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Madrid's only English language newspaper

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Hello and welcome the Summer edition of the Madrid Metropolitan. This, our eight edition, is packed with our usual features and we have some great articles and interviews including one with Colonel Eduardo Diz Monje of the Royal Guard.

We hope you enjoy the summer months in Madrid and we look forward to seeing you all in the Autumn when we will be producing our 9th edition.

If you would like to contribute to the paper, please send us an email to editor@madridmetropolitan.com.

And don't forget, if you want to continue reading The Madrid Metropolitan on the beach just have a look at:
www.madridmetropolitan.com

Have a great Summer,
The Team

MADRID TREASURE HUNT (PART 8)

A 12 bottle case of finest Castilian wine is to be found at the end of our treasure hunt that explores the many secrets of Madrid's sometime dark and mysterious past. Every month for 12 months we publish a clue or a challenge for those daring readers who wish to discover the hidden side of Madrid.



Summer Challenge:

Find the bronze statue on C/San Agustín. What Spanish institution can't he see? Take a selfie with him and identify what he has around his neck and on his shoulders?

Send it to along with your name to editor@madridmetropolitan.com

Brought to you by **Madrid Adventures** - team building events with a Castilian twist.

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THE TOURIST SEASON!

GETTING AROUND

In July and August everyone's on the move! Some of you are probably in Madrid for the first time, and some of you are no doubt heading out of the city to the coast. AIL Madrid is here to help you get around in Spanish! To begin with, here are some great Spanish colloquial phrases about finding and losing your way.

- ¡Estar en el quinto pino! To be in the fifth pine tree! (To be a long way away!)

- ¡Estar donde Cristo perdió el merchero !! To be where Christ lost his lighter! (To be in the middle of nowhere!)

- ¡Estar más perdido que un pulpo en un garaje! To be more lost than an octopus in a garage. (To be very lost!)

- ¡Estar entre Pinto y Valdemoro! To be between Pinto and Valdemoro! (To be vaguely somewhere, but not sure exactly where!)

FEATURED STAFF MEMBER



Conoce a Isabel, de Murcia. Isabel es la principal organizadora de nuestras divertidas actividades extraescolares, así que es de esperar que le encanta socializarse y hablar sobre España y su cultura. Siendo hija de un chef, le entusiasma mucho la gran diversidad gastronómica de España, y nos dice que sin ninguna duda el mejor plato español es el caldero de Murcia, hecho con arroz, pescado y pimientos. ¡Muchos de sus estudiantes vuelven a sus casas con la receta de este plato tan delicioso!

Meet Isabel from Murcia, in the far south-east. Isabel is the head organiser of our Fun Afternoon Activities so as you would expect she loves to socialize and is passionate about Spain and Spanish culture. As the daughter of a chef, she is particularly enthusiastic about Spain's hugely diverse regional gastronomy, and tells us that without doubt the best dish in the country is the Murcian specialty caldero, based on rice, fish, and peppers. Most of her students leave with the recipe!

ASKING FOR DIRECTIONS

If you're tiring of being enslaved by your GPS, or even worse don't have any coverage, then getting lost and asking the locals for help is a great way to practice your Spanish.

The answer will nearly always involve the imperative, which in the informal singular is really easy! Here are the same verbs and their simplest imperative form.

- Perdona, ¿Hay un banco/una estación de metro/una farmacia por aquí? Excuse me, is there a bank/metro stop/pharmacy near here?
- Disculpa, ¿Para ir a...? Sorry, to get to... (insert street name/area)?
- ¿Sabes dónde está...? Do you know where ...is?

1. Coge la primera/segunda calle a la derecha/izquierda... (take the first street on the right/left...)
2. Gira a la izquierda en el semáforo... (turn left at the light...)
3. Sigue todo recto... (continue straight on...)
4. Vete a la derecha/izquierda... (go right...)
5. Cruza la plaza... (cross the square...)

Here are some common direction verbs

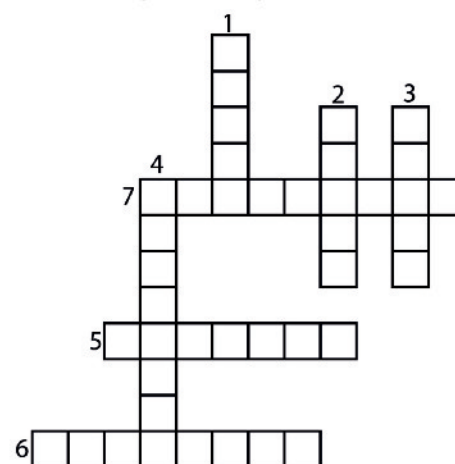
- Coger - to take
- Girar - to turn
- Seguir - to continue (irregular!)
- Ir - to go (irregular!)
- Cruzar - to cross



CRUCIGRAMA

METRO

¿Puedes completar todo?



1.Línea 2.abono 3.arden 4.laquilla 5.billete 6.estación 7.trasbordo

Horizontal

5. Para entrar en el metro
6. Lugar donde puedes subir o bajar del metro
7. Cambio de metro

Vertical

1. Trayecto del metro
2. Tarjeta roja que compras mensualmente para tomar el metro
3. Lugar donde esperar al metro
4. Despacho de billetes

SPANISH COURSE OF THE MONTH: THE SEMI-INTENSIVE

AIL Madrid runs full intensive courses throughout the year, but for students with busy lives the Semi-Intensive program is a great option. It consists of 10 rather than 20 lessons per week with morning and afternoon timetables available, and like the regular Intensives includes our famous Welcome Tapas, and a daily program of Fun Afternoon Activities.

The Semi-Intensive is recommended for students

with an A2 level or above (pre-intermediate) as it focuses particularly on developing fluency and listening comprehension skills.

As always the learning process is as interactive as possible in groups of a maximum of just 8 students to ensure optimum participation. It's a great way to give your Spanish a boost!

