

Cuenca, The True Spanish Experience











INDEX:

INTRODUCTION3			
BEFORE LEAVING3			
1	-	PACKING3	
2		DOCUMENTS YOU NEED TO BRING	
3	١.	MONEY4	
ONC	ONCE IN MADRID5		
ONC	Έ	IN CUENCA8	
1	-	WHO WILL BE WAITING ON YOU8	
2		YOUR HOUSING9	
3	١.	EXPERIENCE CARD	
4		TRANSPORTATION IN THE CITY	
5	١.	FREE TIME IN CUENCA	
6	i.	FREE TIME IN VALENCIA AND MADRID	
7	·.	TELEPHONES AND DIRECTIONS TO HAVE ON HAND	



INTRODUCTION.

BEFORE LEAVING.

1. PACKING.



Keep in mind that the climate in the city of Cuenca is going to be cold in the winter and very warm in the summer. Therefore, if you come in the summer, bring shorts, short-sleeve shirts, sandals and a swimsuit. Although it would not be a bad idea to bring a jacket, considering that nights will be a bit chilly.

If your stay will be in the winter, bring warm clothes, sweaters, boots, scarfs, gloves and a good coat.

Finally, if you are an athlete, don't hesitate to bring your sports attire, since Cuenca is a city that is in constant contact with nature. You will be able to enjoy your favorite outdoor sports, like hiking, climbing, horseback riding, biking, etc.

2. DOCUMENTS THAT YOU NEED TO BRING.

For your stay in Cuenca, 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 are not partners with Spain, will need to bring a 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 center.





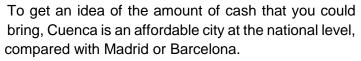
3. MONEY

As a member of the European Union, in Spain the official currency is the Euro. In Cuenca, you can change currency in any banking institution, although you do need to have a bank account to do so.

We have an agreement with a few banking institutions in Cuenca which help to facilitate the process. If your stay is going to be

less than 3 months, we advise 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 link: www.xe.com/es/



Below we have provided some examples of everyday items:

*loaf of bread costs 1€

*A beer 1,20€

*A Coca-Cola in a bar about 2€

*bar/restaurant menu about 10- 15€

We recommend that you bring cash for all the basic needs, and a credit card for extraordinary expenses and trips. We recommend a VISA card, because you will not have any type of commission upon completing the purchase.

If you stay with a host family or housing with food, we advise that you bring cash (300€/month).

If your stay is going to be done in a rented apartment, you should bring about 100 or 150€ in cash each month, which is what it will cost for a basic shopping list, you can also use your credit card in any supermarket.



ONCE IN MADRID.

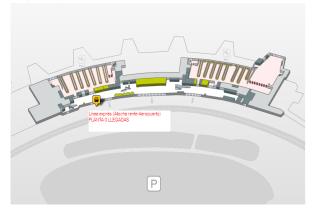
Once in Madrid, if you have not chosen the TSE transportation service option, you will have two options to get to Cuenca: By Ave (high speed train) which is the fastest route, or by bus, which is the cheapest. We explain below the two options and how to get there by different means of transportation.



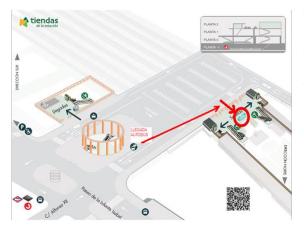
 WITH AVE: From the airport, you have two ways to get to the Ave Train Station in Madrid:

Option 1. City bus (In general the best option)

You will take the Express Route at the bus stop located on floor 0, that connects the Madrid-Barajas airport to the Atocha-RENFE transportation hub, in the center of Madrid. The estimated time of the route is about 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 around 5€, with a maximum of 20€.



The Atocha-RENFE stop does not operate between the hours of 23:30-6:00. 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 (connected with T4)

Cercanías Renfe C1 route connects T4 from the Madrid-Barajas airport to the capital center, which will go to the Atocha stop. The estimated route time is 25 minutes. The Madrid airport to Madrid-Atocha route is free if you have already bought your AVE

Madrid-Cuenca 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.

At the Atocha transportation hub, find the information counter to check which floor your train destined for Cuenca leaves. Your train will also be announced on the

screens that will be located by the stop where your destination will be set, the schedule and which platform it will be. The estimated time of the trip is 58 minutes and the price is around 30€.

Once in Cuenca,

There will be someone from TSE waiting for you at the "Fernando Zóbel" station, remember to let us know of your scheduled arrival in Cuenca beforehand so that there will be someone with the organization of TSE waiting for your arrival.

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

Option 1: City Bus

You will take the Express Route at the bus station on the 0 floor, which connects the Madrid-Barajas airport to the Atocha-RENFE transport hub, 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 at night. Its price starts at 5€, with a maximum of 20€.

ELETS PLATAQ

The Atocha-RENFE stop does not operate between 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 transportation hub, you will 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.

At the "Estación Sur" look for the "Avanza bus" on the information monitor (floor 0) to find out which platform your bus will leave. The estimate time will be around two hours.



Option 2: Metro

You should take metro route 8 on the first floor, which connects to all the airports terminals, with the "Nuevos Ministerios" station, destination which you need to take, in the center of Madrid, approximately 12-15 minutes.

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

The Metro service schedule is from 6:05 in the morning till 2:00 early morning.

In 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.

At the Méndez Álvaro stop, you will be on the -2 floor, and you will need to go up to floor 0 where you find the information monitor to find out which platform your bus will depart. The estimated time of the route will be around two hours.

Option 3: Cercanías: (This is the most desirable, if you get off at T4).

