

Student Handbook

University of Kansas
Semester in
Santiago de Compostela,
Spain

www.studyabroad.ku.edu

**Produced by the Office of Study Abroad
The University of Kansas
1410 Jayhawk Blvd. Room 108
Lippincott Hall
Lawrence, Kansas 66045-7515**

Spring 2008

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IMPORTANT CONTACT INFORMATION

Important Phone Number Information

Country Code for Spain

U.S. Embassy in Madrid

(011)(34)-915-87-2200 ask for American Citizens Services

U.S. Embassy in Madrid website www.embusa.es

On-Site Program Director

Dr. Maria del Mar Freire, Director

Programa Universidad de Kansas

Residencia Universitaria "Burgo das Nacions"

Campus Universitario Norte

Universidade de Santiago de Compostela

15782 Santiago de Compostela

Spain

Business Phone/Fax: 011-34-981-56-50-08 / 34-981-56-57-42

Business Mobile Phone: 011-34-666-73-94-00

Email: marku@ku.edu

First Nights' Lodging

Hostal Residencia Mexico

Republica Arxentina 33

Santiago de Compostela

Phone: 011-34-981-598-000

Fax: 011-34-981-598-016

Office of Study Abroad

Megan Goold, Spain Programs Coordinator

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1410 Jayhawk Blvd., Ste 108

University of Kansas

Lawrence, KS 66045-7515

Phone: (785) 864-3742

Fax: (785) 864-5040

E-mail: OSA@ku.edu

ADMINISTRATIVE INFORMATION

The Office of Study Abroad (OSA)

All correspondence pertaining to your study abroad program should be sent to the following address:

Office of Study Abroad • The University of Kansas
1410 Jayhawk Boulevard, Room 108 • Lippincott Hall • Lawrence, KS 66045-7515
Phone: (785) 864-3742 • Fax: (785) 864-5040 • E-mail: osa@ku.edu

Students should read carefully and refer, when necessary, to this book throughout the study abroad experience. It is strongly suggested that its contents be shared with parents and guardians before departure. ***DON'T LEAVE HOME WITHOUT IT!!!***

ON-SITE STAFF

Dr Maria del Mar Freire, PhD from the University of Kansas, is the program director in Santiago de Compostela. In addition to teaching two courses, Dr. Freire is available for all questions or problems related to enrollment, housing, cultural adjustment, illness, or anything else. Her e-mail address is marku@ku.edu.

Please note that program staff cannot answer advising or enrollment questions pertaining to your home institution. **Bring your home institution's course catalog**, and know how to contact your university advisor in case of questions. It is important that you bring your advisor's phone and fax numbers and e-mail address; these will be invaluable should you have any questions during your time abroad.

Note Your Home Institution Advisor's Contact Info

ADVISOR'S NAME:

PHONE NUMBER:

FAX NUMBER:

E-MAIL:

TO DO LIST

Passport: If you have not already done so, apply for your passport immediately. Passports must be valid for a minimum of six months following the end of your study abroad program.

Visa: United States citizens need a student visa to study for a semester or year in Spain. Instructions for obtaining the Spanish student visa and an application form were included in your acceptance materials from KU. Please follow the instructions carefully and contact the Consulate if you have questions. ***If you are not a US citizen***, call the Spanish Consulate nearest you to learn how their visa requirements apply to you.

Medical Insurance: All students will be fully covered by Spanish medical insurance (*Sanitas*) for the duration of their program in Spain and for travel within Europe. The On-Site Director will provide you with insurance cards and information about the policy during your orientation in Santiago. The cost for *Sanitas* coverage is already included in the program fee.

Forms: Submit the following forms to the KU Office of Study Abroad, not later than April 30 for the Fall and Academic Year terms, or November 30 for the Spring semester: Student/Parent Liability Release, Health Insurance Certification and Medical Release; Address and Emergency Contact Information; Passport Information (including one, high-quality photocopy of your passport); Travel Plans.

Read: Read thoroughly all of your orientation materials, including this entire handbook and the general Office of Study Abroad student handbook. You are responsible for knowing and understanding the material included, and how it impacts your study abroad program.

Orientation: All KU students are required to attend the orientation session prior to study abroad. Information on the date and time of the orientation session is included in your acceptance letter as well as in the orientation packet.

International Student ID Card:

The International Student ID Card offers some good discounts on tourist sites (museums, cultural events, etc) and optional supplemental insurance. See <http://www.statravel.com> for information and application instructions for the ISIC card.

CALENDAR

Program Dates

Depart from U.S.:	Thursday, January 10
Arrive in Spain:	Friday, January 11
Orientation	Sat-Sun, January 12-13
CI Placement Exam	Monday, January 14
First Day of Class	Tuesday, January 15
Local holiday	Monday, January 28
Carnaval- no classes	Mon-Tues, February 4-5
Day trip to Galicia	Friday, February 15
Group trip	Mon-Fri, March 3- 7
Semana Santa - no classes	Mon-Sun, March 17-23
Labour Day - no classes	Thursday, May 1
Last day of KU classes	Tuesday, May 6
Last day of CI Classes/Final exam	Thursday, May 8
KU Final exams	Mon-Thurs, May 12-15
End of program	Saturday, May 17

TRAVEL NOTES

Students are responsible for arranging their own travel plans to Santiago de Compostela. Optional group travel is arranged through Joan Myers at Carlson Wagonlit Travel. Please contact Joan at **785-842-4000** or by email at **jmyers@carlsontravel.com**. To ensure your spot on the group flight, make your arrangements immediately.

