

EXPERIENCING GRAN CANARIA WITH INTERMOBEX



INTERMOBEX
International Mobility Experience

WELCOME TO LAS PALMAS DE GRAN CANARIA

The Canary Islands (also known as "The Canaries") are a 7 islands archipelago and a Spain's autonomous community located in the Atlantic Ocean. Thanks to their beaches, the subtropical climate and several natural attractions, the Canaries are a major tourist destination with over 12 million visitors per year, being Gran Canaria among the first places.

The canarian archipelago is the eighth most populous Spanish autonomous community with more than 2 million of inhabitants (2011), including the long-tenured residents, many mainland Spanish immigrants and an even growing number of foreigners.

Gran Canaria is the second most populous and the third largest island of the archipelago. The island is called the "Miniature Continent" due to the different climates and variety of landscapes present, where long beaches alternate to dunes of sand, contrasting with green ravines and picturesque villages. Moreover, a large part of the island is under the UNESCO protection as a Biosphere Reserve.

The capital city of the island is Las Palmas de Gran Canaria, one of the biggest harbour, commercial and tourist centre of the Canaries. Las Palmas has a tropical climate ("the best climate in the world" according to the climatology department of the Syracuse University in the U.S.), with an average annual temperature of 21-28 °C during the day and 18 °C at night.

Las Palmas de Gran Canaria is a big multicultural city, with an offer for everyone: bars, cafeterias, nightclubs, discos and shopping centers are in abundance. Also on a cultural and artistic side Las Palmas offers a wide variety of theaters, cinema, opera, concerts, visual arts and dance performances, as well as an active nightlife. Do not to forget the Carnival of Las Palmas de Gran Canaria, known worldwide and representing one of the main attractions for tourists. The city center of Las Palmas, specifically the Vegueta and Triana neighbourhoods, is included in the List of UNESCO World Heritage Sites.

The city of Las Palmas de Gran Canaria is among the main tourist destinations in Gran Canaria, with its four main beaches (Las Canteras, Las Alcaravaneras, La Laja and El Confital), several parks and squares and many sights in the suburbs.



LAS CANTERAS BEACH

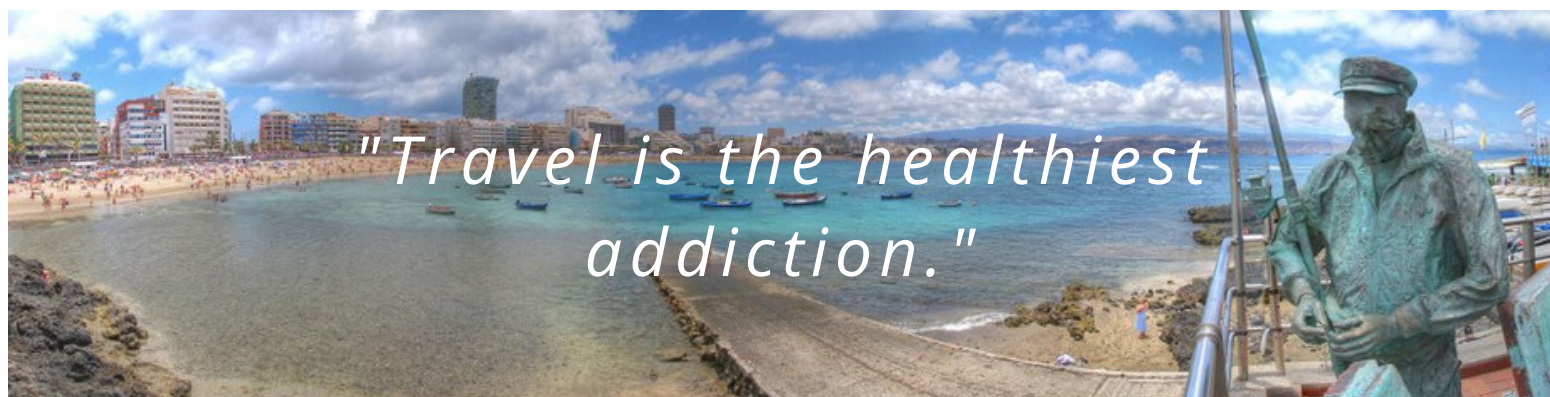
Las Canteras Beach is one of the best city beaches in the world: an unique jewel right in the city, making it easy for the visitor to relax on the golden sand, practising sport by the shore, and also learn or enjoy surfing, scuba diving, snorkeling, kayaking, etc.

