

I.A.E.S.T.E. Zaragoza

Welcome Guide 2004

I.A.E.S.T.E. Zaragoza
María de Luna 3
50018 ZARAGOZA
SPAIN

Telephone number: ++ (34) 976761000 (Extension 5339)

e-mail: [iaeste, in the domain unizar.es](mailto:iaeste@unizar.es)

<http://www.cps.unizar.es/iaeste>

The present guide has been elaborated by the current members of I.A.E.S.T.E.-Zaragoza: Carlos Caseras, Félix Olmos, Juan Carlos Olivas and the ex-member Luis Sampayo. Omneya Gubara from I.A.E.S.T.E. Egypt contributed also in the updating of this booklet.

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1. ABOUT SPAIN.

Spain is widely known for *flamenco* (but not all parts of Spain, as there are more popular dances like *jota de Aragón* and *sevillana* from Sevilla, *sardana* from Catalonia, ...), bull-fights, fantastic beaches and its great sunshine. But actually, Spain offers much more than that.

For thousands of years Spain has been hosted diverse cultures and civilizations (Iberian, Celtic, Greek, Phoenician, Jewish, Roman, Gothic, Arabic and Christian).

Different civilizations... harmonized together to produce a unique peace of art... Spain!.

Its various regions differ from one to the other geographically, artistically, climatically and in personality.

Spain is today a member of the European Union and the North Atlantic Treaty Organization. It has consolidated itself as a fully democratic free nation under a political system known as a Constitutional Monarchy.

2. WELCOME TO ZARAGOZA.

IAESTE Zaragoza would like to welcome all the trainees all over the world.

Are you coming to Zaragoza soon?... that's great! We are waiting for you... but first, do you know anything about Zaragoza? Let's start by some basic facts about Zaragoza.

Zaragoza is the capital city of Aragón, with a population of about 600.000 inhabitants and it is placed at an altitude rounding 200 m above the sea level, at both sides of the Ebro river.

Inhabitants of Zaragoza have the reputation of being very kind. It certainly will not be difficult to make friendship with them and spend a very pleasant time (what could we say about ourselves?).

Zaragoza is the culminant point in the valley of Ebro, Spain's most water-bearing river, in an impressive landscape with picturesque villages and very old traditions and popular customs.

It was founded almost 2.000 years ago, and old Iberians, Romans and Arabian among others left their heritage. Zaragoza includes as well

important buildings of Spanish Baroque. Today, the town is very active economically speaking and organizes several important international fairs.

I.A.E.S.T.E. Zaragoza worked hard to include as much information as we can for you to be seen. We hope it will have all the answers for your questions.

3. ALL ABOUT I.A.E.S.T.E. ZARAGOZA.






I.A.E.S.T.E. Zaragoza consists of volunteers University students. We enjoy cooperating with students from different countries and we are deeply interested in knowing more about their life styles, culture and background.

After all, the reason for our presence is to find practical-trainings for foreign students to be able to train in different cities of Spain.

As you will probably know, I.A.E.S.T.E. works in every country in a different way, but in Spain the local committees are formed by STUDENTS. This means that we try to do everything as well as possible, but we're not professionals and we don't earn any money at all. So, please have a little patience if anything goes wrong at any time; you know... I.A.E.S.T.E. is I.A.E.S.T.E.

I.A.E.S.T.E.-Zaragoza office is located at the technical school, called C.P.S. (*Centro Politécnico Superior*). Unfortunately, it is not inside the University Domain (*Campus*) but a little bit outside the city. Anyway it's very easy to get there by bus: just take the bus number 20, 23, 43,44 or 42 from the center of the city and leave it at the last bus stop (it will not be the last stop for number 43!!).

