

Ciudad Real

Summer 2025



**Indiana University Honors Program
in Foreign Languages**

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Program Introduction

INDIANA UNIVERSITY'S SUMMER PROGRAM IN CIUDAD REAL is an opportunity for students to spend five weeks in one of Spain's most charming cities, residing with Spanish host families and immersing themselves in Spanish culture and the study of Spanish language. Three instructors from Indiana University's Department of Spanish & Portuguese will accompany the group to Ciudad Real, provide all instruction, and arrange a lively program and trips throughout Spain.

Program Dates

Departure from the U.S.: June 11, 2025

Arrival in Ciudad Real: June 12, 2025

Departure from Madrid: July 15, 2025

Arrival in the U.S.: July 15, 2025

Emergency Contacts in Spain

Emergency (911 Equivalent)

112

Fire Rescue

1006

City Police

092

The American Embassy (Houses U.S. Citizen Services)

Address: C. de Serrano, 75, Barrio Salamanca, 28006 Madrid, Spain

Phone number: +34 915 87 22 00

About Ciudad Real

Ciudad Real is a historic city in the Castilla-La Mancha region of central Spain. Located about 200 kilometers south of Madrid, it sits on the vast plains of La Mancha, a landscape famous for its connection to *Don Quixote*. The city experiences a Mediterranean continental climate, with hot, dry summers and mild winters, occasionally marked by frost.

Founded in the 13th century by King Alfonso X, Ciudad Real played a strategic role in medieval Spain, serving as a hub for trade and military activity. Its history is reflected in landmarks such as the Puerta de Toledo, a well-preserved medieval gate, and the 15th-century Cathedral of Santa María del Prado. The city also features a mix of Gothic, Mudejar, and Renaissance architecture, showcasing its rich cultural influences over the centuries.

Visitors can explore attractions like the Museo del Quijote, dedicated to Cervantes' famous novel, and the nearby Tablas de Daimiel National Park, a wetland reserve ideal for birdwatching. Ciudad Real is also a gateway to other fascinating destinations, including Almagro, known for its beautifully preserved Corral de Comedias theater, and the volcanic landscapes of Campo de Calatrava.



Instructor Team and Onsite Staff

Lindsay Giacomino

Community Engagement
Administrative Coordinator

Lindsay is a Lecturer and a Course Supervisor at Indiana University (IU). She has a M.A. in Hispanic Linguistics from IU, and this is her fourth year teaching with IUHPFL. Originally from Minnesota, she has taught, studied, and traveled abroad to many Spanish-speaking countries including Chile, Colombia (with the Fulbright Program), Mexico, Spain and Argentina. Lindsay loves traveling, cooking, dancing, reading, and learning other languages (she is currently learning Italian!).



Gaby Jarrín Paredes

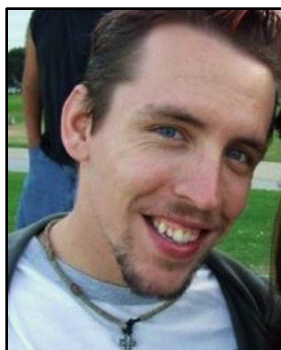
Language: Grammar and Linguistics
Public Relations Coordinator

Gaby is a Spanish Teaching Assistant at Indiana University. She has a M.A. in Hispanic Linguistics from IU. She earned her bachelor's degree from *Universidad Católica de Quito*, Ecuador. In 2019, she completed a Master's in Spanish at *Universidad Autónoma de Madrid*. In 2022, she received a Master's degree in Educational Policies from *Universidad Andina Simón Bolívar* in Quito. Gaby has been involved in linguistic and language revitalization projects with indigenous communities in Ecuador and has worked as a Spanish teacher for several years. Gaby loves teaching, traveling, and learning from other cultures. She also loves sports and gardening.

