



ACADEMIC
STUDIES ABROAD

Housing & Culture Handbook

AND

Spanish Vocabulary Crash Course!

Spanish Culture – What to Expect

What should I be aware of about Spanish culture?

Over the years, we have learned which aspects of Spanish culture are the most surprising to American students. Please read the following information in order to become familiar with some of the differences between Spanish and American culture. This information is intended to ease your adjustment to Spanish life. Instead of judging Spanish culture according to your own, please try to accept Spanish culture for what it is, as being different from yours. Those students who make an effort to adjust are usually the ones who are most able to learn from and enjoy the fascinating experience of living in a different culture!

Tips to help you adjust to life in Spain:

□ **Keep an open mind** – In all respects, things in Spain and other European countries will rarely happen exactly the way you expect them to. For practical matters (standing in line, filling out forms, registering or waiting for various things), many things take longer or require extra steps that would be considered superfluous in the U.S. Realize that you must be flexible and patient in order to get the most out of your study abroad experience.

□ **Be respectful of the local culture** – Sometimes Americans are labeled with a reputation for being inflexible, ignorant of other cultures and failing to adapt to the host country's environment. Although this reputation is not always justified, it is important to try to follow the social cues around you. For example, if you are in a public place that is relatively quiet, avoid speaking loudly. If you go into a local grocery store and notice that customers do not handle the produce themselves but instead make a request to the shop assistant, do the same. You will find that people are very gracious when they see that you are behaving in a way that respects their social values and customs. Even if you look a little confused, they will often try to help.

Be Prepared for Cultural Differences

1. **Smoking** is very common in Spain – more common than it is in the U.S. and certainly more visible. Smoking used to be allowed virtually everywhere, but now all restaurants have to have a non-smoking section, although it's not certain that Spanish people will actually abide by it!

If you have requested a non-smoking host family, we will do our very best to accommodate you. But since such a high percentage of Spaniards smoke, sometimes the best we can do is find a family who has a member who occasionally smokes on the terrace of their apartment. Normally if you or ASA tells your host family that you are opposed to smoking, they are more than happy to accommodate you by smoking outside or when you're not home. The host families always try to be as flexible as they can because they want you to be happy.

All students should try to be flexible and patient, and understand that smoking is a big part of Spanish culture. And by all means, if you find your family's smoking to be bothersome, tell your Site Director immediately, and we'll talk to the family.

2. **Personal Space** is a different concept in Spain than it is in the U.S. Spaniards generally allow less personal space during social interactions than Americans do, and some students find this a bit uncomfortable at first. For example, you may feel that sometimes Spaniards stand too close to you when conversing, when waiting in line, or on the bus or subway. Most students learn to adjust to this during their stay.

However, even though it's socially acceptable to stand close to each other during conversations, inappropriate contact of any kind is NOT acceptable. Listen to your instincts and speak up if you feel someone is purposefully invading your personal space, or is touching you in an inappropriate manner.

3. **Homes, rooms, and cars are smaller**, in general, than they are in the U.S. This is true of most of Europe. People in Spain are accustomed to having less living space, and therefore, less “stuff”. Most people who live in cities live in flats or apartments—even families with children—as actual houses in the city are hard to come by. Therefore, you should expect to live in a flat while you're abroad with rooms that are smaller than you're used to, and storage space is limited. You won't find large closets in most Spanish homes. Also, cars are usually smaller, and you won't see too many civilians driving SUVs or large trucks.

4. **Walking and using public transportation is a way of life** in European cities. You can expect to take the subway and/or bus, and/or walk to and from class every day. Since people in European cities commonly use public transportation on a daily basis instead of driving, you'll find the public transportation in Spain to be clean, efficient, and reasonably priced. (If you're wondering about how far you'll live from school, see sections below, “Where will I be living?” and “How will I get to class from my residence?”)

