



ACADEMIC
STUDIES ABROAD

Site-Specific Guide – Spain

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Please see our [Pre-Departure Guide for All Programs](#) for additional important pre-departure information!

PRE-DEPARTURE

Important Phone Numbers

**** PROGRAM THESE EMERGENCY NUMBERS INTO YOUR CELL PHONE****

<p><u>ASA Office in Boston, MA</u></p> <p>Academic Studies Abroad 16 Cohasset St. Roslindale, MA 02131-3013 Tel: 617-327-9388 Lee Frankel Emergency Cell: 413-221-4559 Fax: 617-327-9390 E-mail: info@academicstudies.com</p> <p>Lee Frankel, Director lee@academicstudies.com Chelsea Kaloupek, Assistant Director chelsea@academicstudies.com</p>	<p><u>Spain Emergency Numbers</u></p> <p><i>(Local numbers, as dialed in Spain)</i></p> <p>Emergency (like 911 in the US): 112</p> <p>Police: 092</p> <p>Fire: 080</p> <p>Guardia Civil: 062</p>
<p><u>U.S. Embassies in Spain</u></p> <p>Madrid: https://es.usembassy.gov/ U.S. Embassy in Spain & American Citizen Services Unit (ACS) location: C/ Serrano 75 28006 Madrid Metro: Serrano For emergencies involving U.S. citizens, call: +34 91 587-2200*</p> <p>Barcelona: https://es.usembassy.gov/embassy-consulates/barcelona/ U.S. Consulate General in Barcelona: Paseo Reina Elisenda de Montcada, 23 08034 Barcelona Tel: +34 93 280 22 27* Metro: Ferrocarriles de la Generalitat de Catalunya, Reina Elisenda station (last stop of the L-6 line).</p> <p style="text-align: center;">** See international dialing instructions on next page. **</p>	<p><u>ASA Site Directors in Barcelona – Richard Browning and Marta Nieves</u></p> <p><i>Richard and Marta alternate being on call. The Cell Phone number below will allow you to reach the person who is on call.</i></p> <p>► Cell Phone (Save THIS number in your Phone Contacts): +34 640 219 049</p> <p>If you save the number exactly as above and have the app Whatsapp, you can text/call Richard/Marta for free if your phone is connected to WiFi or data.</p> <p>If direct dialing: 011 34 640 219 049 (from the U.S.) / 640 219 049 (in Spain)</p> <p>Email: barcelona@academicstudies.com</p> <p><u>ASA Site Director in Sevilla - Nicole Horvath</u></p> <p>► Cell Phone (Save THIS number in your Phone Contacts): +34 640 788 563</p> <p>If you save Nicole's number exactly as above and have the app Whatsapp, you can text/call her for free if your phone is connected to WiFi or data.</p> <p>If direct dialing: 011 34 640 788 563 (from the U.S.) / 640 788 563 (in Spain)</p> <p>Email: seville@academicstudies.com, NicoleaHorvath@gmail.com</p>

In an emergency, please contact your ASA Site Director or the ASA office immediately. It is of utmost importance that you notify your Site Director of any problems, issues, or concerns that you encounter while you're abroad.

International Dialing Instructions

011 = INTERNATIONAL DIALING CODE

34 = COUNTRY CODE (SPAIN)

--To call from the U.S. to Spain, dial 011-34 + the local telephone number. For example, if the phone number is listed as (+34) 640 219 049, you would dial 011 34 640 219 049.

--To call the U.S. from Spain, dial 001 + area code and number.

--To call a Spanish number within Spain, leave off the int'l code and country code (e.g. 640 219 049).

Passport and Visa

All students must have a passport that is valid for at least 6 months beyond the day you plan to return to the U.S.

You must have your passport stamped upon your first entry into Spain! This will document your entry into the country; failing to get your passport stamped could cause problems with your visa.

Student Visas

No visa is required for students whose program dates are fewer than 90 days. **If your program is longer than 90 days, you must obtain a Student Visa from the Consulate General of Spain prior to departure.**

What should I do if I lose my passport?

Contact the local police, the U.S. Embassy, and your ASA Site Director immediately. Having a photocopy of your passport on hand will make it MUCH easier to have it replaced.

