

free time

As a budding student, you'll no doubt be studying very hard during your time in Madrid. But it's highly unlikely that your entire time here will be spent with your nose in a book! Studying abroad gives you plenty of opportunities to learn about life outside of the library, and Madrid has a whole host of culture to throw at you. So, we've put together a section to help you decide what to do with your free time. As soon as the summer sun hits, you'll be grateful for your nearest swimming pool (listed below), and for those of you who feel like joining a club, we've provided



information about some alternative sports clubs in the capital. We've listed all the important fiestas of the year and visited a few of the intercambio meetings to find out which are the best for helping you perfect your Spanish. We've been out shopping to find the best-value stores, put together the low-down on Madrid's big museums, reviewed the amusement park and we've brought you a guide to DVD rental, in case you're feeling like a night in. It's up to you to pace yourself, but be warned: the Freetime section contains enough information to distract you from your studies completely!

MAKING A SPLASH

Between late May and early September, the outdoor pools open their doors — bliss for the land-locked Madrileño. Here's where to head when the summer heat gets too much

Aquópolis

This is one of Europe's oldest waterparks, and features some hair-raising fun with near-vertical slides and wave pools. *Avenida Dehesa, s/n, Villanueva de la Cañada, tel: 91 815 69 11. Open: June and September, 12-7pm; July and August, 12-8pm. Adults, €20; Kids (3-10), €15; Seniors, €15. By bus: 627 (Moncloa-Villanueva de la Cañada), 581. See www.aquopolis.es for more information.*

Lago Casa de Campo

With three outdoor pools, a bar and picnic areas, this is the ideal spot to swim, hang out, or work on that deep summer tan. The

downstairs area is more family oriented, while you can play spot the banana hammock in the informal gay area by the upstairs pool. *C/Casa de Campo, s/n, tel: 91 464 46 10 (Metro: Lago/Puerta del Ángel). Open: 9am-9:15pm dally.*

Estadio Vallehermoso

Vallehermoso offers a nicely sized pool with plenty of ankle-biters splashing about, as well as courts for padel and basketball, a track and even a roller-hockey rink. *C/Juan Vigon, 10, tel: 91 534 77 23 (Metro: Canal/Islas Filipinas). Open: 8am-10pm.*

Instalaciones Deportivas Canal de Isabel II

One of Madrid's largest sports complexes offers an Olympic-sized and children's pool. *C/Islas Filipinas, 54, tel: 91 554 51 53 (Metro: Canal/Ríos Rosas). Open: dally, 11am-8pm.*

Barrio del Pilar

A bit out of town, but worth the trip, not least because the outdoor pool has an area for nude sunbathing — perfect for that all-over tan. *Avenida Monforte de Lemos, 13-15, tel: 91 314 79 43 (Metro: Begoña). Open: Mon-Fri, 9am-8:45pm; Sat-Sun 10am-7:45pm.*

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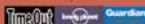
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A NEW TWIST TO GETTING FIT

Bored with the gym? Can't tolerate jogging? Pilates too much of a stretch? Madrid is full of innovative ways to get in shape. We sent **Gwendolyn Alston to try out some alternative sports**



Photo: InMadrid

For most people, the hardest part about getting fit is trying to stay motivated. So, the key is to try and find an activity that can hold your interest. Although all the activities mentioned below are very different from the run-of-the-mill training you might get in a gym, they are still proven ways to get in shape and you just might find that your body and mind are capable of doing something you never knew was possible.

Hangin' around

Rock climbing is a naturally addictive sport, and one of the best places to start training is an indoor rock-climbing centre with multiple walls so you can train in any weather. Espacio Acción is a 1,000 square metre building where you can practise rock climbing on specially made walls. There are five floors, and each contains climbing walls, a gym and a sauna. For €10 you can use the facilities from 10am-10pm. You should wear loose, comfortable clothing and staff at the centre will fit you with a pair of *gatos* (special close-fitting climbing shoes).

Climbing can be a painful business if you're not used to it, especially for your hands, so you'll learn how to dust them with magnesium to help prevent blisters. Beginners are also instructed on the easiest walls to climb, which have marked routes to follow. After a couple of hours of scrambling from grip to grip (officially known as "bouldering" — rock climbing at a low height and without a rope), you'll notice that your arms and legs begin to tremble with the exertion, and that muscles you hadn't even been aware of start to complain. But, you should hang in there (pun intended), because rock climbing will give you a huge sense of satisfaction as you overcome your pain, fears (vertigo?) and mental blocks.

At Espacio Acción you can choose to pay a monthly fee and attend whenever you want, or pay for specific courses that include both indoor and outdoor training at rock zones in the mountain areas near Madrid. (Prices start at €84 for 10 sessions, to €181 for weekend courses.) **Espacio Acción, c/Marcelino Alvarez, 6, tel: 91 326 72 92 (Metro: El Carmen).**

Triple delight

For all the multi-taskers out there, why not join a triathlon club? There's one in Alcobendas, and they train at their local Polideportivo. Triathlon training and competition combines swimming, cycling and running, in that order. The training sessions are long and fairly rigorous and allow you to develop a good technique in each of these areas, as well as teaching you how to make the transition from one to the other. More often than not, those who are seasoned runners do not swim well and vice versa. The specific training given here betters your ability to manage each of the sports individually and helps you gain a high overall endurance level. Also, you're sure to get good one-on-one attention to improve that crawl technique or eliminate that pain in your hip when you run. A.D. Ecosport Triatlón Alcobendas. For €70 per trimester, you train with the team as often as you like from Monday to Sunday. **See www.ecosport-triathlon.org or www.triathlon.org for more information.**

Harness your Chi

If you're more attracted by something spiritual, yet physically demanding, then try Aikido. There are many other martial arts that are equally appealing, such as Tai Chi, Kung Fu, Tae Kwon Do, Judo, Karate and so on, but Aikido offers a more refined version of spiritual and physical concentration. Compared to Karate or Tae Kwon Do, which are highly oppositional martial arts involving specialised kicks and punches, Aikido uses movement to drive the opponent's energy away from oneself with gentle pushes, throws and other techniques. This Japanese term means "harmony-energy-path", and these three ideas are fully incorporated into the training. This is one reason that it is an art that many people seek out in their later years. Above all, the philosophy behind this art is one of love and compassion, which is demonstrated in the way that the Aikido artist receives an attack and deftly and harmlessly redirects it, so that both receiver and attacker are, ideally, left unharmed. **Aikido classes, Gimnasio Tenshin, c/Bruno Ayllón, 8, tel: 91 572 26 42 (Metro: Estrecho).**

THE YEAR AHEAD...

NATIONAL HOLIDAYS

If you're used to Bank Holiday Mondays (UK) or hardly any national holidays at all (US), then you won't believe your luck. Spain offers an enormous amount of days off during the year, and they can fall on any day of the week. Most Spaniards take advantage of this by booking days off between national holidays and weekends, giving them a long weekend known as a *punte* (bridge). Beware though, if you plan on going away on one of these weekends, book early and avoid the roads — you'll be joined by half of Spain.

2008

6 January — Reyes. Celebrating the day the Three Kings reached Bethlehem. On the night of the fifth, the Reyes Magos parade through the city centre bringing gifts for children.

20-21 March — Jueves y Viernes Santo. Good Friday processions begin at the Basílica del Cristo de Medinaceli and continue throughout the weekend.