Price: 100€/per week



Where to find us



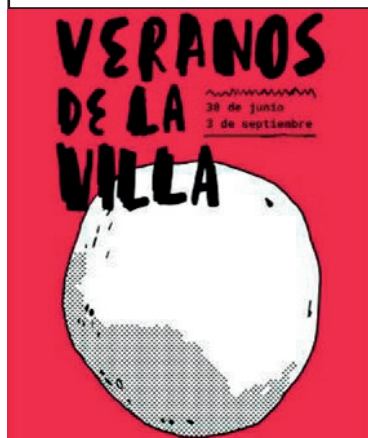
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Veranos de la Villa - Various Locations



Running throughout July and August, Madrid's most inclusive culture festival returns with a programme of 90, largely free, concerts and activities, now extended to cover all 21 of its districts.

From world music and alternative indie rock, to opera, theatre, dance and hip-hop, there is something for almost everyone.

Among the many free musical highlights on offer, the 12 July sees the Spanish National Choir performing Carl Orff's Carmina Burana in Plaza Mayor. There are also four Valadas de Circo (evenings of circus) in various locations around the city, and two nights of puppetry in Retiro Park to choose from.

Most events take place in the early evening and in the open air, making it a great opportunity to get out and take advantage of the summer months. Download a programme and find out more on the Veranos de la Villa official website.

June 30th - September 3rd

Pity and Terror. Picasso's Path to Guernica
Reina Sofia Museum

It is 80 years since Picasso's Guernica was first shown in Paris. The Reina Sofia, its current home, is now marking that fact with this exhibition exploring the painting's roots and imagery.

This collection of still lifes, interiors and portraits aims to trace a path to the artist's famous and

very public anti-war statement, by looking at his treatment of themes such as violence, sexuality and danger in the lead up to World War II.

The exhibition runs until the 4th of September, and can be accessed as part of a ticket for General Admission.

Carmen de Bizet - Teatro Nuevo Apolo

Dance and opera enthusiasts alike might be excited to learn of Ballet Flamenco de Madrid's new production, Carmen de Bizet, due to premiere on the **6 July**. This dance interpretation of a light opera classic incorporates live music and

choreography from a 20-strong cast. A Cultural Association in its own right, Ballet Flamenco de Madrid is known for blurring the boundaries between traditional Spanish dance & more contemporary forms. Runs until 31 August.

Get your Portrait Madrid! - Plaza Mayor

From the 5 July until 31 August, visitors to Plaza Mayor may find themselves immortalised by two of Spain's most important young portrait photographers as part of a project organised by PhotoEspaña.

This is just one activity designed to mark the historic court-

yard's 400th Anniversary this year.

Other events this summer include speakers from the TedEx-MadridSalon, an art installation that uses bottles discarded in the square and, on the **21 July**, a free live screening of Il Trovatore from the Barcelona Liceu.

Madrid Athletics Meeting - Friday, 14th July

Taking place a little under a month before the World Athletics Championships in London, sports fans won't want to miss Madrid's 35th annual Athletics Meeting, which promises to attract over 200 top international athletes, including the best from Spain. Forming part of the IAAF World Challenge Meetings, this 3-hour event gives spectators an op-

portunity to support elite competitors on their road to London, as well as more active participants a chance to compete in the men's and women's 800m, 1000m and 1,500m Open Races.

All tickets are very reasonably priced and available from the RFEA and Visit Madrid websites.

Morataluz Municipal Sports Centre

The DCODE Festival
Madrid Complutense University

See out the summer indie style with 18 hours of music and more at this well-established city centre outdoor festival. Running from midday on Saturday 9 September, until 6am the following day, the festival features some of the biggest names on the indie rock scene. UK artists include The Kooks, in their only visit to Spain this year, Franz Fer-

dinand, and a solo performance from Liam Gallagher.

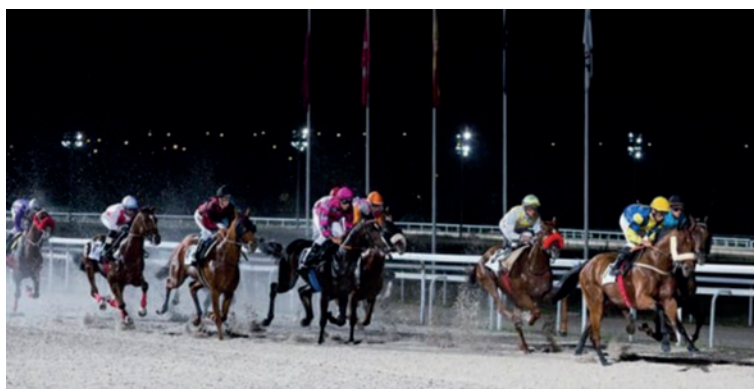
Held in one of the city's best connected outdoor spaces on the Complutense University Campus, various artists from across Europe and the United States will also attend, including New York rock band, Interpol, and the Seattle-based Band of Horses. Tickets are still available so don't miss out.

Changing of the Guard - The Royal Palace



In July, the Royal Guards move to their summer timetable, with the Changing of the Guard now taking place every 30 minutes between 10:00 and 12:00, every Saturday and

Wednesday. Always popular with the crowds, arrive at the Puerte del Principe early to witness a 20-strong troop of guards as they move in formation to the sound of the fife and drum.

Races at the Zarzuela Hippodrome
2017 Summer Season

For a touch of class, the Zarzuela Hippodrome's summer season of Thursday night races has started and will be running until **27 July**. Starting at 10:15pm, racegoers can enjoy five race meets on the ground's fibre track, not to mention DJ sets and cocktails under the stars. More family friendly entertainment can found in the form

of bouncy castles and pony rides for the kids plus a wide range of food stalls providing cuisine from all over the world.

There is parking for 2,500 vehicles at the grounds and also a free shuttle service, which leaves from Paseo Moret in front of the Moncloa transport hub.



Angloinfo

Pick of the Flicks for the Summer

Welcome along! We are now into the summer proper, gingerly walking on the shady side of the street and spending our weekends dangling our legs into a swimming pool. When you do venture out at night be sure to check out the cinema.