Then, our office is in the nearest building to the bus stop, a gray one called Ada Byron. Take the first stairs you see inside it, go up to the second floor and the office is in front of the stairs. It won't be difficult to find some members studying for September the exams that they failed in June. Here you have the main members of IAESTE-Zaragoza. Ah! Our mail is iaeste in the domain: unizar.es

	Carlos Caseras Telephone number: 650 028 444
	Ainhoa Arana Telephone number: 60549 64 79
	Alfredo del Hoyo (wanna cinema?) Telephone number: 661 735 154
	Juan Carlos Olivas Telephone number: 649 135 767
	Félix Olmos Telephone number: 620 872 400

NOTE: These are the numbers you have to dial from Spain. From abroad it is: "INTL. CODE" + "34" + "this number"

4. ZARAGOZA IN THE MAP.

Spain is divided into 17 major regions called *Comunidades Autónomas*. One of these is Aragón, which is divided into three provinces as well. Zaragoza is the most important province in Aragón, and Zaragoza city is the capital of the whole region. It is located at the North-East of Spain, between Barcelona and Madrid.

Aragón, which represents with its 47.699 km² nearly the 10% of all Spain, has a strategic location that makes it a natural nexus between two of the most important hubs of development of all Europe, the Atlantic and the Mediterranean.

With a population around 600.000 inhabitants, Zaragoza is the 5th biggest Spanish city.

5. AT YOUR ARRIVAL & HOW TO COME

Do not panic or worry at all, just send your arrival date by mail, e-mail or fax as well as your photograph, not only to I.A.E.S.T.E. Spain but also to our committee.

When you are accepted, among the papers that you will receive, there is a reception card, N-5b. Please, fill it and send it back as soon as possible. One of us will wait for you to pick you up and take you to your new home. In case of any questions before your departure you can mail us to the addresses given above or to the IAESTE office.

We strongly recommend you not to arrive too late at night or too early in the morning. Arrange your travel in order to arrive during the day, THANKS. If you changed your arrival time, please, phone us. That's why our cell phones are in this guide. It's disgusting to wait for someone who is not coming.

If you will arrive by plane, bus or train we will be waiting for you, in case anything went wrong... don't worry, call us in our personal numbers or phone the IAESTE office (the numbers were above mentioned).

An important fact! Unfortunately the Zaragoza airport has lost most of its international flights, so you should take an extra flight from Madrid or Barcelona which would increase the price of your travel considerably. We strongly recommend you (in case you're coming to Spain by plane) to fly to either Madrid or

Barcelona and take then a bus or train to Zaragoza.

Whether to take a bus or a train from Barcelona or Madrid to Zaragoza is up to you. The fares are cheaper by bus and there isn't a big difference in time (especially in case of coming from Barcelona). Moreover, there are lots of buses per day (as you can see in the information enclosed) There are less trains and some of them for high prices. A return ticket Madrid-Zaragoza-Madrid or Barcelona-Zaragoza-Barcelona by bus costs about 20 €. In case of using the train, it will be about 70 € for both Madrid-Zaragoza-Madrid and 40 € for Barcelona-Zaragoza-Barcelona. Single tickets cost normally around 60% of the return tickets. If you take the bus from Madrid, it starts from the *Estación del Sur* (South station); the underground station is *Méndez Álvaro*, line 6 (gray). If you take the train from Madrid, go to the *Estación de Atocha* (Atocha Station); underground station is *Atocha-Renfe*, line 1 (blue). (www.metromadrid.es) If you come from Barcelona by bus, the starting point is the *Estació del Nord* (North Station); underground station is *Arc de Triomf* and for the train the *Estació de Sants* (Sants Station); underground to *Sants-Estació*.

You can find the timetable for buses and trains in:

www.alsa.es and www.renfe.es

Both are in english too, and you can buy the ticket on line.

NOTE: If you book the ticket in Renfe (any train), they will check your card with another ID before giving you the ticket, so you will have to be at the station a while before the departure time. The bus company (alsa) works like the low fares flights companies.

6. THE MOST IMPORTANT THINGS YOU SHOULD KNOW ABOUT ZARAGOZA.

The weather.

The weather, a mix between continental and mediterranean climate, is extremely hot in summer (above 30 °C). Let us tell you one thing... it is a windy city! At least it doesn't rain very often.

Currency.

The Spanish currency is the Euro.