1 May — Fiesta del Trabajo. Check out the May Day march called by the CCOO and UGT unions.

2 May — Dos de Mayo. Remembering the day the Spanish said goodbye to Napoleon. Head to the plaza of the same name in Malasaña to party with the *botellón* crowd.

15 May — San Isidro. Swing by the Plaza Mayor in the evening for free concerts and then along to Vistillas gardens for barbeques, beers and more music.

15 August — La Asunción de la Virgen de la Paloma. If you can take the heat, head to La Latina for lots of live music.

12 October — Fiesta Estatal de España. Wave a flag at the military parade down the Castellana.

1 November — Todos los Santos. All Saints Day.

9 November — Nuestra Señora de la Almudena. Madrid's patron saint. Pay her tribute at the Catedral de la Almudena or in the Plaza Mayor.

6 December — Día de la Constitución. National holiday celebrating the creation of Spain's constitution.

8 December — La Inmaculada Concepción. The Immaculate Conception.

25 December — Navidad. Merry Christmas!

31 December — Noche Vieja. Party of the year. Take 12 peeled grapes with you, and gulp them down with the rest of the crowd at midnight in Sol.

SPORTS EVENTS

Maratón de Madrid (27 April). The 31st anniversary of the Madrid marathon. See www.maratonmadrid.org for route information and entry details.

Photo: National Dance Company



Photo: Cameron McCool
Gay Pride in Madrid



FESTIVALS

February

Fitur (Open to the public 2-3 February). Madrid's popular tourism fair. www.fitur.iefma.es

Escena Contemporánea (29 January-24 February). Contemporary theatre and dance festival. www.escenacontemporanea.com

ARCO (Open to the public 15-18 February). Brazil is the spotlighted country this year at this huge and impressive international art fair. www.arco.ifema.es

Madrid Vive la Moda (Mid-February). Madrid's exclusive fashion week. Cibeles is complemented by exhibitions in the city. The second edition takes place in September. www.madridvivelamoda.es

March

St Patrick's Day (17 March). Get yourself to one of the city's many fine Irish bars for the green-wigged party of the year.

April

Gran Semana de la Moto de Madrid (25-29 April). Bikes and the bikers

who love them.

Madrid en Danza (All month). International contemporary-dance festival hosting performances, symposiums and workshops.

May

Exposex (17-20 May). The third annual international erotic film festival in Madrid. Yowzah. www.exposex.net

Festimad (25-26 May). High-profile alternative rock festival in Fuenlabrada. www.festi-mad.es

Documenta Madrid (4-13 May). Documentary film festival. www.documentamadrid.com

June

PhotoEspaña (30 May-22 July). This festival is one big photographic party, with a host of exhibitions to pop in and out of across the city. www.phedigital.com

Madrid Orgullo (22 June-1 July). For one week Chueca goes into party-meltdown for one of the world's best gay-pride weeks. www.madoweb.com

Feria del Libro (First two weeks in June). Huge book fair in the Retiro park. A parallel second-hand book and record fair takes place along Paseo de Recoletos. www.ferialibromadrid.com

Galapajazz (Last week of June). Impressive jazz festival that featured Herbie Hancock and Art Garfunkel in its 2006 edition. www.galapajazz.es

July
MetroRock (Late July). This highlight in Madrid's musical calendar gets bigger every year, with Beck, Paul Weller and Franz Ferdinand all having come to call. www.metrorock.net

Veranos de la Villa (All month). Offers outdoor cinema, concerts and theatre to survive the Spanish summer. www.munimadrid.es

XIII Festival Internacional de Benicàssim (19-22 July). Spain's biggest music festival, taking place on the Mediterranean coast. www.fiberfib.com

August

Castizo Fiestas (6-15 August). Head to the Plaza de la Paja and Jardines de las Vistillas to enjoy the traditional fiestas of San Cayetano, San Lorenzo and La Virgen de la Paloma.

September

Fiesta del PCE (Mid-September). Three-day festival backed by the Spanish communist party, featuring some of Spain's finest artists.

October

Festival de Otoño (October-early November). Madrid's biggest cultural season, covering international the-



Photo taken by Lourdes Grobet. Courtesy of PhotoEspaña

atre, dance and music. www.madrid.org
Festival Internacional de Jazz de Madrid (Late October). This year sees the 24th edition of this swinging festival.

Festival Internacional Madrid Sur (Mid-October-mid-November). Theatre festival taking place in the southern barrios of Madrid.

November

Expo-Ocio (Mid-November). A fair dedicated to leisure activities and hobbies. www.expo-ocio.es



A lot of jazz Photo: Courtesy of Jazz Festival of Madrid

VII Semana de la Ciencia (Mid-November). A packed week of seminars, workshops and exhibitions. www.madrimasd.org

Thanksgiving (22 November). Check out American restaurants and shops for special Thanksgiving celebrations.

December

Feria de Artesanía (Late December-early January). Handmade crafts fair on Paseo de Recoletos.

Mercadillo de Navidad (All month). Christmas gifts and trinkets galore in this open-air market in the Plaza Mayor.



Castizo costume Photo: D Severenuk

SWAPPING SPANISH FOR ENGLISH

There's no better way to learn a language than to keep speaking it. Sarah Rainey and Haley Fults tried out a couple of Madrid's **intercambios**



Illustration: Aaron Thomas

If you want to swap your English colloquialisms for some Spanish *refranes*, intercambios are the way to do it. Language exchanges are very popular in Madrid, and with good reason. Learning directly from a native-speaker can be much more inspiring than sitting through a tedious lesson. Keep an eye on the classifieds in *InMadrid*, or ask around in your local bar, you'll soon find yourself a partner who's equally keen to brush up on their language skills and make a new friend in the process. Listen well, practise hard, and don't be afraid to make mistakes — apart from the horror stories about “bedroom intercambios”, what could go wrong? We went along to a few intercambios to find out for ourselves . . .

Café Madrid

Why not cosy up in this sweet little bar-cum-café just off Plaza de Santa Isabel II for your intercambio evening? The atmosphere is welcoming and relaxed, but with a little more organisation than some of the other intercambios we tried out. Drinks are cheap (€3 for a pint; €2.50 for a glass of wine; and €2.50 for a soft drink) and there are *raciones* aplenty if you want to make a night of it. The huge diversity of age groups will make you feel

welcome whether you're an *intercambio* expert or a nervous first-timer; you might even be lucky enough to meet the infamous “Duke” — a 65-year-old regular who purportedly keeps the foreigners entertained. Ask for Antoine on Thursdays, he's a friendly chap, despite the rather dubious-sounding web address. *c/Escalinata, s/n (Metro: Ópera)*. **Intercambio nights: Wed-Thurs, 9.30pm. Email Antoine on an21glo@yahoo.co.uk or see <http://languageexchanges.glo24.com> (click on “Madrid Intercambios”) for more information.**

O'Neill's

A proper Irish pub: good food, good *craic*, gallons of Guinness and deafening Irish voices booming at the big screens. There's lots of space (over 1,100m²) to hide away in for those deep and meaningful conversations, and there are special drinks offers on Tuesdays: beer for €4; wine for €3; and €2.30 for a soft drink. However, the sheer size of the venue means that its intercambio scene is a little haphazard: keep an eye on the bar to make sure you don't miss the start of the session. The age group varies depending on where you sit — we encountered a more mature crowd in the quiet area at the back, where regulars seemed to be meeting up with their

notebooks of vocabulary. There are lovely English-speaking staff and a jovial environment in which to improve your language skills. Ask for David and he'll point you in the right direction. *c/Príncipe, 12, tel: 91 521 20 30 (Metro: Sol/Sevilla). Intercambio night: Tues, 10pm. See www.oneillspubs.com/English/madrid/mrdPub.html for more information.*

Please contact Michael at:

LEARN ENGLISH IN BED? It's fun! Good hard results. Women only, you must be willing to exchange Spanish and more.

