

# Trainees

## 1-Your hosts

### **A- Localisation**

*The office of the IAESTE Girona Local Comitte is in the Escola Politècnica Superior in the universitary campus of Montilivi, the largest campus of the Universitat de Girona.*

*The address of the office is:*

*IAESTE GIRONA  
Avinguda Lluís Santaló S/N  
Edifici Politècnica 2  
Despatx 014  
17003 Girona  
Girona*

### **B- Lodgement**

*Except those offers in which the employer provides lodgement, IAESTE trainees in Girona are usually to be lodged in shared flats with other students. As a rule of thumb, most trainees working within 30km of any regional capital city will live in it, where the IAESTE Local Committees are located.*

*We look for rooms to rent in students' flats that go home for the summer or university flats reserved during the year to be used for Erasmus Student. We require owners to allow full use of bathroom and kitchen, but that's about all. We try our hardest to search for rents under 250 euros a month, but is not always possible.*

### **C- Arrival**

*At your arrival there'll be some IAESTE members to pick you up at the Girona train station. There is good bus and train connection with the airports and the main train station of Girona and Barcelona.*

*We strongly recommend you to send an email to IAESTE Girona Local Comitte some weeks before in order to get the first contact. It is important to solve your doubts and questions, and to inform us about your arrival in order to prepare it.*

### **D- The other trainees**

*From July to September take place about 80% of all traineeships in Spain, so you probably won't be alone if you come during this period. For this reason, we recommend you if it is possible to arrange your training period between summer season.*

*Every year in Girona there are arround 10 trainees in the summer period. Moreover, Barcelona is close and has a good train and bus connection with Girona. For this reason, our trainees use to make activities and trips with Barcelona Local Comitte, which hosts around 30 trainees.*

*IAESTE Spain sets up various regional mailing lists for IAESTE trainees so you can all keep in touch and arrange meetings, week-end trips and discuss whatever might be of*

interest. You can put in contact with IAESTE Spain to be subscribed to the list, and use an e-mail address to which you have access during your stay.

### **E- Guides**

The following links has information which can be useful for you:

*Booklet of Barcelona (IAESTE Catalunya LC)*

<http://www.iaeste.es/archivos/docs/Booklet-Barcelona-2007.pdf>

*Spain (IAESTE Spain)*

<http://www.iaeste.es/archivos/docs/spain.pdf>

*Costa Brava and Pirineu de Girona (Patronat de turisme)*

<http://www.costabrava.org/>

*Girona (Girona's council)*

<http://www.ajuntament.gi/turisme/>

## 2- About Girona

### **A- Mobility**

Nowadays Girona is accessible from anywhere in Europe because of the huge implantation of Ryanair in the airport of Girona. For trainees from others countries the Aeroport del Prat (Barcelona) has connection with the main cities in the world.

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

There is a bus connection between the airport of Girona between Girona city center and Barcelona. The main Barcelona's bus station is l'Estació de França.

Every hour there is a train between Girona train station and Barcelona. The connection is fast and cheap. It lasts one hour and costs 7 euros. The name of the Spanish train company is Renfe. You can find information at:

<http://www.renfe.es/horarios/index.html>

Girona has bus connection with all the towns around it. Depends on which town the are no buses very often, but always exist the possibility to arrive anywhere in the province of Girona. You can find information at:

<http://www.teisa-bus.com/>

Inside Girona exists several lines of buses which works during the day and connect the whole city. You can find information at:

<http://www.ajuntament.gi/bus/cat/index.php>

### **B- Embassy**

Travelling to Spain is easy. The documents you need vary depending on where you are from.

If you are a citizen of the European Union, Switzerland, Norway, Iceland, and Liechtenstein: all you need is your Identification Card, or a valid passport.

If you are from any of the following countries: Andorra, Argentina, Australia, Bolivia, Brazil, Brunei, Bulgaria, Canada, Chile, Costa Rica, Croatia, El Salvador, United States, Guatemala, Honduras, Israel, Japan, Malaysia, Mexico, Monaco, Nicaragua, New Zealand, Panama, Paraguay, Korea, Romania, San Marino, the Holy See, Singapore, Uruguay, and Venezuela: all you need is a valid passport to enter Spain, where **you can**

**stay for a maximum of 90 days.** IAESTE takes no responsibility whatsoever if you decide to extend your stay, nor can it help you to get a visa extension.

**If you are from any other country, according to the criteria of the EU: you must request a tourist visa at the Spanish Consulate of your country of residence.** You will also need a valid passport. In these cases, the Spanish authorities may ask documents showing where you will stay, confirmation of an organised traineeship, return air tickets or a personal invitation letter. We ask employers to send invitation letters to the corresponding embassies, but these are unofficial and no guarantee that you can get a visa.