First, on the 7th of July is **Baby Driver**, which comes from the forever percolating imagination of Edgar Wright (Shaun of the Dead, Scott Pilgrim). I've been looking forward to this for ages and it's gained rave reviews - including a 13 tweet love letter from Guillermo del Toro. The movie takes the brio of a finely soundtracked car chase and turns it into something poetic, balletic - full of zip - clearly made with the abandoned pure joy of a fan. Ansel Elgort is Baby, the relative newcomer under the sunglasses and behind the wheel in this heist thriller with a pulse. Jamie Foxx, Kevin Spacey and John Hamm also star. See it. It should be one of the highlights of the summer.

Mark Wahlberg reteams with director Peter Berg (after the brilliantly harrowing Lone Survivor) for a movie based around the events of the Boston marathon in 2013. Wahlberg's Sergeant Saunders is at the scene of the bombing and the film shows how Boston reacted to the events. Offering stellar support are Michelle Monaghan, Kevin Bacon, John Goodman and JK Simmons. Also out on the 7th.

The third in the new Apes franchise, **War for the Planet of the Apes** comes to our screens on the 14th of July. The previous two in-



stalments were unexpected hits that revived a much loved classic idea in film. With themes of prejudice, motive, survival, hierarchy, these movies have become as thought-provoking as they are entertaining and this one looks to be no different. As the title suggests, the apes' society is riven with infighting and outside threats that threaten its very survival. Expect brutality and excellent motion capture performances.

On the 21st Scarlett Johansson and co are throwing back the shots on a bachelorette party when things go a little south. Johansson, Joined by Kate MacKinnon and a cast of female US comic talent venture out on what will become, as the title suggests, a rough night. The movie follows the ladies as things get totally out of hand. Looks like a lot of bonkers fun.

Out on the same day is Christopher Nolan's **Dunkirk**. Nolan (Inception, The Dark Knight) who hasn't put a cinematic foot wrong in his career, brings us the true story of the evacuation of the allied forces from the beaches at Dunkirk in 1940. It looks sensational: harrowing, thrilling, emotional, stately - the film reteams Nolan with Cillian Murphy and Bane himself - Tom Hardy, here playing a fighter pilot, and The great Hans Zimmer providing the kind of stirring score that has become his trademark. Also starring are Mark Rylance and Kenneth Branagh, as well as - in his film debut - 1D's Harry

Styles. See it on the biggest screen you can find. The director's first war film will be a highlight of the summer.

Spiderman swings back into action on the 28th. This recent iteration of the character played by Tom Holland has got largely positive reviews from comic book fans and critics alike. Spidey gets his inevitable origin story, taking in his dorky high school pals and the early forays into foolhardy vigilante neighbourhood watch. Marvel movies being the wisecracking yin to DC's stonefaced yang, Holland's Peter Parker fits right in with the tone set by Robert Downey Jr's Tony Stark. It should be a lot of fun.



Into August and we have **Atomic Blonde** on the 4th. Charlize Theron, newly-minted after her superb turn in Mad Max a couple of years back, gets the chance to throw some Eastern European guys out of a window in what looks like a super stylish action movie. Fine support comes from James McAvoy, Sofia Boutella, John Goodman, Eddie Marsan and Toby Jones.

Arriving on the 11th, although laden with the baggage of poor to mixed reviews in the UK comes Guy Ritchie's **King Arthur**. The mythical, ancient Briton is given the full vigour of a Ritchie sheen and stars, in a small role, former Real Madrid player and aspiring thesp, David Beckham. Jude Law and Charlie Hunnam star.

A Stephen King adaptation is often troubled - overshadowed-

owed by the great writer's scope and the intricacies of his plots - usually resulting in adjectives like 'unfilmable' being tossed around. Happily, **The Dark Tower** arrives looking much like fans of King's might hope. Idris Elba and Matthew McConaughey play manifestations of justice and malevolence in a parallel world that might encroach on our own. Fans of fantasy and action adventure will find plenty to love in the Dark Tower. Out on August 18th.

Winston Churchill's life could fill a trilogy of biopics. Here, another actor has a bash at portraying the great man in a film simply titled **Churchill**. Brian Cox (not the physicist) masters the ticks and the Winston grumble in a film that concentrates on the eve of the Normandy invasion in 1944. Churchill, by now burnt out by the war, with a country worn out by bombs and rationing, confides in his wife and steals himself for one, hopefully last, decisive assault on Nazi soldiers occupying France. The events are rich with intrigue and suspense and Churchill looks to be a decent dramatic portrayal of events.

So, lots to see. Enjoy your summer. Stay cool and I'll see you in September

Andrew James Ball
@AndJayBall

English-language VO Cinemas in Madrid:

Cines Princesa - Princesa 3, 28008 Madrid.

Cinesa Manoteras - Avenida de Manoteras 40, 28050 Madrid.

Renoir Plaza de España - Martín de los Heros 12, 28008 Madrid

Verdi - 28, Bravo Murillo, 28020 Madrid.

Yelmo Cines Ideal - C/ Doctor Cortezo 6, Plaza de Jacinto Benavente, 28012 Madrid.

Yelmo Cine Plaza Norte 2 - C.C. Plaza Norte 2, Ctra. de Burgos salida 19, 28703

For a complete list of the latest VO movies in Madrid see <https://www.angloinfo.com/madrid/events/movies>



Angloinfo

All the King's men

At the Service of the Crown - A rare glimpse inside the world of Europe's oldest Royal Guard - as told through its Colonel in Chief.

On Monday, 5th June 2017, Madrid Metropolitan's Isabel Puelbas Avilés and I were granted an interview with Colonel Eduardo Diz Monje, Head of Spain's Royal Guard, at their El Pardo barracks. It was a rare opportunity to come face-to-face with one of the oldest serving military institutions in both Spain and Europe, and a fascinating insight into the day-to-day workings and organization of this elite Guard, whose principle mission is to protect and serve the monarchy.