5. **You'll need to be assertive when shopping, eating out, or waiting in line.** First, you should know that the concept of Customer Service in Spain is not the same as what Americans are used to. The customer is not always right! You may find that Spanish businesses or companies don't cater to the customer like American companies usually do. You may also feel that store employees or cashiers are not as attentive and that you may need to flag someone down in order to be helped or to pay for something.

This is especially true at restaurants—you will probably notice right away that service is not the same as in the U.S. You may feel ignored by the wait staff. Don't be discouraged, but in order to be served in Spanish restaurant, you must speak up—politely—in order to be attended to or seated. It's important to be patient as well, since servers are not as attentive, and food and drink service may take longer in general. They may not take your order as quickly, bring drinks as quickly, or even check on you at any point to ask if everything is ok. Also, you will probably need to flag the waiter down in order to get your check. He/she may not automatically bring it to you.

In addition, the way Spaniards form queues (for example, at a bakery counter) is something that few Americans ever fully grasp! At times you may find that there is no organized queue. Instead, sometimes Spaniards simply remember whose turn is next. If this is the case, just remember your place in the queue and speak up when it's your turn. Also, you may find that older Spanish ladies sometimes try to cut in line in front of you! ☺ Always be polite, but know it's ok to stand your ground as well.

6. **Differences in meals**

American students should not expect a big, American breakfast when living with a host family. Your señora will not serve you bacon and eggs for breakfast. Instead, you'll have Americans call a light “continental” breakfast, which would be toast and jam with coffee or tea. Some hosts serve cereal with milk, but toast is the most common. Some señoras even serve cookies for breakfast! The typical American breakfast of eggs, bacon, pancakes, etc. is never eaten in a Spanish home. Lunch is the biggest meal of the day and is taken at anywhere from 1-3:30pm. With lunch, you usually get 2 courses (such as pasta + chicken) and dessert (usually fruit or yogurt). Dinner is lighter than lunch and is eaten anywhere from 8:00-10pm. For dinner you usually get 1 course (such as tortilla de patatas) and fruit or yogurt. Bread is usually served with both lunch and dinner. However, butter is not served with bread.

The main differences between the typical Spanish diet and the American diet are the following: Vegetables are eaten a lot less in Spain. Maybe one meal a day might have vegetables, or maybe not. They eat more pork,

cured meats, and fried foods. They eat a lot less beef than Americans do – the quality of beef is not as good in Spain, and it is very expensive. Breakfast is very light compared to American breakfast. Pasta sauce is typically the plain, store-bought kind (unless you go to an Italian restaurant).

As a guest in your host’s home, you will be expected to conform to the family’s mealtimes—not the other way around. It is not ok for students to request to have their meals at a different time than the family does.

Exception: If your class schedule is such that you cannot make it home for lunch on certain days, you can ask your señora to make you a bag lunch on those days, which will probably be a *bocadillo* (a sandwich on a baguette) and a piece of fruit. NOTE: Sandwiches in Spain have less filling (meat) and are more bread-heavy than Americans are used to.

Please read the section called “Food and Customs” (later in this guide) that will tell you more about Spanish food and what to expect.

7. Guests in the Spanish home are somewhat rare. Therefore, you must always ask permission before you bring a friend over to study. It is considered rude to bring people over without asking. Your family will be upset if you bring people over without asking, especially while the family isn’t at home. Spanish families are very closely knit, and in general Spaniards entertain in their homes less frequently than Americans do. Any guests that Spaniards entertain at home usually include very close friends or family only.

