



THE JOY OF BEING AN **ARAN ZIGZAGGER**

ITINERARY for ARAN Summer Camp

Welcome to the **Aran Summer Camp**!

Discover [Valle de Arán](#) with **ZigZag**: explore this small valley in the Spanish Pyrenees on the border with France, often referred to as the "little Swiss Alps of Spain." Inhabited by roughly 7,000 residents scattered among 33 mountain villages, Valle de Arán is a distinctive region—perfect for outdoor sports and adventures, discovering local heritage, and experiencing an unparalleled natural environment.

At **ARAN Summer Camp**, **young zigzaggers** participate in a two-week immersive Spanish program where they practice sports such as soccer, volleyball, and swimming with native coaches, go on hikes led by expert guides to discover the most charming corners of the valley, and take three hours of Spanish classes each day. The idea is to immerse the young participants in an intensive program that combines formal language learning, active practice of summer sports, and cultural exchange in a safe and highly stimulating environment for teenagers.

The program is designed for **young zigzaggers** between the ages of 12 and 17. Each participant is placed in a learning group according to their Spanish level, following the guidelines of [ACTFL](#) (American Council on the Teaching of Foreign Languages) for language and culture classes, which include between 6 and 10 students. For sports, the groups are divided by age, while for hikes and mountain outings, two groups are organized based on participants' physical condition and ability. All activities are supervised by professional sports instructors.

All these academic and athletic activities are complemented by cultural and social guided visits to places such as the [Museu de la Nieve](#), [Casa de Joan Chiquet](#), [Aran Park](#), the [Museu de Arán](#), the [Caviar Nacarii Fish Farm](#), the [Wool Factory](#), and the [Archivo General de Arán](#), among others. During these visits, students apply the language in fields such as history, biology, gastronomy, law and politics, and popular culture, to mention a few.

ZigZag's methodological and pedagogical approach is based on reinforcing what students learn in the classroom through real-world activities, where they can put the language into practice in both academic and everyday contexts. Each visit is paired with a set of related academic activities, allowing language learning to extend beyond the classroom and significantly enhancing both acquisition and retention.

Our goal is to promote a learning experience that is both rigorous and enjoyable. In this spirit, the program also includes guest speakers, who will give short talks on topics related to the visits and to contemporary life in Spain, providing yet another engaging way to stimulate Spanish language learning.

Please find detailed and essential information about the trip below.

Transfers and Transportation

All transfers, including airport transfers, shuttles, and transportation to visits are included in the price and managed by **ZigZag Spain**.

Accommodation and Meals

Lodging and all meals are included in the price of the trip. Participants stay in a high-quality hotel with all the necessary amenities, in double, triple, or quadruple rooms with private bathrooms. Meals at **ARAN Summer Camp** are nourishing, varied, and delicious, designed to provide participants with the energy they need for a full day of activities. Lunch and dinner feature a selection of fresh, wholesome, and balanced options, including local specialties, proteins, and seasonal produce, served in a relaxed and welcoming setting.

Healthy snacks are available throughout the day, providing the perfect boost between classes, sports, and excursions. Mealtimes also offer an opportunity to practice Spanish in a natural and social environment, encouraging conversation and camaraderie among students and staff. Meals are prepared using high-quality, healthy ingredients, showcasing the best of Aranese, Spanish, and Mediterranean cuisine. Every meal is carefully crafted to deliver the vitality and energy essential for a full day of activities, while upholding the excellence of Spanish cuisine. Participants with dietary restrictions will receive appropriate options.

Full breakfast at the hotel.

Lunch and morning/afternoon snacks will be provided daily where the activities for the day take place.

Dinners take place at the hotel, but on two special evenings, we go to local restaurants. These nights offer a fun chance to immerse yourself in Spanish culture, savor authentic cuisine, and practice your language skills in real-life situations.

Cultural Activities

Visits to museums, parks, and touristic sights, along with historical and cultural explanations, are included in the price of the trip.

IMPORTANT NOTES:

- This itinerary may be subject to minor adjustments, such as changes in the day or time of activities, to ensure the quality of our services.

Price Inclusions: The trip price covers accommodation, meals, transportation (airport transfers, shuttles to activities, and all local transfers within the Valley), and activities as detailed in your itinerary.

Price Exclusions: The trip price does not cover airfare, travel insurance, visas, personal expenses, additional gratuities, activities not included in your itinerary, or any food and beverages not specified in your trip arrangements.