NEOYORQUINA, UNA JOVENCITA DE treinta años y pico, busca intercambios con

• **Check the classifieds pages of *InMadrid* (also available online at www.in-madrid.com), or place your own ad to find the partner you're looking for. Bulletin boards at public libraries, universities, language academies or international bookstores are sure to have flyers with potential partners.**

• **The following places hold regular Intercambio nights:**

• **Café Madrid**, c/Escalinata, s/n (Metro: Ópera). Weds, 9.30pm.

• **O'Neill's**, c/Príncipe, 12, tel: 91 521 20 30, (Metro: Sol or Sevilla). Tues, 10pm.

• **J&J Books and Coffee**, c/Espíritu Santo, 47, tel: 91 521 85 76 (Metro: Noviciado). Wed-Fri, 8pm.

• **Moore's Barceló**, c/Barceló, 1, tel: 91 532 63 31 (Metro: Tribunal). Thurs, 9pm.

• **Molly Malone's**, c/Manuela Malasaña, 11, tel: 91 594 16 35 (Metro: Bilbao). Thurs, 9.30pm.

LOST IN TRANSLATION

Get one step closer to sounding like a native with these colloquial expressions

Choice phrase: “¡Chachi piruli!”

Literal translation: “Cool lollipops!”

Explanation: When The Simpsons became *Los Simpson*, they had to tackle Ned Flanders’s infamous Okeley-dokeley-talk. They went with “*chachi piruli*” as his catchphrase. “*Chachi*” comes from the *caló* (Spanish Gypsy) “*tchachipén*”, meaning “truth” or “reality”. On its own, “*chachi*” is used as a synonym for the more common “*guay*”, but the naff factor increases exponentially when the second half, “*piruli*”, is added.

Choice phrase: *Estoy constipado/a*

Literal translation: I’m constipated/ blocked up

Explanation: It sounds rather blunt doesn’t it? But don’t worry; your friends are not informing you of their toiletry habits. It’s another way of saying that they have a cold. That’s why you’re more likely to hear this delightful phrase during the winter months, accompanied by a rather too detailed description about mucus build-up which you really don’t need to know about. You should only start making polite excuses to leave the room when your friend says, “*Estoy estreñado/a*” — this does mean that he or she is constipated. The best course of action here is to pass the unfortunate person a box of bran flakes and be on your way.

Choice phrase: *Cantamañanas*

Literal translation: A person who sings in the morning

Explanation: Guilty of singing in the shower anyone? Well you could be a *cantamañanas*. Or perhaps you enjoy exercising your vocal chords when leaving Dos de Mayo at dawn still drunk from the night before. Sound familiar? We picked up this phrase from a Spanish lady who described Hugh Grant as a “*cantamañanas*”. It means someone who is irresponsible, a fantasist, and who is not to be trusted, who promises a lot but does not deliver. It can also mean someone who talks a lot publicly but knows nothing. The equivalent in English would be a know-it-all, or someone who is full of hot air. How many *cantamañanas* do you know?

Choice phrase: *Estás como una cabra*

Literal translation: You are like a she-goat.

Explanation: A friendly way of telling your friends that they’re nuts, this phrase is more of a tease than a serious statement. It always incorporates the verb *estar* and not *ser* as it refers to passing madness as opposed to a lasting state of insanity. You could also tell your friend that he or she is like a watering can, “*Estás como una regadera*,” which infers the same state of temporary craziness and is the Spanish equivalent of being one sandwich short of a picnic!

Choice phrase: *Es un buen partido*

Literal translation: He/she’s a good catch!

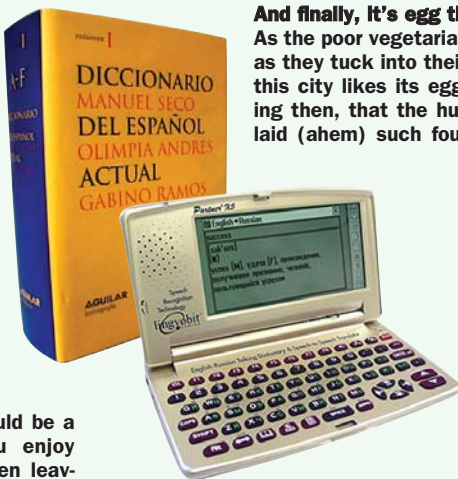
Explanation: As in: he’s got a great job, a nice car, he’s cute and SHOCK, he doesn’t live with his parents! We’re not sure how often you’ll get to use this phrase, but at least you can listen out for it. Just don’t get trampled underfoot in the rush when all the chicas spot a guy that truly is a *buen partido*.

And finally, It’s egg time. . .

As the poor vegetarians of Madrid will tell you, as they tuck into their third tortilla of the day, this city likes its eggs. So it’s hardly surprising then, that the humble egg, or *huevo*, has laid (ahem) such foundations in the Spanish vernacular. It can be used first of all as a synonym for “a lot”: *Me duele un huevo*, meaning “It really hurts”, not a reference to ovarian problems in women. If you were to order someone to send eggs — ¡*Manda huevos!* — you’d be exclaiming surprise or shock, rather than trying to get the Easter gifts back home on time.

And then of course there is the crude use of the word, the part you’ve no doubt all been waiting for. A man’s eggs in Spanish are what in English we might call his spuds — the gonads. *No me toques los huevos* then is not an order to desist from sexually molesting a man (and let’s face it, men very rarely say that to women). It is instead an order to stop getting on someone’s nerves. And then finally there’s a *patada en los huevos*, which all men should avoid like the plague. We’ll leave it to your Spanish friends to explain that one to you . . .

■ KIRSTY TUXFORD, ANNABEL LAISTER AND SIMON HUNTER



WHOLE LOTTA BULL!

Like it or loathe it, bullfighting is very popular in Madrid. Taking a leaf from Ernest Hemingway's *Death in the Afternoon*, *InMadrid* answers the questions that guidebooks don't always touch on

Is the "red rag to a bull" saying a myth?

Bulls are colour-blind, so a more likely explanation for the red cape is that red cloth doesn't show the stains of dried blood, and can be seen more easily by spectators. Also, the bull will instinctively charge at the cape because it is a large, moving target.

Why do bullfighters wear slippers?

Wearing flat-soled shoes gives them the flexibility to dig their feet into the sand. If it starts to rain during the bullfight, they often take the slippers off and fight in their stockings, to avoid slipping and falling.

Do the colours of their suits have any other special significance?

Newer bullfighters who can't afford a full wardrobe of suits opt for darker colours, as the blood stains don't show up as easily. Some bullfighters will not wear a specific colour of *traje* if they've previously been gored wearing that colour.

What about the horse that the picador rides? What kind of protection does it have?

In days gone by, *picadores* rode horses that were past their prime, with only small pads covering their front quarters and stomachs. Today, the *petos* (coverings) extend around the horse's entire body, and are sometimes made of Kevlar, the same material that lines a bulletproof vest.

