

SPANISH & CULTURE FOR THE 50+ TRAVELER



Ideal Spanish
MÉXICO



Spanish & Culture for senior Travelers

Ready for an enriching adventure that combines immersive language learning with vibrant cultural exploration? At IDEAL Spanish Mexico, we welcome students aged 50 and better to discover the magic of Mexico while mastering Spanish. Whether you choose our sun-drenched campus in Cuernavaca, the "City of Eternal Springtime," or the culturally rich heart of Oaxaca, you'll find a supportive and engaging environment designed for your pace and interests.

Our programs go beyond the classroom. You'll connect with local host families, explore ancient sites, savor authentic cuisine, and participate in lively traditions, all while building confidence in your Spanish. Our experienced teachers are dedicated to making your learning journey effective and enjoyable. It's never too late to learn a new skill, embrace a new culture, and create unforgettable memories.

Join the IDEAL community and let us help you craft your perfect Spanish and cultural immersion experience in Mexico!



A Day in the Life of a Senior Student at IDEAL Spanish Mexico

In the morning

7:00 AM: Wake up in your comfortable room at your host family's home in either Cuernavaca or Oaxaca.

8:00 AM: Enjoy a delicious breakfast with your host family. Expect traditional dishes like huevos a la mexicana, sweet bread, a good Mexican coffee or tea, and always some fresh fruit.

8:45 AM: Take a pleasant walk to the IDEAL facilities in Cuernavaca or Oaxaca. Typically, your host family will be located no more than a 15-minute walk from the school.

9:00 AM: Your Spanish class begins! You'll start with a brief, informal chat with your teacher to "warm up" your Spanish. Then, you'll review and correct your homework (we hope you did it!), and the day's lesson will begin. After a couple of hours, the more relaxed, yet equally important, language practice segment starts. This might involve reading a text suited to your Spanish level, heading out into the streets to practice with real Spanish speakers, or watching part of a film, among many other activities. Your teacher will likely conduct a quick, informal assessment that you probably won't even notice. Class wraps up with your teacher giving you about an hour's worth of homework, possibly less, as your main task is to speak with the friendly Mexican people in the city who are eager to converse with you in Spanish.

Afternoon & Evening Activities

2:00 PM: It's time for the main meal of the day with your host family. Midday is when Mexicans eat their main meal, so your family meal will include a salad or soup, a main course, dessert, and likely fruit water. And, of course, tortillas and spicy chili sauce are always present.

4:00 PM: Join a teacher for an outing to the city center to visit the market, where they'll explain the various products sold there. Or, perhaps there's an excursion to a nearby archaeological site. There are many options for afternoon activities, including trips to restaurants or cooking at the school where all students, teachers, and staff participate and eat together.

7:00 PM: Since you had a substantial main meal, you might not be very hungry, but you can stop by a shop to buy some fruit and bread for a light evening snack. You could also go with friends to a cafe for something light. And, most importantly, complete your daily homework.

(Of course, additional and optional activities change daily. It's not uncommon for teachers or staff to suggest visiting a good restaurant, going to the cinema, or participating in a traditional festival or city event.)

The Weekend!

Weekend adventures! We'll spend the whole day visiting a beautiful, typical town with an interesting archaeological zone and a traditional market where you can find many products and excellent places to eat. Or, we might visit the historic center of a large city, like Mexico City, with its colonial buildings, pre-Hispanic sites, modern constructions, and delicious food. The options for weekend visits are very diverse and fun.

(Weekend activities and excursions are varied and change every weekend.)



Ready to Join Us?

If you're ready to study as a senior student at IDEAL Spanish Mexico, simply email us at idealspanishmexico@gmail.com. You can also reach us via WhatsApp at +52 777 211 3407 for more information.

When Can You Come?

Our courses, in their different modalities, begin every Monday throughout the year. You can study for as many weeks as you prefer, as courses are on a weekly basis. We recommend at least four weeks to notice good progress in your Spanish.

How Do I Get to Cuernavaca?

The best way to arrive is by flying into Mexico City's Benito Juárez Airport (MEX). We can arrange private transportation to pick you up and bring you to Cuernavaca directly to your host family's house or your chosen accommodation. The private trip takes 1.5 to 2 hours, depending on traffic in the big city. If you're adventurous, you can take a bus that departs directly from Mexico City Airport to Cuernavaca, and upon arriving in Cuernavaca, take a taxi to your host family's house or your accommodation.

Of course, if you chose to stay with a host family, we'll send you all their information beforehand.

How Do I Get to Oaxaca?

The best way to arrive is by flying into Oaxaca International Airport (OAX). We can arrange private transportation to pick you up and take you directly to your host family's house or your chosen accommodation. The private trip takes about 30 minutes, depending on city traffic. Another option is to take a taxi at the airport to take you to your host family's house or your accommodation.

Of course, if you chose to stay with a host family, we'll send you all their information beforehand.

Another great way to reach Oaxaca City is by flying into the Mexico City International Airport (MEX) and then continuing your journey by bus. From the airport, you'll need to head to the East Bus Terminal (Terminal de Autobuses Oriente), which is commonly known by its acronym, TAPO. At TAPO, you will find many reliable companies offering comfortable, direct bus options to Oaxaca. The direct journey typically takes around 7 hours, and you'll find buses running 24 hours round the clock.

Quick Tip: If you have the time, spending a few days exploring Mexico City is absolutely worthwhile! Feel free to ask us for recommendations on places to visit while you're there.

What Courses Can I Take as a Senior Student?

You can take group courses, with different hours of class per week, or private classes, where you choose the number of hours and schedule. Check out the courses we offer here: [🌐 Ideal Programs](#)

Accommodation

We normally recommend staying with a host family, as it's a great way to continue practicing Spanish after class and experience the lifestyle of a typical Mexican family. However, you can also find accommodation on your own via Airbnb or stay in a hotel; just ask us!



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