During our visit, we discovered how the Royal Guard came into being, what they strive to do, and of the values and principles that guide them. Alongside the interview, we were given a tour of their grounds and museum, which left us in no doubt as to the discipline of the Royal Guard, their hard work, the pride they take in serving the crown and their importance to both the Royal Family and Spain at large.

THE INTERVIEW

The visit starts with an efficient and friendly greeting from a small group of high-ranking officers who accompany us to Colonel Diz Monje's office. Once made comfortable in the impressive surroundings, our interview can commence.

The History of the Royal Guard

As seems fitting, we start by talking about the Royal Guard's extensive history. The Colonel informs us it was founded in 1504, attributing its establishment to the 'Catholic monarchs' (a collective title, used for Queen Isabella I of Castille and King Ferdinand II of Aragon) after two 'attempts' were made on Ferdinand's life in the latter part of the 15th century. It was originally called the Guard of Ayora after Ferdinand's 'first captain' of the same name.

The name has changed, of course, but one thing that has endured throughout the ages is the halberd or alabarda. Described by the Colonel as 'a lance with a blade and an axe', he later shows us two examples mounted in the corridor outside his office. He explains how they were used in medieval times as a weapon to unseat the rider from the horse. Mounted either side of an imposing portrait of 19th Century military leader, Marqués de Sotomayor, each bears an inscription on the blade. On the left is the one belonging to Juan Carlos I, showing his name on one side of the blade and, on the other the date of his ascension to the throne. A similar inscription can be seen on halberd to the right,

belonging to Spain's King Felipe VI.

Nowadays, the halberd forms part of the dress uniform worn by the Alabarderos or, in English, Halberdiers - the King's official escorts who can be regarded as natural descendants of the Guard of Ayora. As the Colonel says, "In the museum, we have a collection of uniforms from different times and the common thing from the uniform is the weapon...every uniform has a halberd."

Of course, in more recent history, and prior to the re-establishment of the monarchy in Spain, the barracks were used as quarters for the Guard of the Head of State, General Franco. Evidence of this can also be seen in the museum, particularly with regards to some of the vehicles maintained there. The sensitivity of this is not lost on the Royal Guard, which nevertheless regards their inclusion as a matter of public record and honest reflection of Spain's past.



support". It is these battalions who are responsible for "the life of the vehicles, medical support, communications, and so on." The troops are principally based in two barracks - the King's barracks of El Pardo, and the smaller Queen and Prince's barracks (once two separate quarters but now classed as "just one barracks") located a little further to the north.

Today, the Colonel and his team are dressed in the standard working uniform of military fatigues. On any carefully-timed trip to Madrid's Royal Palace, however, it is possible to see the changing of the guard and witness first-hand the dress uniform of the modern Royal Guard. This uniform reflects the Guard's long history. It is, as the Colonel tells us, directly inspired by uniforms worn in the 19th century, "in blue, with red stripes in the trousers, and the neck (which) is also red".

He goes on to explain that the artillery and cavalry units have their own dress uniform. Moreover, there are two subdivisions of the cavalry that each have quite distinct uniforms - the Lancers, who wear buffalo hide, and the Coraceros, who are immediately distinguishable by an armoured

gy, techniques and procedures" required to do so.

When asked about any civic roles they may fulfil the Colonel tells us that the Royal Guard can also be on hand when necessary "to support any other mission", giving the example of how, after the 2002 Prestige oil spill which devastated the Galician coast, "...a unit of the Royal Guard went there to collaborate in the cleaning of beaches". Summing up, however, he focuses on their core duties. "We are prepared to support any other mission. But day-by-day we carry out only these three missions - security, escorts and honours."

What does it take to be a Royal Guard?

The vast majority of Royal Guards are recruited straight from the existing Spanish Armed Forces via official bulletin and have been through two phases of basic training, including basic combat training. Every year, however, a very limited number are recruited through public employment offers, and therefore need to carry out their basic training at the barracks in Madrid. Royal Guards recruited in this way will later go on to complete their training elsewhere, becoming members of the Spanish Air Force. Either way, the Royal Guard aims to select 'the best' from all applicants. Regardless of the means of entry, they remain lifelong members of the military. "We are normal soldier...when we finish our service in the Royal Guard we go back to another military unit".

A key part of the selection process is establishing the character of recruits. Specifically, they look for intelligent and calm individuals who can make the right decisions "in a short time in very difficult situations":

"We are looking for intelligence first of all. We ask the former commanders...how they accomplish their tasks, if they get nervous easily or not, because we look for quiet people with intelligence. After that, they can learn but...character is the most important thing."

We finish our official interview by discussing what makes the Colonel proud to be a member of the Royal Guard. On this, he is extremely clear:

"Well, first of all, we are at the direct service of the King - very close to him. And in the second place, the Royal Guard is composed of selected people - hard workers, experienced soldiers - so I am proud to be together with them."

THE GROUNDS AND MUSEUM

After our interview, the Colonel accompanies us into the grounds, where we are directed towards a bust Felipe VI of Spain. The current King is depicted in the military fatigues of the Royal Guard, and he points out the uniform's



The Modern Royal Guard

In the words of the Colonel, the modern Royal Guard "is comprised of four battalions and one music unit". Of the four battalions, "two of them are operative battalions to accomplish our missions and the other two are support battalions. The operative battalions are the Escort group and the Honours group. The Escort group have the mission of carrying out the security task in the palace. They provide security to the King and the Royal Family".

In addition to the guards positioned within the Royal Palace of Zarzuela, there are units that "that provide escort with motorcycles and with horses, when the King moves to go to different ceremonies." In addition there is the 'Honours' unit, which provides ceremonial honours and also "contributes to the security of the palace".

The support battalions, meanwhile, are "in charge of logistical

breastplate marked with a seal and helmet that flows with feathers. In addition to this, there is the "ros", a hat with a single feather, worn by the infantry and, again, dating back to the 19th century.