Although the group flight is optional, you are encouraged to go with the group as this provides the additional benefits of arriving together with your peers and having ground transportation arranged for you upon your arrival in Santiago. A staff member from the Office of Study Abroad will travel with this flight.

If you arrive on your own, you will be responsible for your transportation to meet up with the group at the Hostal México where you will be housed for the first week of the program. Take a taxi to the address listed on page 3. If you choose to make flight arrangements separate from the group flight, you must arrive no later than January 11, 2008.

STUDENT VISAS

United States citizens need a student visa to study for a semester or year in Spain. Instructions for obtaining the Spanish student visa and an application form were included in your acceptance materials from the KU Office of Study Abroad. Please follow the instructions carefully and contact the Spanish Consulate if you have questions regarding the application process. *If you are not a US citizen*, call the Spanish Consulate nearest you to learn how their visa requirements apply to you.

All students must have their visas stamped by a Customs officer upon arrival in Spain. Failure to do so will render the visa invalid. This is **very important!** Often the Customs officer will not stamp the visa automatically – make sure your visa is stamped before you leave customs! If not, request that this be done.

For those students who plan to stay in Spain for only one semester, your stamped student visa will suffice for the duration of your stay. For those students who plan to study in Santiago for the academic year, you are required to request temporary residency in Spain. The process of obtaining a residency student cards must be started within the first 30 days of entering Spain. The on-site Director will assist all academic year students in this process.

SANTIAGO DE COMPOSTELA

Spain is divided into 17 autonomous regions. Galicia, Spain's northern and westernmost region, is one of several so-called historical regions, along with the Basque Country and Catalonia. The Autonomous Region of Galicia is governed by means of the Legislative Assembly or Parliament, the Xunta de Galicia and its President (regional executive power) and the Galician High Court of Justice. Santiago de Compostela is the administrative, social, and commercial capital of the Autonomous Community of Galicia.

The city of Santiago de Compostela is located near the geographical center of Galicia, and is renowned for its medieval architecture. Santiago boasts such masterpieces as the Romanesque Cathedral of Santiago and the *Hotel de los Reyes Católicos*. The city was declared a World Heritage City by UNESCO in 1985, in view of its urban beauty and monumental integrity, as well as its historical importance as the destination point for the Camino de Santiago. The Camino de Santiago, in turn, was declared a World Heritage Route by UNESCO eight years later in 1993.

Like much of Galicia, Santiago de Compostela offers a cool, moist climate with a beautiful, green countryside. The city's proximity to the ocean guarantees mild temperatures throughout the year. The annual mean temperature is around 60 degrees F, with an average of approximately 45 degree F in winter and a pleasant summer with temperatures ranging in the 70s. Most of the rain falls in winter, with variable amounts in spring and autumn.

THE UNIVERSITY OF SANTIAGO DE COMPOSTELA AT A GLANCE

The fall semester of 1993 was the first semester of this program. It began as a co-sponsored program administered jointly by the University of Kansas and the University of Colorado and the *Centro de Lenguas Modernas* at the University of Santiago de Compostela.

The University of Santiago de Compostela is over 500 years old, celebrating its quincentenary in 1995. Its foundation goes back to 1495, the date when Lope de Marzoa opened the “Estudio de Gramática” in the Monastery of San Paio de Antealtares. After merging with the Colegio de Santiago Alfeo, founded by Archbishop Fonseca, its first statutes were approved in 1555.

Since then, the University has extended its educational field to the more than 60 degrees that are currently imparted in 32 faculties, schools and institutions located throughout the campuses of Santiago and Lugo. The University offers undergraduate degrees in a variety of fields, including Agriculture, Business, Chemistry, Computer Science, Economics, Education, Engineering, Farm Mechanization, Foreign Languages, Labor Relations, Mathematics, Optometry, Pharmacy, Philology, Philosophy, Physics, Political Science, Psychology, Nursing, Social Science, and Social Studies. It also offers graduate degrees in fields such as Law, Medicine, Health Administration, Environmental Technology, and Dentistry.

The USC's facilities –which also include research institutes, university residences, sports grounds, cultural venues and libraries, among other buildings- now occupy an area of 1,300,000 square meters and house 33,000 students, more than 2,000 lecturers and researchers, and 1,000 employees.

The University is also active as a cultural programmer, organizing around a hundred annual events featuring exhibitions, theatre, dance and cinema.

The website of the University of Santiago de Compostela is a great resource for information on the autonomous region of Galicia, the city of Santiago de Compostela (including live web cams for many areas of the city), the University, and travel and tourism in Spain. See www.compostelacultura.org, or www.santiagoturismo.com for more information.

ACADEMIC PROGRAM

Cursos Internacionales

Cursos Internacionales (CI) (<http://www.usc.es/spanish>), a part of the University of Santiago de Compostela, is a center where international students study Spanish language, culture and literature. Although you will not be in classes with native Spanish speakers in *CI*, your classmates may be from other countries in Europe and your common language will be Spanish. Class size is limited to approximately 20 students.

All program students will be enrolled in a language course at *Cursos Internacionales*. Placement is determined by a proficiency assessment exam at the beginning of the semester. The *CI* class will transfer to KU as a three-hour Spanish grammar course and a two-hour conversation course appropriate to each student's level as follows.

