

TRUE
SPANISH
EXPERIENCE

A Coruña, The True Spanish Experience



www.truespanishexperience.com

Associated Entities

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A Coruña - Galicia





BEFORE LEAVING

PACKING.

Keep in mind that the climate in A Coruña will be mild in the winter and very pleasant in the summer. Whereby, if you come in the summer, bring shorts, short-sleeve t-shirts, sandals and bathing suits, although it wouldn't be a bad idea to bring a jacket given that it cools down a bit at night.

If your stay is in the winter, bring a coat, sweater, boots (scarf, gloves and cap, just in case) and a rain jacket.

Finally, if you are an athlete, don't hesitate to bring your sports attire, given that A Coruña is a city in constant contact with the sea and has a long boardwalk for joggers or bikers. You can also enjoy your favorite outdoor sports like football, golf, tennis, sailing, surfing, and much more.

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DOCUMENTS THAT YOU NEED TO BRING.

For your stay in A Coruña, you need to bring the following documents:

- Valid passport.
- Students coming from countries that are not a part of the European Union or countries that do not have an agreement with Spain, need to bring the corresponding visa from their home country.
- If you are a citizen of the European Union, you will be able to request the European Health Card with which you will have free medical care in any hospital or health care center.



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MONEY

As a member of the European Union, the official currency is the Euro.

In A Coruña, you can change currency in many banking institutions.

We have an agreement with several banking institutions in A Coruña which will help to facilitate the process. If your stay is less than 3 months, we recommend that you bring enough cash or withdraw as much as you need from any ATM.

To see the current exchange rate for your trip, you can visit the following site:
www.xe.com/es/

To get an idea of the amount of cash you can bring, keep in mind that A Coruña is an affordable city at the national level, if we compare it with Madrid or Barcelona.

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Below, we include a few examples of everyday items:

- *Loaf of bread 1€
- *A Soda 2€
- *A sandwich 3€
- *Bar/restaurant meal about 10/15 €

Our recommendation is that you bring cash for the necessities, and a credit card for extraordinary expenses or trips. We recommend a VISA card, because you will not be charged a commission upon completing the purchase.

If you stay with a host family or if you have accommodation with meals included, we recommend that you bring cash (aprox. 300€/month).

If you will be renting an apartment, you should bring about 100 or 165€ monthly in cash for food, which is what it will cost you for a basic shopping list, or if not, you can use your credit card in any supermarket.

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ONCE IN MADRID:

Once in Madrid, if you have not selected the transportation service with TSE, you will have three options to get to A Coruña: by train, plane or bus; with the last option being the cheapest. Below, we explain the three options and how to get there through the different means of transportation.

BY TRAIN: From the airport, you have three options to get to the AVE train station in Madrid:

Option 1. City bus

Take the Express Line at the bus stop on floor 0, which connects Madrid-Barajas airport to the Atocha-Renfe interchange, in the center of Madrid. The estimated route time is 40 minutes in normal traffic conditions.

Its schedule is 24 hours, 365 days a year, with a frequency of every 15 minutes during the day and 35 minutes at night. Its price starts at 5€ with a 20€ maximum price.

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The Atocha-RENFE stop does not run between 23:30 and 6:00. During this time slot, the central point of the route is the Cibeles Plaza, where you can connect to all the nocturnal bus routes of the Municipal Transportation Company (EMT), known as the “owls”.

Option 2. Cercanías Train (connects with T4)

Cercanías Renfe CI route connects T4 from the Madrid-Barajas airport to the capital center, which will go the Atocha stop. The estimated route time is approximately 25 minutes. The Madrid airport to Madrid-Atocha route is free if you have already bought your Madrid-A Coruña train ticket. You just need to get one from the machines or monitors at the airport train station.

If you get off at terminal 1, you must move to T4 to use this service.

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Option 3. Take a Taxi.

The route is about 25 minutes and it should cost 30€ aprox.

At the Atocha interchange, find the information desk to check which floor your train bound for A Coruña departs. Your train will also be announced on the screens that will be located next to the stop where your destination will be as well as the schedule and platform. The estimated time of the trip is five or six hours and the cost is around 30€.

Upon arrival in A Coruña, there will be someone from TSE waiting on you at the station.

Remember to let us know of your scheduled arrival in A Coruña beforehand so that there will be someone from TSE waiting on your arrival.

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BY BUS: You will also have three options to get from the airport to the Madrid bus station:

Option 1: City bus

Take the Express route at the bus station on floor 0, which connects the Madrid-Barajas airport to the Atocha-RENFE interchange, in the center of Madrid. The estimated time of the trip is 40 minutes in normal traffic conditions.

Its schedule is 24 hours, 365 days a year, with a frequency of 15 minutes during the day and 35 minutes at night. Its price starts at 5€, with a maximum of 20€.

The Atocha-RENFE stop does not operate between the hours of 23:30 and 6:00. During this time slot, the main route is in the Cibeles Plaza, where you can connect with all the nocturnal city bus routes of the Municipal Transportation Company (EMT), known as the “owls”.