Most historic of all, perhaps, is the uniform worn by the Halberdiers - "It's (from) a regulation of 1848", the Colonel tells us, "and the uniform is exactly the same". The dress uniform of the Halberdiers consists of a frock coat and a three-cornered hat. It also includes a large cloak for certain ceremonial occasions. We are later assured, whilst being shown around the museum, that the cloak is extremely heavy, especially in summer.

As with the uniform, the work of the Royal Guard has remained constant throughout time. In the Colonel's words, "The missions have always been to provide security, and sometimes to provide escort and honours". The only change has been in the "technolo-

All the King's men (continued)

shield of Felipe VI, which can also be seen on the officers around us.

Following a sincere farewell from the ever-in-demand Colonel, we are handed over to one of the accompanying officers, who takes us on a tour of the museum. We start on the upper floor, which contains an impressive array – some replicas, some originals – of guard uniforms from down the centuries. We are told how the colours of the uniforms changed from the Hapsburg's yellow and red, to the blue and red of the Bourbon dynasty. We are also told how the sunburst insignia that appears on the breastplate of the Coraceros is an echo of the Bourbon dynasty's French roots, having originally been designed as a tribute to Felipe V of Anjou, first of the Bourbon line and family of 'Sun King' Louis XIV of France. Interestingly, this design of Royal insignia endured throughout the Republican era and remains there to this day.

Moving through the collection, we are shown an intriguing range of memorabilia relating to the current Royals and, in particular, the current King. One notable exhibit is the two uneven sets of shell casings fired to mark the abdication of Juan Carlos I and subsequent investiture of Felipe VI. They are uneven because one of each set was sent to both the abdicating and incumbent King, but only one of them came back, after Juan Carlos I returned his for inclusion in the museum collection. It can only be presumed that the other remains in the reigning monarch's private collection.

Dowstairs, there is an equally remarkable collection of vintage

cars, all in working order. Taking pride of place is the Rolls Royce Phantom used in the Royal Wedding of King Felipe and Queen Letizia. However, this is just one of a host of beautifully maintained vehicles – although the one that seems to resonate most with my Spanish colleague is the modified Seat 600, given to the current King as a young prince.

Our final stop is a special peek around their 'Morrocon Café'. Another remnant of Franco-era Spain, this elaborately-styled space was originally used as a recreation and prayer room for the officers of two Moroccan companies which, having served alongside General Franco and been particularly close to him, became part of his Guard. Functioning, now, as a reception area for important visitors and those in a position of authority, it is a suprising spot to find oneself, especially within the confines of the more austere, classically styled barracks.

As part of the working area of the barracks, this particular room is closed to the general public. However, the museum is accessible to all, and is highly recommended for anyone with an interest in Spanish history, the military or the monarchy. Due to daily demands placed on the barracks, visits are by appointment only and can take place every Wednesday and on the first Saturday of every month. They are easily arranged, through an email link on the History section of their website. Audio tours are availa-



ble, in Spanish, French or English, although a guard will also accompany you.

As mentioned earlier, another way to see the Royal Guard at close quarters is to watch The Changing of the Guard, or Relevo Solemne, at the Royal Palace's Armoury Square. In the full Relevo Solemne, you can witness 400 personnel and 100 horses (including musical accompaniment from the Royal Guard's Music unit) taking part in a 50-minute ceremony that dates back to Kings Alfonso XII and XIII. The Relevo Solemne takes place at 12:00 hours, every first Wednesday of every month except for January, August and September. Access is free, and can be gained via the Puerta de Santiago, which takes you along Calle Bailén into Armoury Square (Plaza Armería).

The next Relevo Solemne is due to take place on the 5 July. However, you can see a shorter ceremony, sometimes called the 'minirelevo', every remaining Wednesday of the year and also on

Saturdays. Taking place every 30 minutes between 11:00 and 14:00 (10:00 – 12:00 in July, August and September), access to this is via the Puerta del Príncipe, also along Calle Bailén. It should be noted that all ceremonies are subject to weather conditions, and any other official ceremonies that might take priority. It is also advisable to arrive early.

As a final word, if you venture on the Royal Guard's website, you can see Colonel Eduardo Diz Monje talking about the role of the Royal Guard, in a video entitled 'At the Service of the Crown'. He talks about their pledge to carry out their duties with discipline, loyalty and discretion. One could add that they also do this with respect – respect for King, for country, for history and for each other. And, last but not least, for the public who come and visit.

Reporter Melissa Dura.

Thanks to Isabel Pueblas

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MADRID!

USING THE CITY AS A RESOURCE TO LEARN SPANISH

If you are studying Spanish then you're in the right place! One of the great things about Madrid is that it's still a very Spanish city. It hasn't given over its soul to mass tourism yet, and although more and more people can speak English, what you hear in the bars and the shops and in the street is mainly Spanish. So there are all kinds of opportunities to practice. The AIL Madrid Guide to the city as a learning resource is designed to help you make that practice as effective as possible! Here are some great tips to make that Spanish immersion real!

1 Los mercados (the markets). Shopping in Spanish! We all have to buy food. Doing your regular shopping in a traditional market instead of a supermarket will not only get you fresher produce, but it will force you to interact with a real person...in Spanish! It's a great way to consolidate basic vocabulary, to practice requests, and of course numbers.



In the last few years a lot of great gastro markets have appeared. However, we recommend you try one of the many traditional ones. There's one in every neighborhood. Here are three of our favorites.

1A Mercado de Maravillas. Calle Bravo Murillo 122. Dating back to 1942 it's the largest market in Madrid, and bizarrely the second largest fish market in the world after Tokyo! A great place to learn every type of fish, fruit and vegetable known.

1B Mercado de San Antón. Calle de Augusto Figueroa 24. A classic working class Madrid market in the central barrio of Lavapiés. Just listen to the chat and absorb the language!



1C Mercado de La Paz. Calle Ayala 28. Built in 1879 in the heart of the swanky Salamanca District, this combines tradition and style, and is a beautiful setting to hone your Spanish shopping skills.