- ❖ Students will receive credit for one of the following 3-credit grammar classes (depending on prior coursework):
 - Span 322 Spanish Grammar: Form and Meaning in Context
 - Span 424 Advanced Composition and Grammar
 - Span 520 Structure of Spanish
 - Span 570 Studies in Hispanic Linguistics

- ❖ Students will also receive credit for one of the following 2-credit conversation courses (depending on prior coursework):
 - Span 328 Intermediate Spanish Conversation I
 - Span 329 Intermediate Spanish Conversation II
 - Span 428 Advanced Spanish Conversation
 - Span 494 Special Readings in Spanish

Grading System and Scale

The *Cursos Internacionales* courses are taught by native professors accustomed to the Spanish university system. This system is based on a scale from 1-10 with 10 being the highest grade possible. Although your continuous class participation is very important, a good grade in the final exam is also vital to your success in the *CI* class. Typically one-half of the grade is based on the final, and to do well on the final you must keep up with daily work.

Grading Scale at CI is:

10 - 8.5	A
8.4 - 7.0	B
6.9 - 5.0	C
4.9 - 4.0	D
3.9 - 0	F

KU Courses

In addition to the five hours of grammar and conversation from *Cursos Internacionales*, students take 3 additional courses, which will be taught by the program's staff for the *Grupo de Kansas* students only. These are the courses offered in the spring 2008 semester:

Intermediate-level students

SPAN 323 Spanish Composition and Cultural Analysis (3)

SPAN 346 Transatlantic Hispanic Cultures (3)

SPAN 370 Hispanic Language and Civilization I: Islamic Civilization in Spain (3)

SPAN 340 Textual Analysis and Critical Reading (3) – *Requires departmental approval*

Advanced-level students

SPAN 340 Textual Analysis and Critical Reading (3)

SPAN 429 Spanish Phonetics (3)

SPAN 453 20th Century Spanish Studies (3)

SPAN 470 Studies in Spanish Culture and Civilization: Islamic Civilization in Spain (3)

SPAN 471 Studies in Latin American Culture and Civilization (3)

Please note that program fees cover 14 credit hours of tuition. Students may enroll in more than 14 credit hours on a SPACE AVAILABLE BASIS and will be billed by the Bursar's Office for the additional tuition cost.

Students will be able to purchase all the textbooks required for the above classes upon arrival in Spain.

HOUSING

Upon arrival the program staff will provide students with a list of apartments and landlords (and phone numbers) from whom program participants have rented before. While the staff will assist you in the process, you will be responsible for visiting different apartment buildings, meeting landlords and agreeing on rental rates. **Don't worry!!** Finding an apartment is not as scary as it seems. Keep in mind that you have plenty of time to make your decision, and you should weigh all the options carefully. Don't feel pressured to choose the first place you visit or rush to find a place on the first day. You are strongly encouraged to select housing arrangements that will require you to constantly speak Spanish. DON'T room with your program buddies! However, if you do choose to live with another person from the program, you are limited to only one American roommate. Remember that you came to Spain to learn Spanish and the best way to do that is to avoid speaking English at all costs.

Please note that while apartments will be furnished, most student apartments **do not have telephones**. Mobile phones are a practical and cheap alternative and most students purchase one upon arrival in Spain or from a returning study abroad student. In addition, many apartments are **not well heated**. Most amenities can be purchased relatively inexpensively from El Corte Ingles, the Spanish version of a large, convenient department store like Super-Target or J.C. Penny's. Other necessities such as hot water and a stove are available in all apartments. Also keep in mind that many apartments do not have televisions, so you may be living without one during your time in Spain. However, many participants claim this is a benefit.

Utilities are extremely expensive in Spain, which accounts for the relative lack of heat compared to apartments in the United States. Remember to turn off the lights and all appliances when they are not in use. You will be sharing your apartments with other people, so please be considerate and limit your electricity usage.

You will do your own shopping and cooking, although you will probably end up sharing these duties with your roommates. The most important meal of the day for Spaniards is around 2 o'clock P.M. -- "la comida", followed by the siesta (when most stores are closed). Once you are accustomed to your new surroundings you should take part in this long-lived tradition by preparing meals for and with your roommates. Make sure that you compare prices at the stores, since there are sometimes significant price differences from store to store, just as in the U.S. Refer to the list at the end of the handbook for good places to shop.

PLEASE NOTE that your **program fees do not include meals**. All students are responsible for budgeting funds to cover this additional expense. Approximately \$300 per month for food should be sufficient.

HEALTH AND SAFETY

Health tips

- It is a good idea to have a complete medical/dental exam before leaving for Spain. If you use prescription medications, take a sufficient supply with you to cover the duration of your study abroad period. In addition, be sure to carry these medicines in their original packages and bring a copy of your prescription.
- If you wear contact lenses or glasses, take an extra pair as well as a copy of your original prescription.
- Students with chronic health problems should have their doctor write a clinical report so that it can be given to a specialist in Spain, if need be.
- PLEASE inform the on-site director of any special medical needs that you have!
- Because the climate and diet to which you are accustomed will be changing, you should be prepared for the common cold and minor intestinal problems. Although the drinking water throughout Spain is perfectly safe, you may want to alternate drinking tap water with bottled water for the first few weeks.
- Smoking is MUCH more common in Spain than in the United States. If you are easily bothered or have allergies to smoking, please be aware that it is impossible to completely avoid being exposed to smoke.