What is the picador's role?

The picador's job is to pierce the bull's neck in order to weaken its neck muscles. They are then followed by *banderillos*, who run into the ring on foot and insert two spiked sticks into the bull's neck. By this time the bull has lost sufficient strength for the bullfighter to move in.

Why do bulls have coloured ribbons placed on their necks?

Each bull has two markers that show which *ganadería* (rancher) it comes from: the brand and the ribbons. Aside from being easier to see by the crowd than a branding, ribbons also mark the breed of bull fought (since most *ganaderías* only specialise in one breed).

Why don't the bulls run all over the bullring, like in cartoons?

Bulls are territorial animals and they have specific preferences as to where they want to be — in bullfighting, this is called *querencia*. One of the objectives of the first part of a bullfight, when the pink and yellow capes are used, is to see where the bull prefers to be. A bull that runs all over the place without establishing *querencia* might be too scared to fight. If this happens, the president waves a green handkerchief, and the bull is taken back to the pen.

What happens if the bullfighter screws up?

Crowds generally voice their displeasure by whistling loudly and yelling insults. A bullfighter who came up short obviously wouldn't be awarded any ears, but one who really botched the job would receive a round of *bronca*, including, but not limited to, yelling and having cushions thrown at him. Don't try this if you go to Las Ventas — they'll kick you out!

I'm not convinced by all this bullfighting lark. How can I join the anti-taurino movement?

The anti-bullfighting movement is stronger outside of Spain (especially in the UK) than it is here. People for the Ethical Treatment of Animals (www.petaeurope.com) and the World Society for Protection of Animals (www.wspa.org.uk) have launched anti-bullfighting campaigns in the past. Within Spain, the main group opposed to bullfighting are ADDA — Association for the Defence of Animals (www.addaong.org).

■ PATRICIA DAWN SEVERENIUK & KIRSTY TUXFORD

To catch a bullfight, head to the Plaza de Toros de Las Ventas, c/Alcalá, 237, tel: 91 726 35 70 (Metro: Las Ventas). Box office open: Mar-Oct, Fri-Sat, 10am-2pm, 5-8pm; from 10am on fight days. Call: 902 15 00 25 to book tickets with credit card. Closed Nov-Feb. See www.las-ventas.com for more information.



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Alonso Martínez	Stromboli Café	Hortaleza, 96	Plaza de España	Siam	San Bernardino, 6
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Antón Martín	Filmoteca Española	Santa Isabel, 3	Plaza de España	Colorado Express	Martín de los Heros, 4
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Antón Martín	La Biotika	Amor de Dios, 3	Príncipe Pío	El Vergel	Paseo de la Florida, 32
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Arguelles	Supersonic	Meléndez Valdés, 25	Santiago Bernabéu	Natura Si	Doctor Fleming, 1
Atocha	Hotel Lope de Vega	Lope de Vega, 49	Santiago Bernabéu	Moore's III	Gutiérrez Solana, 6
Atocha	La Tapería	Plaza Platería de Martínez, 1	Santiago Bernabéu	Irish Rover	Avda de Brasil, 7
Atocha	Cambridge	Méndez Álvaro, 2; 1 st drch	Santiago Bernabéu	Zmork Fitness	General Perón, 25 esq. Ercene
Banco de España	British Consulate	Paseo de Recoletos, 7 - 9; 4 th	Santo Domingo	Templo del Gato	Trujillos, 7
Banco de España	James Joyce	James Joyce	Santo Domingo	La Bambola	Travesía de Trujillos
Banco de España	L'Espirale	Alcalá, 55	Santo Domingo	Gimnasio Ópera	Fomento, 3
Banco de España	Momo	Libertad, 8	Santo Domingo	Viajes Zeppelin	Pza. Santo Domingo, 2
Bilbao	Molly Malone's	Manuela Malanafia, 11	Santo Domingo	Beer Station	Cuesta de Santo Domingo, 22
Callao	Shooters	Mesoneseros Romanos, 16	Santo Domingo	Agra	Izda la Católica, 9
Canillas	The Handyman	Crtra. Canillas, 128	Sevilla	Al Natural	Zorrilla, 11
Chamartín	Chamartín Tourist Office	Estación de Chamartín	Sevilla	Hotel El Prado	Prado, 11
Chueca	El 26 de Libertad	Libertad, 26	Sevilla	Artemisa	Ventura de la Vega, 4
Chueca	Finnegans	Plaza de las Salesas, 9	Sevilla	Inti de Oro	Ventura de la Vega, 12
Ciudad Lineal	The Irish Corner	Arturo Soria, 6	Sevilla	Turmadrid	Duque de Medinaceli, 2
Colombia	St. Patrick's Abbey	Puerto Rico, 35	Sol	Naturbier	Plaza de Santa Ana, 9
Colón	La Gallette II	Bárbara de Braganza, 10	Sol	Babylon Idiomas	Plaza de Santa Ana, 1; 1 st
Concha Espina	Paddy's	Concha Espina, 69	Sol	Tijcal	Cruz, 26
Cuzco	Larry's Bar	Alberto Alcocer, 7	Sol	O'Connell St.	Espoz y Mina, 7
Cuzco	Alfredo's Barbaoca	Juan Hurtado de Mendoza, 11	Sol	Dubliner's	Espoz y Mina, 7
Cuzco	Summa	Profesor Waksman, 5	Sol	Fat Tony's	Cruz, 11
Diego de León	Sushi Olé	Franco Silvea, 71 esq. G. Orúa	Sol	La Solera	Cruz, 8
Goya	Geografic Club	Alcalá, 141	Sol	Alhambra	Victoria, 9
Gran Vía	Casa del Libro	Gran Vía	Sol	Hotel Victoria	Victoria, 4
Iglesia	Booksellers	Fernández de la Hoz, 40	Sol	Talking Point	Victoria, 2
Iglesia	Kennedy Language	Santa Encragacia, 46; entreplanta	Sol	Bourbon Café	Carrera de San Jerónimo, 5
Iglesia	U.S. Mississippi	Santísima Trinidad, 8	Sol	Interpublic Café	Carrera de San Jerónimo, 18; 1 st
Iglesia	Linguacentre	Juan de Austria, 30	Sol	Hotel Asturias	Sevilla, 2
Iglesia	The Things You Miss...	Juan de Austria, 11	Sol	O'Neills	Príncipe, 12
Iglesia	Anyway	Viriato, 64	Sol	Training Express	Plaza del Cordón, 1
Islas Filipinas	American Store	San Francisco de Sales, 3	Sol	Moore's	Felipe III, 4
Islas Filipinas	Galileo Galilei	Galileo, 62	Sol	Hotel Pett Palace de Sol	Arenal, 5
Islas Filipinas	Public House	Fernández de los Rios, 81	Sol	Hotel Moderno	Arenal, 1
La Latina	El Estragón	Plaza de la Paja, 10	Sol	Bangkok	Arenal, 15 esq. Bordadores
La Latina	Taberna Chica	Costanilla de San Pedro, 7	Sol	Intispania	Montera, 10-12
La Latina	Juana la Loca	Plaza Puerta de Moros, 4	Tetúan	St. Andrew's Cross	General Margallo, 26
Lavapiés	Herbata	Sombrerera, 24 esq. Argumosa	El Hornó	El Hornó	Esgirima, 11
Lavapiés	La Librería de Lavapiés	Argumosa, 39 esq. Dr Fourquet	Tirso de Molina	Mad Hostel	Cabeza, 24
Lavapiés	Café Barbieri	Ave María, 45	Tribunal	Mercado de Fuencarral	Fuencarral, 46
Lavapiés	Cat's Hostel	Cañizares, 6	Tribunal	Quiet Man	Valverde, 4
Metropolitano	International House	Paseo Juan XXIII, 9	Tribunal	Triskel Tavern	San Vicente Ferrer, 3
Metropolitano	Rectorado Politécnica	Ramiro de Maetz, 7	Tribunal	Moore's II	Barceló, 1
Metropolitano	UCM - Fac de Geografía e Historia	Avda. Profesor Aranguren, s/n	Ventura Rodriguez	Shamrocks	Pintor Rosales, 6
Metropolitano	Escuela de Negocios	Gregorio de Amo, 6			
Metropolitano	Univ. Antonio de Nebrija	Prínceps, 55			
Metropolitano	Saint Louis University	Avda. Valle, 34			