9. A word of advice: Try to blend in, and be open to trying new things. Spaniards will appreciate it! Never forget that you are a guest while in Spain and should respect their culture, and as a study abroad student, you have the responsibility of making an effort to adopt their traditions and language, and hopefully blending in in the process! (Blending in may also help you not be pick-pocketed, since they tend to target tourists!) Trying to adapt to Spanish culture will help Spaniards feel that you’re more approachable, and will therefore help you have a richer cultural experience. While it is wonderful to be proud of your home country, it’s not a good idea to “flaunt” your American-ness in other countries by wearing clothes or accessories with the American flag, American sports teams, or fraternities/sororities. You can always wear all those things when you get home. ☺

IMPORTANT TIPS & RULES ON LIVING WITH A HOST FAMILY

1. Always say hello (i.e. “Buenos días,” “Buenas tardes,” etc.) when entering your home. Always say goodbye (i.e. “Hasta luego,” “Hasta mañana,” etc.) when leaving.
2. Turn out all lights/appliances EVERY TIME you leave a room. Don’t be surprised if your host mother follows you around, turning the lights off behind you. (Electricity, water and heating are very expensive in Spain.)
3. Keep your room tidy—remember, you are living in someone’s home, not a hotel. If you don’t pick up your room, your señora may do it for you! If you don’t want someone else touching your things, keep your room tidy.
4. Keep showers to 10 minutes or less. Water is scarce and very expensive in Spain. Don’t be surprised if your señora starts knocking on the door if you’ve been in the shower for more than 10 minutes.
5. NEVER go barefoot in a Spanish home—always wear slippers or flip-flops inside the house. It is considered rude to walk around barefoot in a Spanish home.
6. It is also considered rude/in poor taste to hang out in your pajamas in the common areas of the home or lounge on the couch all day.
7. You are expected to take your meals at the same time as your host family. You may not ask your señora to serve you meals at a different time.
8. Please always notify your host family if you are going to miss a meal so they don’t waste food.

9. Although you won't have a curfew, you **MUST** be quiet and courteous when leaving or returning home late at night. Keep in mind that noises (especially voices and shoes with heels) echo loudly in the elevator, stairwells and on the hardwood/linoleum floors in your flat. Please be considerate in letting your host family know when you're leaving and when you plan to return, especially if you're staying somewhere overnight.
10. Never bring guests to your host family's residence without getting their permission first. Your host family will be upset if they find you have brought friends over without their permission, especially while the family is not home.
11. **You may NOT have alcohol in your room. If alcohol is found in your room, your host has the right to throw it out, and you may face disciplinary action from ASA.**
12. **NO OVERNIGHT GUESTS OF ANY KIND ARE ALLOWED, WHATSOEVER, AT ANY TIME.**
13. Do not take any food from the kitchen without your host family's permission.
14. Living with a host family means you will not have the option to cook your own meals. You **MAY NOT** use the kitchen unless you get permission from your host first. You may, however, store snacks in the kitchen if you wish.
15. You **MAY NOT** use your host's washing machine. 1 load of laundry per week included with your homestay, which will be done by your host. If you have more laundry that needs to be washed beyond the 1 load per week, or if you simply want to wash your own clothes, you can take them to a dry cleaner or laundromat.
16. A small gift every once in a while, such as bringing home dessert or flowers, is always appreciated.
17. You may not use the telephone in your home unless your family gives you permission. Outgoing calls are never allowed, but your family may allow you to receive calls.
18. Please take care to not lose your keys, or you will have pay to replace the family's locks, which is expensive.

► **Any student removed from ASA housing for violation of any of ASA's policies will be responsible for finding their own housing and will receive no refund.**

FAQs

When will I find out who my host family is?

We will email you your housing assignment 1-2 weeks prior to departure.

Where will I be living?

The host families' residences are in safe areas of the city, as close to your university as possible. However, some families are located further from the university than others. We carefully screen all of the host families, most of whom have hosted students for years. Living arrangements and composition of each family varies. Most families live in a flat, as actual houses are uncommon in urban areas in Spain. **The term "family" should not be interpreted too narrowly. Some host families are traditional families with a father, mother, and children, while others may consist of a widow whose children still live at home, or no longer live at home. Increasingly, about 50% of the host families are childless couples or divorced women with children who enjoy having a student living with them.** Host families come from a cross-section of society; they belong to no particular professional or social milieu. **Past ASA students have found that speaking Spanish at home is the single greatest factor in increasing their facility with the language!**

How does ASA select host families?