Sport clubs and schools in the area help these activities. Your bucket list must include a walk along the promenade: a local tradition since many citizens of Las Palmas de Gran Canaria usually have a walk on the early hours of the morning or at the afternoon to enjoy the impressive sunsets that can be also enjoyed from any spot of the three kilometres promenade that makes a light curve, as if the sky was a stage, from the Alfredo Kraus Concert Hall, the Plaza de la Musica, the surf area of La Cicer, the popular Playa Grande and La Puntilla, entrance to the Borough of La Isleta.

Beyond that point, the tourist can keep walking along the Avenue of Los Nidillos towards the natural place of El Confital, well known by every surfer, and also by those who look for silence and calmness; it is an open place that gives its back to the city, a perfect location to enjoy the sunset.

These experiences can also be enjoyed all along the beach promenade on any of the numerous bars and restaurants where to have a meal outdoor, making this beach the natural theme park of Las Palmas de Gran Canaria, an environment with a vivid city life.





THE CITY OF COLUMBUS

The legend narrates that Christopher Columbus stopped in Las Palmas de Gran Canaria in 1492 on his way to discovering the Americas to repair one of his vessels, La Pinta. The city, only a small settlement in those days, founded in 1478, began to grow around a few houses which later became the historic borough of Vegueta and the Guiniguada ravine.

The Casa de Colón museum in Vegueta was the governor's mansion when Columbus sailed into town, but nobody knows if he ever set foot inside it. The house is a gorgeous example of Canarian architecture and worth visiting just for the interior courtyards. It's also worth walking around the building as the ornate stone doors and windowsills were made by South American stonemasons who carved maize cobs, jaguars and pineapples into long



before most people in Europe knew what they were.

Nowadays, the old town offers a unique sight on this side of the Ocean: an area of Columbus-style architecture where Plaza Santa Ana square highlights along with the Cathedral and the Town Hall (the old city hall where the City Council plenary sessions still take place).

THE CARNIVAL

THE CARNIVAL IS ONE OF THE GREATEST EVENTS IN LAS PALMAS DE GRAN CANARIA EVERY YEAR, NOT ONLY KNOWN BY LOCALS BUT FROM PEOPLE FROM ALL OVER THE WORLD.

The Borough of La Isleta, on the north-eastern side of Las Canteras Beach, was the cradle from which the modern carnival in Las Palmas de Gran Canaria began its way to what it is today. During the dictatorship of General Franco the carnival was prohibited; however, it survived under the euphemism of Winter Festivities and people celebrated the masque-balls inside many popular social clubs in the area.

Since the eighties, the Carnival of Las Palmas de Gran Canaria gained more and more strength, highlighting when some additional events began to take place with an impressive response from the public at Parque Santa Catalina, the main stage of the celebrations.

Nowadays, the Day Carnival in Vegueta, an extensive programme of events for children complete a festivity that presents the Queen Gala and the famous Drag Queen Gala as their key dates, along with the popular "murgas" and "comparsas" contests.

Every winter, many tourist come to the city to enjoy these festivities that always display a great celebration on the streets. Parades and concerts are always followed by thousands of people in disguise.



