

# TEACHING TEENAGERS

13-24  
July  
2026



Erasmus + teacher training courses at Launza - IH in San Sebastian.

# San Sebastian a city like no other

## At a Glimpse

We have 3 urban beaches with a bay recognised as one of the prettiest in the world. Its cultural and culinary heartbeat make San Sebastian an unforgettable city and the perfect setting to enjoy as you improve your teaching skills.

### Gastronomy

San Sebastian has more Michelin stars per square meter than any other city in the world.

### City of festivals

Music and film international festivals. Blooming cultural program all year round

### International hotspot

Located in one of the greenest areas of Spain with easy access to France.

### Basque Culture

Enjoy our age-old culture and discover our language: Basque



## Teaching Teenagers

The Course



This course will further your **understanding of teenagers and the implications for teaching and learning in the 21st Century classroom**. You **will explore aspects of 'the teenage brain'**, teenage motivation and behaviour and their impact on lesson planning and delivery. You will **observe and evaluate lessons with teenagers**, create activities for working with language and also design tasks for developing skills. Towards the end of the course, you will consider the assessment of progress, homework and how to encourage learner autonomy. There will also be space to explore diversity, equity, and inclusion. An ideal course for any teacher who would welcome the opportunity to re-evaluate their own teaching of teenagers and add ideas and activities to their own bank of resources, all while sharing and collaborating with others.



## Contents



- Key differences between teaching teenagers and other age groups
- The 'teenage brain', motivation and behaviour and implications for the classroom
- Identifying inappropriate behaviour; prevention and/or strategies to manage it
- Different approaches to teaching teenagers (CLIL, TBL, the flipped classroom etc)
- Designing lesson objectives and planning successful lessons
- Presenting and practising language in the teenager classroom (including the use of digital tools)
- Helping learners develop the necessary skills for the 21st Century
- Evaluating progress through homework, tests and self-reflection
- Diversity, Equity and Inclusion. Does everyone have a voice?

## Digital Platform



The course **has a digital learning platform**. This gives you access to the materials and the opportunity to share ideas with others while on the course and after you leave.

## Certification



Your end-of-course NILE certificate details the areas covered on your course. It comes with recommendations for sharing what you have learnt and implementing your action plan at your institution.



## Trainer: Emma Heyderman



Emma has been in ELT since 1989. She has worked for several well-known language schools, most recently as Director of Education for Lacunza – International House, San Sebastian where she was responsible for the academic

programme and professional development.

Now freelance, Emma is a published author for Macmillan (Interface and Get Involved) and Cambridge (Compact Key and Complete Preliminary). She also runs workshops for secondary school teachers and is a regular speaker at national and international events.



	<b>Language Level:</b> Minimum B2
	<b>Course date:</b> 13-24 July 2026
	<b>Certification:</b> NILE certificate
	<b>Course Length:</b> 2 weeks
€	<b>Registration fee:</b> €150
€	<b>Course fee:</b> €975
	<b>Accommodation:</b> Various <b>Minimum</b>
	<b>age:</b> 18
	<b>Max class size :</b> 16
	<b>Free social and cultural programme</b>

## Who is this course suitable for?

- Teachers who would welcome further training in teaching languages to teenagers (13 to 17-year-olds).
- Participants should have a minimum language level corresponding to B2 on the Common European Framework.

# Timetable

## 13th-24th July

This course consists of 50 hours of tuition, delivered between 09:00 and 16:00, Monday - Friday. Each course includes free cross cultural activities on Wednesday afternoons and Thursday evenings.

TEACHING TEENAGERS					
Sample Timetable ( actual timetable may vary)					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.15 10.45</b>	Welcome and orientation: me, you and sustainability	Understanding teenagers: their brain, behaviour and motivation	Different approaches to teaching teens	Planning successful lessons	Microteaching: Preparation
<b>11.15 12.45</b>	Teaching teenagers: An introduction to the key differences	Identifying inappropriate behaviour: prevention and strategies	Designing lesson objectives	Presenting & practicing new language	Microteaching: Presentation.
<b>14.00 16.00</b>	Drama and role-play	The value of games	Cross-cultural activities	Digital Tools	Microteaching: Feedback and week review
Week 2					
<b>9.15 10.45</b>	Developing receptive skills	21st Century skills	Evaluating progress: tests and assessment	Inclusive practices: Do everyone have a voice?	Microteaching: Preparation
<b>11.15 12.45</b>	Developing productive skills	Using Projects	Evaluating progress: homework and self-reflection	Teacher Wellbeing	Microteaching: Preparation
<b>14.00 16.00</b>	Discussion and Debate	Music and songs in the teen classroom	Cross-cultural activities	Exploiting a class excursion to the full	Microteaching: feedback Course review and action planning

### Activities

Enhance your stay with the most comprehensive program of social and cultural activities across San Sebastián and its surrounding region.

### Accommodation

We offer a variety of accommodation options to suit all tastes and budgets. Let us help you find the perfect fit!

**Lacunza**  
YOUR WORDS, YOUR WORLD

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PART OF THE INTO GROUP



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