



*Infopack*

# RUTE



# AGENDA

11. - 15.5. 2026



9h Start

13 - 14h Lunch

17h End

**MO**

11.5.

Introduction to Training -  
Welcome and getting to know each other

Boost self awareness & awareness of power  
Voice & Body activities

**TU**

12.5.

Clarity on personal Goals  
and hidden agendas

Motivation and Protection Techniques

**WE**

13.5.

Communication strategies

14h Free Activities (see  
below)

**TH**

14.5.

Conflict strategies

Power dynamics: influence  
& systems

**FR**

15.5.

Questions & Transfer to daily  
practice

Conclusion - End 15:00



## WEDNESDAY AFTERNOON

Wednesday afternoon is considered free time. For this, we offer people three options on how to spend their time. These are all optional and of course if you want to spend the time on your own at the Cortijo, that is fine too.

Option 1: We can bring you to Lucena at 15:00 for you to enjoy a trip through the second-largest city of the Province of Córdoba.

Option 2: If the above are too hectic for you, we also can offer to get you to nearby Rute, a small town with a typical Andalusian flair and several small museums, such as those for Sugar, Anis liquor or the typical Spanish Jámón (ham).

Option 3: Enjoy the nature and walks around the lake of Iznajar and the Sierra Subetica.

For visiting bigger cities, please consider adding extra days and/or a rental car, to enjoy Andalusia's marvellous cities without stress.



## RUTE – WEATHER

While not far from the coast, the weather in Rute is notably more dry and temperatures vary more inland. The Mediterranean climate, although humid but with little precipitation, varies in temperature and results in an annual average temperature of 18 °C.

But don't be fooled, it can get quite cold in winter (down to 0-5°C in January) and if you visit at this time of year it is advisable to take a thicker clothes with you.

In summer it can reach up to 40+°C, so at this time of year you should make sure to wear light clothing and always have a bottle of water on hand.

Rainfall in Andalusia occurs mainly between November and April. The summer months generally have little to no precipitation.

# USEFUL EXPRESSIONS IN SPANISH



Hello	Hola
My name is...	Me llamo...
How are you?	¿Cómo estás?
Good morning	Buenos días
Good evening	Buenas noches
Excuse me	Disculpe
I am sorry	Lo siento
I am fine	Estoy bien
Thank you	Gracias
I don't understand	No entiendo
Do you speak English?	¿Hablas inglés?
I don't speak Spanish	Yo no hablo español
The bill, please	La cuenta, por favor
How much is it?	¿Cuánto cuesta?
I would like to buy a bottle of water	Quería comprar una botella de agua
Where are you from?	¿De dónde eres?



# ORDERING COFFEE IN SPAIN



**IF YOU NEED MORE  
INFORMATION, WE'RE  
ALWAYS HERE TO HELP!**

**- CAMINOS TEAM**



# Contact Us!

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