THINGS TO SEE AND DO IN GRAN CANARIA

ROQUE NUBLO

Roque Nublo is a volcanic rock standing 80 meters tall. It is a famous landmark of the island, protected by UNESCO as a natural monument. Located in the municipality Tejeda, a short ride from the city center, it came into existence after a volcanic eruption approximately 4.5 million years ago. Roque Nublo is the most popular destination in Gran Canaria for hiking lovers, and would be an ideal experience for all who desire to see the wonderful views of Tejeda mountain. The usual starting point for a hike in Nublo is the area of Degollada de la Goleta, which is reached by vehicle, and is where hikers descend following a clearly signposted trail.

MASPALOMAS

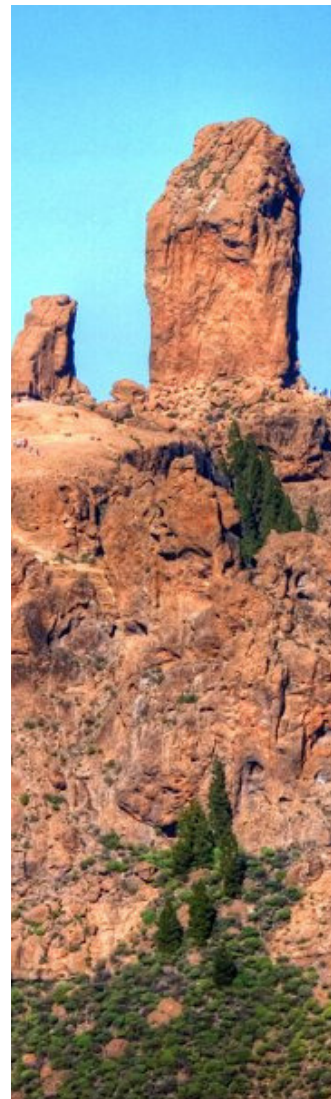
Maspalomas is the second longest beach in Gran Canaria, and is primarily famous for its vast dunes that often grace the covers of travel guides of Canary Islands. However, dunes are a fragile ecosystem, and need to be visited with care. There are three walking routes available for curious visitors, with signposts and information available at the information point at the Playa del Inglés. The highlight of your visit will be an opportunity to ride a camel in the desert and stop by lagoon with fresh crystal clear water.

JARDIN BOTANICO VIERA Y CLAVIJO

Jardín Botánico Viera y Clavijo, located in the northeast of Gran Canaria, in Tafira Alta, proves that Gran Canaria is not as deserted and dry as it seems. The botanic garden showcases the island's endemic plants, alongside some imported flora. The bust of José de Viera y Clavijo, the Spanish botanist who had an idea of opening a botanic garden on the Canary Islands, proudly welcomes all visitors. The garden has collected about 500 plant species, endemic to the Canary Islands and other Macaronesian islands, with cacti and succulent varieties are available to look at on display. The garden contributes heavily to the program of species preservation through its research work. Its facilities include a library and laboratories, and it also publishes the journal Botánica Macaronésica.

PUEBLO CANARIO

The city of Las Palmas de Gran Canaria is a home to the Pueblo Canario, an interpretation of a traditional Canarian village. Pueblo Canario is located on the south side of the Parque Doramas and it is a lovely venue to visit with family, and learn more about Spanish culture from free live performances of Canarian folk music, which are held every Thursday and Sunday. Some songs performed are instrumental, while others include live singing. All performers wear special traditional costumes which are pleasant to look at. Pueblo Canario also houses the Museo Néstor, one of the city's principal art galleries.



THINGS TO SEE AND DO IN GRAN CANARIA

PUERTO MOGAN

Puerto Mogan is a coastal village, located on the southern side of the island, the opposite side to Las Palmas de Gran Canaria. It is a charming small village which never gets too loud, and its small beach is a peaceful refuge where you can recharge your energy. Puerto Mogan oozes a chic ambiance, thanks to its uniform white architecture, beautiful flower gardens and little bridges over the canals. All of this makes a visit to Puerto Mogán a romantic holiday experience.