Shane Taylor

Culture: Literature and Culture
Finance and Logistics Coordinator

Shane is originally from San Diego, CA and is currently pursuing a Ph.D. in Hispanic Linguistics at Indiana University, Bloomington. They earned their M.A. in Linguistics from San Diego State University, where they also completed dual B.A. degrees in Linguistics and Lesbian, Gay, Bisexual, and Transgender Studies. Their research focuses on how identity is created and expressed through language use. Shane's teaching experience spans multiple contexts, including middle and high school in the US, elementary students in Granada, Spain, and at several universities. As an educator, Shane is dedicated to creating learning environments where students feel safe to experiment with language and engage in self-reflection. They emphasize transparency in teaching methods and encourage students to analyze their own learning processes. They have studied 11 languages and believe in the value of embracing mistakes as learning opportunities. When not teaching or researching, Shane enjoys the company of their aptly named cat, 'Trouble.'



Rocío Gallego

Onsite Student Services Coordinator



Rocío is a native of Spain and speaks both Spanish and English fluently. As a Primary Education teacher specialized in English, she is passionate about language learning and deeply understands the transformative power of cultural immersion. Her journey with languages began at a young age when she had the opportunity to live abroad twice with host families while still a minor. These experiences not only helped her achieve fluency in

English but also sparked her love for exploring new cultures and perspectives. This passion led her to live in both Poland and Ireland, where she immersed herself in different ways of life, further enriching her understanding of international education. Rocío firmly believes that language learning goes beyond the classroom—it thrives in real-life experiences, meaningful connections, and cultural exchange. Having also welcomed international students into her own home, she has seen firsthand how impactful and enriching these programs are for both students and host families. She loves traveling, meeting new people, and helping students embrace the challenges and rewards of studying abroad, ensuring they make the most of their experience.

Isabel Diaz

Onsite Housing Coordinator



Isabel a passionate leader with years of experience in team coordination. Her love for human connection and her role as a mother have inspired her to work tirelessly for IUHPFL since 2019. Each year, her connection to this program grows stronger, and she feels committed to continue contributing to the success and growth of our community.

Additionally, she is in love with her land, Ciudad Real, known for its giants and windmills. It is an honor to

serve this very special land! Sharing this wonderful experience with these brave young people is an unparalleled gift. Their courage and enthusiasm will undoubtedly enrich these special moments even more. Moreover, their commitment to the program and thirst for learning are qualities that inspire everyone around them. She is eager to have them here, making them feel like they have a second home in Ciudad Real, a small town in La Mancha, whose people will captivate them with their warmth and hospitality.

Ciudad Real 2025 Calendar (tentative)

June 8	June 9	June 10	June 11	June 12	June 13	June 14
			Depart US	Arrive Spain	Language Test Walking Tour Arrival Orientation	
June 15	June 16	June 17	June 18	June 19	June 20	June 21
	School Visit Classes	Classes	Classes Don Quixote Museum	Classes Dance Class	Excursion: Cordoba	
June 22	June 23	June 24	June 25	June 26	June 27	June 28
	Classes Community Engagement: Laborvalia	Classes Radio Station Visit	Classes Optional: Movie Theater Outing	Classes Dance Class	Excursion: Campo Criptana & Lagunas de Ruidera	
June 29	June 30	July 1	July 2	July 3	July 4	July 5
	Classes	Classes TV Show Visit	Classes Optional: Playapark Water Park	Classes Dance Class	Classes 4th of July Celebration	
July 6	July 7	July 8	July 9	July 10	July 11	July 12
	Classes City Hall Visit	Classes	Classes Dance Class Farewell Show Rehearsal	Classes	Language Test Farewell Show	
July 13	July 14	July 15	July 16	July 17	July 18	July 19
Depart for Madrid Excursion: Toledo Stay in Madrid	Madrid	Depart for US				

Afternoon and Community and Cultural Engagement Activities:

This year, we will have a variety of **afternoon activities** to keep students engaged, active, and immersed in Spanish culture. These activities will take place **a few afternoons each week** and provide opportunities to **exercise, socialize, and learn new skills**.

Sports & Physical Activity: Students will participate in physical activities at the local school's sports facilities, known as Muévete ("Get Moving"). These sessions will be based on students' interests, but often include team sports such as soccer and basketball. This is a great way to stay active and have fun with peers.

Location: Sports facilities at the school

What to Bring: Athletic clothing, comfortable sneakers, water bottle, sunscreen (for outdoor activities)

Dance Classes – La Jota Manchega & Sevillanas

Students will have the chance to learn **two traditional Spanish dances**:

- **La Jota Manchega** – A lively folk dance from the Castilla-La Mancha region, often performed in pairs or groups.
- **Sevillanas** – A popular flamenco-style dance from southern Spain, commonly seen at festivals and fairs.

