WELCOME!

GENERAL INFORMATION
MADRID & SPAIN
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## INFORMATION ABOUT SPAIN

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## MADRID LIFESTYLE

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INFORMATION ABOUT SPAIN

INTRODUCTION

Coming to Spain is to join cultural diversity while enjoying excellent weather, good food and our joie de vivre. In addition, you can also discover our wonderful heritage and our spectacular open spaces, learning the Spanish way of life and joining us in our popular customs and festivals. Coming to Spain is an unforgettable experience.

GENERAL INFORMATION: Location

1. Size & Population

Population: 45,200,737  
Growth rate: 6.2%  
Gender distribution:  
  - Female: 49.2%  
  - Male: 50.8%  
Age distribution:  
  - 0 – 14 years: 14.2%  
  - 15 – 64 years: 68.8%  
  - + 65 years: 17%  
Population density: 84.4 inh. /Km2  
Urban population: 77.3%

Main cities:  
- Madrid (capital)  
- Barcelona  
- Valencia  
- Seville  
- Zaragoza  
- Malaga  
- Murcia  
- Las Palmas de Gran Canaria  
- Palma de Mallorca  
- Bilbao

2. Income

GDP real growth: 0.7%  
GDP per inhabitant: €23,310
3. Political framework

**Political system:** Parliamentary Monarchy

**Head of State:** King Juan Carlos I

**Parliament:** Formed by Congress (350 members), and Senate (259 members), elected for a 4-year term;

**Prime Minister:** Mariano Rajoy Brey (PP)

**Governing party:** (PP) Partido Popular. The main opposition party is Partido Socialista Obrero Español (PSOE). Other national parties include Izquierda Unida (IU) and Unión Progreso y Democracia (UPYD).

**Territorial Organization:** The national territory is divided into 17 autonomous regions, together with local and provincial administrations. Within the framework of the present Constitution, each Region has its own specific regional legislative charter recognized within the country’s jurisdictional framework.

4. Demographic & Social Data

**Religion:**

Catholic: 80.9%

**Official languages:**

The official language is Spanish.

In 6 Autonomous Regions (Catalonia, the Basque Country, Galicia, Valencia, Navarre and the Balearic Islands), their charters recognize respectively Catalan, Basque, Galician, Valencian, Basque and Catalan as co-official.

**Geographical characteristics:**

The Kingdom of Spain (505,988 Km²) is located in the Iberian Peninsula, in south-western Europe. Besides the peninsular territory, it also encompasses the Balearic Islands in the Mediterranean Sea, the cities of Ceuta and Melilla in North Africa and the Canary Islands in the Atlantic Ocean.

Spain is a mountainous country with an average altitude of 600 m. It is the second highest country in Europe after Switzerland. The ‘Meseta’, a big central plain surrounded by mountains, except on its western side, and divided by the Central Range, covers more than 2/5 of the total territory.

The main rivers in the peninsula run east to west and flow into the Atlantic Ocean. The Ebro River is the only large exception as it flows west to east into the Mediterranean Sea. The only large river that is navigable is the Guadalquivir up to the city of Seville.

There are 4 main climatic regions: Atlantic, with cool winters, mild summers and an abundance of rain throughout the year; Mediterranean, with mild winters, hot and dry summers and low rainfall; Continental, with cold winters and hot and dry summers and Mountain over 1,200 metres. The Canary Islands has a subtropical climate.
5. Practical Information

**BANKING**

Banco de España is the country’s central bank. The main Spanish banks with offices abroad are:

- BBVA
- Santander
- Banesto
- Banco Popular Español
- Banco Sabadell

**MONEY**

The currency unit is Euro (€), divided into 100 cents. There are banknotes of 5, 10, 20, 50, 100, 200 y 500 Euro, and there are 1, 2, 5, 10, 20 y 50 cents and 1 and 2 Euro coins, the same as the rest of the Euro-zone countries.

All Banks exchange foreign currency. Sometimes changing can be problematic due to the amount, and the commission charged varies depending on the institution. Make sure these prices are reasonable. You can check the current exchange rate in the newspapers or online.

All major international credit cards are accepted in shops, restaurants, hotels... But small shops and bars may not accept them. The best option is to get some cash from any ATM machine.

**Bank Accounts and money matters**

In the Banks, you may open an account to save money but you will mainly use it to withdraw money with your card. In Spain, you normally pay a commission each time you get money from an ATM belonging to a different bank. Using it to pay goods and services normally has no service fee.