Safety Tips

Although Spain is a safe country, you should be careful wherever you go and always use common sense. Santiago is a very safe city, but be more alert when you're in the bigger cities, especially at popular tourist locales.

- Watch for pickpockets, especially in crowded places such as metros or public busses. Pay particular attention to cameras and backpacks.
- Keep all of your valuables locked in a suitcase and placed under your bed.
- Do not hitchhike or accept rides from anyone you do not know. This is potentially very dangerous!
- **Never accept a drink from a stranger.** Opened containers and poured drinks may contain substances intended to incapacitate you while your belongings are stolen or worse physical damage is done to you.
- **IMPORTANT:** Keep a copy of your passport separate from the original document. This will expedite getting a replacement passport if yours is lost.

PACKING AND WHAT TO BRING

How much or how little you pack depends on what you plan to do before and after the program. The biggest mistake that a traveler can make is to bring too much luggage. Take only what you are certain that you will need. The best advice as you are preparing to pack is to lay out what you think you will need and then pack only half of that . . . leave the rest at home.

If you will be traveling before or after the program, keep in mind that you will probably have to carry everything with you en route (there are *consignas* at most airports and train stations, but it's expensive to leave your luggage there on a long-term basis). Also remember that you are limited on most airlines to two bags to check and one carry-on bag; you can go over this but it is quite expensive. In addition, most airlines have a weight restriction for checked luggage. Check with your airline carrier regarding their specific baggage allowances.

Here is a list of packing suggestions:

What to Pack

- School clothes: jeans, khakis, sweaters, shirts, turtlenecks, button down shirts, warm socks. Think layers and multiple seasons! It never gets terribly hot or cold in Galicia, but you won't find buildings heated the way they are in the U.S. Note: although many students are interested in buying clothes in Spain (and they have lots of great stuff), the reality is that it is a lot harder to find a diversity of sizes. Many students find it easier to bring clothes, especially jeans, from America.
- Dress clothes (both men and women dress up to go out!)
- Shorts are not common (especially during the rainy winter), and those wearing them tend to stick out as tourists.
- Any cosmetics, shampoos, shaving supplies that you use in the U.S. will probably be available in Spain. We do not suggest bringing large quantities of these things since they are not worth the extra room they take up in your suitcase.
- Travel alarm
- A converter with a surge protector is needed if you want to bring a blow dryer, electric razor, etc. The sockets in Spain are designed for two wide-set, round prongs, so you will also need an adapter. It may be easier, and at times cheaper, to purchase items in Spain.
- House slippers (Spaniards do not go barefoot in their homes--you shouldn't either!)
- Warm robe for after showering
- Raincoat with hood
- Waterproof (gore-tex) hiking boots/walking shoes
- At least one pair of good, sturdy walking shoes
- Long underwear (student apartments can be quite cold)
- A comfy sweatshirt
- Prescription medicines
- Glasses/contacts and an extra pair. Also bring a copy of your prescription
- Spanish-English dictionary and/or phrase-book
- A really good large backpack and a really good small backpack
- MP3 player, spare batteries, and portable speakers

- Camera, film, and a spare photo battery (they're available there, but cheaper in the U.S.)
- A few photographs from home (people always want to see pictures of your family)
- Moneybelt or bag to put around your neck
- Travel games/cards
- Journal/diary – you will treasure it when you return
- This handbook

THINGS NOT TO BRING

- Notebooks, paper and school materials – you can buy these in Spain – unless you're really fond of plain-lined paper (they use the grid-style)
- Electric appliances—since you also need to bring converter, surge protector, adapter, etc.
- Umbrella (You should buy one in Santiago. It will need to be big and strong; a traveler size umbrella will NOT last in Santiago's weather)
- Occasionally students decide to pack for one season, and then have their other clothes mailed to them from the U.S. Although this is possible, it is extremely expensive (even a small package can cost \$50-100) and takes several weeks to deliver. Also, Spanish Customs sometimes intercepts packages and can require proof of matriculation and copies of visas, etc. to deliver the package. Plus, the mild, oceanic climate means much less seasonal change, so you will not need separate sets of summer and winter clothes unless you plan to travel before or after your program. Plan on layers, and you'll be fine.

MONEY/FINANCES

The currency of Spain, along with most of Europe, is the Euro. There are many informative websites on this historic changeover which began in February 2002. One such site is: <http://europa.eu.int/euro/entry.html>. For up-to-date information on the rate of exchange between the dollar and the Euro, check out these websites:

- Oanda – the Currency Converter <http://www.oanda.com>
- XE Currency Converter <http://www.xe.com>

Access to Cash

Spain is a modern country with most of the conveniences of the U.S., including ATMs, electronic wiring of money, and cash advances from any bank.

The quickest, easiest, and cheapest way to access and carry money is through the use of ATMs. ATMs are readily available throughout Santiago, Spain, and most of Europe. Another advantage of using ATMs is that when you obtain money through a credit card or ATM card, you get the best possible exchange rate, the one that banks charge each other.

In Spain ATM transactions are usually free. However, before deciding on using ATMs, make sure that your bank does not charge high international rates for transactions. Remember also that you can only use your ATM card with a Personal Identification Number (PIN), which needs to be a four-digit number and not a word. Check with your bank to see if you can access your savings account from abroad. If the answer is no, you should consider transferring your savings into a checking account.

A similar option is to use your credit card to obtain cash advances from ATM machines. However, when you use a credit card for cash advances you are charged an extremely high interest rate. American Express, Visa, and Mastercard are widely accepted in Spain, but Visa is the most common. Note that Discover Card is almost *never* accepted.