2 El cine (cinema). Spanish through film!
2C La Filmoteca. Calle Santa Isabel 3. There are few better ways of developing listening comprehension skills than following a movie and focusing on the dialogue. Even if it's a challenge, listening out for set phrases is great for your ear. The fantastically good value Cine Doré, known as the Filmoteca, has regular cycles of Spanish cinema and is a beautiful setting for the experience.

3 La lectura (reading). The world of books!
3C La Casa del Libro. Gran Vía 29. Reading is an essential skill, and an effective way to absorb vocabulary, and internalize grammar. This is perhaps the finest bookshop in

Madrid. Just look for something of your level, set yourself a number of pages, and try to follow the text. Then go back and learn the words you didn't know. Here you'll find everything from simplified novels, to history and the arts, to Spanish grammar.

4 Instituto Cervantes. Quality Control!
4C Instituto Cervantes. Calle Alcalá 49. The Instituto Cervantes not only oversees the accreditation system which guarantees quality control at schools of Spanish, but also exists to promote Spanish Language and Culture. Its emblematic HQ on Calle Alcalá holds regular exhibitions, a must for any serious student of Spanish.

5 Cursos de Español (Spanish courses).
5C AIL Madrid. For a wide range of Spanish courses to meet every need.

6 La música (music). The sound of Spanish! Listening to music in Spanish is as pleasant a way as any to tune your ear to the rhythms of Spanish speech.



There are a number of bars which specialize in Spanish cantautores (singer/songwriters), often free or for less than 10 euros.

6A La Fidula. Calle Huertas 57, great area, great live music.

6B Libertad 8. Calle Libertad 8, a historic venue for cantautores in the heart of Chueca.

7C La Infinito Café Libros. Calle Tres Peces 22. In multi cultural Lavapiés, a bar upstairs, and micro-theatre downstairs!

7D La Escalera de Jacob. Calle Lavapiés 9. Also in Lavapiés. Micro-theatre every Wednesday with 3 pieces for just 9 euros.

There are also a number of things you can do to make speaking Spanish a part of your daily life in Madrid.

- Football in bars! Even if you're not a fan, watching a game of La Liga in a crowded bar full of Spaniards is as good a way as any to strike up a conversation, and you'll be anything but bored!



6C The Dog & Roll. Avenida de Brasil 17, a variety of Spanish artists from folk to rock n roll.

7 El microteatro (mini-theatre) Spanish on stage! Theatre in Spanish in small spaces! This is flourishing in Madrid. Great for listening skills and often interactive.

7A Microteatro Por Dinero. Calle Loreto Prado y Enrique Chicote, 9. Located in hipster territory in a former brothel in Malasaña.

7B Esconditeatro. Calle Estudios 2. An intimate experience in La Latina.

- Kiosks. The city is full of them. If you can't handle a full novel then try buying the odd magazine, or better still books of crosswords and word games.

- Social media. Change your phone settings and social media apps to Spanish now! If you're looking for Spanish company, and a chance to converse check out:
www.uolala.com
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It's a great city. Once you start to relate to it in Spanish it becomes even greater! Enjoy!



Summer Recipe - By Jemima Butler



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This month as promised I am going to give you the variations of gazpacho: Salmorejo and Ajoblanco.

Salmorejo is very similar to gazpacho but without the variety of ingredients. It is a thicker version and probably the earlier version of it as tomatoes only arrived in Spain much later on. It is generally served with

chopped up egg and Jamon Serrano. Occasionally it is served with flaked tuna in olive oil. It is a typical dish originally from Cordoba, but now you can find it on most restaurant menus in Spain in the summer.

Below are the ingredients, but you can experiment a bit if you like it thicker. Careful with the quantity of garlic you use as it can be a bit more than you are used to!

Recipe: Salmorejo



Ingredients:

- 500 g very ripe, very red tomatoes
- 1 green pepper
- 1 clove of garlic
- 1 tbsl vinegar
- 4 tbsl of virgin olive oil
- 2 hard boiled eggs and some chopped up Jamón Serrano to put on top
- 1 day old Spanish/french stick bread (the quantity of bread may vary)
- Salt

Method:

Chop the tomatoes, green pepper, and garlic coarsely. Put it all in a blender adding the bread soaked in a bit of water, part of the olive oil and salt to taste. Add some water just to reach a creamy texture. At the end add the vinegar and mix again. Check the seasoning, adding more salt or vinegar and maybe more oil if necessary.

Serve drizzled with extra virgin olive oil and the 'guarniciones': chopped up hard-boiled egg and small chunks of jamon serrano or flakes of tuna in olive oil.

Recipe: Ajoblanco (Serves 4)

Almorejo is often referred to as the white gazpacho and dates back to Moorish times before the introduction to Europe of tomatoes and is made with pounded almonds, garlic, bread, oil, some sort of wine vinegar and water.

Almonds are ubiquitous in Spanish cuisine. The countryside is covered with them, becoming a beautiful patchwork of pretty pink almond blossom all over the Andalusia in January and February.

Despite its name Ajoblanco is not a garlic soup but an almond soup and which provide its colour as much as tomatoes do in gazpacho. In Andalusia, they say it is best made with the brand new fresh almonds that have just hardened on the trees but still have their green husks in early season.

When it comes to the bread, some say to soak the bread in milk. However I think this makes a far too rich (maybe even turning it into porridge rather than a refreshing soup) and I prefer not to add dairy to this recipe that is served in the heat of summer that it may add to the possibility for it going off rapidly.

Traditionally the soup is served cold with chopped up fresh fruit either chopped white melon (typical to Spain called piel de sapo or 'toad's skin'), green grapes, preferably seedless. I prefer it with chopped up cucumber as I think it adds freshness, or chopped up avocado which I think adds unctuousness.

Try for yourself!