Line C1 of Renfe Cercanías connects terminal T4 from the Madrid-Barajas airport to the capital center, in your case will go to the Mendéz 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.

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

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

Once in Cuenca, there will be a colleague waiting on you at the bus station. Recall, that you need to let us know in advance of your arrival time



in Cuenca, so that there will be someone from TSE waiting on your arrival.



ONCE IN CUENCA.

1. WHO WILL BE EXPECTING YOU.

Upon arriving in Cuenca, there will be someone from the organization or your host family, if this is the case, they will wait for you at the station to take you to your house. The first day of class your family will accompany you to our facilities and will show you the way. Also, we will provide you a "Welcome Pack" with all the information of course activities, characteristics and schedules. The families normally take care of the arrivals and departures on Sundays, although the date can be adjusted by prior notice.









2. YOUR HOUSING

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. This is also part of your learning; we will explain later everything you will need to know to assimilate and become a part of the family.

This family has been carefully selected so that your stay would be as enjoyable as possible. However, at first, it's normal that you would miss your home but shortly you will feel that you are living a unique experience. You should talk as much as you'd like with the family, so that your stay would be enjoyable. In any case, if after a while you still are not comfortable, let us know and we will do everything possible to resolve the issue.

You need to keep in mind our eating schedule, in Spain we eat three important meals: breakfast in the morning when you 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.

Rest time lasts from 11:00 at night to 8:00 in the morning, depending on the job and the family's work schedules 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, if you do not wear another type of shoe, some slippers we call "house slippers", are more comfortable and informal to avoid staining the floor.

Also, you need to be aware of how we use the water with regards to hygiene, in contrast to other countries, in Spain, we try to use water consciously and strive to care for the environment.

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.



3. EXPERIENCE CARD.



This card will be provided the day of your arrival combined with the Welcome Pack and will be your student card during your stay. You will be able to visit museums, libraries, pools, theaters, sport centers, use public transportation and take advantage of a student discount, etc.

4. TRANSPORTATION IN THE CITY.





instead 1,05€. Its schedule is 7:30-22:00, depending on the routes. The frequency of the buses is 30 minutes during the week and 60 minutes on weekends and holidays.

Another way to move around in the city is by taxi. The price of the taxi is a bit more than a bus, but is available 24 hours a day. Its price

depends on where you want to go.

To use a taxi, there are two options. You can call them by telephone and they will come to pick you up wherever you tell them (this will have an increased price) or you can go to the taxi stop located on Parque San Julián Street number three, in front of hotel Alfonso VIII.

From the plaza mayor to the mall, the two farthest points in the city, will cost you about 10€.

The city of Cuenca is well connected. It has a public transport system that reaches every part of the city in 15 to 20 minutes.

In addition to the Welcome Pack we give you a card with which you will have a great discount for the ticket price: 0,40€



5. FREE TIME IN CUENCA.

The city of Cuenca provides lots of places of leisure daytime or nighttime.

You will find city pools, soccer fields, tennis and paddle tennis, that can be used under prior reservation, as well as tracks and gymnasiums.

Given the geography of our province, in the serranía mountain range, you also will be able to take part in many sport activities in a natural environment. They can include horseback rides, fourwheelers, archery, canyon descents, canoeing, hiking, bike riding...

Regarding the nightlife, for those over 18 years old, you will find different environments for all preferences and ages. In the older part of the city you will find an enjoyable environment with exceptional views. In the newer part of the city you can find various pubs and night clubs.







6. FREE TIME IN MADRID AND VALENCIA.

If you want to get to know other cities, Cuenca is two hours away from Valencia and Madrid.

Madrid as the capital of Spain, provides multiple types of recreation for all ages and preferences. If you like sports, you will be able to find the fields of the two main teams in the Spanish league. You will have the opportunity to visit and take pictures of the locker rooms, field, etc. You can go to a multitude of magnificent malls, one of which includes a ski rink open 365 days a year.

If you are more of a thrill-seeker, the best options would be amusement parks. Madrid has two: el Parque de Atracciones de Madrid and la Warner. If, however, what you want is to relax and go to museums or the theater, this city offers an endless number of options.

Eastward, you will find Valencia, one of Spain's tourism capitals. If you are looking for great beach spots, Valencia is your city. Valencia offers many beautiful beaches paired with an excellent climate. Another option is the City of Arts and Sciences of Valencia, which shows us some representations of the most important ecosystems from every sea and ocean on the planet.

Ask our offices for more information about different trips that can be taken to these destinations and many others.







7. TELEPHONES AND DIRECTIONS TO KEEP ON HAND.

Later we will specify which ones you should always keep with you; in case you would need to use them.

• TRUE SPANISH EXPERIENCE:

• TSE Office: C/ San Lázaro, 2. 969 23 84 54

• TSE Emergency Contact: 635 82 62 21

EMERGENCIES:

- National Police: C/ Luís Astrana Marín, 4. 969 23 49 47 or 091.
- Local Police Headquarters: C/ Duque de ahumada, 2. 969 22 48 59 or 092.
- Hospital Virgen de la Luz: C/ Blood Donation Brothers, 1 96917 99 00.
- Emergencies: 112.
- Fire Department: C/ Escultor Jamete s/n. 969 22 11 24 or 1006.

• TRANSPORTATION:

- Bus Station: C/ Fermín Caballero, 20. 969 22 70 87.
- Train Station: C/ Mariano Catalina, 10. 902 24 02 02.
- AVE Train Station: Avenida cerro de la estrella s/n 902 43 23 43.
- Taxi Stop: C/Parque San Julián, 3. 969 21 36 66 or 969 23 33 43.