Be sure to obtain non-800 numbers for all of your financial institutions (banking and credit cards) in case of loss or theft of your ATM or credit cards. Toll-free 800 numbers cannot be called from outside the United States.

Traveler's Checks are another option to use as a backup in case your ATM card is lost or damaged. Remember that you must buy traveler's checks before leaving the United States. You can usually get them issued at low cost at your local bank. The advantage of traveler's checks is that they are replaceable. You should keep a record of the check numbers in a separate location from the spot where you keep the checks. Banks do charge a commission for exchanging traveler's checks. American Express offices do not charge a commission for cashing checks issued by American Express. Be wary of exchange kiosks in airports, train, or bus stations – they may offer good rates, but charge very high fees. In general, it's a good idea to have both an ATM card and some traveler's checks, to use as a back-up plan in case of emergency. However, do not plan to rely strictly on traveler's checks as some banks in Spain will not exchange them or have limited banking hours when they will exchange them.

STUDENT BUDGET

Remember, food and personal expenses are not included in the program fee. Personal expenses will vary greatly depending on how much each student chooses to travel and how much is spent on entertainment. The following are estimates of what students spend monthly. Again, these are **ESTIMATES**, and real expenses vary greatly depending upon how each student decides to budget his or her money.

The following is a guide to help you budget for the semester or year.

Rent and Utilities

The program will give each student a check each month to pay for rent and utilities. These expenses will vary depending upon the apartment that a student chooses, however each student will receive approximately \$325 per month (250 Euros) to cover these expenses. Many past participants suggest that students take their time in finding an apartment that suits their needs in terms of price, location and roommates.

Food

Students are responsible for budgeting money to cover food expenses. It is recommended that students budget a minimum of \$300 each month on food. Plan to shop at small grocery stores and cook at home to save money.

Entertainment

Expenses for entertainment vary greatly from individual to individual depending on student preference. Expenses to plan for are eating out, shopping, movies, museums, and going out. Past participants have admitted spending anywhere from \$25 dollars a month to \$250 a month on entertainment.

Travel

Inexpensive hostels are plentiful in Spain ranging from \$15 to \$25. Trains and buses are the suggested means of transportation and range in price depending on destination and whether or not the train is a new fast train or an older, slower train. To keep down on travel costs, students have suggested buying breakfast and lunch foods from grocery stores. A budget traveler can usually live well on \$50 a day, covering hostel, food, souvenirs and entertainment (not including train fare).

TELEPHONE AND E-MAIL

You can call your friends and family from your home phone (if you have one) using a calling card from the U.S. You can also buy prepaid calling cards that will allow you to call from a pay phone (check the rates as this can be an expensive option, though some are very reasonable). These prepaid calling cards are available at many Tobacco stores (“*estanco*”) or convenience stores in Santiago.

Many students choose to purchase a mobile phone in Spain, which allows for cheaper communication. Mobile phones are relatively cheap (\$80-\$120), and your friends and family from the U.S. can call you easily. Of course you can call them as well, but it is much cheaper if they call you - especially since you can receive incoming calls without having any credit on your phone! Cell phones do not require that you sign contracts as most cellular providers in the U.S. do. Most Spanish cell phones function with pre-paid calling cards that insert into the phone. When your card runs out of minutes, you simply purchase another card at the *estanco* using your credit card. Often, students from previous semesters will sell their used Spain cellular phones to incoming students at a cheaper cost than the purchase of a new phone. More information on this will be available shortly via email.

Stamps are also available in Tobacco stores. Note that in Spain, stamps are called “sellos” instead of “estampillas” as they are called in Latin America. When you are buying stamps, be sure to tell the clerk that you want your package to be mailed “por avión”. It is very easy to simply visit the Post Office to be sure you get the correct postage.

Although it is possible, avoid having important packages sent from home because they can be lost in the mail, import duties are high, and some items are illegal to send through the Spanish mail system (cigarettes and alcohol). If you do have packages sent to you, instruct the senders to use air parcel post with a full description of the contents on the outside of the package, along with the words “unsolicited gift”. Packages can take one to two months to deliver.

E-mail will be available through the school, however to use it you will want to get an email account that can be accessed through an internet service. KU Webmail can be accessed from abroad, and other providers such as Hotmail or Yahoo are also easily accessible. Hotmail or Yahoo service is free and allows you to access your email from any internet provider. Internet service is also available at many internet cafes around town, generally costing anywhere from 1-2 Euros per hour (approx. \$1-\$2).

SUGGESTIONS FROM PAST PARTICIPANTS

This information has been compiled from recommendations of previous program participants

Banks

Banco Pastor

República de El Salvador, 32 (right by Plaza Roja--some still call it Plaza de José Antonio), it has several ATMs with both *Plus System* and *Cirrus* networks-- and takes *Visa, MC, AMEX*

Banco Santander Central Hispano

Calderería 54-56; San Pedro de Mezonzo, 3; Plaza de Galicia; Plaza de Vigo, 2
ATM with *Plus System* and *Cirrus* networks--*Visa, MC, AMEX*.

This is the place to go each month to cash your program-issued check for housing.

Other ATMs are scattered around town for easy access to cash – Telebanco is quite common.

