



THE OLÉ ADVENTURES PROJECT FOR SCHOOLS

olé
Adventures

IMMERSION WEEK: RESEARCHERS FOR A HEALTHIER WORLD

We offer a language immersion project designed as a unique and transformative educational experience, where students step into the role of researchers on a mission: **to lead a global shift toward a healthier world.**

Through an innovative, hands-on approach, participants work in teams to explore, reflect on, and communicate the essential principles of a balanced lifestyle—using Spanish as their main language of interaction.

Over the course of the week, each student specializes in one of five key areas of healthy living:

Health and Wellness

Hobbies and Sports

Nutrition

Mindfulness, Growth Mindset & Meditation

Hygiene

Learning takes place through games, outdoor activities, scientific challenges, and interactive workshops. Students gather evidence, design awareness campaigns, and collaborate to define the a Healthy Lifestyle.

Each participant receives a researcher's kit—complete with a lab coat, ID badge, and daily missions—and earn achievements and credentials as they progress through the week.

The week centres around a simulated international congress, “**El Congreso de las Costumbres Saludables.**” Here, students present their findings in Spanish using visual posters, dramatizations, and multimedia resources. This engaging final showcase strengthens both knowledge and communication skills in a playful yet meaningful way.

Set in natural surroundings, the project combines nature, adventure, emotional support, and fun, ensuring that language immersion becomes more than just language learning—it becomes a life-changing experience.

Main Objectives

- Enhance oral communication skills in Spanish.
- Raise awareness of the importance of healthy lifestyle habits.
- Develop critical thinking and teamwork.
- Encourage scientific curiosity and the use of research methods.
- Create memorable educational experiences in direct contact with nature.

MISIÓN 1: HEALTH AND WELLNESS

Wake up: “Aprovecha la Mañana”

- **Use** Spanish vocabulary and expressions related to health and wellness.
- **Apply** the **present simple** and the **future simple** to describe healthy habits and set short and long-term wellness goals.
- **Understand, select, and express** key information about health, physical activity, and wellness from different sources.
- **Develop** the ability to argue and think critically about healthy lifestyle choices.
- **Improve** linguistic and communication skills in Spanish to take part in debates, presentations, and group discussions.
- **Encourage** informed decision-making, promoting autonomy and personal development.

Core knowledge

- Introduction to health and wellness using Spanish as the main language.
- Use of specific vocabulary associated with well-being, healthcare, preventive care, lifestyle, self-care and health.
- Practice of the present and simple future tenses in communicative contexts (I drink water every day because... / In the future, I will improve my self-care by...).
- Development of research, observation, and description skills to select and share information about healthy lifestyles.
- Debate in Spanish about different approaches to health and wellness.
- Oral and written presentation of observations, conclusions, and results from practical experiences.

Daily Program

09:00 – 09:30 → Wake up “Preparados”

09:30 – 10:00 → Breakfast “La Comida más Importante”

10:00 – 10:30 → Misión bienestar

10:30 – 14:00 → Activa tu Corazón

(team-based physical and dynamic activities)

14:00 – 15:00 → Lunch “Un Almuerzo Potente”

15:00 – 16:00 → Active Rest & Preparation for “El Congreso de las

Costumbres Saludables”

16:30 – 19:00 → Ask, Answer & Be Healthy + Zipline

19:30 – 21:00 → Dinner “La Nutrición del Campeón”

21:00 – 22:00 → Phone home “Cuéntales Todo”

22:00 – 23:30 → Health & Fitness Flash Mob

MISIÓN 2: HOBBIES AND SPORTS

Wake Up: “Listos para la Acción”

- **Expand** Spanish vocabulary surrounding training, cooperation, teamwork, strength, leisure, abilities.
- **Express** preferences and opinions about sports and hobbies using correct structures (likes and dislikes + -gerund).
- **Follow instructions** in Spanish during sports and cooperative activities, demonstrating comprehension and the ability to apply rules.
- **Formulate hypotheses** and respond to questions using connectors.
- **Identify** and describe abilities, strengths, and teamwork strategies in sports and recreational activities.
- **Participate** in cooperative sports activities that foster communication, decision-making, and collaboration.