Banks.

Zaragoza has plenty of banks, but for exchanging services there are main central ones. We recommend you to use credit cards, like Visa, Maestro or MasterCard for getting Spanish money (they are generally accepted). In case of question about your credit card in Spain, ask us by e-mail. Travel-checks are also a good option.

Banks are normally open from 8:30 am to 2:15 pm during the week and from 8:30 am to 13:00 pm on Saturdays.

You can always ask the I.A.E.S.T.E. Zaragoza members about where to go. Anyway, some proper places are:

Ibercaja main building (*Plaza Paraíso*, Paraíso Square)

BBV (Banco Bilbao Vizcaya) (*Calle el Coso*, Coso Street)

El Corte Inglés (Corner between *Paseo Sagasta* and *Paseo las Damas*)

Means of transportation.

The main means of transportation in Zaragoza are buses and taxis. The cheapest ones are buses. Zaragoza has a relative comfortable net of buses (air conditioned) that travel inside and around the city. Depending on the line, most of them arrive every five to ten minutes. You have a timetable at every bus stop.

Unfortunately, most of the firms and industries are located a little bit outside the city. Probably you will need a special transportation to go to work.

But don't worry at all... sometimes the bus is paid by the firm, or the company has its own buses, in other cases I.A.E.S.T.E. is in charge of arranging your transportation or probably one of your new friends at work will take you to the company every day.

How to buy a bus ticket?

O.K., let's talk about the public transportation; a single ticket can be purchased inside the bus (0.65 €), other kind of tickets (*Bonobús*; that means 10 tickets for a cheaper price, 4.50? €) can be bought in special offices, like those ones located at

Plaza de España or at any of the numerous press shops.

If you want a monthly ticket, ask the responsible I.A.E.S.T.E. Zaragoza members for that, as there will be some papers to fill in (*Bonomés*, monthly card, 24€).

What about Taxis?

Taxis in Zaragoza are white, with the Aragón's flag (red and yellow) on each side. You can stop one in the street if the green bulb on the top is on, or take it at a taxi stop.

There are radio-taxis as well (you can call 976 424242, 976 383838 or 976 751515 and ask for a taxi to come to your place). Taxis are not very expensive compared to other cities in Europe, but we recommend you take them only in cases of urgency. An average ride may cost from 5 to 9 €.

Driving.

If you decided to rent a car for a trip or you come from your country with your own car, you should know the basic rules of driving generally in Spain and particularly in Zaragoza.

- speed limit within towns and cities is 50 km/h, outside cities and towns is 100 km/h and on the highway it is 120 km/h. There are strict fees to pay if you didn't respect the limits... so be careful!
- some highways are not free, you have to pay quite high fees (for example, Zaragoza-Barcelona is about 20 € each way, but Zaragoza-Madrid is free). Anyway there are always public roads, so you don't need to use the highways.
- driving inside Zaragoza: there is some traffic in the center at rush hours.
- parking: there are enough car park sites all over the city, and special ones called *zona azul* (blue zone) in which you have to pay a little amount of money depending on the time you're parking.

Shopping in Zaragoza.

If you like shopping, you're truly lucky not only because shopping in Zaragoza is not expensive, but also because you will find everything you need in its boutiques, shops and department stores.

The most popular area for shopping is located in the center of the city.

In *Calle Alfonso*, everything that is related to Aragonese art and tradition can be found (porcelains, presents, sweets and souvenirs). *Paseo de la Independencia* has shopping centers, book shops and department stores. In *Paseo las Damas*, *San Ignacio de Loyola*, *Isaac Peral*, *Francisco Vitoria* and *Paseo Sagasta* there are a lot of fashion stores.

There are two big shopping centers called *Centro Comercial Augusta* and *Grancasa* where you can find everything you want. You can even go to the cinema or have a drink there.

In July especially, and maybe in August, you will find a lot of sales (*rebajas*). There are also two open-air markets (*rastros*) where everything is cheaper: one is next to the football stadium and it works from 9 to 13 on Wednesdays and Sundays (as it is a street market, hours for opening are not fix!). The other market is very closed to the *Plaza de toros* (bull-fighting peach) and it is opened only on Sundays.

