



**CFGS Educación infantil  
Servicios socioculturales y a la comunidad**

**ANEXO PARA ANDALUCÍA**

# **English for early childhood carers and educators**

**ALTAMAR**

# Anexo para Andalucía



# Christmas time

## You will never forget a Christmas in Andalusia

### Christmas is a wonderful and lovely time to spend with your beloved ones. So, why not spend Christmas in Andalusia?

Christmas is almost here, and all we have to do is letting its atmosphere rub off on ourselves. Since Andalusian culture and tradition mix with the possibility to still enjoy the sun of the Andalusian beaches, Christmas time couldn't be but equally marked by extraordinary events. You will fall in love with this marvellous region and start considering it as your next holiday destination in a matter of seconds!

Here goes what you absolutely must know if you want to spend Christmas in Andalusia.

The first thing, thanks to which you become noticing Christmas is getting nearer, are the Christmas lights that, around this date, start to enlighten all the cities in Andalusia.

The most famous are without any doubt those in Malaga, which changes clothes every year, and that will give you the possibility to enjoy its outstanding atmosphere from November 30th, 2019, to January 5th, 2020. Under the colourful lights and the sounds of "All I Want for Christmas is You", "Jingle Bells Rock", "En Navidad", and "Never Back Down" (one show at 6.30 pm, one at 8 pm, and one at 9.30 pm), delicious smells flood into the enlightened streets and among the picturesque Christmas street markets.

Every kind of Christmas sweet is being cooked in houses and convents, which are now turned into scented bakeries. Some of the typical Christmas sweets are marzipan, candied pine nut, caramel-coated almonds, almond muffins, toasted almonds, toasted pound cakes, and the traditional "Roscón de Reyes". This sweet festive bread in the shape of a ring is decorated with candied fruits and filled with cream, chocolate, or marmalade. All these specialities are usually accompanied by aniseed liqueur, wine and cinnamon.

Christmas in Andalusia is heightened by the traditional tour of the Nativity Scenes, among which one of the most famous and spectacular is undoubtedly the marvellous "Chocolate Nativity Scene", an 800-kg chocolate construction in the town of Rute (Cordoba).

While moving from one church to the other, you will be overwhelmed by songs that wish you a merry Christmas. These are the "Villancicos", Christmas carols sung by groups of children and adults in the streets of Andalusian cities and towns. They usually talk about the Nativity Scene and Jesus's family and are accompanied by basic instruments, such as tambourines and mortars.

Other very famous songs are those of the day before Christmas Eve when people reunite with families, neighbours and friends by a fireplace to sing and dance La Zambomba. These spontaneous songs are named after the instrument that accompanies them, the Zambomba indeed, a mud pot covered with animal skin in whose interior there is a long cane, which provides sound when touched. People drink wine and aniseed liqueur and eat typical Christmas sweets while singing and dancing.

The day that officially marks the start of festivities is December 22, when the Christmas Lottery's raffle takes place. "El Gordo", as they call the first prize, has been representing every Spaniard's not-so-untold dream for ages, since the very first Christmas Lottery came into being in 1763 and never missed a year ever since. On Christmas Eve, people reunite with their families and eat typical meals, where the absolute masters are turkey, shellfish, nougat candy and the "cava", a foamy Catalan white wine used to celebrate.

But there is more to come after December 25. New Year's Eve is the day when Spanish and Andalusian traditions are felt the most. Among the ones that undoubtedly stand out, the Good-Luck Grapes are worth mentioning. This tradition consists of eating twelve grapes one by one, as the clock strikes the year's last twelve seconds. As soon as you finish, you will toast the New Year with the "cava".

The day that ends the celebration is, at the same time, the most awaited by children since it is on January 6 that the little ones receive the presents brought by the Magi. The spectacular Cabalgata de los Reyes



Magos (the Procession of the Magi) takes place on the evening of January 5, when colourful and magical processions fill the streets of every Andalusian city.

The most famous are those of Huelva and Seville. Huelva's Cabalgata de la Higuera de la Sierra is the 2nd oldest procession in Spain, and it has been given the "Fiesta de Interés Turístico Nacional de Andalucía" award (the "Andalusian Celebration of National Touristic Interest"). The parade of Seville has been celebrated every year since 1918.

