

## Summer has arrived!!



*My summer has begun with a relaxing day with the family down in La Rioja*

Before you read the complete article, look at this vocabulary and find it in the text:

**unwind:** *relax*

**immediate family:** *mother, father, sister, brother*

**extended family:** *uncle, aunt, cousins etc.*

**founded:** *establish or originate*

**commonplace:** *customary, a normal/common thing to do*

**archaic:** *commonly used in earlier times but rare in the present day*

**stunning:** *beautiful*

**PJs:** *pyjamas*

**without blinking an eyelid:** *not showing any reaction to something, especially to something strange or shocking.*

**bellies/belly:** *the stomach*

One of my favourite ways to **unwind** at weekends is to head down to a small village in La Rioja called San Millán de la Cogolla. My wife's grandmother was from there, so it's a place where we tend to spend quiet a lot of time and meet up with both **immediate family** and **extended family**.

The Monasteries of Yuso and Suso in San Millán were declared a World Heritage Site in 1997 and would alone justify a visit to the region. Suso, the smaller of the two and which is located higher up in the mountain, was **founded** by a hermit called Emiliano (later San Millán) between the fifth and sixth centuries. During the Middle Ages it became an important cultural centre where it became **commonplace** for pilgrims going to Santiago to divert out of their way to visit the place where San Millán lived and was buried. It is also known for the fact that the first known written phrases in Romance - the primitive Spanish language - were found in one of the Monasteries' manuscripts, along with some **archaic** words in Basque.

As well as being historically important, both monasteries are aesthetically beautiful and more so for their impressive location at the foot of the Sierra de la

*This is the last Weekly English Practice of the 2017-18 course. Thank you for watching the videos, reading and listening to the articles and sharing your opinions with your colleagues and ECP coaches. We really appreciate the effort you make! The next WEP will be in October. Have a great summer!*

Demanda. Nothing is more relaxing than sitting in one of the beer gardens looking straight up the valley to San Lorenzo at the top. The view is truly **stunning**.

Of course, where we spend most of our time is at the family home. Writing this, the image I have in my head is the dining room where we all sit around a large table and of course the kitchen where the food is prepared. I suppose this tells its own story. But I also love the street. There are only six houses on the street. Hours go by without a single car driving up or down it. On a fine morning we can sit out in our **PJs without anyone blinking an eyelid**. We literally spend hours there, chatting and playing with the kids. It's another world.

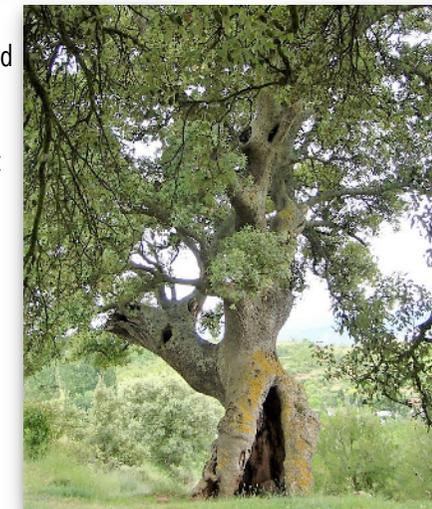
For a change, we sometimes go to neighbouring villages, especially in summer, to enjoy the festival activities. This weekend we went to a Romería in a little village called Camprovín. My sister-in-law's family are from this village and invited us over to walk up to the Ermita de la Virgen del Tajo with them. There, we ate under a tree where the Virgin appeared. The story goes that one day a man from the village went up the mountain to cut wood. Just as he was about to start chopping down a branch from the tree the Virgin appeared and asked him to stop, telling him that if he continued he would cut off her arm. Standing in front of the tree the man tried to catch her but she escaped by creating a hole in the trunk of the tree and all the way up through a branch.

Regarding the food, well there was no shortage and our hosts made sure that we didn't leave the mountain with our **bellies** empty.

*"Let's chat about that!"*

*Write your answers in an email and send them to your ECP coach!*

- *Chat about how you typically spend your summer holidays and describe your favourite place (or places) to visit.*
- *Do you need language skills when you go on holiday?*



This month's **CINEMA NIGHT** will show one of the all time great British horror movies '**DON'T LOOK NOW**' starring Julie Christie and Donald Sutherland.



**When?** The last **Friday** of every month - 19:30 to 21:30 - It's **FREE!**

**Next film: 29th June**

**Where?** The ECP Hub  
C/ San Ignacio de Loyola, 15



**SIGN UP NOW**  
on our

**SUPER SUMMER INTENSIVE!**

2nd to 13th **JULY** 2018

Option 1: 10:00 to 12:00 / Option 2: 18:00 to 20:00  
Monday to Friday

- ✓ **ENTERTAIN YOUR EAR**
- ✓ **REVISE THE RULES**
- ✓ **PERFECT THROUGH PRACTICE**
- ✓ **CONVERSE FOR CONFIDENCE**

A2 - C1

**134€** MATERIALS AND COFFEE INCLUDED!

**Complete the sentences with the expressions below**

- We had to get up \_\_\_\_\_ to catch the 4am sleeper train.
- My parents are real \_\_\_\_\_. They love museums, ancient ruins and art galleries.
- I'll meet up with you guys later. I'm gonna chill by the pool and \_\_\_\_\_ for a bit.
- When I'm on holiday I like to \_\_\_\_\_. I can't stand getting up late or lying around on the beach.
- You have to \_\_\_\_\_ when you're travelling alone; there are a lot of dangerous people out there.
- When I went to India it was a real \_\_\_\_\_ for the first few days but I got used to it after a while.
- I \_\_\_\_\_ in Stockholm, the people are so friendly and they all speak English!
- I've definitely \_\_\_\_\_, I've only been home for a week and I'm already planning my next trip.
- There's nothing I like more than to sip a coffee in a nice Italian piazza and \_\_\_\_\_.

<https://freeenglishlessonplans.com/tag/travel-idioms/>

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|---------------------------|---|
| a) <i>felt at home</i>    | f) <i>sit and watch the world go by</i> |
| b) <i>got itchy feet</i>  | g) <i>culture vultures</i>              |
| c) <i>catch some rays</i> | h) <i>watch your back</i>               |
| d) <i>pack a lot in</i>   | i) <i>at the crack of dawn</i>          |
| e) <i>culture shock</i>   |   |