A professional dance teacher will guide students through the steps, rhythms, and cultural significance of these dances. By the end of the four weeks, students will be able to perform basic choreography—a fun skill to take home as a memory of Spain!

What to Wear: Comfortable clothes, sneakers or soft-soled shoes (no flip-flops)

***Note: Participation is encouraged, even for beginners—no prior dance or sports experience is necessary!**

Farewell Show Rehearsal and Program Magazine Creation

Several days during the afternoon activities we will be preparing the Program Site Magazine or rehearsing for our Farewell Show at the end of the program.

- **Program Magazine:** Every student will be responsible for a part of the Program Site Magazine, which is a book of memories of the IUHPFL experience created by the students. Students can help with photos and art of daily life (classes, afternoon activities, free time) in Ciudad Real or excursions, information about your classmates, special moments or inside jokes about the group, poems, short stories or anecdotes, or local information about Spain or Ciudad Real. Think of it like a IUHPFL Yearbook!
- **Farewell Show:** Every student will also be responsible for a part of the Farewell Show, our small thank you to our host families for hosting us for the duration of the experience! Students are allowed to direct funny skits about daily life, choreograph dances (and teach them to their peers), play music, sing, or recite something special to them. Singing, dance, and theater performances often become major acts of the Farewell Show for host families at the end of the program.

Community Engagement

We will also participate in activities designed to get students engaged with the language, culture, and community in ways that extend beyond the classroom and host family experiences. A few of these activities include:

- **Walking Tour of Ciudad Real:** A local guide will lead us on a walking tour of Ciudad Real, helping students discover its historic sites, hidden gems, and daily life beyond the tourist experience. Highlights include Plaza Mayor and the Catedral de Santa María del Prado
- **Visit to a Local School:** Students will have the chance to meet Spanish peers, compare school experiences, and practice Spanish in an authentic setting.
- **Don Quijote Museum:** A visit to a museum dedicated to Miguel de Cervantes' famous novel, exploring La Mancha's literary and cultural heritage.
- **Visit with Members of Laborvalía:** Laborvalía is an organization that promotes social and workplace inclusion for people with disabilities in Ciudad Real. During our visit, students will have the chance to engage in hands-on activities and games, conversations, and cultural exchanges with members of the organization.
- **Ciudad Real City Hall Visit:** A guided visit where students will learn about local government, Spanish civic life, and the role of municipalities.

Optional Activities

Movie Theater – Experience a dubbed Spanish-language film in a local theater, helping with listening comprehension. Movies shown while we're there potentially include: *How to Train Your Dragon* (6/13), *Elio* (6/13), and *Jurassic World* (7/2). Tickets are approximately 5.50 euros per student.

Playa Park Water Park – A fun day at Ciudad Real's **water park**, perfect for hot summer days! Tickets are approximately 12 euros per student, although current summer prices have not been released yet.

Activities are subject to change (e.g., based on weather, community events, other factors). Flexibility in study abroad is key!

Tentative Daily Schedule - Ciudad Real 2025

8:45-9:00	Roll Call	
	Group 1	Group 2
9:00-10:15 75 min.	Language (Gaby)	Culture (Shane)
10:15-10:30 15 min.	Break & Snack	
10:30-11:45 75 min.	Culture (Shane)	Language (Gaby)
11:45-12:00 15 min.	Break & Snack	
12-12:45 45 min.	*FLEX (All Instructors)	
1:00-2:00 1 hour	Lunch	
2:00-4:00 2 hours	Afternoon Activities	
4:00-8:00 4 hours	Free Time	
8:00	Curfew	

*FLEX Time: Community Engagement module [2x per week], Internet time on personal cell phones [2x per week], Support and Success groups, or study time

Excursions and Important Dates

In addition to local community activities, the program arranges trips to Córdoba, Campo Criptana & Lagunas de Ruidera, and Toledo and Madrid. These excursions form part of the instructional program and are integrated into the academic experience in various ways. Participation is therefore important and counts as class attendance. Please be aware that you will have to cover the cost of some of your meals during the overnight excursion to Madrid out of pocket. This will be about 20 euros each (including money for water).