Core knowledge

- Strengthen oral communication skills in Spanish through the context of sports and leisure.
- Acquire and apply sports-related vocabulary and grammar structures in meaningful, practical situations.
- Foster teamwork, cooperation, and decision-making through Spanish-mediated activities.
- Promote reflection on the benefits of physical activity and the role of healthy habits in everyday life.
- Consolidate learning through dynamic, experiential, and motivating activities.

Daily Program

09:00 – 09:30 → Wake Up “Listos para Acción”

09:30 – 10:00 → Breakfast “Desayuno de Campeones”

10:00 – 10:30 → Mission “Descubre tu Potencial”

10:30 – 14:00 → Sports Team-Building “Entendiendo el Cuerpo Humano”

14:00 – 15:00 → Lunch “Come bien, entrena duro”

15:00 – 16:00 → Active Rest & Preparation for “El Congreso de las Costumbres Saludables”

16:30 – 19:00 → Adventure Activity “Lánzate a la Aventura”

19:00 – 21:00 → Dinner “A cenar”

21:00 – 23:30 → Evening Activities “Usa lo que has Aprendido”

MISIÓN 3: NUTRITION

Wake Up: “A Levantarse y Prepararse”

- **Spanish** will serve as the primary language of communication, helping students acquire and apply strategies to promote healthy eating habits.
- **Strengthen oral communication** skills in Spanish through nutrition-related contexts.
- **Acquire and apply** nutrition and health related vocabulary in real-life situations.
- **Use grammatical structures** (How many...? / How much...?, comparatives) to discuss food and diets.
- **Develop** critical thinking and informed decision-making around healthy eating.
- **Consolidate** learning through dynamic, practical experiences in contact with nature.

Core knowledge

- Understand the basics of human nutrition and its functions.
- Balanced diet and food groups, the impact of food quality on health.
- Environmental awareness through sustainable food choices.
- Comparative structures in Spanish.

Daily Program

09:00 – 09:30 → Wake up “A Levantarse y Prepararse”

09:30 – 10:00 → Breakfast “Un Desayuno Abundante”

10:00 – 10:30 → Mission Nutrition “El Experimento de la Comida Basura”

11:00 – 13:30 → Adventure Activity “Arroyo Casa – Kayak – Rappel”

14:30 – 15:30 → Lunch “Come Bien para Sentirte Bien”

15:30 – 16:00 → Active Rest & Preparation for “El Congreso de las Costumbres Saludables”

16:30 – 17:00 → Healthy or Unhealthy “La Verdad Detrás de la Etiqueta”

17:00 – 19:00 → Master Chef “De la Granja, a la Mesa”

19:00 – 21:00 → Dinner “A Cenar”

21:00 – 22:00 → Evening Game “¿Quien Quiere Ser Nutricionista?”

22:00 – 23:30 → Night Activities “Usa lo que has Aprendido”

MISIÓN 4: MINDFULNESS, GROWTH MINDSET AND MEDITATION

Wake Up: "Amanece y Yoga"

- **Use** precise vocabulary and expressions to describe emotions, moods, and strategies for emotional well-being in Spanish.
- **Apply** the imperative and structures such as "there is/there are" to give and follow instructions in relaxation, mindfulness, and guided meditation activities.
- **Explore** and **interpret** information on mental health, emotional intelligence, and meditation techniques from different sources and formats.
- **Strengthen** linguistic and communicative skills in Spanish to take part in debates, presentations, and discussions on self-care and mental well-being.
- **Promote** informed decision-making on emotional well-being by encouraging self-regulation, resilience, and personal growth through mindfulness.