For daily shopping at supermarkets, ask for the closest one to your place.

Usual timetables are:

	From	To
Shops	9:00	13:30
	16:30	20:00
Department stores	10:00	22:00

You also have store-supermarkets that are opened longer; *VIPS (Plaza Aragón 3)* and *STIFOS (C/Francisco Vitoria 26)*, both of them are close to the center (just in emergencies, because they are much more expensive). They never close before 1:30 am and during the weekends at 3:00.

Important telephone numbers

Emergencies	112
National Police	091
Local police	092
Firemen	080
Train information	902 24 02 02
Airport	976 712300
Radio-Taxi	976 383838,

	976 424242 or 976 751515
Roads information and road assistance	900 123505
Telephone information	11888 (free from phone box)
International telephone information	025
I.A.E.S.T.E. Spain	96 3877720
I.A.E.S.T.E. Zaragoza	976 761000 (Ask for <i>extensión</i> 5339) Or 976 761 861 and say "IAESTE".

A typical phone number in Zaragoza comprises 6 digits. If you want to make a phone call to Zaragoza, you have to dial:

- calling from a foreign country:
International code + 34 + 976 + local number
- calling from any point in Spain (Zaragoza included)
976 + local number

To call out of Spain, the international code is 00. Some examples of prices (for five minutes) are:

In Zaragoza city	0.3 €*
In Zaragoza province	0.9 €*
Between Spanish provinces	1.5 €*
Calling a cellular phone	2 €*
Zaragoza-Other country UE	About 0.3 €/minute
Zaragoza-Other country	About 0.4€/minute

*Those prices are from telephone-boxes, which are more expensive. Don't expect, in Spain, to have change in return from a telephone-box (only your own coins if they weren't used). All these prices may change a lot depending on where are you calling from (telephone-box, shop, fixed telephone, mobile,...), especially the international fares.

Lodging.

Don't worry about the place you will stay in, because we'll provide lodging for you. We try to place together as many trainees as possible. Please, bring with you enough money to pay 2 month's rent (normally you'll have to pay your lodging in advance).

Let's have a walk.

Now that you know a bit more about Zaragoza, why don't you join us for a walk along its main streets and you will know more about Zaragoza... (you can follow with the map of the city).

O.K.... let's start. After visiting *El Pilar* and *La Seo*, we will start in *El Casco Viejo* walking through the oldest streets in Zaragoza, going to *tapear* in *El Tubo* and sensing Aragonese atmosphere.

As soon as we walk through and leave *Casco Viejo*, we can see *La Plaza de España*, one of the most representative places of Zaragoza city as well as *El Paseo de la Independencia* with its nice shops. We can take out left now to see *La Plaza de los Sñios* with its local museum or walk straight forward to *Plaza Paraíso*, the crossroad of the four most important avenues: *Independencia*, *Sagasta*, *Gran Vía* and *Constitución*.

We are also very proud of our main park: it's called *Primo de Rivera* or *El Parque Grande* and it's one of the most beautiful parks in Spain. There, you can rent a bike, do some jogging, walking or you can just lie down on the grass, breath some pure air and enjoy the atmosphere waiting for the sunset. There's also a swimming pool that costs about 3 Euros a day.

7. PLACES YOU CANNOT MISS IN ZARAGOZA.

Well, it is not easy to tell you what you can't really miss in Zaragoza, it depends obviously on your personal interest for art, tradition and monuments. As always, there are people who love them and people who will find them boring. Moreover, depending on what you have in your own county or city, things here can be "nothing special" or "wonderful". In case you like them, have a look, please, to the map we're sending you. There you have a complete list of interesting places to visit.

Do you want to have a walk trough the city with us? Ask us!

8. NIGHT LIFE IN ZARAGOZA.

Our city is one of the most famous in Spain because of its night life. There are a lot of places to go out and spend a great time with your friends.