**Banks: Opening an account.**

Before doing anything, you may value the cheapest option:

I. Open an account in your country from which you can withdraw money with your card and enables you to receive money from your family.
II. Open an account in Spain.
III. Open an account in Spain in an International bank with branches in your country. (BBVA, Banco Santander, Deutsche Bank, ...)

If you decide to open an account, do not forget your passport. If you are going to be in Spain for more than 4 months, this is the best option.

**Bank branches and ATM**

The main banks in Spain in decreasing branch number order are BBVA, Banco Santander, La Caixa and Banco Popular. They have the greatest number of branches and ATM machines. At ESIC there is a Banco Santander ATM.
Bankcard Loss

If you lose your card (regardless of the reason) cancel it as soon as possible in order to avoid it being used. Just ask for the emergency telephone number when opening your bank account.

VAT. (VALUE ADDED TAX)

VAT is the European tax on consumption. In Spain the rate is 21% for the majority of items. Services like restaurant and hotels have a 10% rate.

COST OF LIVING

In order to give you some idea of the cost of living in Spain, we have selected the prices of some common goods and services in Madrid:

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>€3</td>
</tr>
<tr>
<td>Daily menu</td>
<td>€10 to €16</td>
</tr>
<tr>
<td>Dinner at a costly restaurant</td>
<td>€40</td>
</tr>
<tr>
<td>Museum ticket</td>
<td>€6</td>
</tr>
<tr>
<td>Loaf of Bread loaf</td>
<td>€0.60</td>
</tr>
<tr>
<td>Eggs (dozen)</td>
<td>€2</td>
</tr>
<tr>
<td>Potatoes (3 kg.)</td>
<td>€3</td>
</tr>
<tr>
<td>Can of Coke</td>
<td>€0.60</td>
</tr>
<tr>
<td>Tomatoes (1 Kg.)</td>
<td>€3</td>
</tr>
<tr>
<td>Lettuce (per head)</td>
<td>€1</td>
</tr>
<tr>
<td>ADSL flat rate 24 h</td>
<td>€40</td>
</tr>
<tr>
<td>DVD player</td>
<td>€120 approx.</td>
</tr>
<tr>
<td>Newspaper</td>
<td>€1.30</td>
</tr>
<tr>
<td>CD player</td>
<td>€20</td>
</tr>
<tr>
<td>Coffee</td>
<td>€1.20</td>
</tr>
<tr>
<td>Hamburger (Big Mac)</td>
<td>€3</td>
</tr>
<tr>
<td>Unleaded petrol 95 (1 litre)</td>
<td>€1.40</td>
</tr>
<tr>
<td>Monthly rent of flat/apartment</td>
<td>€300 to €900</td>
</tr>
<tr>
<td>Cinema ticket</td>
<td>€8</td>
</tr>
<tr>
<td>Shampoo</td>
<td>€3</td>
</tr>
</tbody>
</table>
**LOCAL TIME**

GMT+1 from the end of October until the end of March and GMT+2 during the rest of the year. The time in the Canary Islands is one hour less than the rest of the country.

**WORKING, BUSINESS & LEISURE HOURS**

**Banks:** General opening hours: Monday to Friday, 8.30 to 14.00 and Saturdays, 8.30 to 13.00. From April to September, banks are closed on Saturdays

**Public Administration:** Generally Monday to Friday, 8.00 to 15.00.

**Shopping:** The normal opening time all over Spain is Monday to Saturday, 10.00 to 13.30 and 17.00 to 20.30/21.00. Department stores, hypermarkets, big supermarkets do not close at lunch time and they stay open until late. There is a minimum of 8 days a year when shops can open Sundays and holidays, and each Region chooses its own dates. Shops in the Madrid Region can open on any Sunday they like.

**Meal times:**
- Breakfast 08.00 to 10.00.
- Lunch 13.00 to 16.00.
- Dinner 20.30 to 23.30.
Many places are open all day long offering tapas and sandwiches.

**Cinemas** normally have 3 showings running from 16.30 till 22.00, and some have one late showing as well. **Theatres** only have one performance, at 20.00.

**Going out in the evening** has no limits, especially from Thursday to Sunday. Pubs, discos and bars are often open until 3-4 in the morning and sometimes well into the following day. (See page 16).

**Chemist’s** open 09.30 to 13.30 and 16.30 to 20.00, though some stay open 24 hours. There is always an all-night chemist’s around; the address list is available at the door of any chemists shop.

As we have a liberal policy to opening-hours in Madrid, shop-owners adjust them to suit their needs.
ENTRY REQUIREMENTS
For nationals from the EU, Norway, Iceland, Liechtenstein and Switzerland, a National ID or passport. For the rest of the world, an unexpired passport and temporary visa issued by the Spanish Embassy or Consulate in their country of origin, unless there is a specific agreement with the country of origin for a visa exemption of up to 90 days. All entries are subject to border controls.