Córdoba: June 20

Córdoba is a city rich in history and a perfect example of Spain's mix of Moorish, Christian, and Jewish influences. The highlight is the **Mezquita-Catedral**, a stunning

mosque-turned-cathedral with its famous red-and-white arches. Strolling through the **Jewish Quarter**, you'll find charming, whitewashed streets, patios filled with flowers, and one of Spain's oldest synagogues. Córdoba is also known for its beautiful **Roman Bridge** and delicious local food, including **salmorejo**, a thicker version of gazpacho. Temperatures can get rather toasty, so be sure to dress accordingly and drink lots of water!

Campo Criptana & Lagunas de Ruidera: June 27

Campo de Criptana: One of the most famous stops on **Don Quijote's Route**, this town is home to the **iconic white windmills**

that inspired Cervantes' legendary novel. You'll get to see these historic windmills up close and learn about their role in La Mancha's agricultural past.



Lagunas de Ruidera: This natural park is a hidden gem, featuring **turquoise-blue lagoons, waterfalls, and hiking trails**. It's a great place to enjoy nature, relax, or take photos of the beautiful scenery.

Toledo: July 14



On the way to Madrid, we will stop by Toledo, known as the "City of Three Cultures" for its impressive blend of Christian, Jewish, and Muslim heritage. The **Alcázar of Toledo**, perched high above the city, offers incredible views. The **Toledo Cathedral** is

one of Spain's most stunning churches, and the **El Greco Museum** showcases artwork from the famous painter who lived in Toledo. Walking through the **narrow, medieval streets**, you'll find artisan shops selling swords, marzipan sweets, and handcrafted ceramics.

Madrid: July 14-15

Spain's vibrant capital is full of must-see attractions. You'll explore the **Prado Museum**, home to masterpieces by Goya, Velázquez, and El Greco. The **Royal Palace** offers a glimpse into Spain's monarchy, while **Plaza Mayor** and



Puerta del Sol are lively spots for people-watching and shopping. Madrid's **Retiro Park** is perfect for a relaxing stroll or a boat ride. And, of course, you'll get a taste of some local food at the **Mercado San Miguel**. We hope to finish off the trip with a flamenco performance!

Other Important Information:

Siesta Hours – Many small businesses in Ciudad Real and other smaller towns may **close from 2–5 PM** due to the heat. Plan shopping and dining accordingly.

Sales Season (Rebajas, July 1–August 31) – A great time for students to shop for Spanish fashion at discounted prices!

Travel Information

Climate:

Ciudad Real has a **continental Mediterranean climate**, meaning **hot summers, mild winters, and little rainfall**. Here's what to expect in the summer (June-July):

- **Very hot and dry**, with highs often exceeding **95°F (35°C)**. Expect lots of sunshine and minimal rain.

What to Pack:

Luggage Guidelines

- Check airline restrictions for **weight limits** on checked and carry-on bags. Most airlines allow **one free checked bag (50 lbs max)** and one carry-on.
- Pack efficiently! You'll be carrying your own luggage, so don't overpack.

Clothing to Bring

- **Spring/Summer Clothes** (March–August)
 - Light, breathable clothing (cotton, linen)
 - Shorts, t-shirts, tank tops (but keep it modest for school settings)
 - A **hat, sunglasses, and sunscreen** for sun protection
 - A **light jacket** or sweater for cooler nights
 - **Comfortable walking shoes** (sneakers, sandals), including sports shoes
 - Two warm **sweaters** or sweatshirts (just in case)

- **Other Essentials**

- **One nicer outfit** (for visit with the Mayor or special events)
- **Sleepwear & underwear** (enough for 7–10 days)
- **Swimsuit**
- **Pajamas & slippers** (some homes have cold tile floors)
- **Socks** (Spaniards often wear them indoors)
- **Diary** (to be kept in Spanish)
- **Photos** of home and family to share with host family
- **Gift** for Spanish host family (doesn't need to be big or expensive, but make it thoughtful!)