The main advantage of Zaragoza in comparison with other big cities of Spain is that you'll never need a car for going out. You will move the whole night from place to place just walking a little, so unless you are tired you can save the taxis always. Several zones are located around the center of the city, each one has its own music, fashion and people; but at the end all are the same, that means "*forget about stress and have party!*".

El Casco Viejo: is the oldest part of the city and has a great deal of pubs, cafés and discos. University students usually spend the whole Friday and Saturday night walking in its narrow but crowded streets, drinking and dancing in the pubs or talking in its cafés. Free entrance in every pub.

La Zona is the name of a big area comprising the streets of *Francisco Vitoria, León XIII, General Suevo* and surroundings. The whole area is full of pubs to dance disco-music and drink whatever you like. It is the most smart-elegant zone of the city.

El Rollo: it consists of streets branching from *Juan Pablo Bonet*. It's one of the cheapest places in Zaragoza. The atmosphere is different from *La Zona*. The way of going out here is more like in the North of Spain, that means that you can wear the clothes and hair that you want without being a strange-one. Maybe you will feel yourself a bit old there if you're over 22 or something like this, but most of us love it.

San Miguel: is a famous square in Zaragoza but also a very popular zone to go for a drink and eat Spanish food. There are special snacks called *tapas*, don't forget to try them!

Zona de la Universidad/Tomás Bretón: if you enjoy University atmosphere and calm, go its cafés. During the week-ends they are also usual pubs, but normally for *starting* the night.

Normally the usual route is to finish in *El Casco Viejo*, which hasn't people until 1 am. Before you can be in *El Rollo, Tomás Bretón, La Zona, San Miguel* or moving between them even until 3 am. Then, these zones close and you have to move to *El Casco Viejo*.

But there are lots of other places to discover... come and you will see!
And of course, don't forget about the parties in a flat, in case of being

possible they are really cheap, you have your own music and only people that you know. Let's hope to have luck for having some of them!

9. TRAVELING AROUND SPAIN.

Well, there is too much to speak about this. You can decide yourself for other cities, the beach or the mountains. So maybe it's better to speak with other trainees (if you want to go together) and also ask us. It's better if you tell us where do you want to go; anyway we will give you our opinions and thoughts about the different places.

10. IS SPAIN EXPENSIVE?

Spain is not expensive, but it's not cheap as well. The average prices are quite similar to other European countries, like France, Italy and Germany. But of course not as cheap as the Eastern countries and not so expensive as the Scandinavian countries.

Here are some prices in Euros.

Newspaper.....	1 - 1.5
Single bus ticket.....	0.65
Lunch at the University canteen	3.60
Lunch in a pizza restaurant.(drink included).....	9
Milk (1 liter).....	0.80
Bread.....	0.50
Beer.....	2.50
Developing a 36 pictures film.....	10 **
Return ticket from Zaragoza to Madrid, Barcelona or Valencia by coach.....	20
The same, by train.....	from 35
Petrol (1 liter).....	0.86
Taxi ride.....	5-9
CD (with music in it).....	10-20
Cinema ticket.....	5
Cinema with young card discount or on Wednesdays.....	4

* The prices of drinks change a lot depending on the place you go to. A 33 cl. can in the supermarket costs 0.4-0.6 €.

** Very easy to get better offers.

Anyway, of course not all the places have the same prices, so in case of doubt, ask other trainees or the people from Zaragoza.

Remember!!! In Spain you can find everything you need. So don't overload your luggage with many things.

11. BEFORE YOUR DEPARTURE.

Visa.

Those citizens belonging to the European Union don't need any visa, as well as those from some other countries (anyway you will always need your passport or identity card). If you needed it, apply for it at the Spanish embassy or consulate in your country. Remember to ask for your visa with enough time.

You do not need "any work permission", since you are not working, you are just training. So if you need a visa, do not say it is for working.

Form N5.

At the moment you sign and send back the N5-b form, you are committed a contract with I.A.E.S.T.E. Spain for a full period agreed upon.