-U.S. Embassy in Madrid: <https://es.usembassy.gov/>

-U.S. Consulate in Barcelona: <https://es.usembassy.gov/embassy-consulates/barcelona/>

Budgeting for Your Trip

The **EURO (€)** became the official currency of Spain on January 1, 1999. Bills come in denominations of €5, €10, €20, €50, €100, €200 and €500. Coins come in denominations of €2, €1, 50 cents, 20 cents, 10 cents, 5 cents, 2 cents and 1 cent.

The exchange rate fluctuates, so go to <http://www.XE.com> for the current rate.

How much money should I bring?

Recommended amount: **US\$250-300** PER WEEK OF YOUR STAY

Please note that these are general guidelines based on what past students have reported spending. Some students spend less and others more. The above figures do not allow for traveling every weekend, eating out a lot, or shopping every day.

What expenses should I budget for?

Please note: Housing, medical insurance, and all other ASA services are not included during the break between semesters or terms.

* = Accounted for in weekly money recommendation above.

1. Books and materials for your classes
Budget **\$350 per semester / \$100 per summer session.**
2. Local transportation
Sevilla students: Budget **\$350 per semester**
Madrid students: Budget **\$400 per semester**
Barcelona students: Budget **\$400 per semester / \$100 per summer session**

Local transportation includes getting to and from class, getting around town during your free time, getting to and from where your group is meeting to depart for an excursion and getting home after an excursion, etc. This may include paying for bus, subway, or taxi fare.

-Madrid & Barcelona students will walk, take the bus, and/or take the subway.
-Sevilla students will walk, take the bus, and/or the light rail.

3. Phone usage (calls and text messages)
Budget **US\$400 per semester / \$75 per summer session.**
4. Spending money / Personal expenses*
Entertainment, shopping, souvenirs, dining out, travel, haircuts, toothpaste, etc. This is accounted for in our weekly money recommendation (see previous page).
5. Meals on excursions*
6. Transportation back to the airport at the end of the program is not included.

ARRIVAL

Airport Pick-Up

What should I do when I get off the plane?

▶ After you de-plane, you will go through Passport Control (also called Immigration) and Customs. After Passport Control and Customs, follow signs to baggage claim. Delayed baggage must be reported to your airline's lost luggage counter before exiting the baggage claim area!

▶ **After claiming your bags, exit into the airport lobby and look for an ASA sign OR a sign with your name on it.** Your ASA Site Director or one of our drivers will be waiting for you in the airport lobby. They cannot meet you in baggage claim!

▶ Once you've found an ASA staff member or driver, we'll take you to your program housing.

▶ **Address for delivery of delayed luggage:**

Please have lost luggage delivered directly to your local address (e.g. your apartment address or host family's address). ASA will email you your housing assignment (including the address) approximately 2 weeks before your program start date. Write your local address on your Last-Minute Checklist and pack it in your carry-on, and save the address to your phone's Notes.

If my flight is delayed, will you still pick me up at the airport?

If you will not be arriving as scheduled, it is YOUR responsibility to notify the emergency contact person indicated on your **Last-Minute Checklist**. They will let you know if you will still be picked up at the airport. We will make every effort to pick you up!

ACADEMICS

Spanish Universities – What You Should Know

Studying at a Spanish University

Studying at a Spanish university is very different from studying at an American college or university. Overall, the courses are much less structured. In some cases there may be no textbook assigned to the course, and few or no homework assignments will be given. **It cannot be overemphasized that in Spain the student is expected to research and study the subject outside the classroom without instruction or guidance from the professor.** Study the day's material with classmates, seek Spanish and international students to discuss the course material, and practice speaking, reading and writing in Spanish. For the most part, you will not be told to do these things by your Spanish professor – it is up to you to supplement the classroom learning with these activities if you want to get the most from the experience. *Embrace the opportunity to study in a foreign environment.*

NOTE: Remember that the Spanish university you will attend is a foreign institution with Spanish instructors who will employ very different teaching methods than those you are accustomed to. **TRY NOT TO GET FRUSTRATED.** It may take a week or so to get used to the teaching style. Remember that you are learning more than you can document just by attending this program. Do not hesitate to seek assistance if you are having problems adjusting to the university environment.

