintxos Incluye: Group leader 3 pintxos 3 bebidas	LUNCH	LUNCH	LUNCH	
14.00 15.00	Spanish workshop (45 mins)		Spanish workshop (45 mins)	Spanish workshop (45 mins)	Spanish workshop (45 mins)	LUNCH Recomendación: AMA de Tolosa (tiene estrella Michelin)
15.00 17.00 (aprox)	Visita al museo de la sidra Includes: Group leader Public transport Ticket to cider museum & degustation	Optional extra: Cooking class - 130€	Cena en una sociedad gastronómica Includes: Group leader Cena Sesión de cocina conjunta	Degustación jamón: Bodega La Cepa Includes: Group leader Degustación jamón 1 vino	Cóctel en Akelarre con sunset Includes: Group leader Transport 1 cóctel	FREE AFTERNOON
Week 2						
9.15 13.00	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Spanish lesson (INT20) - min 4 sts	Optional extra: Day trip to Biarritz and lunch at a local bistrot - 200€ per person Min 6 people
13.00 14.00	Paella Bebidas - inc. sidra y vino	LUNCH	LUNCH	LUNCH	LUNCH	
14.00 15.00		Spanish workshop (45 mins)	Spanish workshop (45 mins)	Spanish workshop (45 mins)	Spanish workshop (45 mins)	
15.00 17.00 (aprox)		San Telmo + Chocolate con churros Includes: Group leader Access to San Telmo Museum Chocolate con churros	Visita a una quesería y degustación de quesos Includes: Transport Visita quesería Group leader	Visita una txakolindegia Includes: Group leader Transporte Talai Berri	Farewell dinner Includes: Group leader Cena en Bodega Donostiarra	



How to get here



Flights to



EAS | San Sebastian 20km
BIO | Bilbao 105km
VIT | Vitoria 100km
BIQ | Biarritz 40 km
PNA | Pamplona 92,5km

Train lines



Barcelona - San Sebastian
Madrid - San Sebastian
Paris- Hendaye - San Sebastian

By road



A1 | Madrid- San Sebastian
AP8 | Bilbao- Irun
A 63 | Paris-Irun
AP15 | Pamplona - San Sebastián

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IF YOUR HAVE THE WORDS, YOU HAVE THE WORLD