HEALTH WARNINGS
None.

ELECTRIC CURRENT
Voltage: 220 Volts, everywhere.
EMBASSIES IN SPAIN

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>ADDRESS</th>
<th>TELEPHONE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALBANIA</td>
<td>MARIA DE MOLINA, 64, 5ºB</td>
<td>91 562 69 85</td>
</tr>
<tr>
<td>GERMANY</td>
<td>FORTUNY, 8</td>
<td>91 577 90 00</td>
</tr>
<tr>
<td>ANDORRA</td>
<td>ALCALÁ, 73</td>
<td>91 431 74 53</td>
</tr>
<tr>
<td>ANGOLA</td>
<td>RAMÓN DE LA CRUZ, 1-31</td>
<td>91 435 61 66</td>
</tr>
<tr>
<td>ARGENTINA</td>
<td>PEDRO DE VALDIVIA, 21</td>
<td>91 562 28 00</td>
</tr>
<tr>
<td>AUSTRIA</td>
<td>PASEO DE LA CASTELLANA, 91, 9º</td>
<td>91 556 5 15</td>
</tr>
<tr>
<td>AUSTRALIA &amp; NEW ZEALAND</td>
<td>PZ DEL DESCUBRIDOR DIEGO DE ORDÁS, 3</td>
<td>91 441 93 00</td>
</tr>
<tr>
<td>BELGIUM</td>
<td>PASEO DE LA CASTELLANA, 18, 6</td>
<td>91 557 63 00</td>
</tr>
<tr>
<td>BOLIVIA</td>
<td>VELAZQUEZ, 26</td>
<td>91 578 08 35</td>
</tr>
<tr>
<td>BRAZIL</td>
<td>FERNANDO EL SANTO, 6</td>
<td>91 700 46 50</td>
</tr>
<tr>
<td>CANADA</td>
<td>NUÑEZ DE BALBOA, 35</td>
<td>91 423 32 50</td>
</tr>
<tr>
<td>CHILE</td>
<td>LAGASCA, 88</td>
<td>91 431 91 60</td>
</tr>
<tr>
<td>COLOMBIA</td>
<td>PASEO GENERALMARTINEZ CAMPOS, 48</td>
<td>91 700 47 70</td>
</tr>
<tr>
<td>COSTA RICA</td>
<td>PASEO DE LA CASTELLANA, 164</td>
<td>91 345 96 22</td>
</tr>
<tr>
<td>DENMARK</td>
<td>CALUDIO COELLO, 91, 4º</td>
<td>91 431 84 45</td>
</tr>
<tr>
<td>ECUADOR</td>
<td>PRINCIPE DE VERGARA, 73</td>
<td>91 562 72 15</td>
</tr>
<tr>
<td>UNITED STATES OF AMERICA (USA)</td>
<td>SERRANO, 75</td>
<td>91 587 22 00</td>
</tr>
<tr>
<td>FRANCE</td>
<td>SALUSTIANO OLOZAGA, 9</td>
<td>91 423 89 00</td>
</tr>
<tr>
<td>GUATEMALA</td>
<td>RAFAEL SALGADO, 3, 10º Izq</td>
<td>91 344 14 17</td>
</tr>
<tr>
<td>ITALY</td>
<td>LAGASCA, 98</td>
<td>91 577 65 29</td>
</tr>
<tr>
<td>MEXICO</td>
<td>VELAZQUEZ, 126</td>
<td>91 515 82 18</td>
</tr>
<tr>
<td>NORWAY</td>
<td>PASEO DE LA CASTELLANA, 31</td>
<td>91 310 31 16</td>
</tr>
<tr>
<td>PERU</td>
<td>PRINCIPE DE VERGARA, 36</td>
<td>91 431 42 42</td>
</tr>
<tr>
<td>UNITED KINGDOM</td>
<td>FERNANDO EL SANTO, 16</td>
<td>91 319 02 00</td>
</tr>
</tbody>
</table>

If you cannot find your country on this list, just ask us, or click on the following link:

http://www.descubremadrid.com/embajadas.asp
6. ESIC MADRID

LOCATION

Madrid, the capital of Spain, is divided into Madrid City and its suburbs. Esic Madrid is located in one of these suburbs, Pozuelo de Alarcón, just a 15 minutes journey from Madrid city centre (Moncloa) by car or public transport.