Since conditions may vary, we recommend you contact your local Spanish Consulate or Embassy for more information on these requirements. The list of Spanish Consulates and Embassies in your place of residence can be found at [www.spain.info](http://www.spain.info) (plan your trip / practical info / embassies).

### **C- Language**

*Catalan and Spanish are the official language in Catalonia. The own language of Catalunya is the catalan. In Girona the implantation and use of catalan is very important. The language used mostly all the time is Catalan, but everybody can speak Spanish too.*

*If you don't know what is the Catalan, we make a little introduction:*

*Catalan, called Valencian in Valencia is a Romance language, the only official language in Andorra and co-official in the Spanish autonomous communities of Balearic Islands, Catalonia and Valencia. Spain has the majority of active Catalan speakers, and Catalan is the state's second most widely spoken language. It is spoken or understood by as many as 12 million people who live not only in Andorra and Spain, but also in parts of France and Italy.(learn catalan online at [www.intercat.gencat.net](http://www.intercat.gencat.net)).*

*The most part of the students and the technical workers can speak English, but you can have problem to find people who speak English out of your job or out of the university.*

### **D- Way of life**

#### **CHARACTER**

One usual cliché about the Spanish is that they are very expressive, open to the others and warm people... mmm... probably you'll have time to get your own conclusions!

#### **THE DIFFERENT PARTS OF THE DAY**

In Spain the day is divided into 5 parts, which correspond approximately to: madrugada (5 to 7 am), mañana (8 am to 12 noon), mediodía (12 noon to 2 pm), tarde (3 to 8 pm) and noche (9 pm to 4 am ). Lunch is usually at about 2 pm and dinner is between 9 to 10 pm, which is later than in many other places in Europe, Asia and Africa.

#### **MEALS**

There're three or four meals: desayuno, breakfast, in the morning; comida, lunch, at lunchtime; merienda, an afternoon snack; and cena, dinner, at night. Lunch and dinner are the biggest of these meals, even though nutrition experts insist that breakfast should be the most copious meal of the day.

#### **PUNCTUALITY**

Punctually is relative: it depends on your point of view. For English and Asian people

being sharp on time is extremely important. In Spain people are generally quite punctual if they are meeting for a formal event (when they are going out to a public event: theater, cinema, concerts, trips,...) but things are quite different when people are just meeting up with friends. There is always someone who turns up late to some degree, and foreigners learn this practice quick, so it's usual to meet directly \*inside\* a bar.

### **FAMILY RELATIONSHIPS**

The fact that young people live at parents' home until so late means that in Spain family relationships are very important. This will surprise northern and central Europeans, who generally leave home as soon as possible and see their families little throughout the year. Probably Asian and African people may consider that family relationships in Spain are not very close or respectful comparing to their home countries, where family is considered the center of all things.

### **PHYSICAL CONTACT**

Compared to other cultures around the world, in Spain as in the Mediterranean countries, people tend to touch each other a lot. When talking, people often use the body language a lot and touch each other: a hand on the arm, a pat on the back, etc. Before jumping to wrong conclusions (or getting your hopes up) you should be aware that this is usual among a lot of university students (with some exceptions) and that beyond being just another part of communication it bears no special significance. Or does it...? But that's a different story...

### **RELIGION**

Freedom of religion is guaranteed by the Spanish Constitution, although the majority of the population is Catholic. Other religions also practised in Spain include Islam, Judaism, Protestantism, and Hinduism, all of which have places where to conduct their rituals.

### **THE IMPORTANCE OF THE INVITATION**

The concept of an invitation changes from culture to culture and it is useful to know the differences that exist, as otherwise slight misunderstandings may occur. In general Spanish like to invite people to meals a lot and that having supper with family or friends is quite normal. As you will no doubt find out, it is very likely that you're invited to supper some day. You should be aware however, that this does not have the same importance that it has in some other places. Returning an invitation is quite a common thing, but not obligatory, and it is customary for the guest to take a small present for the hosts (usually wine or dessert).

### **E- Useful to know**

#### **ELECTRICITY**

Electric appliances in Spain work with 220 volts, CA. 50 Hz and plugs conform to the European system of round pins with two holes.

#### **THE TWO KISSES**

When you are introduced to someone and they kiss you twice at cheeks, don't be surprised, and don't take it the wrong way either. In Spain it's a common, friendly greeting as is considered, with slight variations, in other European countries.