Our site staff in Spain interview and select host families for our students. ASA has created an extensive questionnaire that all families must complete during their interview. We ask each family a variety of questions about their background, occupations, family composition, habits, living arrangements, pets, previous experience

with students, and more. Our Site Director will match you with an appropriate host family, using your Housing Questionnaire and his/her knowledge of the family. We also require all students to complete an evaluation of the host family at the end of the semester, which helps us greatly with future placements.

What happens if I don't like my host family?

First of all, it's very important to give yourself a chance to adjust and get to know your host family. Your Site Director will be in close contact with you throughout your stay to ensure that you are happy with your living arrangements. If you raise any concerns, the Site Director will speak with the host family and hopefully resolve the issue. Many times a concern can be a cultural misunderstanding or a communication problem that is easily resolved. If, for any reason, we are unable to settle an issue between a host family and a student, we will move the student to a new family right away.

How will I get to class from my residence?

In Sevilla, students will walk and/or take the bus or light rail. In Madrid and Barcelona, most students take the Metro and/or bus to get to class, but some also walk. All cities have modern public transportation systems. Usually the maximum commute that our students have is 30 min. walking or on the bus/subway. If you need to use public transportation, your Site Director can help you obtain maps and assist you in buying student monthly passes. Also, the host family will be aware of the bus and Metro lines that run near their residence. Although Spain is a safe country, we recommend that you take taxis after 10:00 pm.

Are bedding and towels provided?

Yes, bedding and towels will be provided for you.

Food and Customs

What will I eat in Spain?

Spanish food is not to be confused with Mexican food! To many people's surprise, it is quite different. In general, Spanish food is not spicy, but a few dishes can be. Spaniards eat what is called a Mediterranean diet. You will find that Spaniards enjoy a variety of foods, but their staples are chicken, pork and sausages, fish and seafood, eggs, olive oil, rice and lentil dishes, and bread. Beef is very expensive in Spain, and generally the beef (steak) you find in Spain isn't as good as Americans are used to, and it's not eaten very often. Spaniards fry or sauté much of their food in olive oil and, although fruit, yogurt, or pudding is served as dessert at almost every meal, vegetables may not be. A tortilla in Spain is actually an omelet with potatoes and onions.

You should expect to have your meals at the same time as your family. Please do not ask your host family to serve you meals at other times. If you're going to miss a meal, be sure to tell the family ahead of time, but don't expect them to set aside food for you if you can't be home at meal times.

Breakfast is light, usually coffee, tea, or juice and toast, a roll, cereal, or even cookies. Lunch, eaten at about 1-3:30pm, is the heaviest meal of the day (2 courses plus fruit or yogurt for dessert). Dinner, eaten at 8:00-10pm, is lighter than lunch; you'll have 1 course, such as tortilla de patatas or cold cuts with fruit or yogurt for dessert. Bread is usually served with lunch and dinner. It is not customary for Spaniards to eat butter with their bread, so please don't ask for butter. Between-meal snacks, fruit juices, or sodas are not provided by your host family.

If you can't make it home for lunch on certain days because of your class schedule, you can ask your señora to make a bag lunch for you. This is also true of days when you will go on an ASA excursion. (See above section on "Spanish Culture" for information on what a typical bag lunch will be.)

When you first arrive at your host family, your señora is going to want to know what you like to eat. Please be honest with her about your likes and dislikes, and let her know if you have any food allergies. Señoras take a lot of pride in their cooking, so be sure to compliment a meal if you really like it. In typical Spanish fashion, your señora will probably try to serve you seconds or thirds. Be prepared because she may offer you another serving at least 2-3 times, but hold your ground if you really do not want more; tell her the food is delicious, but that you're very full. You must let your señora know ahead of time if you will not be home for a meal so she does not prepare food for you.

If there is something you cannot or absolutely do not want to eat, please let your señora know in a courteous manner so she won't keep serving it. Please try to be conscious about not wasting food. Your señora will appreciate it! ¡Buen provecho!