Ingredients:

- 220g blanched almonds
- 100g slightly stale white bread
- 600ml ice-cold water
- 4 smallish garlic cloves, roughly chopped, green sprout removed if necessary
- 1/2 cucumber, peeled and roughly chopped
- 200ml extra virgin olive oil, plus a little extra to garnish
- 2 tbsl sherry vinegar
- 8 grapes/half an avocado chopped up/melon in chunks/chopped up cucumber

Method:

Soak the bread in cold water for 10 minutes.

Put the almonds into a blender or food processor. Squeeze out the bread and roughly tear into the blender, add a bit of the water and whizz for a minute or so until fairly finely ground. Then add the garlic and with the motor running, slowly add the oil and vinegar. If it is still very thick add some water to thin it down. Whizz until smooth, then season to taste.

You can sieve it if you want though I don't. Put it in the fridge and chill for at least 2 hours.

Divide between shallow bowls.

To serve you depending on what you are using half and seed the grapes if necessary or chop the melon into chunks or even use a melon baller if it is a such an occasion. You could chop up the avocado or the cucumber, depending on what you have decided. Then arrange on top of the soup and finish with a final few drops of oil.

There is a delicious version of this Ajoblanco as a dip, similar to aioli and is great to serve with some bread at the beginning of a meal while friends are mingling and mixing. It is a mixture of day old bread soaked in water, raw almonds with skin on, peeled garlic, milk to thin down and salt to taste. Make it in mostly equal amounts...apart from the garlic!

Now I think you have all the tricks to the best cold Spanish soups to enjoy this summer and delight you family and friends on hot summer days. Enjoy your Summer holidays!



British Chamber
of Commerce in Spain

Waterford, Ireland, and studying English abroad

I've been working as an English language teacher since 2009. Throughout this period many students have asked me to recommend a city or town where they could go for a couple of months to improve their English level. Also, numerous students have told me about their experiences of going abroad to learn English.

There are countless positives, but the point that stands out, simply because I've heard and been witness to it so many times, is negative: students who go to a capital city like London or Dublin find it hard to integrate with the local English-speaking population and, as a result, start hanging around with people of their own nationality thus greatly reducing their interaction with the English language. If you are considering going abroad for a month or so to improve your English level, you are probably preparing for a B2 or C1 level exam.

If you are preparing for a B2 level exam, your goal should be to improve your fluency, by which I mean: becoming comfortable talking in the past, present and future, using modal verbs to show probability, possibility, and to give advice, being able to converse about everyday topics using relevant vocabulary and being able to talk about your life, your interests and your plans for today, tomorrow and the foreseeable future.

If you are between levels B1 and B2, and if you communicate solely in English for two months, you will reach the level of B2, which is the most important level to reach when learning a foreign language.

If you are between levels B2 and C1, you should aim to improve your fluency with an emphasis on learning collocations and idiomatic language. Practise phrases that are re-peatedly used among fluent English speakers and concentrate on developing your listening ability so that you can comprehend 'rapid colloquial speech', however speak at a clear, natural speed. Don't aim to speak as fast as native speakers.

The best way to guarantee communicating only in English is to travel alone and stay with a host family, preferably with a family that has experience in accommodating language students. English academies offer all-inclusive packages of accommodation and schooling, which can be pricey, but are the most direct route to improving fluency.

In Waterford, Ireland, for example, a twenty-hour-a-week, four week course including host family accommodation and meals, costs around two thousand Euros. I'm choosing Waterford as the example because I'm from Waterford and I know it's a good city for students of English to study in.

Waterford is a city in the south-east of Ireland with a population of just over fifty thousand. The city centre is compact which makes it easy and pleasant to get around on foot. Starting from the River Suir, which flows alongside the quays in the northern part of the city, it's possible to walk around the centre within thirty minutes. John Robert's Square, the main square of the City, has outdoor cafes, the Book Centre—a fantastic bookshop

over three-and-a-half floors stocked by employees who know their books and, if you are part of the swarm who seem to be manically addicted to Gran Via's Primark, you won't suffer withdrawal symptoms as Primark's original store called Penneys was first opened in Ireland and there is one in Waterford.

In addition to the shops, Waterford's streets showcase their history. The City was founded by the Vikings in 914 making it the oldest city in Ireland. At the eastern end of the River Suir, the recently revamped Viking Triangle recounts this heritage. The Triangle includes Reginald's Tower—a round tower dating from the 13th century, a Viking longboat, which is very popular to take a selfie in if that's your style, and the Medieval Museum. In the centre of the Viking Triangle is the Bishop's Palace—a grand Georgian residence which hosts a tour of affluent, 18th century life.

Across from the Palace is the world renowned, House of Waterford Crystal where you can observe the intricate, glass-making craftsmanship in action. Fittingly, the Bishop's Palace houses the oldest piece of Waterford Crystal along with, oddly enough, a lock of Napoleon's hair. While making your way around the Triangle stop into Waterford's only tapas restaurant, the Olive Tree, which has a distinctive approach to Spanish cuisine. The head chef is known to cure his own hams, slow cook Rabo de Toro for twelve hours and bake a daily batch of sourdough bread.

Next door to the Olive Tree is the Munster Bar, a great pub for a pint or the Waterford-loved, 'bottle of Guinness off the shelf'. The Munster Bar looks onto 33 The Mall, noteworthy because the Irish tricolour was flown there for the first time in 1848. The green, white and orange flag represents the Gaelic traditions, the support-



ers of William of Orange, and the white centrestrip symbolises a lasting peace between the two communities.

If you are between the levels of B1 and B2, I've described an ideal but realistic way to reach the level to pass a B2 exam. If you are between the levels of B2 and C1, a little bit more input and practice would be necessary to be prepared for a C1 exam. I've used my hometown of Waterford as a good, regional city to improve fluency, but, of course, there are many small

cities and towns one could choose. My advice is to get first-hand recommendations. Research the location and academy when choosing this type of learning experience so you don't return home feeling like you didn't learn enough for the money you spent.

For more about Waterford check: www.visitwaterford.com

By Brian Collins
Director of Studies of English Literature Classes Madrid.