Map of the Community of Madrid
INFORMATION ON POZUELO DE ALARCÓN

Pozuelo de Alarcón is located in the centre of the Madrid Region, just 10 Km. from Puerta del Sol. (Km. 0). It has a total area of 43.2 Km2, its geographic coordinates are 40° 26' 10” N and 3° 48' 50” W. (Greenwich) and its altitude in Plaza del Padre Vallet is 690 m above sea-level.

Pozuelo municipal boundaries:
- Madrid city to the north (Aravaca), east (Casa de Campo) and south (Ventorro del Cano).
- To the west Alcorcón, Boadilla del Monte and Majadahonda all have boundaries with Pozuelo de Alarcon.

According to the National Statistics Institute there are 4 districts within our town: Pozuelo (Pueblo & station), Húmera, Los Ángeles and La cabaña (the last 2 developed in 1926). In recent years, some other residential areas were developed, such as Monte Claro, Monte Alina, Bularas, Ampliación Casa de Campo and Somosaguas.

Climate: Its climate is Mediterranean, with wet Springs and Autumns. Winters are cold throughout the region.

Communication with Madrid city centre and surroundings:

A large ring-road connects Madrid with the surrounding towns: (M-40) and “Eje Pinar” links the capital to the western metropolitan areas. Access to the national routes N-V & N-VI is also relatively easy.

Metropolitan train lines (RENFE), there are 3 different stations in the north of the town: Pozuelo, Aravaca & El Barrial. The nearest one to ESIC is the first one, a 15-minute walk.

Buses run linking different areas of the town, Madrid city centre and other nearby towns and cities. The Blue buses belong to EMT (university buses terminating at the Somosaguas campus, a 5-minute walk (Buses A, H and I). Green buses belong to the Llorente Company and have bus stops very near ESIC connecting with the metro stations of Moncloa (bus 658) and Aluche (bus 563).

The light rail system (ML) connects Pozuelo to the metro system (Colonia Jardín Station-Metro Line 10) and the Metropolitan rail network (Aravaca Station). The closest stations to ESIC are Dos Castillas and Campus de Somosaguas, both are 5 minute walk.

Click on the Pozuelo de Alarcon web for more information on road and transport links:

http://www.pozuelodealarcon.es
ESIC-POZUELO LOCATION MAP

General Information: Spain
Lifestyle in Madrid
MADRID LIFESTYLE

GENERAL INFORMATION

Madrid is located in the geographic centre of the country, and it is also an economic, financial and service centre. The capital is a cosmopolitan and modern city with more than 4 million inhabitants, with a historical heritage and social dynamism that offers an attractive cultural, tourist and leisure option for everybody. It is regarded as one of the main economic and cultural engines in Spain.

The cultural offer is wide and varied covering all kinds of activities and shows. The city is at the forefront in music, theatre, movies, painting, sculpture... This hectic activity has developed into:

- More than 30 theatres
- 100 cinemas
- 50 music and concert halls
- A multitude of galleries and exhibitions, etc.

In Madrid activity starts very early and its streets are flooded by people going to work or study. Yet Madrid goes to bed late with bars and streets often full of groups of friends, and it becomes even busier from Thursday to Sunday.

We can tell you many things about Madrid but you have to experience it for yourself!

What Madrid offers:
- Libraries
- Cultural centres
- Cinemas
- Art galleries
- Recreational areas
- Museums
- Youth Information Offices
- Theatre, Opera, Dance
- Tourist information
- Bustling daytime
- Enjoyable nightlife
- Shopping
- Tourist visits
- Transport

Click on the City Corporation web page to find out what our city offers. You will find cinemas, theatres, restaurants, tourist itineraries... and all the information about Madrid you could possibly need:

http://www.munimadrid.es/Principal/portada.html
How to get to Madrid

- **Metro**
  We recommend this option because it is easy, quick and cheap. A 10-ride ticket costs 12 €, see [http://www.metromadrid.es/en/viaja_enMetro/tarifas/billetes/index.html](http://www.metromadrid.es/en/viaja_enMetro/tarifas/billetes/index.html) and they can be purchased at any station even when arriving by plane as there are stations inside the airport. When travelling to or from the airport, you have to add a supplementary charge for each trip (Aeropuerto T1-T2-T3 y Aeropuerto T4), except if you have a TRANSPORT CARD. Single ticket costs from €1.50 to €2 depending on distance.
  At web del Metro (Spanish/English) you have a very useful trip planner.

- **Bus**
  Cheap, but you must take other means of transport when you get to the city centre in order to get around. The Express Line links the Airport Terminals with O'Donnell, Cibeles and Atocha (5€). Line 200 with Avenida de America.