You may not be able to find your American favorites, such as peanut butter, chocolate chips, and pancakes with maple syrup, especially in smaller cities and towns. The larger supermarkets like El Corte Inglés have a good selection of foreign foods. To all coffee drinkers: Starbucks are all over Spain.

Tips on Eating in Spanish Restaurants

Don't ask for butter with your bread, because Spaniards don't put butter on their bread. Also, don't ask for a "doggie bag" at a Spanish restaurant! This is not customary. Plus, portion sizes in Spain are smaller than they are in the U.S., so you may not have any leftovers anyway! Asking for butter or a doggie bag will immediately label you as a "guiri" (a negative term for a foreigner or tourist), which is never good.

When are businesses open?

Spanish business hours can be different from what we're used to. Banks are open Mon-Fri from 9:00 am to 2:00 pm and on Saturdays from 9:00 am to 1:00 pm. Big department stores, such as El Corte Inglés, are open from 10:00 am to 8:00 pm most days of the week. Most smaller shops, including grocery stores, keep the traditional Spanish business hours: 9:00 am to 1:00 pm and 4:00 to 8:00 pm. You will not see many 24-hour stores, with the exception of the VIPS chain in larger cities.

Business establishments are usually closed for a day and a half per week, most often on Saturday afternoon and Sunday, while other shops close only on Sundays. In tourist areas in the summer, business hours are often extended to 10:00 or 11:00 pm, with stores open 7 days a week. Pharmacy hours are established by each town's City Hall, though such establishments are generally open from 9:30-10 am to 2:00 pm and from 4:30 to 8:00 pm. Besides the set schedule, some pharmacies are required to remain open 24 hours on an "on call" basis as well. All pharmaceutical dispensaries post a list of the addresses of these establishments that are "on call", with the closest locations clearly indicated. This list is also printed in the daily newspapers.

Restaurant hours are varied, with the norm being from 1:30 to 4:00 pm for lunch and from 8:30 to 11:00 or 11:30 pm for dinner. In the summer, these hours are often expanded, with many establishments offering continuous service and still others serving food into the wee hours of the night. Cafeterías/bars are usually open all day, closing late at night.

What do people do at night?

Spain is known around the world for its nightlife! The bars and discotheques stay open long past midnight. In summer, they often stay open past 3:00 or 4:00 am. In big cities like Madrid and Barcelona, for example, there are many places that stay open until dawn, even in the winter. Spaniards seem to love to stay up late—a study even found that Spaniards get one less hour of sleep a night than people in other European countries!

Spaniards do enjoy drinking socially as part of their culture, but they do it very responsibly, and it is normally not the focus of the social experience. They also enjoy alcohol on special occasions and holidays, but again, in

moderation. **Spaniards generally do not drink to get drunk and frown upon those who do.** It is considered to be very poor taste to be drunk. Normally the only drunk people you'll see in a bar or discoteca are non-Spaniards. Excessive drinking or drunken behavior is not acceptable, and ASA considers it reason for expulsion. **Please remember, you are NOT allowed to have alcohol in your room. If alcohol is found in your room, your host has the right to throw it out, and you may face disciplinary action from ASA.**

When do I tip?

- ▶ A 10% tip is customary for restaurants. Many times at a cafetería, Spaniards will just leave whatever small change left over from the bill.
- ▶ For taxi rides, a 5% tip is sufficient (never tip a driver who overcharges you!).
- ▶ Porters are always found at airports and railroad stations. You should pay about 1 Euro per piece of luggage.
- ▶ It is not necessary to tip bartenders per drink.
- ▶ A 7% VAT tax is automatically added to all hotel rooms and restaurant bills.

Interacting with Spaniards

How can I meet Spanish people?

Spaniards can be guarded and reserved at first. As with many Europeans constantly surrounded by foreigners, they may not seem friendly at first, but give them a chance.