At the Atocha interchange, transfer at route 102 heading towards the Méndez Álvaro “Estación Sur de Autobuses” stop. Its price is approximately 1,5€ and the estimated time of the route is 15 minutes.

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Option 2: Metro

Take metro route 8 on the first floor, which connects to all the airport terminals, towards the “Nuevos Ministerios” station in the center of Madrid, approximately 12-15 minutes.

The basic ticket costs 4,5€ (includes the 3€ at the airport). You can purchase one at the ticket office and the automated machines located in any Metro station concourse.

The metro service schedule is from 6:05 till 2:00 the following morning.

At the “Nuevos Ministerios” station, you will transfer to route 6 in a circular direction toward Méndez Álvaro. The estimated route time is twenty-three minutes.

Option 2 Cercanías: (Most advisable route, if you get off at T4)

Renfe Cercanías Line CI connects terminal T4 from the Madrid-Barajas airport with the capital center, in your case will go to the Méndez Álvaro stop. The route will last about 35 minutes. The price is 2,40€ and the ticket will be valid for the trip two hours after its purchase.

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If you get off at terminal 1, you must move to T4 to use this service.

Option 3. Take a Taxi.

The route is about 25 minutes and it should cost 30€ aprox.

Upon arriving at the Méndez Álvaro stop; you will be on the 2nd floor. Next find the information monitor (floor 0) to find out which platform your bus will leave. The estimated route time will be around six or seven hours.

Once in A Coruña, there will be someone from the organization waiting on you at the bus station. **Recall, that you need to let us know in advance of your arrival time in A Coruña, so that there will be someone from TSE waiting on your arrival.**

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ONCE IN A CORUÑA:

WHO WILL BE WAITING FOR YOU.

Upon arriving in A Coruña, there will be someone from the organization or your host family waiting for you at the station to take you to your house.

We will provide you with a “Welcome Pack” with all the information of course activities, characteristics and schedules.

The host families normally take care of the arrivals and departures on Sundays, although the date can be adjusted with prior notice.

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YOUR ACCOMMODATION

If you stay with a host family, you should keep in mind that, like in any country, you may find the customs and traditions different.

These families have been carefully selected so that your stay is as enjoyable as possible.

You will be living a unique experience. You need to talk as much as you can with the family, to make the most out of your experience.

Also, you will need to keep in mind the Spanish eating schedule. In Spain, we eat three important meals: breakfast in the morning when we get up, lunch around 2:00 in the afternoon and dinner around 9:30 at night. If you have some type of special diet (vegetarian, gluten intolerant...), let us know and we will do everything possible to adapt to it.

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Rest time is from 11:00 at night to 8:00 in the morning, depending on the family's work schedule and other obligations. Also, you will discover the famous "siesta" when you finish lunch, especially in the summer. The temperature can make you feel tired, therefore the siesta will provide a quick break before returning to your activities.

Normally in Spanish households, you do not walk barefoot. One option is what we call house slippers, which are more comfortable and informal to avoid staining the floor.

Regarding the laundry service, the families are responsible for getting it done. Normally the sheets and towels are done once a week. The personal load is done whenever it works best for both the student and the family. You do not need to bring bedding or towels, because they will be provided as well by the family.

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TRANSPORTATION IN THE CITY

The city of A Coruña is well connected, since you have a public transportation system that takes you to every part of the city in 15-20 minutes.

Another way to get around the city is by TAXI, this is a bit more expensive than the city bus, but is available 24 hours a day. Its price varies depending on the trip you want to take.

To get around by TAXI, there are two options: call them so they can pick you up (this will have an increase in price), or you can go to the city's assigned taxi stop.



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LEISURE IN A CORUÑA:

A Coruña has a multitude of places of leisure during the day and at night.

You will find various options from municipal pools, football fields, tennis or paddle courts, that can be used with prior reservation, as well as gyms and running tracks.

Due to our province's geography, you can take part in a plenitude of water activities like sailing, surfing, canoeing, etc....

Regarding nightlife, for those that are 18 years old or older, you will find different environments for all preferences and ages, with restaurants, cafes and bars in the old city as well as in the rest of the city.

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LEISURE IN SANTIAGO:

If you want to visit other cities, Santiago de Compostela is 100km away.

In Santiago de Compostela, you can visit its famous Cathedral and traverse its precious streets filled with Spanish history, art and culture.

Contact our office for more information regarding different trips that you can do to Santiago as well as many other destinations.



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TELEPHONES AND USEFUL ADDRESSES

Below, we provide a series of telephone numbers that you should always carry with you, just in case.

- Police: 091
- Emergencies: 112
- Madrid Airport: +34 913 058 345
- Alvedro Airport (La Coruña) 981 18.72.00
- Santiago de Compostela Airport 981 547 500
- RENFE: booking telephone: 902 24 02 02
- RENFE telephone A Coruña 981 15.02.02
- A Coruña City Bus Telephone Company 981 23.90.99

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