Medical Services/Emergency

Policlinico Rosaleda (minor medical issues)
Santiago León de Caracas, 1, tel. 981-574100

Complejo Hospitalazo Universitario de Santiago (emergencies)
Travesía A Choupana s/u, tel. 981-950000

Cruz Roja (Red Cross Hospital)
Avenida de Lugo. tel. 981- 58 6969

SOS Galicia (Emergencies)
San Marcos. tel. 900-444222 and 981-541400

Guardia Civil: Las Cancelas. Tel. 981-581611
Farmacia de Guardia (Pharmacy with night service)
Rúa Toral, 11 tel. 981-585940 or
Cantón do Toral, 1 tel.981- 585895

All pharmacies are marked with glowing green crosses. They are the best source for basic medications and rarely require prescriptions. If it's just a cold, stomachache, cramps, motion sickness, etc., describe the symptoms to the pharmacist, and he/she will give you the drugs.

Policía Nacional
Rúa de Rodrigo Padrón.
Phone: 091 and 981-581954

Hints for Eating in Restaurants

- In Spain, tipping involves more “rounding up” instead of calculating a percent.
- Beware: the wait staff do not work for tips, so don't get offended when people are up front or direct with you – they're not being rude, that's just how it is.
- The shrimp and most of the seafood come with the heads and the shell still attached (even in soup). Try removing it, but if you need help, don't be afraid to ask the *camarero*.
- EVERYTHING in the restaurant costs, including bread and water (tap water is free – “de grifo” but not always great for drinking).
- Most restaurants serve a *menú del día* during lunchtime, which usually includes bread, beverage (water, wine, or beer), two courses, and dessert. It's a great, cheap option.
- If you're not quite that hungry, try a *bocadillo* – a simple sandwich with ham of some variety, cheese, egg tortilla, or fried calamari.
- The dining culture is much more relaxed – after eating, you are free to sit and talk as long as you wish. When you are ready to leave, you must ask for the check (*la cuenta*) or pay at the bar.

Places to eat

- *Newob* –close to the Plaza do Toural. Best Kebabs in town.
- *Casa Manolo* - from Plaza Cervantes (in the Old Town), walk away from the Cathedral. The best tortillas in town at student prices. Typically a tourist joint.
- *O Triángulo das Verduras* – another great veggie place off *San Roque*
- *Pizzería Gondola*-Plaza Roja
- *Café Bar el Rey* - *menú del día* for students is the best price around and the food is great!
- *De Vagar* - Just north of the Facultad, cheap sandwiches, salads, and pizzas.
- *Bar Coruña* –c/Raíña (a local favorite for bocadillos)
- *Restaurante San Clemente*-c/San Clemente
- The *cafeterias* in *Periodismo*, *Filología*, and *Burgo* are great if you don't have time to leave campus. They offer fresh food and *café* at true student prices with grumpy *camareros*.
- *24 horas* - the place for “the best warm toasty *bocadillos*” at the end of a night out.

Cafés/Bars/Pubs/Discos

- *Casa das Crechas* (in the Old Town, behind the cathedral) You can NOT, NOT, NOT miss this one. Go up the stairs from Plaza Quintana. Once inside the bar, grab an *Estrella*, go downstairs, and enjoy the incredible live music, dancing, comedy, singing, or whatever else is going on that night – it's wonderful.
- *Paraíso Perdido* (next to Casa das Crechas) Try the hot chocolate, spiked. Yum, yum.
- *La Ruta 66, Castings* Discos. Several others are located off c/Republica Argentina.

- *Galerías* - off of Plaza Roja on c/Nova
- *Moore's* Irish pub next to Alameda Park. Hangout for *guiris*.
- *Café Bar Dakar* has the best shakes in town; it is on Rúa do Franco across from the main post office. Great tapas also.
- *Cervecería Internacional* - Plaza Roja (near Champion) Giant beer selection.
- *Café Casino* is a really cool place that has live music sometimes and is great for a cup of coffee and a chat.
- *Café Insomnia*, a funky underground club near Cabauño do Demo, the veggie place
- *Blaster* everyone hates it, but it's open until 7am, so everyone ends up there. Usually plays American music videos until 3 or 4, then the Spanish music starts.

Sports, etc.

- Basketball and tennis courts are located at South Campus.
- More basketball courts up the street from the north campus, (off *la avenida del Burgo das Naciones*)

Shopping

- *Massimo Dutti* (has really cool clothes for men)
- *Zara*, *Pull and Bear*, *Adolfo Dominguez*, *Oysho* are notable among a host of other fine clothing stores with shops throughout the old and new zones.
- *Unitenda* is the official University bookstore with clothing and other paraphernalia. Bring your university ID for a 15% discount. On the corner to the right of the Cathedral.
- *Disco Laser* (best music store in town) c/Alfredo Brañas
- *Tiendas El Corte Inglés* (Department Store, past the train station)
- *Area Central* (Mall, past the bus station)
- Various stands often spring up in the old zone selling great jewelry, bags, souvenirs, etc.
- Always greet the shopkeepers as you enter and say goodbye when you leave (especially in the small places)

Groceries

- *Día*, *Arbol*, *Froiz*, and *Gadis* are all very cheap and convenient “supermarkets” (think 3-6 aisles each) with several locations throughout the old and new zones.
- *Champion* is a much bigger option with greater variety. República del Salvador, 26
- There are also small specialty shops for such things as bread (*panaderías*), produce (*fruterías*), and meat (*charcuterías*).
- Be sure to check out the old stone market in the old zone for super-fresh produce, fish, seafood, cheese, *jamón*, etc.
- Most of the small grocery stores offer a discount card (like Dillons) for special sales. You can request an application (*suplicación*) at the register.
- When you move in to your *piso*, ask the *dueño* to recommend the nearest grocery.
- WARNING: as in most European countries, milk and juice are sold in non-refrigerated 1L boxes on the shelf and can be kept for several months, unopened, without spoiling.