DIGITAL ENTERTAINMENT

Madrid's top-notch DVD rental shops cater to all kinds of cineastes



Septimo Arte — for all your DVD needs

Séptimo Arte — the Seventh Art — is the reigning maestro of all budding art-house DVD clubs. Its founding store on calle Hortaleza has only been going for four years, but it was the first of its kind and has set the standard in the city. The Malasaña mainstay and its sister store in Ópera serve as off-campus libraries for all Madrid's film students. Sections are not labeled, but placed below film stills that denote their category. New releases are scattered among the classics and more obscure titles. To join, you must buy a 10-, 25- or 50-film voucher, which you can make go further if you take advantage of their two-for-one offer on selected titles available on Mondays and Tuesdays. **Séptimo Arte, c/Hortaleza, 69, tel: 91 310 38 51 (Metro: Alonso Martínez); c/Amnistía, 1, tel: 91 541 87 30 (Metro: Ópera). www.septimoarte.digital.com. Open: every day, 12pm-midnight.**

At first, **Dlumo's** huge windows and white-wall space look far too minimal to promise an interesting café, but the faithful clientele give the place a great, laid-back vibe. There

are two areas dedicated to films: the more commercial flicks and new releases on the right as you enter, and a room at the back showcasing the more artsy works of Robert Altman, Woody Allen, Pedro Almodóvar . . . and that's just a sample of the "A" section. Stick around for an espresso or choose from a great selection of homemade salads and pastas available for take-away. **Dlumo, c/San Marcos, 37, tel: 91 522 00 09 (Metro: Chueca). www.dlumo.com. Open: every day, 11am-midnight.**

La Luclémaga, the "glow-worm", certainly shines among DVD stores. Located in Lavapiés, the non-profit cooperative shares many of the philosophies of its barrio. Opened in 2005 by four young and non-economically motivated cinephiles, it offers more than 1,300 film titles, and is working

for public exposure of their work. Keep an eye out for their free film cycles and mini-festivals. **La Luclémaga, c/Marqués de Toca, 5, tel: 91 468 42 35 (Metro: Antón Martín). www.laluclerna.ga.org. Open: Mon-Fri, 5pm-midnight; Sat-Sun, 12pm-midnight.**

A stone's throw from the cultural centre and library, nestled between arty bars, **La Sefarama** offers owner Javier Jambou's personal collection of sci-fi, horror, international and *ciné d'auteur* films. Note the glass cabinet of cult-film objets d'art, then browse a wide selection of classic French and Irish films. Half-French, half-Spanish and "a little bit Irish through association", Jambou selects films based on what he has seen and liked, perhaps a long time ago on television, or on the recommendations of friends. If he doesn't like a film, it doesn't come to his



Reaching for the top shelf

on expanding a book-lending library. The store supports young filmmakers who enter into the "copyleft" policy, whereby they agree to copies being made of their film free of charge in return

store (and if he decides he's gone off a film, he'll get rid of it; you know who you are, *Conde de New York*). **La Sefarama, c/Conde Duque, 28, tel: 91 548 00 10 (Metro: Noviciado). Open: every day, 5-10pm.**

MUSEUMS: THE BIG THREE

No one should pass through Madrid without visiting the “Golden Triangle” of art museums. Here’s all you need to know about the Prado, the Thyssen and the Reina Sofía

With the world-renowned Museo del Prado, the Museo Thyssen-Bornemisza and the Museo Nacional Centro de Arte Reina Sofía, Madrid continues to be an art lover’s dream. These three biggies are grouped close enough together so that you could tackle them all in one day. Although this is a mite overzealous, it can be done, provided you have your museum pass (*Paseo del Arte*: granting you one-time entry to all three for €14.40), a solid thirst for a day of culture and a good pair of walking shoes.

If you’re a museum buff and want to visit several museums during your stay, then it’s worth getting the *Tarjeta anual múltiple* (€36.06), which gives you unlimited visits for one year to state museums belonging to the Dirección General de Bellas Artes y Bienes Culturales — including the Reina Sofía and the Prado.

The Reina Sofía

The Atocha Metro stop sets you down right in front of the impressive modern façade of the Reina Sofía. It is home to Picasso’s controversial anti-war masterpiece, “Guernica”, which is hard to miss on the second floor. Catalan artist Joan Miró’s primary-colour abstractions and surrealist king Salvador Dalí’s paintings and collaborations in film with Luis Buñuel are also must-sees. In addition to its permanent collections, the Reina Sofía hosts exhibitions of some of the biggest names in the contemporary art scene while also devoting a lot of space to contemporary Spanish artists such as Oteiza, Chillida and Tápies.

If perusing modern art has made you hungry, grab some tasty food in the museum restaurant, Arola on the ground floor. *Reina Sofía, c/Santa Isabel, 52, tel: 91 774 10 00 (Metro: Atocha). Open: Mon, Weds-Sat, 10am-9pm; Sun, 10am-2.30pm. Closed Tues. General admission: €6, students: €3, free Saturdays 2.30-9pm and Sundays 10am-2.30pm. See www.museoreinasofia.es for more information.*

El Prado

Seeing everything in the Prado could take you a week — there are 7,000 pieces in its collection, although not all are on display at the same time. Hit up the best of the best first. Ask for a map at the entrance so you can find gems such as Caravaggio, Rubens and Bosch. As for the Spanish contribution to art history, the Prado houses Velazquez’s monarchy-commissioned portraits and his masterwork, “Las Meninas”, as well as El Greco’s vibrant landscapes and Goya’s horrific representations of the Napoleonic invasions.