Do not forget to bring along the N5-a form with you to Spain. This is one of the most important papers if anything were wrong.

Insurance.

The I.A.E.S.T.E. program requires all trainees to be properly insured against accidents, sickness...

Before leaving their countries, trainees must be covered for their entire stay in Spain. We recommend you to obtain insurance coverage for more than the minimum, in case of missing your travel or being canceled or if you decided to stay longer

in Spain.

Money.

I.A.E.S.T.E. Spain recommends to bring enough money to cover daily expenses for, at least, the first month.

International Student Identity Card (I.S.I.C.).

It is not as useful as in other European countries, but it is better if you bring it. You can get information about its discounts and about cheap travel tickets for students and young people at the office in C/ Franco y López 4.

Another card that might be useful, as for train tickets and discounts in several shops, is the Young Card for Europeans Under 26.

This guide

Or at least, our cell phones (see above).

In case no one is waiting for you at the station you should have our phone numbers. Also, It is usual that trainees change their arrival time when they are in Madrid or Barcelona, so it becomes necessary to contact us by phone.

12. HOW TO SAY IN SPANISH.

English	Spanish
Hello	Hola
Bye	Adiós
See you	Hasta luego
Thanks	Gracias
You are welcome	De nada
Good morning	Buenos días
Good afternoon/evening	Buenas tardes
Good night	Buenas noches
Hi!	Buenas
Yes	Sí
No	No
My name is ...	Me llamo.../ Yo soy....
Today	Hoy
Yesterday	Ayer
Tomorrow	Mañana
Food	Comida
Drink	Bebida
Wine + coke + ice	Calimocho
How much does it cost (...)?	Cuánto cuesta (...)?
I like you	Me gustas
You're really handsome/pretty	Estás muy bueno/buena
Police station	Comisaría de policía
Hospital	Hospital
Passport	Pasaporte
Visa	Visado
Credit card	visa

13. LET'S CORRECT SOME OLD SAYINGS ABOUT SPANISH PEOPLE.

1. Every Spaniard is a *torero*.

False! Lots of us think that bullfighting is not funny at all and should be forbidden.

2. In Spain everybody likes *flamenco*.

False! *Flamenco* is the folk dance of Andalucía, which is a region in the south of Spain.

3. Spaniards sleep *siesta* every day.

False! Just a few people do. It isn't the Spanish National Sport.

4. Spaniards only eat *paella*.

False! *Paella* is great, but there are thousands of possibilities to eat a different thing everyday in Spain.

5. ... and drink *sangría*.

False! *Sangría* is a very nice beverage, made mainly with wine and fruit juice, but is drunk only in "special occasions", such as parties. It is not common to drink it every Saturday in pubs or cafés.

6. Spanish people seldom work hard.

False! Spain is an average European country. We know how to fun, but when we must work, we do it.

7. Spaniards have dark hair and dark skin.

False! Maybe there are more dark-haired people than blonde ones, but the average Spaniard is quite different from the actors that play the role of Spaniards in the American movies.

8. Summer in Spain? Go to the beach.

False! Spanish beaches are very good, but you have got many possibilities: visiting beautiful towns, historical buildings and, of course, wonderful mountains.

9. Spaniards are always breaking the rules.

False! Maybe we are not so strict as people from "the north", but do not think that you are entitled to go around breaking the laws. Doing it can be expensive, especially when driving.

10. We are good-looking people that know how to have fun.

True! At last, you were right. At least the part referring to girls (opinion by Luis Sampayo and Carlos Caseras). Come and check it by yourself.

14. DON'T FORGET.

You must make sure of the following:

· Absolutely necessary

- visa (if needed)
- valid passport
- arrival information sent to the I.A.E.S.T.E. committee. Make sure of having our feedback!
- tickets (for coming and going back)
- N5-a
- insurance
- money enough for the first month and deposit
- an alarm clock
- this booklet / phone numbers

· Also recommended

- I.S.I.C. card or Euro Under 26 Card

· If you like the mountains

- sleeping bag
- sleeping mattress
- trekking boots
- swimming suit