American University Tendencies	Spanish University Tendencies
1. More class participation	1. Lecture style / low interactivity
2. Grade accumulation	2. Final exam determines grade
3. Prof. availability- high	3. Prof. availability - low
4. More structure	4. Less structure

Expectations of Learning Spanish

With respect to learning to speak Spanish, one of the most frequently asked questions is, "Will I be able to speak the language after studying in Spain for a semester?" As with all learning, the answer will largely depend on you. Although your university offers many opportunities to immerse yourself in the language, it is usually unrealistic for any beginner student to think they will be proficient in Spanish after only one semester abroad. Please keep in mind that language acquisition varies by the individual. Studying hard and making an effort to speak in Spanish, even if it's difficult, will take you far. It takes many months, even years depending on the student, to develop a true fluency in Spanish.

Note that if you *truly* have the desire and drive to learn the language, you will be far more successful than a student who simply does the required amount necessary for their courses. Beyond your language classes, you absolutely must use the language in your everyday life if you indeed hope to master it, rather than limiting your speaking to the classroom. It is highly recommended to take advantage of your new environment to make friends, acquaintances, and immerse yourself in Spanish student life.

► Tip for maximized daily learning: We highly recommend you to carry a small pocket dictionary at all times.

Academic Calendar

A detailed Calendar of Events, including orientation and excursion dates & locations, will be **emailed** to you 1-2 weeks prior to departure.

To see the basic Academic Calendar for your upcoming program (which includes dates of any breaks), go to www.academicstudies.com and click on the city you're going to. Then, click the link to "Program Itinerary."

EVERYDAY LIFE

Housing

ASA will email you your housing assignment **approximately 2 weeks before** your program start date.

If you have opted to live with a host family, please read ASA's [Housing and Culture Handbook](#) for lots of help information about what to expect when living with a Spanish host family.

If you have opted to live in a shared apartment, PLEASE READ THE IMPORTANT INFORMATION BELOW ABOUT WHAT TO EXPECT IN YOUR HOUSING!

► Shared apartments are fully furnished and house anywhere from 3 to 8 occupants. Bedrooms are usually double occupancy; a small number are triple or single occupancy. You are responsible for your own meals and laundry. ASA housing is usually located 20-25 minutes from school using public transportation.

► **Bedding and towels are provided with your apartment.**

► All apartments are NON-SMOKING.

► **We cannot guarantee one standard of housing. Every apartment is different** in size, structure, number of rooms, size of rooms, room composition, etc. Bedrooms may be shared OR individual. **Internet is provided.**

► **All students must abide by the ASA Code of Conduct that they signed prior to departure.** Violating the Code of Conduct may lead to expulsion from your housing and/or from the ASA program. Any student removed from housing will be responsible for finding his/her own housing and will not receive a refund.

Drug/Alcohol Policy

Drug use and alcohol abuse AT ANY TIME, ANYWHERE WHILE THE PROGRAM IS IN SESSION is strictly prohibited and may lead to you being removed from your housing and/or the program. Being drunk is considered abuse of alcohol.

Guests

OVERNIGHT GUESTS OF ANY KIND ARE NOT ALLOWED UNDER ANY CIRCUMSTANCE.

If you have guests over during the day, please remember that YOU are responsible for your guests' behavior. NEVER bring casual acquaintances or new friends who you have just met to your apartment! Your neighbors will call the housing agency (who will then notify ASA) if there is too much traffic in and out of your apartment.

Conduct

Living in Spain means that you are subject to Spanish laws and standards of living, which may be different from the U.S.

In addition, it is important to appreciate that your apartment building houses local residents and families who permanently live and work there. *You will be living as GUESTS among these families.* Be friendly if you encounter them in your building – greet them and hold the elevator for them. It can only benefit you to create goodwill with your neighbors!

Students must remember that they are NOT living in a dormitory or residence hall or on a U.S. campus. You are living IN THE CITY, among permanent residents. You must conduct yourself as a responsible adult and observe certain housing policies and safety procedures, such as:

- Not accommodating overnight guests.
- Keeping noise to a minimum.
- Conserving utility usage. (Utilities in Europe are much more expensive.)
- Keep your apartment door locked AT ALL TIMES, even while you are at home.
- Make sure the front door to your building locks behind you EACH time you enter. Don't let the door swing shut – always TURN AROUND and make sure it locks.
- Never hold the door for someone unless you are SURE they live in your building. This is a common way for thieves to get in a building and rob people. Do not worry that you are being rude! Your neighbors will appreciate that you are being careful!

Flexibility and consideration for your housemates and neighbors are essential to a successful and rewarding experience.