Dalí-Dalí at the Reina Sofía

The recently opened 22,000 square-metre annex designed by Navarran architect Rafael Moneo has added a huge amount of space to the Prado. Now, 500 more works from the permanent collection can also be exhibited. *El Prado, Paseo del Prado, s/n, tel: 91 330 28 00 (Metro: Banco de España). Tues-Sun, 9am-8pm; Mon, closed. General admission: €6, students €3, free Tues-Sat, 6pm-8pm and Sundays, 5pm-8pm. See <http://museoprado.mcu.es> for more information.*

The Thyssen-Bornemisza

The Thyssen definitely covers all bases: from American Impressionism to Gauguin and German Expressionism to Matisse and Ribera. Its detractors say that this is the museum’s downfall — having a sprinkling of everything instead of a retrospective of any one period — but it bridges the gap between the ultra-modern Reina Sofía and the more traditional Prado. It also features less of a Spanish tilt, with stand-out collections of the Dutch, Flemish and Italian Masters. It is laid out so that you can work your way chronologically through the best of over seven centuries of art history floor by floor. *Thyssen-Bornemisza, Pº del Prado, 8, tel: 91 369 01 51 (Metro: Banco de España). Tues-Sun, 10am-7pm; Mon, closed. General admission: €6, students: €4. See www.museo.thyssen.org for more information.*

PARQUELIFE

It's time for some cheap thrills — or not so cheap in some cases — at Madrid's main theme parks

The thrill-seeking transient has plenty to enjoy at Madrid's amusement parks. Let's head first to Parque Warner, just a short train ride away in the south of the city. The park is billed as one of the best theme parks in Europe, and, in keeping with the tradition of such US film parks as Universal Studios or Disney's MGM, it tries to fool you into thinking you've stumbled into a 50s Hollywood back lot. The most notable attractions are Superman — *La Atracción de Acero* (Ride of Steel), an enormous multiple looping coaster; closely followed by accompanying comic-book hero Batman in *La Fuga*, an "inverter" coaster, whose upside-down track leaves the rider's head and legs dangling. The result is an incredible g-force assault on the body.

Closer to the city centre is the Parque de Atracciones, which has seen a revival in popularity in recent years with two new major rides. *La Tarántula*, a coaster with spinning cars, is a pretty wild ride. The show-stopper, however, is *Abismo*, a riot of a roller that, quite frankly, needs to be



Take me for a ride, at the Parque de Atracciones

seen to be believed. They join *El Tornado*, another inverter coaster, as well as an excellent collection of family and junior rides for the timid or young at heart.

Both these parks mirror the Madrileño lifestyle and can stay open past midnight during peak season. Best time to visit, however, is early September or during school term-time, which means less queuing.

Parque Warner Madrid, San Martín de la Vega, tel: 902 024 100. Getting there: By car: take the A-4 coming off at Salida 22 signposted towards San Martín de la Vega. By train: take line C3 from Atocha and change at Pinto for a train to San Martín de la Vega. Tickets: €33. See www.warnerbrospark.com for more information.

Parque de Atracciones, Casa de Campo, tel: 91 463 29 00 (Metro: Batán). Getting there: Take the N-V from Príncipe Pío and take the exit signposted Parque de Atracciones. Tickets: €24.40. See www.parquedeatracciones.es for more information. ■ JAMIE SHOESMITH

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IN WITH THE OLD

A great way to save money is to buy second-hand clothes. But Madrid is not a city teeming with second-hand stores, so where should you look for some hand-me-down fashion?

Haroula Spyropoulos goes to find out

Ah, calle Fuencarral. Time was when the street was bursting with original shops, all booming thanks to the newly opened Mercado. But just look at it now: the big boys have taken over. Do we really need two branches of Blanco in the same 100 metres? And on Gran Vía, is it really necessary to open two branches of Sfera within spitting distance? Well, apparently it is. Because Madrileños, like their European and American counterparts, can't seem to get enough of new, cheap clothes. New good, old bad.

Seeking out the vintage

But what if you want a more original look? In Madrid it's not too easy. There are really only a handful of truly vintage shops in the city, one of them being Templo de Susu in Malasaña. Here you'll find some great coats and jackets for men and women, a wide selection of jeans and skirts, as well as accessories and shoes. The prices range from €15 to over €100. Or you can head to Lotta Vintage, exclusively for women. Don't miss their great range of hats, and be sure to check out the sale rack tucked away at the back.



Dressing the part

Now on to dresses. But not just any dresses — these are unique, attractive, and won't break the bank. Head to Corredera Alta de San Pablo to Naufrago and La Bonita, where there are some thrifty finds for clothing and accessories. Naufrago has everything from t-shirts and sweat-shirts to skirts, jeans and wallets. If you're willing to go for something a bit pricier, check out Lost People. Here you'll find designs unlike anything you've ever seen. Spot something you like that's not available in your size, and they'll stitch it together for you on the spot.



Photos: InMadrid

Out of Malasaña

For quantity, Malasaña and Chueca are the best spots to head for vintage wear. But there are other shops further afield. A great place to head is Underground. As it's located in the Rastro, it's open Sundays and public holidays, should that shopping urge overcome you on an official day of rest. Tucked behind the Reina Sofia museum is the curiously named Pepita is Dead. The place is amazing; here you will find true vintage wear, not second-hand — they are “forgotten clothes” from the 60s and 70s that have never even been worn. Perhaps they were bequeathed to the owner by the mysterious Pepita . . .

Where to dig out a classic from yesteryear

Templo de Susu c/Espíritu Santo, 1, tel: 91 523 31 22

(Metro: Tribunal). Open: Mon-Fri, 11am-2pm and 5-9pm.

Lotta Vintage c/Hernán Cortés, 9, tel: 91 523 25 05 (Metro: Tribunal/Chueca). Open: Mon-Fri, 11am-2pm and 5-9pm; Sat, 11am-9pm.

Naufrago c/Corredera Alta de San Pablo, 25, tel: 91 445 62 69 (Metro: Tribunal). Open: Mon-Fri, 10.30am-2pm and 5-8.30pm; Sat, 11am-2.30pm and 5-9pm.

La Bonita c/Corredera Alta de San Pablo, 30, tel: 659 332 716 (Metro: Tribunal). Open: Mon-Sat, 11am-2.30pm and 5.30-9pm.

Lost People c/Santa Bárbara, 6, tel: 91 522 96 99 (Metro: Tribunal). Open: Mon-Fri, 11am-2pm and 5-8.30pm; Sat, 11am-2.30pm and 5-9pm. See www.lostpeopleshop.com for more information.

Underground c/Mira el Río Baja, 14, tel: 91 364 15 46 (Metro: Puerta de Toledo/La Latina). Open: Mon, 5-8pm; Tues-Fri, 10am-2.30pm and 5-8pm. Sun and holidays, 10am-3.30pm.

Pepita is Dead c/Doctor Fourquet, 10, tel: 91 528 87 88 (Metro: Atocha). Open: Mon-Fri, 11am-2pm and 5-8.30pm; Sat, 11am-2.30pm and 5-9pm. www.pepitaisdead.es

SHOPPING BY BARRIO

Madrid has handily compartmentalised shopping zones, with everything in its place, and a place for everything. We break down the barrios so you know where to head

Ópera:

Musical Instruments

Perhaps not surprisingly, the area around the Teatro Real, Madrid's opera house, is a very musical neighbourhood. Streets to the north are home to second-hand and collectors' record shops, while those to the south are the places to find musical instruments. El Flamenco Vive is your first and last stop for all things flamenco. As well as guitars and drums, they stock dresses and shoes, all handmade and made-to-measure. Their own publishing house and record company are responsible for some of the many CDs, DVDs and books on sale in the shop. Alberto Martínez and his brother David have been running the business for 15 years. "Our customers range from young tourists who leave with a few postcards, to flamenco professionals such as Tomatito, Paco de Lucía and Enrique Morente, who buy their gear from us," says Alberto. "Everyone is welcome — our only desire is to spread the culture of flamenco." **C/Conde de Lemos, 7, tel: 91 547 39 17 (Metro: Ópera).**

Salamanca:

Designer clothes

Barrio Salamanca is the place to head for high fashion. Label lovers should stroll down calle Ortega y Gasset to find exclusive Gianni Versace, Hermès, Chanel and Dolce & Gabbana stores, alongside Luis Vuitton, Gucci, Cartier and Jimmy Choo. Even if such shops are beyond your budget, the attractive Christmas lights and even more attractive locals mean these streets are perfect for an evening's window



shopping. Calles Serrano and Goya combine specialist clothing retailers and fashion houses with familiar chains. Loewe was founded in Madrid in 1846, and are the Spanish luxury experts. Ogle at the leather goods, and the ready-to-wear lines and perfumes through the window — because naturally, the prices match the company's prestige. **C/Serrano, 26 (women's) and 34 (men's), tel: 91 577 60 56 (Metro: Serrano).**

Calle del Barquillo:

Audio equipment

In 1971, this street was the first to sell hi-fi equipment in Spain, and has been synonymous with the sector ever since, earning the moniker "Calle del Sonido". Nowadays, it's still the place to go for hi-fis and accessories, TVs, cameras, dj equipment and electronics. Adan Audio is a shop that has had to face changes in Barquillo. Increased competition for audio equipment comes from department stores and electrical goods supermarkets. Four shops have closed in Barquillo in the last three years, so Adan Audio, like several other shops, has

moved into the market of dj equipment, and now sells a large range of professional decks, mixers, headphones and amps. It also stocks studio and stage equipment. Benito Zapatero, the store's manager, says Barquillo's motto has been "specialise or die". **C/Barquillo, 36, tel: 91 319 36 26 (Metro: Chueca/Banco de España).**

Chueca:

Discount shoes

This street in the heart of Chueca is where to go for quality shoes and boots at discount prices. The shops sell *muestras*, or samples, often for as low as half price. If you're a woman with size 37 feet, or a man with size 41, then you're in luck — *muestras* are usually these sizes. However, the shops will often give discounts on their entire range of shoes. Head to Ambar Muestrario to try on a wide range of high-fashion shoes. **C/Augusto Figueroa, 14, tel: 91 521 84 36 (Metro: Chueca).**

Santo Domingo:

Record shops

Whether you're after some classic vinyl or you just want to avoid fnac, this is the zona that will keep your toes tapping. La Metrallera has a huge stock of second-hand records, CDs, cassettes and videos. The shop is located next to an underground car park accessed from Plaza de las Descalzas, a stone's throw from the Puerta del Sol. There is a great selection of collectors' LPs and many CDs starting at just €1. **Pl de las Descalzas, s/n, tel: 91 532 52 24. Open: Mon-Fri, 10am-2.30pm and 4.30-9pm.** ■ KEITH MILES

SPORT FOR ALL

Football

EN DIRECTO Madrid is home to what is historically European football's most successful club, Real Madrid. But as everyone has jumped on the bandwagon and wants to see Raúl, Robinho, et al, you pretty much have to be a *socio*



Photo: Paul Cassidy

(member) to get into the Bernabéu these days. But never say never; tickets go on sale about a week in advance, and if you head to www.servicaixa.com or call the automated box office on 902 324 324, you might just get lucky. **Estadio Santiago Bernabéu, P^a de la Castellana, 144 (Metro: Santiago Bernabéu).**

If you lean towards the plucky underdog, Atlético Madrid should fit your bill, and there are usually tickets available. This season the fans' optimism seems to be well-placed as the team are currently heading for a top-four finish for the first time in 10 years. Striking talents Diego Forlán and el Kun Agüero are worth the ticket price alone. Prices depend on matches, but expect to pay €30-40. **Estadio Vicente Calderón, P^a del Virgen del Puerto, 67 (Metro: Pirámides).** See www.clubatleticodemadrid.com for more information.

And finally, there's Getafe, Madrid's other top-flight representative. Tickets are available at the ground from the Monday before a game. Brave a Sunday evening on the hill that overlooks the stadium and you could even watch a match for free. **Coliseum Alfonso Pérez, Avenida Teresa de Calcuta, s/n (Cercanías: Las**

Margaritas). See www.getafecl.com for more information, or call 91 695 97 71.

KICK-AROUNDS

Madrileños are a sporty lot, and the local council provides plenty of places for them to kick a ball around. If there are enough of you interested in a game, you can hire a pitch at your local *polideportivo* (sports centre). See www.topmadrid.com or www.munimadrid.es for a full list, or call 91 540 40 10. If jumpers-for-goalposts is more your style, you can always take a ball along to the Retiro for a knock-about. There is an international mixed team that meets on Sunday afternoons there. **Email Charlie at annecharlotte49@hotmail.com for more information.**

You could also try entering your team in a league. The English Five-a-Side League play on Sundays between 2pm and 5pm near Metro Sainz de Baranda. See www.efi-madrid.com for more information. There are also weekly seven-a-side and eight-a-side footie leagues. **Call Finbar's pub on 91 548 37 93 and ask for Paul Grimley or Austin Thornton for more information about the leagues and how to join them.**

Tennis



Rafael Nadal, Spain's top tennis star

Getting access to courts in Madrid is not a problem, as there are plenty of tennis complexes around town. The private clubs are more exclusive, and as a result, are more expensive. But

the public ones are cheap and pretty cheerful, and an hour's play costs around €5. The norm is just to turn up on the hour or half-hour and see what's available. The best time to arrive is between 2-4pm, when nearly all of Spain is sitting down for lunch. A couple of recommendations: **Tennis Casa de Campo.** There is an excellent league you can join if you like your tennis with a competitive edge. And there's the added spectator-bonus, thanks to the Casa de Campo's sundry collection of passers-by. **Casa de Campo, tel: 91 464 96 17 (Metro: Lago).**

La Elipa is a friendly complex with 10 hard courts, all in excellent condition. Take the Metro to Estrella and it's a short stroll away. **Parque de la Elipa, 6, tel: 91 430 35 11 (Metro: Estrella).**

For more details about these two clubs, or the numerous others dotted around Madrid, see the council website www.munimadrid.es or call 91 540 40 10. The Federación de Tenis de Madrid can also help you. Call 91 735 11 54 or see www.ftm.es to find information.

Rugby

As the "other" ball game continues to grow in popularity, inspired by last year's spectacular World Cup, teams are springing up all over town. Finnegan's Irish pub is home to the Madrid Lions, and players of any nationality and level are welcome to join. **Call Charlie on 636 067 716, visit the website at www.madrillio.nsrfc.com or just drop into the pub on a Thursday evening.**

Gaelic football

Lovers of Irish sports will be interested in the Madrid Harps GAA club, which has men's and women's Gaelic football teams and welcomes new players with or without experience. **Contact Lorcan on 699 492 334 or visit the website at www.madriddga.com.**

DANCE



Whether your style is classical ballet, African tribal dance, or you've decided to go native with some flamenco, there's something for you in Madrid. Below we've listed some of the centrally located and more popular places to polish your moves.

El Homo is situated in the heart of Lavapiés and keeps up the neighbourhood's laid-back, funky vibe with classes ranging from Argentinean tango to *sevillanas*. **C/Esgrima, 9, tel: 91 527 57 01 (Metro: Tirso de Molina).** Hour-long classes, €9, bono of 10 classes, €87. See www.centroelhomo.com for more information.