Adapted from: <https://www.ruralidays.co.uk/travel/activities/christmas-in-andalucia/>

## Andalusian Christmas Food

Dee McMath

In Andalusia, as in the rest of Spain, the feast of Christmas dinner takes place late on the night of Christmas Eve (Nochebuena) and normally goes on into the small hours of Christmas Day. Traditionally, the exchanging of presents is not until the 6th of January, on King's Day (Reyes) and so full attention is given to the cooking of an extravagant meal on the night of the 24th.

If you are spending Christmas on the Costa del Sol but still want to enjoy a Christmas lunch on the 25th in a hotel or restaurant, in a typically British or other European style of cooking, this will not be too difficult. But if you are in a small village inland or in one of the towns or cities back from the coast, you will be able to enjoy the local specialities of the season, often including game, lamb and other dishes.

Many traditional Andalusian restaurants and bars may be closed on the 25th, so it would be best to find out and book up in advance for a Christmas Eve dinner. It is also important to be aware that the prices charged on this special day of the year for eating out are usually much higher than normal, so if you are on a budget, it is best to check on the expected price while booking.

As regards Christmas decorations, the Nativity Scene is the centre of the Andalusian home, school, church and many commercial establishments – rather than the Christmas tree that many of us are used to from colder countries. However, real and artificial trees are becoming more in evidence now, showing the northern influence once again. Main Andalusian cities, such as Malaga now set up a huge Christmas tree in the main square, the Plaza de la Constitución, where locals and visitors enjoy the festive atmosphere while out shopping and socialising.

On the lead up to Christmas in the shops and supermarkets you will see many of the traditional seasonal foods on display. Particularly popular in the range of packaged sweets are polvorones and mantecados (small sweets/biscuits), marzipan and many different types of turrón (nougat). Normally you will see this on sale in pastelerías (cake shops) as well as in supermarkets and smaller and specialist food shops. The village of Estepa is renowned for the best polvorones.

Most of the polvorones and mantecados are manufactured in the village of Estepa, about 100 kilometres from Seville. Although many years ago, these would be made at home, most people now buy them in large boxes of individually wrapped sweets. Traditionally the main ingredients are lard, sugar and flour. From this basic recipe are added different flavours, such as anise, cinnamon and sometimes wine. They are very popular and very much a part of Christmas, but certainly not a particularly good bet for the weight watchers.

The marzipan comes in tempting and dangerously delicious bite-size pieces, in regular and sometimes in moulded shapes for variety.

The wonderful turrón, or nougat, is another of the representative foods of Christmas and, like the other sweets, it is often placed as the central display of shops and supermarkets on the lead up to the 24th and also right up to King's day on the 6th January, after which you will have to hunt for them or go to special shops to seek them out later in the year. Turrón has a fairly long shelf life, so if you really love it, buy some and keep it to enjoy well into the New Year.

If you want to enjoy a typically Andalusian Christmas, you may be able to have your turkey and eat it, so to speak. The main dish in many Andalusian homes is usually pavo navideño (Christmas Turkey). Although it may not be quite like the roast turkey you make at home, there are many variations on the way it is prepared in Andalusia. Below is just one of the many recipes used.

There are also a variety of other dishes at an Andalusian Christmas dinner. Often the starters, including prawns, cured cheeses, and Serrano ham would make a meal without need for anything else. Good Spanish red and white wines go well with the array of meats and sea food. An aperitif of a glass of fino (sherry), cider or soft drinks are also usually offered. The first drink of the evening may also be a chilled glass of bubbly Cava, although this is more in evidence at celebrations, fiestas and dinners on New Year's Eve (Nochevieja).

Adapted from: <https://www.andalucia.com/gastronomy/xmasrecipes.htm>

## Andalusian Alfajores, a Christmas Sweet with a lot of History

The Andalusian alfajores are a traditional Andalusian sweet. There are many variations of this sweet, but they all agree that honey, almonds and spices must be present. In fact, it is believed that the presence of honey and nuts, present in many Andalusian recipes, comes from the Moorish and Jewish influence in this region of Spain. The alfajores corroborate this theory, as they were originally called alajú; from the Arabic term al-hasú meaning "filling".

Furthermore, Andalusian alfajores are typical of Christmas. Their presence in southern Spain has been known since the 12th century and their popularity was such that the alfajores were used in the warehouses of the first Spanish ships travelling to America.

Medina Sidonia has had a lot to do with their conservation, and its confectionery tradition is based on the ancestral recipe of the alfajores, a quality recognised by the PGI (Protected Geographical Indication).