## **NIGHT-TIME OPENING HOURS**

One point about the night that you'll like to know well are the opening hours. You wouldn't want to arrive at the club too early and spend an hour turning around at your own dancing with the DJ! In Spain things start happening at about midnight. This is when everyone crowds into the bars and clubs for a drink. Nightclubs tend to start to fill up at two o'clock. Three till five, the best part of the night, is when pubs are crowded and it is easiest to meet people. Most clubs close between six or seven.

## **HITCH-HIKING**

Hitch-hiking (autostop) in Spain is an uncertain and daring way to travel, but who can deny that it is the easiest on the pocket? Whether you recommend it or not, the fact is that finding someone who will give you a lift (as far as they are going) can be quite an adventure depending on the area you are in. If you try to hitchhike in metropolitan areas probably the only thing you get out of it is a good dose of fumes from traffic, with some exceptions, obviously. On the other hand, in areas that are less densely populated and countryside, people are much more likely to stop.

## **TIPPING**

Tipping is not mandatory; in all establishments in Spain, service is included with the price. However, tipping is a common practice at bars, restaurants, and taxis, depending on the total price or quality of the service, and on the generosity of the client. It is usually around five to ten percent of the total amount.

## **CYCLING**

In many central European countries the bicycle is respected by drivers and is one of the most practical types of transport for young people. In Spain the habit has not yet caught on and moving around by bicycle might prove difficult. In large cities however, there are dedicated bicycle lanes, so it shouldn't be extremely dangerous.

## **REQUIREMENTS TO DRIVE**

You must be at least 18 years old:

To drive in Spain you must be at least 18 years old. To rent a vehicle, you must be at least 21.

You must have a valid driver's licence:

If you are a citizen of the European Union, Switzerland, Norway, Iceland, or Liechtenstein: all you need is your valid driver's licence. If you are from another country, you will need an International Driver's Licence.

## **F- Links**

### **IAESTE AROUND THE WORLD**

[www.IAESTE.org](http://www.IAESTE.org) (IAESTE International)

[Other IAESTE national committees](#)

### **LOCAL COMMITTEES**

[www.IAESTE.uma.es](http://www.IAESTE.uma.es) (Andalucía)

[www.IAESTE.cat](http://www.IAESTE.cat) (Catalonia)

[IAESTE.bi.ehu.es](http://IAESTE.bi.ehu.es) (Euskadi)

[www.IAESTE.etsit.upm.es](http://www.IAESTE.etsit.upm.es) (Madrid)

[www.IAESTE.valencia.tk](http://www.IAESTE.valencia.tk) (Valencia)

[www.cps.unizar.es/IAESTE](http://www.cps.unizar.es/IAESTE) (Zaragoza)

## **INSTITUTIONS**

[INJUVE](#)

[UNITED NATIONS](#)

## **GENERAL INFORMATION**

[www.spain.info](http://www.spain.info)

[www.munimadrid.es](http://www.munimadrid.es)

[www.bcn.cat](http://www.bcn.cat)

[www.bilbao.net](http://www.bilbao.net)

[www.valencia.es](http://www.valencia.es)

[www.vitoria-gasteiz.org](http://www.vitoria-gasteiz.org)

**Catalonia:** [www.gencat.net](http://www.gencat.net)

[www.malagaturismo.com](http://www.malagaturismo.com)

[www.turismegirona.com](http://www.turismegirona.com)

## **TRAIN**

[www.renfe.es](http://www.renfe.es)

## **CITY TRANSPORT**

[www.ctm-madrid.es/](http://www.ctm-madrid.es/)

[www.tmb.cat](http://www.tmb.cat) (Barcelona)

<http://www.ajuntament.gi/bus/cat/index.php>

## **TO RENT A CAR**

[www.pepecar.com](http://www.pepecar.com)

[www.easyrentacar.com](http://www.easyrentacar.com)

[www.avis.es](http://www.avis.es)

## **LOW COST COST AIRLINES**

[www.vueling.es](http://www.vueling.es)

[www.clickair.com](http://www.clickair.com)

[www.airnostrum.es](http://www.airnostrum.es)

[www.easyjet.com](http://www.easyjet.com)

[www.ryanair.com](http://www.ryanair.com)

[www.airberlin.com](http://www.airberlin.com)

[www.germanwings.com](http://www.germanwings.com)

[www.skyeurope.com](http://www.skyeurope.com)

## **YOUTH HOSTELS**

[www.reaj.com](http://www.reaj.com)

[www.hostelworld.com](http://www.hostelworld.com)

[www.spainmountains.com](http://www.spainmountains.com)