Maintenance

The plumbing will be more delicate than you may be used to. **The toilet and drains are not a garbage disposal – do NOT flush things like food, hair, sanitary items, cotton balls, dental floss, or the like.** Only liquids should go down drains. You will be charged for plumbing fees due to misuse.

Students are responsible for daily maintenance, including cleaning the apartment, taking out the garbage DAILY (this is standard practice in Europe), washing the provided sheets and towels, reporting maintenance issues (e.g. clogged drain) to your ASA Site Director, changing light bulbs, and other such tasks.

You must keep your living area clean and organized at all times. Do not leave trash lying around the apartment or in the stairwells, as this could interfere with maintenance.

You will be charged for any damages, as well as utility overages, when you leave your apartment. (During your on-site orientation, your ASA Site Director will talk about how to conserve utility usage so you don't have overages. In addition, a section on Conserving Utility Usage can be found below.)

Noise

Loud music, loud talking and shouting are not permitted in ASA housing. **Parties are NOT permitted.** You will not have a curfew, but please be considerate of your roommates and especially of other people in your building by being EXTRA quiet when returning home late at night. Be sure to take off your shoes as soon as you enter your apartment (even during the day), because shoes, and especially shoes with heels, will produce loud noise in your downstairs neighbor's apartment.

Your neighbors will not hesitate to call the police at the slightest disturbance after hours! If you make excess noise and the police are summoned, heavy fines will be levied. Repeated problems of this nature can lead to removal from ASA housing and/or the ASA program.

Keys

You will receive ONE set of keys. It is forbidden to make copies of these keys or lend them to anyone. Be careful not to lose them! If you lose your keys, you will be responsible for the cost of changing the locks for your apartment AND the building front door, and issuing brand new keys for everyone.

Move-Out

When you vacate your apartment at the end of the semester, all personal items, including trash, toiletries, food, etc. must be removed from the apartment. Everything that was present in the apartment at check-in must be present and in good condition. You must leave the apartment clean, remove all food and personal items, return all furniture to its original position, wash your dishes, take out the garbage, turn off the gas and all appliances and lights, close all windows and wash all linens.

Conserving Utility Usage

► **Utilities such as water, electricity, and gas (heat) are much more expensive in Europe than they are in the U.S. In Spain, the heat may only turn on at certain times of the day.**

Here are some tips to conserve energy:

- Avoid taking more than one or long showers – also, your roommates might have ice-cold showers!

- Washing machines are MUCH smaller than you are used to, and the cycle takes nearly an hour, so don't be afraid to re-wear your clothes! Re-wearing clothes will reduce the amount of laundry you do (and water and electricity you use). Use 50-60° water for whites and 30° for dark colors. If you don't have enough for a full load, consider hand washing. Always wash delicate items by hand (i.e. sweaters, undergarments), as the washing machines can be hard on delicates. **YOU WILL NOT HAVE A CLOTHES DRYER** – this is not standard in Spanish homes. You will need to hang dry your clothes (try putting them near the heater). Your apartment will have a clothesline or drying rack for clothes. Or, you can take your wet clothes to a Laundromat – they have dryers there.
- The buildings in Europe tend to be much older than buildings here. Having the washing machine, hair dryer, and all the lights on will blow the fuses. If you **TURN OFF / UNPLUG** all appliances and devices when not in use, you will not only save utilities but you'll also avoid blowing the fuses. If you do blow the fuses, it's easy to fix, but you need to know where the circuit breakers are. You can avoid this problem by only using what you need. **Turn off the lights when leaving a room to save electricity. If you go away for the weekend, be sure not to leave any lights on!**
- Stoves and ovens are generally gas operated. You may have a switch or valve to turn on the gas and then have to light the burners on the stove with a match or a sparker, which you can buy at the supermarket. You may also have a water heater in the kitchen that you must turn on in order to have hot water. This is a common misunderstanding when students first move in – if you don't have hot water, it's probably because you have to turn on the water heater. It is usually located in the kitchen. Finally, turn off the gas if everyone will be out of town.
- When it turns cold, **DO NOT run the heat all night.** Warm up the apartment before bed and then turn it down. The warmth will last through the night. As a general rule, homes in Europe are not heated as well as homes here – and since utilities are cheaper here, we are more likely to crank up the heat, whereas a European would instead put on a sweater. You may need to reverse your thinking about that. For students abroad during colder months, bring warm pajamas and socks and clothes you can layer when you're at home.
- **Your apartment will NOT be air conditioned.** The best way to keep your apartment cool in the summer is to keep it dark. Close the outside shutters during the hottest part of the day, and your apartment will feel air-conditioned. You'll also be provided with a fan.