In order to meet Spaniards, it is suggested that Americans go out together in smaller groups. Spaniards are less likely to approach a large group of Americans. Local students normally socialize at night in the bars and discotheques. Carrying a lighter may open up opportunities to meet people in this atmosphere. It is also easier to meet Spanish students if you make an effort to speak their language and learn about their culture. One of the best ways to make friends with the local students is to participate in an intercambio, or exchange, where you will help a Spanish student practice their English and they will help you practice your Spanish. Your Site Director may be able to help set up an intercambio for you.

As with any learning experience, you will encounter people who do not understand you and whom you will not understand. This is part of the learning experience, and the only way for you to overcome the language barrier is to immerse yourself in your classes and make an active effort to learn the language. Frustration is a natural emotion, but do not let it overwhelm you, as your communication skills will improve daily.

Spanish Vocabulary Crash Course!

EN LA CALLE

policía- police	bomberos- firefighters, firemen, fire squad
ambulancia- ambulance	hospital- hospital
abono- pass (as in bus or Metro pass)	saldo- credit or talktime remaining on phone
avenida- avenue	calle- street
cafetería- cafeteria	carretera- highway
esquina- corner	manzana- block (also, apple!)
mostrador- counter	bocacalle- intersection
servicios/W.C.- restrooms in a public place (not at home)	acera- sidewalk
cruzar- to cross	semáforo- stoplight
tráfico- traffic	coche, automóvil- car
autobús- bus	camión- truck
parada- bus/metro stop; taxi stand	botella- bottle

socio/a- member (of a gym or club)
 cobrador- ticket collector
 conductor- bus driver
 billete- ticket (bus, metro, train, plane ticket)
 conducir, manejar, guiar- to drive
 tienda- store, shop
 comercio, empresa- a business
 colega- colleague
 novio/a- boyfriend/girlfriend
 companero/a- companion
 “-de clase”- classmate
 “-de cuarto”- roommate
 visita- a visit
 estanco- tobacco shop that also sells phone cards
 guiri- negative term for a foreigner or tourist
 planta- floor (i.e. primera planta = 1st floor; “primera” may be abbreviated “1^a planta”)
 V.O. o “Versión Original”- movie shown in original version, i.e. in the language in which it was made but with Spanish subtitles

EN LA CLASE

aula- classroom
 escritorio, pupitre- desk
 pizarra- blackboard
 tiza- chalk
 borrador- eraser
 borrar- to erase
 despacho, oficina- office
 horas de consulta- office hours
 horario- schedule, timetable
 programa- syllabus
 prueba o examen parciál- midterm
 boli- ball-point pen; short for “bolígrafo”

la red- network or Internet
 tapa- hors d’oeuvre
 ración- large portion
 entrada- ticket to a movie, play or sporting event
 teléfono- telephone
 llamar por teléfono- to call on the phone
 sonar- to ring
 telefónica- telephone
 cobro revertido- a collect call
 teléfono móvil- cell phone
 subtítulos- subtitles
 quiosco-kiosk (sells newspapers, candy, etc.)
 llamada- phone call
 cabina telefónica- pay phone, phone booth
 sótano- basement

profesor- professor
 catedrático- department head
 asignatura- subject (class)
 curso- course
 apuntes- notes
 notas- grades
 aprobar- to pass
 suspender- to fail
 empollar- to study very hard
 examen- exam
 prueba- quiz
 cuaderno- notebook