What Not to Bring

- **Too many clothes** – You'll have access to laundry.
- **High heels** – The streets are often cobbled, making walking difficult.
- **Expensive jewelry or valuables** – Not necessary and could be lost or stolen.
- **Blow dryers & straighteners** – The voltage is different in Spain; buy or borrow one locally if needed

Laundry Access

Your host family will ensure you can wash your clothes weekly (either by washing them for you or teaching you how to use their machines). Thus, you should only bring a little more than a week's worth of clothes. Think about pieces you can layer and those you can wear in multiple ways.

Lunch Boxes

During the school week, you will bring a packed lunch to school from your host family. Please pack an insulated lunch box and a

small ice pack or two that can be refrozen each night to help keep your lunch cool during the morning.

Miscellaneous Things (esp. Sunscreen)

You should DEFINITELY bring sunscreen with you from the United States. Sunscreen or sunblock is significantly more expensive in other countries, and sometimes it is very difficult to find higher SPFs. Consider bringing insect repellent, an umbrella, a hat, and a reusable water bottle.

Specific Brands

If you have any particular makeup, lotion, hygiene, shampoo, contact solution, etc. brands that you prefer, you should probably pack those since it can be difficult to find American brands in other countries (or they are expensive). Additionally, if you take medicine (prescription or over the counter), pack enough for the whole program and keep it in its original packaging.

Allowed Tech: Digital Camera, Travel Alarm Clock, MP3 Player

Don't forget to pack a digital camera! You won't be able to use your cell phones to snap photos since they will be locked in a magnetic pouch for most of the trip. You might also want to bring a travel alarm clock and a simple mp3 player (with instrumental or Spanish language music only!), if listening to music is important to you. Do not bring other electronics such as tablets and laptops as you won't be allowed to use them to connect to the internet.

Adapters and Converters:

Another item that you should pack is an adapter (it attaches to an American plug on one side and has the European plugs on the other side) as well as a converter (it converts the European voltage [220 volts] to American voltage [110-120 volts]). You can often buy a device that is both an adaptor and a converter, but it is important to check. If you get just an adapter, you can destroy your electronics.

Currency:

The currency in Ciudad Real is the euro, the official currency of 19 European countries. As of January 2025, one euro was worth 1.03 US dollars. Please keep in mind that it is not a direct 1:1 ratio when calculating your expenses.

It is important to have some Euros in cash on hand when you depart from the United States since there is no guarantee that you will be able to get to an ATM immediately when we arrive in Spain, and we may stop for a snack on the way from the airport to the host city. Sometimes the airport ATM machines run out of Euros due to high travel volume. Additionally, it is important to bring both a Debit card and a Credit card IN THE STUDENT'S NAME. It is best that this credit card is a Visa/Mastercard, which are much more frequently accepted than Discover/American Express in Europe.

Call your bank ahead of time and let them know where, when, and how long you are traveling. You don't want them putting a block on your card while you are abroad!

Cultural Etiquette:**Tipping:**

Tipping is not as common in Europe as in the United States and is not expected. The norm is to leave the change, that is, to round up to the nearest dollar. Thus, if your meal costs 10.12, often people leave the .88 cents.

Food Abroad:

In Ciudad Real, you'll experience the rich and delicious food culture of Castilla-La Mancha, a region famous for its hearty, traditional Spanish dishes. Some highlights include:

Popular Foods in Spain:

- **Patatas Bravas** – Fried potato chunks with a mild, slightly spicy tomato-based sauce (think of it like Spanish fries).
- **Tortilla Española** – A thick potato and egg omelet that tastes like a soft, cheesy hash brown.
- **Croquetas** – Breaded and fried bites filled with creamy ham (jamón), cheese, or chicken. These are similar to mozzarella sticks in texture.
- **Jamón Ibérico or Jamón Serrano** – Cured ham that's like an upgraded version of prosciutto, often served on sandwiches or with bread.
- **Bocadillos** – Simple, tasty sandwiches on fresh baguettes, often filled with ham, cheese, or tortilla española.
- **Empanadas** – Pastries filled with seasoned meat, cheese, or vegetables, similar to hot pockets but better!
- **Churros con Chocolate** – Fried dough sticks dipped in thick, rich hot chocolate—what's not to love?