Local Transportation

Subway

Barcelona and Madrid have inexpensive and efficient subway systems (called the “Metro”). In addition, Sevilla has a light rail system, also called the “Metro”. You will undoubtedly be using the Subway during your stay – to get to/from class, get around town, etc. Your ASA Site Director can help you buy passes and tickets after you arrive.

Madrid Metro: <http://www.metromadrid.es/en/index.html>

Barcelona Metro: http://www.tmb.cat/en_US/home.jsp

Sevilla Metro: <http://www.metro-sevilla.es/es>

Bus

Barcelona, Madrid, and Sevilla all have inexpensive and efficient public buses. Some students use the bus instead of, or combined with, the Subway. Your ASA Site Director can advise you on the best way to get to/from class and help you buy passes and tickets after you arrive.

Taxi

When taking a taxi in a foreign country, it is very important to follow these guidelines:

If you're out after 10pm, take a taxi home. It is well worth it to spend a small amount of money to make sure you get home safely! Better yet, share a taxi with friends.

-Madrid and Sevilla taxis are white with a red stripe on the side.

-Barcelona taxis are black and yellow with a black stripe on the side.

Before you get into the car, tell the driver where you want to go and make sure they know how to get there. In certain cases there may be a flat rate (i.e. to the airport), but most will charge by the meter. If you find a taxi driver that you like, ask for his card and program his/her number into your phone. The next time you need a taxi, call ahead.

If you need to take a cab from the airport, go straight to the taxi stand, outside the airport exit doors. There may be more than one. Beware of "independent" drivers who may offer you a ride; **never accept a ride from a taxi driver who approaches you inside the terminal.** At the taxi stand, there may be a long line of people with their luggage waiting for a taxi – just remember to be patient. Taxis will always charge a surcharge (1-2 euros) for leaving the airport or train station, and for each piece of luggage. Make sure that the taxi has a meter inside that is working.

For getting around on a regular basis, you'll want to take advantage of your host city's public transportation, since taking taxis can add up, BUT please do use a taxi if you're out late at night.

Uber is also widely available in Spain and Europe.

Trains

Spain has an extensive railroad system and comfortable trains. The national network is known as RENFE (www.renfe.es). Most trains have a first (*turista*) and second (*preferente*) class, and fares are reasonable. Watch out for huge differences in price and make sure you are not quoted the most expensive price. Always ask for *turista* class.

In addition, Eurail Passes and student rail passes are also valid on Spanish trains.

The AVE is a high-speed train that initially went just from Madrid to Sevilla, but now has expanded to cover much of Spain. The AVE only takes 2.5 hours to go from Madrid to Sevilla. This is an excellent way to get to Southern Spain and back, although it is more expensive than RENFE. For a round-trip ticket, the price is about from €170 in *turística* (the cheapest) class. You can find more information about the AVE and book tickets for the AVE and any other RENFE train at www.renfe.es.

Weather

Summer

It is important to take precautions against the heat during Summer months. The South of Spain especially can be very, very hot. Always wear lightweight clothing and drink lots of water. The recommended clothing for Summer is sandals, t-shirts or light blouses, skirts/shorts, and sunglasses. Try to wear light colored clothing that will not absorb so much of the heat.

Fall/Winter

For late Fall and Winter months, be sure to bring a warm coat and clothes you can layer.

European homes aren't heated as well as American homes, so pack accordingly, including warm pajamas and socks, and things you can layer. Students have reported that although the winter weather was not very cold, it felt colder because the heating didn't work as well. Layering your clothes will help.