Adapted from: <https://fascinatingSpain.com/gastronomy/spanish-cuisine-recipes/andalusian-alfajores-recipe-christmas/>

# Easter break

## Holy Week

Upon arriving to Andalusia in Holy Week, the best thing is to let your senses seduce you: breathe in the subtle aroma that impregnates the environment, a mixture of incense and orange blossom; feel the emotion of a heartfelt saeta (religious flamenco song) and listen to the silence of a devout crowd...

Over these seven days, Andalusia is transformed as the local people go out to celebrate Holy Week. You will discover images of great artistic worth, paraded through the streets under the warm light of candles, the colour of the Nazarenes' tunics and the music of bands with drums and trumpets. All this combined with the mixture of incense and orange blossom aroma brings out the magic and awakens a feeling of privilege in all those in attendance.

To feel the emotion of the traditional, crowded "madrugá" Seville; live the passion with the Málaga, "El Cautivo"; follow in the footsteps of the Cristo de los Gitanos (Gypsy Christ) Sacromonte neighbourhood in Granada; witness the solemnity of Good Friday with the "Santo Encierro" in Huelva; see the "El Abuelo" procession head out in the early hours of Good Friday from the cathedral in Jaén; feel the passion and commitment of the Easter brotherhoods in Cádiz; explore the streets of Córdoba amidst silence, the sound of a saeta (religious flamenco song), the sound of the bells of the capataz (procession leader)... and bear witness to the coming together of the brotherhoods in Almería...

Are you going to miss all this?

Adapted from: <https://www.andalucia.org/en/easter-week/>

## Processions in Holy Week

Fiona Flores Watson

Holy week processions throughout Andalusia may differ according to the traditions of each city or town. However, there is a general order to most, starting with a large cross, cruz de guía, that is followed by a group of participants bearing lanterns. The rest follow these leaders and are known as penitentes and nazarenos. The centre of attention, however, is the floats – usually two – with their respective images of Christ and the Virgin Mary. These massive, heavy floats are carried on the shoulders, or necks, of numerous members of the religious associations that care for them throughout the year. It is a particular honour to carry the floats and some will even do so barefoot as a sign of extreme penitence.

To the outsider all of these floats might look fairly similar. To the insider, however, nothing could be further from the truth. Each image of Christ and Mary is totally unique and has a special name that points to the legend surrounding that particular version of the figure.

Following are a few examples, with their English translations:

- Christ Figures:
  - Nuestro Padre Jesus el Cautivo – Our Father Christ the Captive.
  - Señor de Sevilla – Lord of Seville.
  - Cristo del Gran Poder – Christ of the Great Power.
  - Cristo de Pasión – Christ of the Passion.
  - Cristo de la Expiración el Viernes Santo – Christ of the Holy Friday Expiration.
  - Gitano del Polvorín – Gypsy of the Gunpowder.

- Virgin Mary Figures:
  - Virgen del Rocio – Virgin of the Dew.
  - Virgen de la Macarena.
  - Virgen de la Esperanza – Virgin of Hope.
  - Virgen de Dolores Coronado – Virgin of Crowned Pains.
  - Virgen de la Victoria – Virgin of the Victory.

## Following the processions

To find out when each procession will be leaving its church and what its route will be, there are various sources of information which carry information on all the town or city's processions.

Particularly the weekend before Easter, many local papers will publish a guide for the coming week; also check the tourist office, which may also offer guides. Even though these guides are in Spanish, they are usually in the form of easy-to-decipher timetables, so that even non-Spanish speakers can understand them. They will include the route and at what exact time the procession is expected to leave its church, pass each point, arrive at its destination, and return to its church again.

In larger cities you will also find full guides to the colours of each hermandad, so you can identify them more easily, as well as a short history and even information about the statues.

To get the full experience of the most sacred moments of Holy Week in any Andalusian town, you need to follow some of the late night processions and experience a soulful saeta.

Adapted from: <https://www.andalucia.com/festival/easter/processions.htm>

## Traditional Food of the Holy Week in Andalusia

### Taste 7 of the most traditional Food Dishes of the Holy Week in Andalusia!

The gastronomy of the Holy Week in Andalusia stands out for its rich variety and recipes. Meat-less dishes fill the tables of Andalusian families from the first day of the Lent until Easter. The nutrients of the meat are supplied by those of fish, such as the cod, which converts into one of the main ingredients of the food of the Holy Week.

But mouth-watering sweets are also a tradition of this time of the year: while in Andalusia, make sure to follow the scent of cinnamon and honey, as they will lead you to the bakeries with shop windows filled with colourful and delicious sweets.

So, take a look at 7 traditional dishes you must try if you're in southern Spain during the Holy Week:

- **Potaje de vigilia.** This vegetable soup (literally, "the eve's soup") is made of cod (which is used as protein content instead of meat), chickpeas, spinaches and hard-boiled eggs (the latter being common only in some areas of Andalusia).

It's usually the star of a 1-course meal, and it may be accompanied by a salad. It's usually served in a tureen located in the centre of the table so that every dinner guest can help themselves as they please.

This recipe is spread throughout Spain, and it appeared as a consequence of the Carlist Wars in the 19th century.

- **Buñuelos de bacalao.** Literally translated as “cod fritters”, the “buñuelos” are a relatively-easy and economic dish to prepare. They’re made of crumbled cod and parsley, which is later battered and fried in an olive-filled pan.

Although this speciality is consumed especially during winter months, it’s highly spread during Lent and the Holy Week.

Legend has it that this dish appeared in Seville in the 13th century, although it’s not until 1860-1870 that it became common to see it in the inns of the biggest Andalusian cities.

- **Torrijas.** The Holy Week’s sweet par excellence, the torrijas are easily made. You’ll only need hard bread soaked in milk (or wine) with sugar, cinnamon, lemon rind and egg yolks, which will be fried later.

The torrijas have been eaten by generations of Spaniards since the 15th century. Nowadays, you’ll find all kind of torrijas neatly displayed in the Andalusian bakeries.

- **Arroz con leche.** This dish is made only with rice cooked in milk, cinnamon and sugar.

The raw material of this dish is the rice that used to come from the marshlands of the Guadalquivir, and it’s a typical sweet dish of the Holy Week since the 20th century.

- **Pestiños.** The pestiños are another typical sweet of the Andalusian Holy Week (and of Christmas, too) since the 16th century. It’s said to have a common andalusí forefather with the Islamic sweet shebbakiyya.

The pestiño is made of flour, yeast, sesame, orange juice and powder cinnamon. The dough is then fried and covered in honey (or sugar, as an alternative).

- **Buñuelos de viento.** Their name (literally, “wind fritters”) is due to the way the doughnut duplicates itself when they’re fried so that it seems they’re filled with air.

The elaboration of this sweet is similar to that of the buñuelos de bacalao, although they are made of a doughnut made of flour, yeast and sugar. You can also dust some cinnamon to add a more peculiar flavour. A more delicious version sees the buñuelos filled with cream, chocolate, or custard.

It’s common to consume it during the winter months, from All Saints’ Day to the Holy Week.

- **Limón cascarúo.** Literally “the lemon rind”, this sweet variety of lemon is spread in the province of Malaga and mainly cultivated in the town of Pizarra. It’s sweeter and less astringent than other types of lemons.

People eat it directly, or accompanied by a sugar cane, during the processions of the Holy Week in Malaga and, in particular, on Good Friday morning, when people reach the top of Mount Calvario.

Adapted from: <https://www.ruralidays.co.uk/travel/cuisine/traditional-food-holy-week-andalucia/>



# Summer time

## Andalusia: An unforgettable summer with the family

Andalusia is the best place for your holidays and where you will live unique experiences that you will not forget. You have 800 kilometres of coast to relax in front of the Mediterranean or the Atlantic and to practice many activities.

But summer in Andalusia is also a thousand ways to have fun, leisure proposals for the whole family and privileged natural spaces that will surprise you: high peaks, extensive wetlands, thick Mediterranean forests or volcanic deserts and stretches of uninhabited coast.

To all this you can add an incomparable monumental and cultural offer in the eight Andalusian provinces, where you can discover the heritage of the civilizations that left their mark on this land.

Summer is also a taste. From seafood cuisine, with fried fish, sardines or seafood and rock fish, to essential dishes in these months as the most universal Andalusian, gazpacho, and its many variations, such as salmorejo, porra and ajoblanco.

And to continue enjoying it with the family, Andalusia has amusement parks for living a myriad of emotions as well as zoos, aquariums and botanical gardens. But if what you are looking for is to live the emotion of sport, in Andalusia you will have all the options to enjoy golf or water sports, or to vibrate with first class international competitions.

### Inland tourism

Few destinations can offer better opportunities to enjoy inland tourism with more charm. Traditions, culture, history, landscapes, climate, gastronomy and a wide network of rural establishments are some of the attractions that Andalusia offers us for this summer's holidays.

Old mines, mining villages, old railway lines converted into greenways, old farms and farmhouses that are converted into hotels, such as flour mills or old oil mills take us back to the past but without having to do without the needs and comforts of today's families.

There are several routes and regions from the Natural Park of Cazorla, Segura and Las Villas, to the Sierra Nevada, with an offer of enormous quality in the villages of the Alpujarra of Granada and Almeria. The Sierra de Huelva, through Aracena, Cortegana, Hinojales, Fuente Heridos, Aroche and Alája, is unique, as is the Sierra Morena in Córdoba and the Sierra Norte in Seville.

And if in the arid lands of Almeria, by the region of Los Velez, Sierra Maria and Gador, with that of Alhama, there are places that are going to leave us with the mouth open, no less are the wettest mountains of Andalusia by land of Los Alcornocales, Grazalema, Castellar de la Frontera and Almoraima, in Cadiz.

We cannot let pass the white villages of the Cadiz mountain range from which we go up to the mountain range of Ronda in Malaga. Those of the upper Genal valley have a very attractive offer of accommodation where we can enjoy the ancestral culture of these lands and a very rich and peculiar gastronomy.

There are mountain ranges in Malaga and Granada with great weight in history, as happens with the Axarquía in Malaga or the Lecrin Valley in Granada. Its Moorish past with the traces of the Mudejar in the towers of its churches can be found in every corner of the whitewashed villages of the area where we will be able to recover our strength thanks to its forceful stews.

If we go up to the peak of La Maroma or look out over the Boquete de Zafarraya on the undulating lands of Alhama de Granada, we will discover the paths along which the Romans, Arabs, smugglers and bandits passed who had an inn at Venta de Alfarnate and at the Mesón del Vizco in El Borge.

Adapted from: <http://twkmag.com/andalucia-an-unforgettable-summer-with-the-family/>

## Beaches

Let yourself be captivated by Andalusia's coast, where you will find a succession of unspoilt beaches, majestic cliffs, salt marshes teeming with wildlife and a little-known underwater world just waiting to be discovered.

The bright sun and soft sandy beaches of Andalusia want to touch your soul and invite you to explore unspoilt beaches, relax at the seashore and experience the excitement of kitesurfing and sailing.

You'll find it a veritable paradise for your holidays. With pleasant temperatures no matter what the season, Andalusia's outstanding beaches are a gift to any traveller.

Almost a thousand kilometres of coastline with one factor in common: the Sun.

Adapted from: <https://www.andalucia.org/en/sun-and-beaches>

## Sierra Nevada in Summer

The Sierra Nevada Ski and Mountain resort has an attractive programme of activities centred primarily around nature and sports tourism.

Sierra Nevada in summer, with an average temperature of 20° C, is the ideal place for all kinds of outdoor activities. The mountain resort offers a wide range of active tourism options for the whole family.

You can take part in language courses, children's summer camps, sports competitions, etc. The departure point for active tourism activities is the recreational and sports area of Fuente del Mirlo Blanco, which offers its guests a range of facilities: Roller-sled (Wiegán), bike slalom, slides, children's park with bouncing castles, trampolines, zip-lining, ice-skating on a rink with ecological ice, etc. The young ones will love these activities... and so will their parents.

The spectacular natural assets, including plants which are unique in the world, fauna, scenery, trails... make Sierra Nevada a truly exceptional destination.

Sierra Nevada is also an ideal place for enjoying a fun and relaxing holiday. There are first-class sports facilities in the Montebajo Sports Club, which has a full range of modern services.

The Theme Weekends take place in July and August, and include interesting offers with accommodation, entrance to pools and activities. The Virgen long weekend, hiking, cycling, climbing, etc. are some of the themes of the weekends during these months, which all the family can enjoy.

In order to provide services for the wide range of activities in summer, 2, 3, and 4-star hotels are open all year round, as well as restaurants, some shops, a chemist's and a modern clinic. The indoor car park is also open and is free in summer.

The resort also operates a cable car and chair lift for all the summer activities, and for visitors to enjoy a pleasant trip up the ski lifts of the Sierra Nevada Mountains.

Adapted from: <https://www.andalucia.org/en/sierra-nevada/sierra-nevada-in-summer/>



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