Core knowledge

- Emotional intelligence and self-awareness.
- Spanish Vocabulary related to mental well being and practice of the imperative and the verb "Haber".
- Principles of a growth mindset.
- The role of mindfulness in personal development.
- Meditation techniques as tools for resilience and balance.

Daily Program

09:00 – 09:30 → Wake up "A Madrugar"

09:30 – 10:00 → Breakfast "Nutriendo la Mente con un Buen Desayuno"

10:00 – 10:30 → Mission "Atención Plena, Mentalidad de Crecimiento y Meditación"

10:30 – 14:00 → Emotional Toolkit "Entendiendo y Manejando los Sentimientos"

14:00 – 15:00 → Lunch

15:00 – 16:00 → Active Rest "Hora de Meditación"

16:00 – 17:00 → "Piensa en Positivo"

17:00 – 18:30 → Building a Growth Mindset for "El Congreso"

19:00 – 21:00 → Dinner "Hora de Reflexión"

21:00 – 22:00 → Evening Activity "El Congreso de las Costumbres Saludables"

22:00 – 23:30 → Night Activities

MISIÓN 5: HYGENE

Wake Up: “Aséate y conquista tu día”

- **Understand** and gather relevant information about infection prevention and the importance of personal and environmental hygiene.
- **Express** ideas in Spanish and create resources (posters, videos, awareness campaigns) to promote hygiene habits in society.
- **Develop** Spanish language and communication skills to take part in debates, presentations, and discussions on hygiene practices and their impact on public health.
- **Foster** critical thinking and informed decision-making about hygiene practices, reflecting on the role of sanitation and prevention in everyday life.

Core knowledge

- Strengthen oral and written communication skills in Spanish related to hygiene and public health.
- Apply modal verbs to give clear recommendations and instructions in real-life contexts.
- Integrate creativity and critical thinking into campaigns that raise awareness about hygiene and infection prevention.

Daily Program

09:00 – 09:30 → Wake up “lávate los dientes y el pelo”
09:30 – 10:00 → Breakfast “Límpiate las manos con jabón”
10:00 – 10:30 → Hygiene Mission
11:00 – 13:00 → Adventure Track
13:30 – 14:30 → Lunch
15:00 → Group photo & farewell “¡Hasta Luego!

MENU + INFORMATION

All meals will be freshly prepared and served at **Restaurante "El Baldío"**, which ensures that students enjoy a diet that is as balanced and as nutritious as possible. We cater for all dietary and/or religious requirements.

Breakfasts:

Serrano bread with olive oil or butter, cereals, milk, cocoa, and juice.

Snacks:

Sandwiches (pâté, chocolate spread, or cold cuts), chocolate pastries, sponge cakes, and juices.

Desserts:

- **Lunches:** Seasonal fruit
- **Dinners:** Yogurt, vanilla flan, or custard

Competitive price

What's Included

- ✓ All necessary materials for the activities
- ✓ Bilingual instructors
- ✓ Transportation (not including flights)
- ✓ First aid kit
- ✓ Public Liability and Accident Insurance
- ✓ Accommodation in shared rooms with private bathrooms
- ✓ Full board (includes water with meals; alternative drinks not included)

Daily Meals

Day 1

- Lunch: Cuban-style rice with tomato sauce and sausages.
- Dinner: Meatballs in sauce with potatoes..

Day 2

- Lunch: Macaroni with tomato. Hake sticks with salad.
- Dinner: Homemade noodle soup. Burger with chips.

Day 3

- Lunch: Pasta salad. Tuna empanada with salad.
- Dinner: Ham and cheese sandwich. Roast chicken drumsticks with potatoes.

Day 4

- Lunch: Country-style paella. Croquettes with salad.
- Dinner: Potato salad. Chicken escalope with salad.

Day 5

- Lunch: Picnic bag provided in case of departure after breakfast, or lunch served at the facility.



THANK YOU

W W W . O L E A D V E N T U R E S . N E T