AVERAGE MAXIMUM TEMPERATURE (m). AVERAGE MINIMUM TEMPERATURE (m).													
LOCATION	M/m	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
ALICANTE (Costa Blanca)	M	61	65	68	73	78	84	90	89	83	75	68	63
	m	43	43	47	50	55	62	67	68	64	57	50	45
BARCELONA (Costa Brava)	M	55	57	61	67	74	77	84	84	77	69	61	55
	m	42	44	48	51	55	61	65	69	64	58	50	44
GRANADA	M	53	57	63	68	74	86	92	90	84	71	62	53
	m	34	34	40	43	48	57	62	62	57	48	41	39
MÁLAGA (Costa del Sol)	M	60	64	69	75	78	82	86	87	84	77	70	65
	m	46	46	50	56	57	64	67	70	65	59	53	48
MADRID	M	47	51	59	65	73	83	88	91	78	64	55	50
	m	34	35	41	45	50	57	63	62	57	49	41	35
MALLORCA (Balearic Islands)	M	57	58	62	66	71	78	84	85	80	73	65	59
	m	43	43	46	50	54	61	66	60	65	57	50	45
NORTHERN COAST	M	50	55	59	61	66	70	75	75	69	60	55	53
	m	39	40	42	43	43	59	59	59	53	48	45	42
SEVILLE	M	60	63	69	74	80	89	96	95	89	78	68	60
	m	42	44	48	52	56	63	68	68	64	57	50	44
VALENCIA (Costa del Azahar)	M	59	61	65	68	73	79	83	85	81	74	67	60
	m	42	43	46	49	55	62	67	69	64	56	49	45
CANARY ISLANDS	M	73	73	75	76	77	78	81	84	81	79	75	74
	m	58	59	60	62	63	63	67	69	69	68	63	60

How to Dress in Spain

Neatness is a Spanish virtue. You should expect to dress a bit more formally in Spain and you must be aware that you are not on a U.S. college campus. Also, Spaniards tend to wear more dark/neutral colors (black, gray, beige, brown). If you bring clothes in these colors, you will not only blend in better, but you'll save space in your suitcase because you can mix and match using fewer pieces.

Example: You may walk into a local bar wearing flip-flops and a college T-shirt and ask for a can of coca-cola at 10:00 a.m. Immediately, you will notice that you are the only one in the bar with open-toed shoes, a short sleeved shirt, no jacket and drinking a Coke. The rest of the patrons of the bar will be "dressed up" wearing jackets, pants, closed-toe shoes or boots and ordering a coffee.

While people may, of course, dress as they prefer in Spain, keep in mind that it is easy to stick out as a foreigner because of your clothing. Spaniards simply tend to have a more formal way of dressing than is typical of American college students. **Spaniards do not go out in public in sweats, stretch pants, yoga pants, or flip flops, unless they are on their way to the gym. Flip flops are only worn at the beach. Pajamas are never to be worn outside your home/apartment.**

Many churches and cathedrals do not allow people to enter unless their legs and shoulders are covered, even in summer months, so keep this in mind while travelling or while on a program field trip/excursion.

Many cities in Europe have cobblestone, which is notoriously uneven and hard to walk on. It is not advisable to attempt to walk on cobblestone in any sort of heel (even a low heel), especially if the streets are slippery from rain. Students HAVE sprained their ankles this way and spent the rest of the semester on crutches. It is MUCH easier than you realize to slip or sprain your ankle. Broken heels and straps are common, too. Be careful if you're walking on cobblestone and please don't wear heels! Finally, it is difficult to roll your suitcases on the cobblestone – you may have to carry them, so try not to pack too heavy. Watch out for broken suitcase wheels from the cobblestone. Happens all the time...some students have had to buy brand new luggage.

Spanish Holidays

January 1- New Year's Day
January 6- Epiphany (This is the day when Spaniards exchange Christmas gifts.)
March 19- St. Joseph's
Late March or early April- Holy Thursday, Good Friday, Easter (Holy Week)
May 1- Labor Day
Late May or early June- Corpus Christi
July 25- Feast of Santiago
August 15- Feast of the Assumption
October 12- Día de la Hispanidad
November 1- All Saints Day
December 6- Constitution Day
December 8- Immaculate Conception Day
December 25- Christmas Day

STAYING IN TOUCH

- For information about cell phones abroad, please see the [ASA PRE-DEPARTURE GUIDE FOR ALL PROGRAMS](#)

Time Difference

What is the time difference between Spain and where I live?

The following times are the number of hours BEHIND Spain each region is:

Pacific Mountain Central Eastern

9 hours 8 hours 7 hours 6 hours
So, if it is 6pm in Spain, then it is 12 noon Eastern, 11am Central, and 9am Pacific.

Computers and Internet

Should I bring a laptop?

YES. You'll have free wireless Internet at your host university AND in your program housing. Some professors provide course materials on disks, so you'll definitely need your laptop.

► For information about using a plug adapter with your laptop,
SEE [PRE-DEPARTURE GUIDE FOR ALL PROGRAMS](#)