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Tourism

I'm not much of a tourist. I hate sandals and museums, and I resent being preyed upon by people who secretly hold me in contempt. And I don't like doing things tourists have to do, like being guided.

The internet has ruined travel anyway. My first thoughts upon visiting the Coliseum or the Acropolis for the first time are that they look pretty much like all the photos I've ever seen, but with added hordes and car parks full of coaches. I tend not to enjoy the sights much in general. I haven't studied religious architecture so one cathedral looks pretty much like any other to me, which I'm sure is the case for 90% of the people you find shuffling joylessly around them.

Tourists, like junkies, undergo a process of dehumanization and loss of identity as they become subsumed to the collective. They are not even viewed as a group of people. They are a group of tourists, and no-one likes them, not even other tourists, and especially not rival groups of tourists competing for shade and weird trinkets. When you become a tourist you are immediately subjected to the universally applied gullible tourist tax which is levied mercilessly on every ice cream and every pointless souvenir. You also have to submit to people talking to you as if you were a slow child. Patronizing guides, jaded by a lifetime of exposure to the masses, have long since ceased to treat the tourist as a genuinely sentient human. And people who live near tourist areas find tourists at best a nuisance, and at worst a pestilent scourge, constantly in the way.

If cultural tourism isn't bad enough then the grisly offerings presented to beach package tourists are simply chilling. I once went to Benidorm. It was the 1980s so it smelt of coconut. There were lots of comatose Brits asleep in the rubbish skips while the more active ones amused themselves by throwing objects, and sometimes themselves, off the balconies into the pool. Mindless entertainments that you would never contemplate in your normal life were thrust upon you, such as medieval banquets, or "games" designed to make you look like a twat. Wet t-shirt competitions were the cultural highlight. The only entertaining aspect of the entire stay was watching the British and the Germans squabble over the sun-loungers.

In tourist mode, being on a bus in a traffic jam actually becomes a genuine leisure proposition. They make a big thing about you being able to get on and off whenever you want as if you should be grateful for not being kidnapped. Then there's the word "typical." Tourists are always on the hunt for something typically local. It's an artifice. If they were genuinely

looking to experience local life they would spend 8-10 hours doing something they didn't want to, followed by a couple of hours in front of the tele. Instead at some point they inevitably succumb to a "typical Spanish menu" aimed at people who have been dispossessed of their critical faculties. These contain nothing that any normal Spanish person would ever go anywhere near, are always overpriced and usually overcooked, and are occasionally served with a salmonella garnish to give it an extra kick. For reasons I'm not entirely clear about tourists act as kryptonite to chefs. One whiff of a tourist and they ditch all professional pride, overcome by the primeval urge that eventually consumes all people who work in the tourist industry to fleece the visitor. It's a powerful instinct. Merely overcharging is not enough. The food and service must be crap too.

Tourists are of course destroying the world. It is true that they bring in a lot of money which is great if you own a hotel, or a cruise ship, or can pay the increasingly ludicrous rents required to run a bar or restaurant in a tourist zone. But most people who work in the tourist industry earn a pittance and I don't really see how this money benefits anyone else unless it somehow trickles sideways. Mainly tourists just block the pavements, and encourage people to set up shops selling a load of old shite. Some of the world's greatest cities have already irredeemably lost their souls to tourism. Venice is the obvious example, but Barcelona comes close. Ports are particularly vulnerable as giant cruise ships disgorge their hapless human cargo onto the shore, unleashing thousands of lost souls brandishing selfie sticks, and inane list of things to see, upon metropolises that are already reeling under the weight of those who have descended from the sky. The cheap unpleasant flight is for many an essential beginning to the whole holiday experience. Up until now Madrid has got away relatively lightly. It's a much better city than Barcelona but it keeps that fairly quiet. It also doesn't have any sea and tourists like to gaze upon water. Inevitably, though, the hordes have started to arrive. Prices have gone up and waiters have even started speaking English which they then attempt to practice on proper residents like me, an appalling development.

I don't blame the individual tourist anymore than I would blame the individual leper for his afflictions. I too have been a tourist and have been shunted up the Seine, and dragged around the Duomo. But I do at least try and avoid the sights. If you are an art lover, then I'm sure Madrid is thrilling. The Prado, the Thyssen and the Reina Sofia apparently



house endless treasures. I wouldn't know. I don't know much about art and neither does anyone else I know. Not that that stops them from trudging around vast galleries pretending not to be bored by endless paintings of chinless aristocrats and fat angels.

If you really want to have a good time in Madrid, forget the Royal Palace, avoid the annoying artistes pretending to be statues who blight nearly all modern European capitals, and try instead to engage with the city as it actually is. A few beers on a terraza in Lavapiés will give you more of an insight into the Madrid than a whole day of culture. As a general rule you should go to the bars that look unappetizing. And do not under any circumstances go into anywhere calling itself a "tapas bar." There is no such thing as a "tapas bar." There are bars. That's all. And in Madrid when you order a drink in a bar you get a tapa which is free. In Granada you get half a meal. In Barcelona where there is no tradition of tapas you get nothing.

This hasn't prevented "tapas bars" that actually charge you for the tapa from springing up all over the city. It's as unauthentic as you could wish for, and therefore a key part of the tourist experience.

In this globalised world we inhabit it is difficult to avoid being a tourist, and the neo liberal economy has been designed maximize revenues ie to rip you off. But it would help if we could all agree never to buy souvenirs, and never to go to "typical" eating establishments. I lived briefly in Barcelona a while back. Most of the graffiti was the political nonsense but one day on the way up to the now totally ruined Parc Guell I saw that someone had written TOURISTS FUCK OFF HOME on the wall in enormous letters. A bit harsh, I thought, and not very welcoming. But nobody could fault the author's honesty, and most of the locals probably thought fair enough. Right, I'm off home to pack.

Enjoy your travels Dear Reader.

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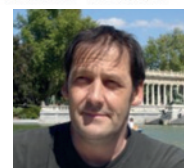
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LUGAR DE LLEGADA: Pº de Camoens (Parque del Oeste).

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