



5.1 The region of Cantabria and the city of Santander

The city of Santander is located in the self-governed region of Cantabria, which lies on the northern coast of Spain between Asturias and the Basque Country. This region stands out because of the great diversity of its environment: the coastal landscape of beaches, bays and cliffs blends together with valleys and highland areas. The surrounding nature and the historical importance of many of its villages and buildings make this region very appealing for tourism, especially during the summer season.

Cantabria is a one-province region that is an excellent place to learn Spanish because this is the only official language spoken here.

It is very mild with moderate temperatures and rain throughout the year:

The average temperature in Cantabria (°C)

Winter	Spring	Summer	Autumn
9	14	22	11

The average pluviometry in Cantabria (mm)

Winter	Spring	Summer	Autumn
600	540	330	650

Santander is a coastal city that grew in 19th century thanks to a flourishing commercial activity and also throughout the 20th century thanks to tourist activity promoted by the Spanish Royal Family. It currently offers a friendly atmosphere within a very beautiful natural setting with large beaches and attractive promenades. All these features make Santander a comfortable city to live in, with a wide range of cultural and sport attractions.

More information:

<http://www.turismodecantabria.com>

<http://www.guiadecantabria.com>

5.2 Leisure and Cultural Life

Sports

Cantabria is endowed with facilities for sports, Santander, the capital, being the best equipped municipality. Football pitches and the outdoor



bowling areas (a local sport) are the most widespread sports facilities throughout the region. Several yacht harbours are located along the coast, providing facilities for sailing and surfing. In the mountainous areas, hill-walking, trekking, skiing and climbing can be practised. For the important sport events, Santander has the Palacio de Festivales and the "Racing" football ground, both of them located in the Sardinero area.

Exchange students have the same rights to use sports facilities and participate in the different activities organized by the UC Sport Service under the same conditions as the regular students.

<http://www.unican.es/deportes>

More information on sports:

<http://www.consejeriactdcantabria.com>

Active Tourism:

<http://www.cantabriarural.com/>

<http://turismoruralcantabria.com>

Activities for young people

Santander municipality, through its youth office, organizes every year two cycles of activities for young people between the ages of 15 and 30. The first cycle takes place from October to December and the second cycle from March to May. This leisure time programme is called "La noche es joven" (*The night is young*) and covers several types of activities and creative workshops free of charge.

Oficina de la Juventud

C/ Cuesta del Hospital, 10. 39008 Santander

Tel. + 34 942 20 30 28 / 29 - Fax: +34 942 22 72 32

<http://portal.ayto-santander.es/portal/page/portal/juventud-santander>

Other activities organized by the local government:

<http://www.jovenmania.com>

Cultural activities

The city of Santander offers several cultural and leisure facilities, among which the following are the most outstanding:

- 1. Palacio de Festivales.** It offers a broad programme of activities throughout the year: classical music concerts, opera, zarzuela, jazz, theatre, dance and other performing arts.



<http://www.palaciofestivales.com>

2. Centro Cultural Caja Cantabria (Cultural centre)

<http://www.obrasocial.cajacantabria.com>

3. Palacio de Congresos y Exposiciones, located at the Sardinero area where many events take place every year.

<http://www.palacioexposiciones.com>

4. Cinema and alternative cinema in original

version: information about films showing, times and addresses can be found on:

<http://www.santanderciudadviva.com/cartelera/>

<http://eldiariomontanes.hoycinema.com/>



The city and the region have a lot of museums, libraries, planetary, Roman ruins, prehistoric caves and galleries of art.

<http://www.guiadecantabria.com/cultura/cultura.htm>

<http://www.cantabriajuven.com/arte/>

It is possible to find all the information about concerts,

music, cinema, theatre, leisure, restaurants and pubs of Cantabria on the following site: <http://www.laguigo.com/cantabria/>.

Nature

The region is known by its green open areas and natural parks. The features of Cantabrian orography together with the action of water have created impressive caves such as El Soplao Cave (an authentic natural treasure that used to be a mine in the past) or El Castillo Cave. Altamira Cave, for example, is declared World Heritage Site.

http://www.turismocantabria.net/info_arteycultura.htm

<http://www.cantabria102municipios.com/>