A GLIMPSE into a DAY of ACTIVITIES at ARAN Summer Camp

- **Breakfast** (8:00 - 9:00 am)

Each day begins with a continental and healthy breakfast, featuring fresh fruits, breads, cereals, protein-rich options such as eggs, yogurt, cheese, and a selection of meats including bacon and cold cuts, providing participants with the energy they need for a day full of learning, sports, and adventure.

Coordinators and team leaders join participants for breakfast, encouraging the use of Spanish in a relaxed and friendly atmosphere.

- **AM Spanish class** (9:15 am - 11:15 am)

Mornings at **ARAN Summer Camp** are devoted to immersive Spanish instruction, thoughtfully tailored to each participant's level and conducted in a formal, academically rigorous setting. Through dynamic, interactive lessons in language and culture, students refine their skills and gain the confidence to use Spanish naturally in the afternoon and evening activities, where real-world application brings their learning to life. All four language skills (reading, writing, listening, and speaking) are seamlessly woven into each session. Classes are structured in two 50-minute segments, with a refreshing 10-minute interlude to maintain focus and energy.

- **Morning Snack** (11:15 am - 11:30 am)

Snacks include fresh fruit, protein bars, and cookies for a healthy and tasty boost.

- **Sports** (11:30 am - 1:30 pm)

Following the morning Spanish classes, participants engage in sports and outdoor pursuits such as soccer, volleyball, swimming, and guided hikes. Each activity is conducted entirely in Spanish, providing an engaging context to practice the language while fostering teamwork, physical fitness, and resilience. Students are encouraged to explore, connect with the outdoors, and cultivate a lasting appreciation for the stunning landscapes of the Valle de Arán.

- **Lunch** (1:30 - 2:30 pm)

Lunch consists of a variety of fresh-made sandwiches (vegetable, cheese, tuna, chicken or turkey, and beef) and also includes a salad and chips.

- **PM Spanish class** (2:45 - 3:45 pm)

The class begins with a brief lecture on the day visit's topic, setting the stage for an engaging afternoon visit. Afterward, instructors guide activities that connect the morning's grammar lessons to the themes of the visit, helping participants connect language learning with real cultural experiences. This approach not only ensures students fully enjoy and benefit from their cultural immersion but also reinforces grammatical structures and vocabulary, enhancing the overall learning experience.

- **Afternoon: Educational Visit /Hands-on Activity** (3:45 - 6:00 pm)

Afternoons are devoted to excursions to museums, historic sites, and artisan workshops, where students can apply their Spanish skills while immersing themselves in local culture, history, and gastronomy. Conducted entirely in Spanish, these visits blend learning with hands-on experiences in an engaging and enjoyable manner, all led and organized by knowledgeable local guides who bring each destination to life.

- **Afternoon Snack** (6:00 - 6:15 pm)

Snacks include fresh fruit, protein bars, and cookies for a healthy and tasty boost.

- **Small Group Activities** (6:15 - 7:30 pm)

Students have a blast with activities like pool games, a town-wide scavenger hunt, cooking, and arts and crafts, mingling with peers based on shared interests rather than Spanish level. This time is also used to work on the "Aran Summer Camp Podcast," a fun team project that captures the full camp experience and lets participants share their adventures, creativity, and teamwork.

- **Get ready for Dinner** (7:30 - 8:00 pm)

After a day packed with activities, participants unwind and freshen up before enjoying dinner.

- **Dinner** (8:00 - 9:00 pm)

Dinner at **ARAN Summer Camp** follows the elegant Spanish tradition of three courses: appetizer, main course, and dessert. In a relaxed atmosphere, participants embrace Spanish table manners, immersing themselves in the country's rich culinary culture. Meals begin with a starter of fresh local vegetables, soups, or salads, followed by a thoughtfully prepared main course featuring either plant- or animal-based protein, and conclude with a dessert of sweet treats, ice cream, or seasonal fruit. Every dish reflects the freshness, balance, and vibrant flavors of the Mediterranean diet, making each mealtime a delightful cultural and gastronomic experience.

- **Team Time** (9:00 - 10:00 pm)

Evenings provide opportunities for relaxation and social activities, such as karaoke, board games, talent shows, film screenings, trivia nights, outdoor campfire, among others, allowing participants to bond with peers, practice Spanish informally, and enjoy a variety of engaging experiences in a safe and supportive environment.

- **Quiet time** (10:00 pm)

Participants make their way to their rooms to rest and settle in for the night.

- **Lights out** (10:30 pm)

¡Buenas noches y felices sueños!