



We are a platform for digital nomads and remote workers particularly interested in long-term stays in Spain. We cover a wide range of topics relevant to digital nomads with our most recent focus on the coliving movement.

Our core values are:

- Healthy work-life balance
- Responsible traveling
- Traveling with purpose
- Life without borders
- Making valuable connections



<https://travelandtapas.com>



[company/travel-and-tapas/](https://www.linkedin.com/company/travel-and-tapas/)



[travel_and_tapas](https://www.instagram.com/travel_and_tapas)



[/travelandtapas.es](https://www.facebook.com/travelandtapas.es)



MEDIA KIT

DEMOGRAPHICS WEBSITE

25-44	70%
Women	58%
USA	35%
Spain	23%
UK	10%



STATS INSTAGRAM

1K

INSTAGRAM
FOLLOWERS

53%

WOMEN

5%

ENGAGEMENT
RATE

3.5K

90-DAY
REACH

SERVICES

- Digital marketing consulting
- Coliving consulting
- Business identity
- Content creation
- Native advertising
- SEO and Content writing seminars/workshops

PROJECTS

- [Coliving Spain 2022](#)
- [Learn Spanish Online](#)
- [mycoliving.space](#)

OUR PREVIOUS AND ACTIVE COLLABORATIONS



cactus coliving
community as a way of life



[WANT TO WORK WITH US?](#)