The Porvenir Times

International College of Seville Newsletter

OCTOBER 2025 EDITION

THIS MONTH

WELCOME WEEK RECAP

Read all about the activities that our Fall students enjoyed during their first week in town.

FIRST VISIT & TRIP

See the details of the first cultural visit and day trip of the semester.

STUDENT CORNER

Don't miss this month's blog, "It's been a tasty jouney so far!" by Rachel Hartenstein (U. of Hawaii at Manoa)

To view all of our student blogs, visit: ics-seville.org/blogs.

UPCOMING NEWS

Find out what's new and coming this month of October.

FALL WELCOME WEEK

WE BEGAN THE MONTH WITH A BANG!

For our first morning walk through Seville we met with our group at the College. We walked through the María Luisa park, the University of Seville and then along the river over to the historic neighborhood of Triana. There we enjoyed a delicious typical Andalusian breakfast in the always pleasant Café Mundial!

The ICS Fall semester has begun and we look forward to a great term!

Click on pictures to see full FB albums.

DISCOVERING DOWNTOWN

Traditionally, Saturday is shopping day in Spain. Where better to visit than the city's bustling commercial district, stop at the largest wooden structure in the world, *Las Setas*, and have some of the best *churros con chocolate* of all of Seville?! In the evening, we saw a fabulous Flamenco performance at *El Museo del Baile Flamenco*!

Click on pictures to see full FB album.

RIVER CRUISE

Along the Guadalquivir

What a pleasant morning we had cruising along the river onboard a private luxury boat with music, refreshments and lots of laughs.

Click on pictures to see full FB album.

STUDY ABROAD STUDENT SUPPORT

For the last activity of the week we hosted our semesterly "Study Abroad Student Support" seminar in which we invite our students to take part in an open conversation about Cultural Adaptation. Dile Mantovani was moderator of the seminar. Topics such as Interpreting and Perceiving Culture, Culture Shock, Coping Mechanisms in a New Culture, and many more were discussed. Afterwards, we took our group on a cultural excursion to Seville's iconic "La Carbonería" where we saw an outstanding Flamenco performance.

Click on pictures to see full FB album.

CULTURAL VISITS

TOURING A CITY RICH IN HISTORY

GUIDED TOUR BY PROFESSOR DUDA POPOVIC

Click on pictures to see full FB album.

ITÁLICA

The city of Itálica was the birthplace of the Roman emperors Trajan and Hadrian. Founded in 206 BC, it was one of the earliest Roman settlements in Spain. There are remarkable mosaics, an impressive amphitheater and archeological remains that give more than a glimpse of life during the Roman Empire.

EL PUERTO DE SANTA MARÍA

We visited the Sánchez Colosía wine cellars where we learned about the history and industry of Sherry wine production and distribution in Spain and throughout the world.

BAELO CLAUDIA & BOLONIA BEACH

Click on pictures to see full FB album.

After visiting the Archeological ruins of the ancient Roman town, we spent the rest of the day at one of the most beautiful beaches in Europe.

ICS SOCIAL MEDIA TEAM

Diana Nicolae

Diana is currently studying Music Education at Harper College in Palatine, Illinois. She loves listening to music, plays the drums and guitar, and enjoys singing.

Jazzlyn Lynch

Jazzlyn studies nursing at Parkland College and came to Seville to gain experience living in another country and to better empathize with her immigrant patients back in the U.S.

Megan Keaveny

Megan studies at Madison College and will be transferring to the University of Wisconsin–Madison to pursue a degree in social work and counseling.

Mya Arroyo

Mya is a Sophomore taking general education courses at Waubonsee College and is exploring her academic options here at ICS.

Reese Ilyes

Reese is a sophomore at Joliet Junior College preparing to transfer as a Finance major.

Rachel Hartenstein

Rachel is a Senior at University of Hawai'i at Mānoa studying Communications and Psychology with a Spanish minor.

STUDENT CORNER: Rachel Hartenstein (University of Hawaii at Manoa)

It's been a tasty journey so far!

I've now been in Seville for about three weeks, and one of the best ways I've connected with the culture has been through its food. Here, food is more than just a meal — it's a gateway into the city's very soul. Every bite tells a story of tradition, community, and the Andalusian way of life. It truly proves the saying we have back home: "The quickest way to one's heart is through the stomach." Some of my favorite moments bonding with my host mom and new friends have happened around the table.

From the moment I arrived, I've been enjoying Spanish food without reservation. Breakfasts are simple but perfect — fresh toasted bread topped with cheese and ham, or butter and jam, always paired with a comforting cup of café con leche. Lunch, the biggest meal of the day, is always homemade and usually served with a salad. One of my favorite dishes so far has been my host mom's spaghetti carbonara — though her tortilla de patatas and stewed lentils are close contenders!

My daily breakfast.

Dinner is a lighter affair than lunch. Just last night, for example, we had a delicious Mediterranean focaccia topped with avocado, fresh vegetables, and turkey — a meal I wouldn't mind having again. Trying all the different dishes my host mom prepares has been such a fun adventure. Even when I'm unsure about something new, I remind myself of my motto: "Don't knock it until you try it!" And every time, I'm glad I did. She's made us something different every single day, and I always look forward to discovering what's next. I'm so grateful to her for sharing this part of her culture with me.

Homemade Spaghetti Carbonara.

Best ice cream ever!

Of course, I can't forget to mention the amazing ice cream my classmates and I have fallen in love with. Like everything else here, it's fresh, flavorful, and simply delicious. In Seville, there's always something new to taste — and something wonderful to enjoy.

UPCOMING AT THE ICS

Cultural Visits

During this month we will visit Seville's Alcázar palace.

Trips

We will make our three-day tour through North Africa.

Activities

And... our students will learn how to make Spain's most iconic dish: Paella Mixta!

Follow us to stay updated and visit our website to learn more about our programs!

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