VEGUETA

Vegueta is an ancient 15th century town, full of memories and secret stories of its maritime past, that is comprised of traditional Spanish architecture, cobbled streets and old houses. Vegueta is not a uniform part of the city, as it was built according to a range of styles, from late-Gothic to renaissance. Walk through the Plaza de Santa Ana to see the principal landmark of Vegueta, the Cathedral of Santa Ana. The Museum of Sacred Art is also not to be missed. There are also important art galleries, including the Centro de Cultura Contemporánea San Martín and Casa de Colon, dedicated to the life of Christopher Columbus. After the walk, head to one of the traditional restaurants and sample a typical tapas of the Canarian islands, such as papas arrugadas, local cheeses and pata de cerdo.

AGAETE

On the northwestern coast of the island of Gran Canary stand the whitewashed houses of Agaete. Jagged crags of volcanic rock plunge into the Atlantic ocean creating spectacular cliff faces, while ravines jut back into the island's interior. The spring temperatures of the Canary Islands are more humid here, covering the entire terrain in lush vegetation and beautifully highlighting the contrast between the houses, ocean and mountains. A seafaring atmosphere, excellent beaches and a gastronomy without compare are other options this village provides.

GET EXTREME WITH WATER SPORTS

There are plenty water sports activities that can be done during your stay in Gran Canaria, as the Canary Islands are an ideal place to try that particular water sport you resisted for a long time. You are free to choose from activities such as sailing, yachting, windsurfing, water-skiing, scuba diving and much more. Windsurfing in Gran Canaria is the most popular activity, because the warm air and water temperature are a perfect combination, with the wind blowing from the eastern side of the island.





INTERMOBEX is a young organization based in Las Palmas de Gran Canaria (Canary Islands, SPAIN) committed to the promotion and management of international mobility experiences for young people and adults residing in the EU. INTERMOBEX is born from the belief that transnational mobility is an essential tool of growth and personal development, as well as the key to know and understand the world in a conscious and open way. For this reason INTERMOBEX offers international mobility experiences of different nature, but all with the goal of promoting interculturality and global citizenship.

INTERMOBEX's proposition mainly concerns international experiences of training and learning, which can be related both to the European Erasmus+ Programme (with Traineeships, KA1 Courses and Job Shadowing) and to the branch of transnational mobility of young people and adults (with Language Courses, Career development, Workshops, etc.)



In order to let the Canary Islands' artistic, cultural and natural heritage be known abroad and to promote cultural exchange with other European countries, INTERMOBEX also proposes combined activities of cultural and touristic promotion in Gran Canaria, such as discovering travels and corporate events.

ACTIVITIES

ERASMUS+

Traineeship and VET

Training and work placements for students in local companies in Gran Canaria.

Staff Mobility

Learning mobility opportunities for Education managing and teaching staff.

KA1 training Courses

Training activities funded under the Key Action 1 (KA1) of the Erasmus+ Program.

INTERNATIONAL MOBILITY

PON Projects

Projects for Italian schools: Language Learning abroad (C1 action) and Traineeship in foreign companies (C5 action)

Language Immersions

Full immersion in the learning process of a foreign language with a short period abroad.

Career development

Lifelong learning is all about to improve skills and knowledge as a worker, pursuing professional development in any career.

TRAVEL EXPERIENCES

Discovering travels

Exploring the island of Gran Canaria in a more original and authentic way.

Thematic Workshops

Practical activities focused on specific themes led by resident professionals.

Corporate Events

Gran Canaria as the perfect setting to host any kind corporate events.

SERVICES

- Researching hosting companies for traineeships and job shadowing.
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- Accomplishing administrative procedures.
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- Arranging training course and other learning activities.
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- Organizing workshops, short travels and events.
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- Providing support, tutoring, monitoring and evaluation.
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- Delivering final certifications.
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- Managing accommodation, airport transfer and local transports.
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- Organizing language courses.
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- Planning cultural activities and touristic tours.

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