Cyber cafés

- You can use the school computers during the day in either *Filología* or *Perodismo*. The Program Director will give you a user name and password for computers. *El Ciber* located at the bottom of the hill near campus, across from the park.
- *Internet* up the street from *Unitenda*
- Other places are springing up around town – take a walk and you’ll find something.
- If you have a laptop, look for free WiFi connections at cafes such as Terranova (next to the police station).

Travel

- Several Travel Agencies off of Alameda Park and in the New Zone.
- You can purchase a Carnet Joven (bring passport, a passport photo, and 6 euros) to get a 20% discount on most train tickets and some bus tickets, free entrance to museums throughout Spain, etc. It can be purchased at the *Oficina de la mujer y juventud, Xunta de Galicia*, across from the *Puerta del Camino* on the edge of the new zone, near the stone market. This card is much more widely accepted in Spain than the ISIC card.
- Ask any of the instructors about where to go in Galicia. There are white sand beaches, Celtic ruins, and deep canyons (Cañon do Sil), all within a few hours of Santiago.
- To get to the airport, take a bus from the bus station (there is also a stop in the New Town, on Doutor Teixeiro. They leave hourly, and the cost is just 2 euros, and much cheaper than a taxi (16 euros). Get a schedule from the airport – it will have all the times, stops, etc.
- Most local newspapers (*La Voz de Galicia, El Correo Gallego*) publish air, bus, and train schedules daily.
- Spain has one national rail company, RENFE, but a plethora of bus companies operate regionally and nationally. Depending on where you go, rail or bus options can differ drastically by price, time, availability, etc. Unlike the rest of Western Europe, trains are not as fast or reliable in Spain.
- Stay in hostels wherever you go – they’re incredibly cheap and you’ll meet all kinds of amazing people.
- You can also go online for travel information and deals: www.iberia.es, www.spanair.es (Spanish airlines), www.renfe.es (train), www.alsa.es (bus), www.rumbo.es, www.cheapseats.com, www.hostelworld.com, www.kasbah.com, www.ryanair.com, www.ba.com (British Air)

Parks

- Alameda is the most popular, on the edge of the old and new zones near *Plaza de Galicia*. Spiral up the hill to see the beautiful church, sit on a bench and watch a parade of Spaniards pass by, or head to the right as you enter for an amazing view of the cathedral.
- One of the lesser-known parks is called Santo Domingo de Bonaval. It is a little walk, but the views of the Old Town, coupled with the excellent grounds make this park well worth it. It was designed to be simple – no benches or trashcans, so most people just claim a spot of grass. Small aqueducts and fountains move water through the park. When you go, take time to visit the adjacent museums as well.

Movies

- Catch the “Cineuropa” in October. Month long film festival with movies from all over Europe, in their original languages, with Spanish subtitles.
- A student ID will get you a discount. Tuesdays and Wednesdays are cheaper.
- *Cines compostela* and *Valle Inclán* offer Spanish films along with the American ones.

Hotels

- *Hospedaje Mera*. Off of Rua da porta da pena, in the Old City. A good “hostal” with friendly owners and good prices. Good to recommend to family and friends.
- *Hotel Costa Vella*. At the top of Costa Vella Street. Historical building, nicely decorated, good location, reasonable prices.

Symphony

- There are symphonies on Thursday nights at the Auditorio de Galicia.

Laundry

- There are several laundromats in the c/Rua de Cabanillas, between C/Republica Argentina and c/Frai Rosendo Salvado, off of Plaza Roja. They wash, dry, and fold your clothes, usually for pick-up the following day. Expect to pay 4-6 euros per load, depending on weight. The laundry ladies are very nice!
- Occasionally an apartment will have a washing machine, but nobody owns dryers. Hang your clothes and pray for a sunny day. The damp air means wet clothes and towels take a long time to dry.

Transportation

- Bus station: Estación Central de Autobuses: San Cayetano. Tel. 981-587700
- Train station: Estación RENFE: Horreo Street. Tel. 981-520202
- Rental Car: Europcar at the train station. Ask for Juan Carlos. Be sure to buy the supplemental insurance. There are other car rental places in the New Zone.

Cultural Sites

- *Oficina de Turismo* - Rua do Vilar, 43 (in the Old City) tel. 981-584081 or Plaza de -go to these offices for a plano of the city, posters, cultural information
- *Museo do Pobo Galego - Monasterio San Domingos*, has very detailed exhibits on the cultural and anthropological history of Galicia. Adjacent to *el Parque de Bonaval* tel. 981-587910
- *Tesoro y Museo del Catedral* - tel. 981-583548
- *Museo de las Peregrinaciones* - Rúa San Miguel do Agros tel. 981-581558
- *Centro Gallego de Arte Contemporanea* - Free exhibits that change monthly. Great modern art. Next to *Museo do Pobo Galego* and *el Parque de Bonaval*.
- *Galicia Digital* is a great interactive museum on the history and culture of Galicia. Located in the *Semenario Mayor*, up the steps from the cathedral
- Ask Isidora Rubio or the other Spanish professors for more museum recommendations.

