



# Culture Week



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## 📍 Colombia - Cartagena

Immerse yourself in Cartagena's Colombian Culture. Enjoy the sights, sounds and cuisine of this wonderful city and meet its residents. Be introduced to the history and traditions of Colombia. Visit some of the touristic highlights, sample local dishes, relax on sandy beaches and practice some basic Spanish phrases, to help you feel more at ease during your time here. All in all - this is a great way to kickstart your stay in Colombia!



## Program Description

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This program was designed with you in mind, giving you a look back at Cartagena's history and providing an opportunity to discover this happy place in real time. During this week-long introduction, you get to experience a blend of the old and new charm and traditions of Colombia, by visiting Cartagena's museums, old monasteries, churches, and even the forts around the old city, which were built as protection from pirates. You will learn about the Spanish, African and Moorish influences on the region, as you explore local markets and neighborhoods. You will get to discover some of the nature and natural beauty in the region and relax on sun soaked sandy beaches. In just a short time you will get to know some of the important Colombian history and treasures, as you begin to understand the things that inspire local artists and artisans to produce their own expressions of creativity through food, music, dance, graffiti, sculpture and stories. When it's all over, you too will be changed by these experiences.

## Program Duration & Availability

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**Min duration (weeks):** 1  
**Max duration (weeks):** 1

## Aims & Objectives

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- Help you familiarize yourself with the local surroundings
- Practice some helpful Spanish words and phrases
- Broaden your knowledge of the local customs, history and culture
- Provide a full induction, preparing you for a longer stay

# Schedule

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## Monday

In the morning, after breakfast,

- Introduction to the Projects, House rules, Setting Expectations, Health and Safety Advice and handling of documents.
- Colombian Do's and Don'ts, Colombian Culture Lessons and Spanish Language Lessons.
- Tour around the compound and local area; where to find local shops, and arrange a sim-card if necessary
- Lunch

In the afternoon we will take you to el muelle La Bodeguita, you will join a local Hop-on Hop-off bus tour (part one) around some of Cartagena's main points of interest, you will be able to contemplate the main attractions of la casa de Rafael Nuñez, el castillo de San Felipe and many others.

In the evening, join the other members of the group at our accommodation where dinner will be provided.

## Tuesday

During the day or possibly in the evening, we will take you to el muelle La Bodeguita, where once again you will join the local Hop-on Hop-off bus tour (part two) and will finish exploring and getting to know more about Cartagena.

We will return to the accommodation for lunch or dinner. The rest of the day or afternoon will be free to explore and/or relax. In the evening, join the other members of the group at our accommodation where dinner will be provided.

## Wednesday

Get ready for a very full and eventful day. We will get an early start, leaving right after breakfast to Playa Blanca beach. Then we will spend the rest of our day enjoying the sun and having fun, before returning to our accommodation for dinner.

## Thursday

During the day or possibly in the evening, you will be taken to visit the more modern part of the city, with stops in Bocagrande, Laguito and Castillo Grande, these sites are the perfect combination between the old, the modern and the picturesque beaches. You get to choose to do this tour as a group on a bike or with a combination of public transportation and walking. We will return to our accommodation for lunch. You will then have free time to enjoy the many offerings of Cartagena followed by dinner in the evening.

## Friday

We will begin our day with breakfast at our accommodation and then leave for El Totumo, an active mud volcano in Santa Catalina. The mud in this volcano is enriched with minerals that are said to be therapeutic and to have healing or curative properties. Along the way we will pass some nice beaches and jungle landscapes. At the Volcano, we will climb the 15 meters to the top where you can dip yourself into a relaxing and rejuvenating mud bath and enjoy the unique swimming experience because of the high level of buoyancy. When done, we will clean up at the Sweetwater lagoon right next to it and afterward we will enjoy lunch. Before returning to Cartagena we will just cool down and relax at the Manzanillo del Mar beach. Later in the evening we will have dinner.

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

## Starting Dates

### During 2019

This program starts every week.

### During 2020

This program starts every week.

## Participant Criteria & Requirements

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<b>Minimum age:</b>	-
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	No
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

## Additional Requirements

There are no further requirements for this program.

## Additional Equipment

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- Good hot weather walking shoes
- Appropriate clothing for, swimming and hot weather