Amor de Dios, the world-famous flamenco institution, offers classes in a variety of styles and levels, with 15 qualified instructors on standby to help you get your *duende*. **C/Santa Isabel, 5, planta superior, tel: 91 360 04 34 (Metro: Antón Martín).** €35-50 a week. See www.amordecidios.com for more information.

Danzas del Mundo features classes in a wide range of styles, all scheduled during the evenings. After forking out a joining fee (*matrícula*) of €20, students pay on a sliding scale depending on the number of classes taken a month. **Gran Vía, 22, 3ª dcha, tel: 91 531 68 69 (Metro: Gran Vía).** Trial class, €10. See www.danzasdelmundo.com for more information.

■ PATRICIA DAWN SEVERENUK AND KRISTEN BERNARDI

YOGA



Madrid is embracing the Ohm. Despite its reputation for rich food, wine and an after-dinner smoke, the capital has plenty of places where you can nourish your mind, body and spirit through the art of yoga.

Ashtanga Yoga is a school named after the best-known form of the

bendy art. The students here are a mix of natives and foreigners, and the classes are some of the most affordable in Madrid. **C/Juanelo, 12, tel: 91 369 00 33/667 652 600 (Metro: Tirso de Molina).** Drop-in classes, €10, €70 per month for three classes a week. See www.ashtangayogamadrid.com for more information.

Bikram is the first studio of its kind in Spain, featuring a style of yoga that is practised in a room heated to a roasting 40°C. Run by American Lucia Kelley, it is a hit with Spaniards and foreigners alike. **C/Divino Pastor, 25, tel: 91 523 11 41 (Metro: Bilbao).** Drop-in classes, €15, bono of 10 classes, €110. See www.bikramyoga.es for more information.

City Yoga has drawn comparisons to London's posh Tri-Yoga, with its

sleek design and comprehensive services. Here you have a full range of styles to explore, including Iyengar and Kundalini, and after class you can indulge in a massage. And, be sure to check out their new sister facility, City Pilates. **C/Artistas, 43, tel: 91 553 47 51 (Metro: Nuevos Ministerios/ Cuatro Caminos).** Drop-in classes, €13, €80 per month for three classes a week. Membership fee, €30. See www.city-yoga.com for more information.

Centro Shila Yoga, a beautiful, tranquil facility nestled in the student-populated area of Argüelles, features classes morning, noon and night as well as massage. **C/Joaquín María López, 10, tel: 91 554 06 70/660 410 477.** Drop-in classes, €10, €75 per month for three classes a week.

■ KRISTEN BERNARDI



ad directory

Academia Internacional de Lenguas en Madrid

AIL Madrid goes above and beyond the average language school. At this friendly school, students are offered small classes (a maximum of six) and complete flexibility to change classes if you feel you are not studying at the right level. Special courses such as DELE exam preparation, Business Spanish, University Preparation, and part-time and evening courses are also available. In addition to this, at no extra charge, there are 10 hours a week of cultural and social activities, a welcome dinner and all materials provided. The welcoming atmosphere is unrivalled. At AIL as well as learning Spanish you will come away with a whole lot more.

AIL, c/Doctor Esquerdo, 33, 1^o 2, tel: 91 72 56 350 (Metro: O'Donnell/Manuel Becerra). See www.ailmadrid.com for more information or email info@ailmadrid.com. (See ad back cover)



Anaya ELE is a publishing house dedicated to the creation of materials to help you learn Spanish as a foreign language. In its catalogue you will find methods for teenagers and adults (**sueña mañana vuela**), graded readings, supplementary material, bilingual glossaries in English, French, German, Italian and Portuguese and abridged Audio Classics.

Anaya Ele, email anayaele@anaya.es, online www.anayaele.com. (See ad p47)

Ashton Champion School

The Ashton Champion School of English and Spanish boasts 30 years of experience teaching young learners and adults. For your convenience they offer classes two to three times per week both in the mornings and the evenings. They also give you a choice between group and one-to-one classes. At the Ashton Champion School you'll find the staff are friendly and very willing to adapt to your needs.

Ashton Champion School of English, c/Arturo Soria, 333, tel: 91 766 97 53. E-mail: campi-on_alvarez@hotmail.com. (See ad p42)

International House

Over 50 years' experience and more than two million students in 40 countries. International House runs Spanish courses with a reputation second to none, both for their quality of teaching and friendly staff. Having also provided the foundation for the current CELTA English teacher-training syllabus, as well as supplying one third of the language industry's qualified English teachers, whichever course you choose with IH, you will be in good hands.

International House Madrid, c/Zurbano, 8, tel: 91 319 72 24 (Metro: Alonso Martínez). Open: Mon-Fri, 8am-9.30pm. (See ad p42)

J&J Books and Coffee

With over 25,000 new and used English books, J&Js has the largest and best selection of English books in Madrid. This two-story shop has a cosy café where they hold fun activities every night, such as Intercambio Night and Trivia Night. Come here to buy or sell your books, play a game of Scrabble and sip sangria, or just make new friends. See for yourself — guaranteed to be your favourite place in Madrid.

J&J Books and Coffee, c/Espíritu Santo, 47, tel: 91 521 85 76 (Metro: Noviciado). www.jandjbooksandcoffee.com. Open seven days a week. (See ad p42)

Teacher Training Madrid

TtMadrid was started by a team of TEFL teachers and TEFL trainers with more than 10 years experience in the field. They are dedicated to providing quality teacher training, ensuring that trainees have full support and guidance both during and after the course. Because TtMadrid places an importance on business skills, their trainees are well placed to get the best and most well paid jobs while working overseas. The courses include all materials, Spanish classes and a welcome and farewell lunch.

Teacher Training Madrid, c/General Yague, 70, 1^o, tel: 91 572 19 99 (Metro: Estrecho). E-mail: info@ttmadrid.com. See www.ttmadrid.com for more information. (See ad inside front cover)

ad directory (cont.)

Trinity College

Trinity College — Liceo Serrano offers the highest standards of education at all levels: Infants, Primary, Secondary, and Baccalaureate. In all our courses English plays an important role and for our youngest students the education is bilingual. Our motto "Educational Excellence" summarises our daily objectives, offering our students personalised quality teaching within the fields of arts, science, humanities, information technology and of course languages (official Cambridge examination centre for all Cambridge EFL examinations). **Trinity College, c/Playa de Formentor, s/n, Boadilla del Monte, tel: 91 633 01 81. www.trinitycollege.es. (See ad p42)**

Futbol Detup

This is the best equipped football shop in Madrid. You'll find any item you desire from the world's most important football teams: t-shirts, shorts, shoes, balls, training kits, and

all the gifts from your favourite team. You can place orders from anywhere in the world via Detup's webpage or by sending an e-mail.

Fútbol Detup, c/Marqués de Valdeiglesias, 2, esq Gran Vía, tel: 91 522 15 13/fax: 91 521 03 91 (Metro: Banco de España). E-mail: futboldetup@telefonica.net; See www.futboldetup.com for more information. (See ad p53)

F-1 Detup

This is the best-equipped Formula 1 shop in Madrid. You'll find any item you desire from the world's most important racing teams: shirts, trousers, shoes, caps, and all the gifts from your favourite team. You can place orders from anywhere in the world via Detup's webpage or by sending an e-mail.

F-1 Detup, c/Gran Vía, 22, tel: 91 521 55 06/fax: 91 521 03 91 (Metro: Gran Vía). E-mail: futboldetup@telefonica.net. (See ad p53)

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