

## **We ♥ our *Barrio***

### **Real places. Real community. Right here in our neighborhood.**

At TtMadrid, we train English teachers and help them create a new life in Madrid. That life starts in the streets around our school; cafés where you'll become a regular, small shops where the owner greets you by name, and local markets where you'll pick up your weekly fruit and vegetables.



Living in Spain is about more than work. It's about finding your place in the rhythm of the city, making everyday choices that connect you to your neighbourhood, and supporting the people who keep it alive.

That's why we created this guide.

**We ♥ Our *Barrio*** is a collection of our favourite local spots in Barrio Salamanca, centered around Manuel Becerra, Lista, and Diego de León. These are the places where our students eat, shop, work out, and relax between classes. They're not on a tourist map, but they're part of the Madrid you'll remember: authentic, sustainable, and welcoming.

When you choose these businesses, you're doing more than buying lunch or a coffee. You're contributing to the local economy, practising your Spanish in real-life settings, and becoming part of the community.

Whether you're in Madrid for a few months or planning to stay for years, this guide will help you live more intentionally and experience the city as the locals do.

**Teach English. Live locally. Love your barrio.**

*We ♥ Our Barrio.*



## Eat & Drink Like a Local

[La Cazorla](#) – Traditional Spanish cuisine with heart. Ideal for a quick *caña* (small beer) in between classes.

[Entre Cáceres y Badajoz](#) – Local favorite for authentic Extremaduran food at wallet-friendly prices. They are the masters of *tapas* - you'll never leave this place hungry!

[Taberna del Olivo](#) – Good quality food, including seafood and rice dishes, with a great terrace that's perfect for year-round drinks and long post-lunch chats (*sobremesas*).

[Vinalium Ortega y Gasset](#) – Boutique wine shop with expert recommendations and a fantastic Rioja selection.

[Colonial Overseas - Tea and Coffee Shop](#) – A charming shop filled with international teas and coffees perfect for grabbing a coffee on the way to class, or buying the perfect gift for a coffee lover!

## Move, Breathe, and Belong

[Body Fix Center](#) – A neighborhood gem for workouts, recovery, and staying fit while abroad.

[D'Ambra Dance Project](#) – Learn salsa, bachata, or contemporary dance in a fun and inclusive studio atmosphere.

[Herbolario Salud Mediterránea](#) – Everything from herbal teas to natural supplements, with knowledgeable staff to guide you.



## Culture & Everyday Life

[TuuuLibrería](#) – A treasure trove of secondhand books where you pay what you can. This donation-based bookstore is a haven for budget readers and language learners.

[Mercado de la Guindalera](#) – The beating heart of the barrio. Fresh produce, friendly faces, and a slice of local life. We use this place to buy fresh ingredients for our cooking cultural activities.

### Discount Tip

Some of these spots offer exclusive discounts to our community—make sure to mention you're part of the LAE Madrid community.

## Learn Local. Live Local. Love Local.

Download this guide, grab a *café con leche* at your new favorite spot, and start writing your Madrid story - one local interaction at a time.

Want to know more about our courses? Contact us on [info@ttmadrid.com](mailto:info@ttmadrid.com).