OTHER HELPFUL HINTS FROM FORMER PARTICIPANTS

On packing

“Bring your robe, you’ll be glad you did, and your slippers also. Spaniards dress nice, so bring good clothes. I never used my coat and tie or my dress shoes, however. Also bring a good hiking backpack and a sleeping bag.

“Make sure you have good sturdy luggage with wheels and that you can carry everything you have.”

“Bring a good bag if you plan to travel because you’ll want to pack light for trips since you’ll probably be hiking around foreign cities in search of a place to drop your stuff.”

“If you can’t lift and carry all your bags at once, it’s too much to bring. Remember, it is easy to over pack. I brought a sleeping bag and it served very well as an extra blanket. Santiago is *cold* and heating is *expensive*.”

Arrangements

“I didn’t buy a Eurail, but wished that I had. Since there wasn’t much time to travel independently though, you should be careful not to buy too extended of an option. A lot of people didn’t get to use their full passes. A good idea is to wait until you are abroad and have checked out other travel options to make sure you would really use a Eurail pass. If you do decide once you are abroad to buy a Eurail, you will need a friend to buy you one in the U.S. and mail it.”

“Only buy a Eurail pass if you intend to travel for extend periods of time. Otherwise, just get the youth card and use that for discounts on trains and buses. Try to travel every weekend if possible, either in Galicia, around Spain and Portugal, or make quick trips to other European cities. Use the online hostel and air sites for great discounts and reservations. Although it’s fun to travel with other students, don’t be afraid to go off on your own once you get the system figured out”

“I highly recommend traveling. In Europe so many different cultures are close together, this will greatly add to your experience. As well, do not overlook travel in Spain, especially in Galicia. The NW corner has a lot to offer. It is easy to travel and you can find inexpensive ways to do it. Be creative, take any opportunity you get.”

“Keep the handbook accessible (in your carry-on luggage) on the flight there. If you miss your flight, you WILL need it to call the program directors in Santiago”

On Money

“ATM machines are what everybody used, but guard your card with your life. Wiring money is expensive and cashier’s checks are impossible to cash. Traveler’s checks are practical [but beware of hidden fees, especially at exchange kiosks – cash them at banks when possible]. American Express will cash them without commission if you use theirs.”

“Manage your money well; Santiago isn’t very expensive but money slips away when you go out a lot to clubs or bars, eat out a lot, or are frivolous with spending.”

“Bring a lot of money and have no fear of going anywhere and truly, just meet people. Don’t stay in your apartment!”

Use of Telephone, Post Office

Phones are simple and easy to use; but the Post Office is a fine display of true bureaucracy. It takes 8-9 days either way for letters; 4-5 days either way in Europe and up to 15 days for a package.

“Using American phone cards such as AT&T, Sprint, etc. can be extremely expensive. It is usually better to find a prepaid card in Spain such as the World Card (sold at some *locutorios* or convenient stores) and call from a pay phone.”

“There are numerous *locutorios telefónicos*, which are shops with only (metered) telephones in them. I used my AT&T calling card and that was easy.”

“Bring your own supply of Tylenol and cold medicine and you’ll be fine.”

On Santiago in General

“Santiago is full of hidden gems. Take time to explore a new part of the city whenever you can; you’ll always come across a café, restaurant or pub that will be worth the effort.”

“Get to know your roommates and invite them along with your other friends. You must be proactive!!”

“Lose yourself in Santiago. Make Spanish friends. Buy an umbrella the first day you get here and get over the fact that it rains all the time.”

“It was the most incredible time of my life. It really made me question my own values and look at the US culture. The people and atmosphere of Santiago are amazing, and there isn’t a better way to learn Spanish than by living it.”

“Don’t get too overwhelmed at first. Go out and meet as many Spaniards as possible.”

“I loved the fact that I lived on an old stone street with a balcony that overlooked a 1000-year old cathedral.”

“Be open. Know that it’s not only a different country and language, it’s a different way of thinking. Have fun, but don’t blow off your classes. Go out, arrange *intercambios*. And forget home. You’re going to be in Spain, so live it up.”

HELPFUL WEB SITES AND SPAIN INFO SOURCES

For further information, look on the World Wide Web for any sites on Spain or Galicia; to get you started, here are some helpful sites:

<http://www.santiagoturismo.com/>

Everything you ever wanted to know about Santiago de Compostela.

<http://www.loquehay.com>

Great all purpose site.

<http://www.galinor.es/galicia.html>

Tourist guide of Galicia

http://travel.state.gov/travel_warnings.html

U.S. State Department travel advisories

<http://www.cdc.gov/travel>

Centers for Disease Control Page. Health and safety information according to the region of travel.

<http://www.okspain.com>

<http://www.tourspain.com>

Two very good sites on travel and tourism in Spain.

It is very important that you are well informed about the politics, general history and culture of Spain. In general, European students are better read on world events than American students. Keep in mind that any preparation you get now will make it easier next semester to integrate, to get to know other students, and to defend your own views. The following is a list of books and reading material that past participants have found useful and interesting.

- Penelope Casa. *Discovering Spain*. New York: Knopf, 1992.
- Raymond Carr. *Spain: A History*. London: Oxford, 2000.
- Fred James Hill. *Spain: An Illustrated History*. Hippocrene, 2001.
- Washington Irving. *Tales of the Alhambra*.
- Bill Richardson. *Spanish Studies: An Introduction*. London: Arnold, 2001.