- **Taxi**
  The average fare from the airport to the city centre by taxi is €45. Taxis are white with a red diagonal stripe on the front door, and can be taken at taxi ranks at the airport and all around the city. You can also hail a taxi by raising your hand to call them.

Mobile Telephones

In Spain we have 3 main mobile operators: Movistar, Vodafone and Orange. Students normally have prepaid cards, which can be bought separately from the telephone and can be used in the phone if it is compatible with the Spanish network. You may also be able get a phone on contract and pay monthly through your bank account. If you buy a telephone in Spain you have to find out if you can use in your country of origin. If the mobile you already have is under contract in your home country, you will have to unblock it, as these phones are exclusive to the operator you bought them from. Unblocking it takes less than an hour and costs around €12. You can then put a new SIM card in it for use in Spain. You can also find out if your home mobile phone is compatible with the Spanish networks, and if so, get your carriers roaming fees for Spain. Please look for the rates from the 3 Spanish operators on the internet.

Mobility in Madrid

The cheapest way to move in Madrid and going to university is using a Public Transport Card. With it you can take unlimited trips inside predetermined zones. It is a combination of an identity card and a monthly voucher. The card can be purchased online or at an authorised tobacconist’s and the voucher can be purchased at the Metro stations. To get the card you must fill out a form and attach an ID photo. Please check the web del Consorcio Municipal de Transportes, for information regarding zones, fares, and all about the transport cards.

**STANDARD CARD:** For people between 23 and 64 years old. (€63.70 Zones A+B1)

**YOUNG CARD:** for people up to the age of 23. (€39.60 Zones A+B1)

**Night Transport.** The transport timetable in Madrid are as follows; Metro (6h-1:30h), Metropolitan Trains (5:30h-23:30) and buses (6h-23:30h). After that you may use Madrid’s night-time transport network. The “búhos” (night buses), is a network made up of more than 20 routes running from 00:00h-5:30h. They all start at Cibeles and follow different itineraries. There is also a service that runs on Friday
and Saturday nights following the Metro lines routes and stops near each of the stations.

**Where is the Street......?** Check [callejeros](http://www.esic.es).

**Going out in Madrid**

**Madrid, capital of leisure, the city that never sleeps.**
The authentic Spanish lifestyle means being out on the streets so we suggest that you go out and explore the city. From going to the cinema or theatre, dining out, attending concerts, or enjoying our bars and discos....., the possibilities are endless. There is always something to do in Madrid and for many people the Madrid nightlife is unique. The main areas you should visit at night are:

1. **Sol-Huertas:**
   - It is a compact area with hundreds of places to go within a few streets of each other. Tapas bars, lounge bars and discos, very popular with foreigners.

2. **Bilbao-Malasaña-Tribunal-Alonso Martínez:**
   - All types of moods and tones are catered for: tapas bars, pubs, discos. Alternative and grunge in Malasaña and Tribunal.

3. **Avda. de Brasil-Torre Europa:**
   - The in place for the 'Beautiful people'. Disco-pubs closing in the late morning.

4. **Argüelles-Moncloa:**
   - For younger people. Cheap drinks.

5. **Guzmán el Bueno-Metropolitano:**
   - University area close to the University residences and Universidad Complutense.

6. **Juan Bravo:**
   - Young atmosphere, though older people arrive later at night. Some very high-class spots around here.

7. **República Argentina:**
   - For "chic" people concentrated into 4 or 5 establishments, packed at weekends.

8. **Chueca:**
   - The gay and alternative area.
GETTING ACCOMMODATION IN MADRID

ESIC has no specific accommodation service. We recommend the following student residence:
http://www.houseinnmadrid.com

It is contactable by e-mail at: info@houseinnmadrid.com

We also have agreements and recommend the following companies that do provide this service:

http://www.madrideasy.com
http://www.easyflat.eu.com
http://www.dflathousing.com
http://www.aluni.net
http://www.accommadrid.com
http://www.aladriahome.com
http://www.wannaroomadrid.com

We also provide accommodation information on our notice board.

USEFUL ADDRESSES

- ESIC: www.esic.es
- Madrid City Hall: www.munimadrid.es
- Foreign students information: http://www.madrid.org/universidades/universidades.htm?extranjeros.htm
- Pozuelo de Alarcón Town Hall: www.ayto-pozuelo.es
- Madrid Region: www.comadrid.es
- Shopping, Leisure and Tourism guide: www.webmadrid.com
- Madrid International Fairs Centre: www.ifema.com
- Metro de Madrid: www.metromadrid.es
- Buses (EMT): www.emtmadrid.es
- Madrid Transport: www.ctm-madrid.es

(Information of all means of transport in the Madrid Region)
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