Local Specialties (in Ciudad Real):

- **Migas Manchegas** – Fried bread crumbs mixed with garlic, chorizo, and sometimes grapes.
- **Pisto Manchego** – A Spanish ratatouille with tomatoes, peppers, and zucchini, often topped with a fried egg.
- **Queso Manchego** – A world-famous sheep's milk cheese from La Mancha (similar to parmesan cheese)

Expect to eat **later** than in the U.S.:

- **Breakfast:** Light, usually coffee and toast around 8–10 AM.
- **Lunch:** The biggest meal of the day, typically between 2–3 PM, often with multiple courses.
- **Dinner:** Lighter and eaten around 9–10 PM.

Tapas culture is strong in Spain! In some places, when you order a drink, you'll receive a small snack for free. Usually it's randomly chosen, but some places allow you to pick - please let them know beforehand if you have any allergies!

Local Health Risks:

Ciudad Real is a safe city, but here are a few health-related tips:

- **Drinking Water:** Tap water is safe to drink throughout Spain, including Ciudad Real. You don't need bottled water unless you prefer it.
- **Heat & Sun:** Summers can be **hot and dry**. Stay hydrated and wear sunscreen, especially during outdoor activities.
- **Allergies & Pollen:** Especially in spring, be aware that pollen counts can be high. If you have allergies, bring necessary medication.
- **Food Differences:** Some foods may be richer or contain ingredients students aren't used to (e.g., olive oil, cured meats). Eat in moderation to avoid digestive issues.
- **Pharmacies:** For minor medical needs, **farmacias (pharmacies)** are easy to find and well-stocked. Many medications available by prescription in the U.S. can be bought over-the-counter in Spain.

Local Transportation:

Many host families live in Ciudad Real's downtown and some host families live in surrounding towns. Ciudad Real is a **walkable city** with reliable public transportation:

- **Walking:** Most places, including shops, restaurants, and historic sites, are within walking distance. By far one of the most enjoyable things to do in Ciudad Real is just wander. It is usually safe even for women alone, although all

students must always be in groups of three. On these streets you will find everything from blind alleys and trash cans to interesting examples of architecture. Any of the numerous parks is a good place to eat a sack lunch, feed the pigeons, study or play Frisbee. With the help of your street map, you can explore all of them.

- **City Buses:** The urban bus system connects different neighborhoods and neighboring suburbs. Buses are affordable and run frequently. Students will use Ciudad Real's extensive public transportation system to commute to the city center where classes are held.

Note: When on the bus: Just before your arrival at your destination, push the button on one of the uprights near the door. If you don't think you'll be able to recognize the stop the first few times, the driver will be glad to help. State where you want to get off, and the driver will show you out at the appropriate stop. ("Necesito bajar en... No sé dónde queda. ¿Usted me podría decir cuándo tengo que bajar?").

Departure Day Travel Plan

Please refer to your email correspondence from the IUHPFL office for details regarding the group flight and be sure to check flight times as departure day approaches, as flight times are subject to change.

Students and instructors will meet at the counter **3 hours before departure**, check in, and pass through security together. Be sure to keep your passport in an accessible and safe place in your carry-on bag or personal item; do not put your passport in your checked luggage. **Please wear your IUHPFL program shirt.**

Parents/guardians must accompany their students to the airport and should stay with the group until they pass through security (e.g., in case of delays and/or to pay for any extra fees associated with additional or overweight baggage).

Additional tips:

- Please bring a student ID.
- Both students and guardians should have a photocopy of the student's passport. Students should keep a paper copy of their passport with them at all times throughout the program.
- Do not forget to pack this handbook and your course materials.
- Please refer to TSA guidelines regarding prohibited items: <https://www.tsa.gov/travel/security-screening/whatcanibring/all>
- Please refer to TSA guidelines regarding liquids in carry-on luggage: <https://www.tsa.gov/travel/security-screening/liquids-rule>

In case of an emergency on departure day, call the IUHPFL office at (812) 855-7957.

We look forward to a safe and enjoyable first leg of our adventure with you!

Ciudad Real Blog Information

Blog Site: For parents, families, friends and students!

Website: <https://iuhpfciudadrealsummer25.blogspot.com/>

QR Code:

