

C+ Isla Cristina
<http://cplustislacristina.com/>

C/Emiliano Cabot, 17 Local bjo d. Isla
Cristina-Huelva.Andalucía-España

direccion@cplustislacristina.com
administracion@cplustislacristina.com

Teléfono: 636299186

Centro de formación, desarrollo
profesional y personal

COLABORADOR DE:

SEPE

SERVICIO PÚBLICO
DE EMPLEO ESTATAL



Erasmus+

TRINITY
COLLEGE LONDON
Registered Exam Centre 64899



moves you!

Student/Staff mobility activity under Erasmus+



OID: E10271654

COURSE 23/24



C/Emiliano Cabot, 17 Local bjo d. Isla
Cristina-Huelva.Andalucía-España

direccion@cplusislacristina.com
administracion@cplusislacristina.com

Teléfono: 636299186



Centro de formación, desarrollo
profesional y personal

COLABORADOR DE:

SEPE

SERVICIO PÚBLICO
DE EMPLEO ESTATAL



TRINITY
COLLEGE LONDON
Registered Exam Centre 64899



Erasmus+

WHO WE ARE

C+Isla Cristina is formed by a **team** characterized by its training and commitment and facilities created with care, equipped with modern teaching resources to provide quality teaching and **located** in one of the most important areas of Isla Cristina, a Spanish municipality in the southwest of the country, on the west coast of the province of Huelva, Andalusia, about 7 km from the Portuguese border and an hour from the Andalusian capital, Seville (Spain).

C+ offers **informal and formal training**, in face-to-face and online modalities, thus extending to the whole local, regional and international territory. Its **main activity** is the training of workers and unemployed people in subjects related to the increase of their employability or/and their personal development (Soft Skills, Emotional Intelligence, Guidance, Gender equality, Environmental awareness, Languages...) through the increase of competences or the elimination of obstacles in the teaching-learning process. We provide this information both from the **Vocational Educational Training Center (VET)**, as we are approved by the Junta de Andalucía to teach different training programs, (among others: Soft skills, Goal setting, Personal skills, Job placement, environmental awareness and gender equality. Effective job search techniques, English A1-C1...) as well as **informal training**.

C+ welcomes students of all ages due to the transversality of one of the subjects we teach, languages. We have adult students, young people and even children.

We work in more than one educational and formative field; **school, adults and vocational** training. We are a small center with a strong and big heart translated into a very high motivation for the internationalization of our center as a way of contributing to the development of the community, in particular the development of skills in our students, providing them with a better future and being happier people, also improving their level of employability, (understood as the degree of adaptability shown by an individual in obtaining and maintaining a job, as well as in updating their professional skills, defined as the set of skills and attitudes that favor labor integration. (SEPE).

Raquel Rodríguez Herencia-Director



Claudio Cuevas Rojas- Administrator

OUR ENVIRONMENT

ISLA CRISTINA

Spanish municipality located in the southwest of the country, on the west coast of the province of Huelva, Andalusia, about 12 km from the Portuguese border and an hour from the Andalusian capital, Seville. It has 15kms of beaches with fine golden sand. This gives it a unique landscape of beaches, dunes, pine forests and marshes. Its sunsets, where the sun sinks into the sea, draw a palette of colours that are a source of inspiration for artists and dreamers.

The fishing port of Isla Cristina is the most important in Andalusia and one of the first at national level, both for its fleet, dedicated to the capture of fresh fish and seafood of the day, as well as for the high consideration that its products reach in national and international markets. This fact marks the rich, varied and fresh cuisine of the island.

HUELVA

Andalusian province known as "The Gateway to the Atlantic", due to its privileged geographical location. Located in the south-west of Europe in the extreme south-west of Spain and just a few hours from any European capital, it attracts visitors from all over the world. It has more than 300 days of sunshine a year. Known as Huelva the discoverer, for being the province from which the Caravels led by Christopher Columbus set sail across the unknown Atlantic to discover America on the 12th of October 1492. One of its main attractions is the Doñana Park, a biosphere reserve and World Heritage Site that shares its territory with neighbouring Seville.

OUR ENVIRONMENT



ISLA CRISTINA



ISLA CRISTINA



HUELVA



HUELVA

OUR ENVIRONMENT

SEVILLA

Seville, located one hour from C+ Isla Cristina, is the capital of Andalusia. It is a province full of nuances, witness to the crossroads of cultures between peoples: Tartessians, Iberians, Arabs and Christians.

The monumental heritage of the towns of Seville is the richest in Andalusia, with almost 300 monuments declared as assets of Cultural Interest. Its natural heritage, the Sierra Norte and Doñana parks are another of the pillars of the province.

Huelva, Seville and Andalusia have a wealth of handicrafts, fiestas and popular customs. Gastronomy, flamenco, museums, bulls and horses... make this enclave a destination that must be visited at least once in a lifetime.

PORTUGAL

Portugal, located only 15 minutes away from our school. It is located in the southwest corner of Europe.

A pleasant climate, 3000 hours of sunshine a year and 850 km of splendid beaches lapped by the Atlantic Ocean make Portugal a perfect destination to visit.

With the oldest borders in Europe, you will find a great diversity of landscapes within easy reach, many leisure activities and a unique cultural heritage, where tradition and modernity blend in harmony. Gastronomy, fine wines and a hospitable people complete the quality tourist offer you will find.

Our environment



SEVILLA



SEVILLA



PORTUGAL



PORTUGAL

Our Offer: COURSES

THE PRESENT PROJECT IS ONLY A CONCRETE MODEL, BUT IT CAN BE ADAPTED TO THE PARTICULAR NEEDS OF EACH CENTRE.

ALL COURSES ARE MODULAR, SO THAT EACH CENTRE CAN CONFIGURE THE COURSE THAT BEST MEETS ITS NEEDS.

Job placement, environmental awareness and gender equality. 10 hours.

To learn about the techniques and resources that facilitate job placement, as well as the situation of the labour market, with emphasis on environmental awareness and gender equality.

Psychological Adventure on the Huelva Coast. 25 hours

To provide participants with the psychological tools and skills necessary to effectively adapt to a new culture during their Erasmus experience in Isla Cristina. Through a combination of theory and practical experience, the course combines the excitement of living in a new culture with psychological tools to adapt and thrive.

Setting professional objectives and action plan. 15 hours

Identifying the professional objective and planning the job search according to this objective.

Soft skills in human resources selection processes in companies. 25 hours

Identify and analyse the advantages of personal skills or Soft Skills to overcome selection processes as well as to keep the job based on the current needs and selection processes as well as keeping the job position based on the current needs and demands of organisations, recognising of organisations, recognising personal responsibility as a factor of change.

Gender perspective. Equality and personal development. 21 hours

To reflect on the role of the different agents of socialisation with regard to the transmission of gender roles and stereotypes and their influence in relation to the different degrees of participation of women and men. stereotypes and their influence in relation to the different degrees of participation of women and men in the different spheres, providing the necessary knowledge to implement the gender perspective. men in different areas, providing the necessary knowledge to implement the gender perspective in all of them, favouring women's equality and personal development.

Minimum 5 participants and maximum 25 for face-to-face courses.

Target group:

Teaching/non-teaching staff. Students or pupils of:
Vocational Training-Secondary- VET, Adults ADU, University students-HED.

Our Offer: COURSES

Training in Personal Competences for Employment. 36 hours

To learn about the elements that condition and hinder incorporation into the labour market, as well as to recognise the most in-demand recognise those competences that are most in demand, reflect on them and establish the necessary measures to develop them and thus increase employability.

Letters that Speak: Graphology Course in the Heart of Huelva. 25 hours

To learn about the current job market situation, as well as the existing tools and strategies to carry out an efficient to carry out an efficient job search and to face a successful job interview.

Effective job search techniques. 20 hours

To learn about the current labour market situation, as well as the existing tools and strategies to carry out an efficient job search and to face a successful job interview.
and strategies to carry out an efficient job search and to face a successful job interview.

Mind in Colour: A Psychological Journey through Art. 25 hours

The course aims to unravel the psychological connections behind the use of colour in art, giving participants the tools to understand and express their own emotions through the creative palette.

Emotional intelligence. 10 hours

Improve people's emotional intelligence by working on their ability to perceive, use, understand and manage emotions.

Executive Intelligence. 10 hours

To raise awareness of the importance of this intelligence and to teach tools that can be used to achieve a good development of executive functions.

Awareness of the processes that can impede good executive intelligence.

Development of social and wellbeing skills. 15 hours

Improve our social skills by improving our listening, communication, empathy, assertiveness and teamwork.
Improve our life and wellbeing skills by improving our stress, fear and anxiety management.

Emotional Wellbeing Training. 15 hours

To improve our self-awareness and provide tools to help train our emotional wellbeing.

Our Offer

THE PRESENT PROJECT IS ONLY A CONCRETE MODEL, BUT IT CAN BE ADAPTED TO THE PARTICULAR NEEDS OF EACH CENTRE:

SPANISH COURSE

A Spanish course will take place: for 15 days
5h/day: 10 school days.
Starting level: To be adapted individually. It will be taught by native teachers and our objectives are: --To increase the starting level, -To facilitate the integration in the place where the internship will take place, -To get to know the culture and traditions of Spain in general, Andalusia and Isla Cristina in particular.

METHODOLOGY

C+ Isla Cristina offers the highest quality content, which engages, entertains and motivates students, thus supporting good language acquisition, which depends, in our experience, on four key factors: quality content, proven methodology, effective teaching and motivation

- **Duration:**
 - The time offered is 2 weeks duration (Monday to Friday).
 - Timetable: from 9:00 to 14:00.
 - The course has a total of 50 teaching hours.
- **Modality:**
 - Face-to-face and taught intensively.
- **Levels:**
 - Starting level: An assessment will be carried out on the first day in order to provide a service adapted to each student, and all levels can be taught. From A1 to C2.

ACCOMMODATION

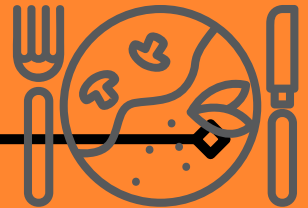
We offer flexible types of accommodation with a variety of gastronomic options
Fully equipped holiday flats
Spanish host families

ACCOMMODATION STANDARDS

- Private room for students for 1 or 2 persons
- Wifi
- Terrace

LUNCH

Students will enjoy 1 lunch a day, where they will taste the rich delicacies of our land through a balanced diet. They will taste the typical Spanish cuisine, with the possibility of adapting to the special dietary needs of the participants (vegetarian menu, allergies, intolerances...).



INDIVIDUAL INTERNSHIPS

Thanks to the close contact with companies in the municipality, we are able to offer participants work experience in the sector they request, especially in the following areas: language training, leisure, tourism, health, wellness, commerce, hotel and catering.

We guarantee:

- Selection of the appropriate entity according to the interests of the students.
- Complete information about the host entities: description, individualised work placement programme.
- Continuous evaluation of the process
- Tutoring and follow-up
- Certificates and Europass confirming the qualifications acquired.



LEISURE/CULTURAL ACTIVITIES

All the proposed activities are linguistic immersions that favour a more solid and significant learning of the language.

Sharing the activities with native speakers will not only provide us with fun and friends, but will also promote the learning of the language and the Spanish culture.

"The more engaging an activity is, the more significant the learning will be in the long term".
(Vigotsky)

1.- Trip to Seville.

The proposed activity consists of a trip to the capital of Andalusia, Seville, where a tour of the most important elements of the city of Seville will take place, visiting its most representative monuments.

For a better linguistic immersion of the students, the following specific contents would be proposed in class:

- Work with street maps to locate the most representative monuments.
- Knowledge of Andalusian and specific Sevillian customs.
- Familiarisation with the gastronomy of the region.
- Knowledge of the peculiarities of the Andalusian language, as well as its idioms and sayings.

Once in Seville, different activities will be proposed to put into practice the knowledge learnt:

- Visit the city's food market, located on one of the most famous bridges in the city, "Puente del Cachorro", to carry out an activity in which the students, in pairs, ask people to introduce themselves, ask what Andalusian recipe they like the most and get typical Andalusian recipes.
- Ask for directions to the Torre del Oro or the Giralda in Seville.

2.- Doñana National Park.

Doñana National Park is a mosaic of ecosystems that are home to a unique biodiversity in Europe. The marshland stands out above all, of extraordinary importance as a passage, breeding and wintering place for thousands of birds from Africa and Europe. The park is home to species in serious danger of extinction, such as the Iberian imperial eagle and the Iberian lynx.

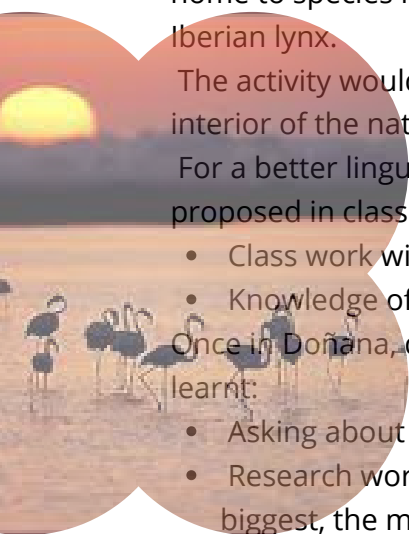
The activity would consist of a round trip on the same day, with a visit in a 4x4 vehicle to the interior of the natural park.

For a better linguistic immersion of the students, the following specific contents would be proposed in class:

- Class work with specific vocabulary on the fauna and flora of the region.
- Knowledge of the migratory habits of the birds in the park.

Once in Doñana, different activities will be proposed to put into practice the knowledge learnt:

- Asking about the time of day, the day of the week.
- Research work in pairs asking park staff which are the animals most seen in the park, the biggest, the most difficult to spot.



LEISURE/CULTURAL ACTIVITIES

3.- Algarve - boat route - coastal sea routes.

The activity consists of an outing to one of the most scenic spots of the Algarve coast. This coast has many caves in its cliffs that can be visited by boat, paddle surf or kayak. Our proposal is to visit the coast by boat and spend the day on one of the many fine sandy beaches along the coast.

The main objective of our visit would be to get to know a new country, with a culture different from the Spanish one.

4.- Muelle del tinto - Muelle de las carabelas - Monasterio de la Rábida...

This visit is made up of different elements such as.

Muelle del tinto, a mineral loading dock at the time of the industrial revolution, now renovated as a promenade that goes into the mouth of the river Odiel.

The Monastery of La Rábida, famous for the stay of one of the discoverers of America, Columbus.

Muelle de las Carabelas: A place to visit where you can see replicas of the ships that discovered the Americas, such as the Nao "Santa María" and the caravels "Pinta" and "Niña".

In order to improve the students' linguistic immersion, the following specific content would be proposed for class work:

- Work on the history of the discovery of the Americas.
- Knowledge of Andalusian customs.
- Familiarisation with the gastronomy of the region.
- Knowledge of the particularities of the Andalusian language, as well as its idioms and sayings.
- Talk about historical dates, past indefinite, since-since - ago, the biography of Columbus.

Once in Huelva, different activities would be proposed to put into practice the knowledge learnt:

- Visit to the city's food market, very specific in the sale of fresh fish, located in the centre of the city, guided visit with a guide specialised in fish and to carry out a gastronomic activity, where students in pairs should get several gastronomic recipes such as "coquinas", "Sardinas asadas", "Chocos".
- Describe the food they don't know, go shopping in the centre.

5.- Aracena-Gruta de las maravillas-Castillo de Aracena-Ham Museum.

Visit to three emblematic places in the Sierra de Huelva:

Ham Museum: A centre where we can visit the details of the artisan production of acorn-fed ham.

Castle of Aracena: Visit to the castle which was built in the 13th century, and its adjoining church which dates from the 13th-15th centuries. Cave of Wonders. A large underground cave with lakes in its interior, accessible from the town centre.

In order to improve the students' linguistic immersion, the following specific content would be proposed for class work:

- Knowledge of the territories of Huelva and its province.
- Knowledge of the importance of the Iberian pig for the territory of the Sierra de Huelva.
- Introducing oneself, conjugation of verbs.

Once in Aracena, different activities would be proposed to put into practice the knowledge learnt:

- To make a list of the main products of the sierra, asking for them in pairs in the street.
- Asking in the street to find a typical recipe of the sierra.
- Introduce themselves.

BUDGET

LANGUAGE COURSE

- **Learner Mobility: 250€/student approx. 25 Hours**
- **Staff Mobility: 400€/student approx.25 Hours**

INDIVIDUALS PRACTICES

- **150€/student**
 - **Includes:** Organisation and intermediation, linguistic support, assistance in preparing the necessary documentation, cultural support.

ACCOMODATTION AND FOODS

- **35€/day/ student with lunch included**
- **80€/day/Staff with luch included**

CULTURAL PROGRAMMES

- **Between 45 and 70 euros**
 - **Sevilla**
 - **Aracena**
 - **Algarve**
 - **Huelva**
 - **Doñana**

Notes:

1-The budget may be subject to change depending on the number of participants and hours of training.

2. Transfer service from Faro and Seville airports could be offered, price depending on final number of participants.

Contact us to
resolve any
questions or
we adapt to
your needs.



[HTTPS://CPLUSISLACRISTINA.COM/](https://cplusislacristina.com/)

RAQUEL R.H: DIRECCION@CPLUSISLACRISTINA.COM

+34629059743

CLAUDIO C.R ADMINISTRACION@CPLUSISLACRISTINA.COM

+34636299186