IR DE COMPRAS

almacén- department store
 papelería- paper goods store
 librería- bookstore
 biblioteca- library
 droguería- drug store
 panadería- bread store
 pescadería- fish store
 cuenta- bill or check in a restaurant
 carnicería- butcher shop
 pastelería- pastry shop
 heladería- ice cream shop
 ferretería- hardware store
 mercería- sewing goods store
 peluquería- hairdresser
 salón de belleza- beauty parlor
 sastre- tailor

entresacar- to trim
 flequillo- bangs; mechas- highlights
 ir de compras- to go shopping
 mercado, plaza- market
 tienda de alimentación- grocery store
 supermercado- supermarket
 hipermercado- large supermarket
 moneda- coin
 peseta- former national currency
 farmacia- pharmacy
 quinientas-500 cien-100
 mil-1,000
 frutería- fruits and vegetables store
 depilarse con cera- to wax
 euro- current national currency
 tintorería- dry cleaners

tinturar- to dye
locutorio- a store where you can make international phone calls

tarjeta de crédito- credit card

LA SALUD

salud- health; saludable- healthy
hacer ejercicio- to exercise
calentarse- to warm up
andar- to walk
quemar- to burn
morder- to bite
venda- bandage/Band-aid
dolor- pain; dolerse- to hurt
regla- period (menstruation)
receta- prescription (also means recipe)
el gripe- the flu
fiebre- fever
alergias- allergies
jarabe- syrup
pastilla- pill, tablet, lozenge
condón- condom
vomitar- to vomit
respirar- to breathe
sangre- blood
gotas- eye drops
uñas- fingernails
dedos del pie- toes
codo- elbow
rodilla- knee
hombros- shoulders
la mano- hand
garganta- throat
cuello- neck
pestañas- eyelashes
nalgas- buttocks
cintura- waist
muñeca- wrist
lengua- tongue
dientes- teeth
dolor de cabeza- headache
coger un catarro- to catch a cold
piel- skin
lentes de contacto- contact lenses
afeitarse- to shave
médico- doctor
enfermero/a- nurse
síntomas- symptoms

gimnasio – gym
correr- to run
estirarse- to stretch
calambre- cramp
picar- to itch, to sting
herido- wound
inyección- shot, injection
tensión- blood pressure
tampax- tampons
medicina- medicine
estar constipado/a- to be congested (sinuses)
infección- infection
antibiótico- antibiotic
caramelos- throat lozenges/cough drops
píldora- birth control pill
colitis- diarrhea
sudar- to sweat
respiro- a breath
sangrar- to bleed
esterilizado – sterile
dedos- fingers
uñas del dedo de pie- toenail
cabeza- head
pie- foot
brazo- arm
estómago- stomach
cejas- eyebrows
ojos- eyes
mejilla- cheek
piernas- legs
pecho- chest; pechos- breasts
orejas- ears
boca- mouth; labios- lips
pelo, cabello- hair
estar resfriado/a- to have a cold
tos- cough; toser- to cough
régimen- diet
grasa- fat (as a nutrient/component of food)
dentista- dentist
cita- appointment
jarabe- cough syrup
estar constipado/a- to be congested/stuffed up

EN LA CASA

piso- apartment
bloque de pisos- apt. block

almohada- pillow
sábana- sheet

edificio- building
portero- doorman
cancela- gate
cuarto, habitación- room
dormitorio- bedroom
comedor- dining room
cuarto de baño, lavabo- bathroom
cocina- kitchen
pasillo- hallway
portal, zaguán- entrance
balcón- balcony
cama- bed
madrugarse- to get up very early
ropa- clothes
percha- hanger
espejo- mirror
mesa- table
manta- blanket
estufa, brasero- heater
flexo- table lamp
calefacción- heat, heater
ascensor- elevator
tijeras- scissors

colchón-mattress
lavabo- bathroom sink
bañera- bathtub
ducha- shower
despertador- alarm clock
papel higiénico- toilet paper
jabón- soap
cepillo de dientes- toothbrush
pasta de dientes- toothpaste
toalla- towel
calentador- water heater
aire acondicionado- air conditioning
cepillo- brush; piene- comb
acostarse- to go to bed
echarse- to lie down
dormir/ echar un siesta- take a nap
dormir- to sleep
tener un sueño, soñar con- dream about
pesadilla- nightmare
levantarse- to get up
armario- closet or armoire
lavabo- bathroom
madrugada- dawn, early morning

LA COMIDA

leche desnatada- skim milk; leche entera- whole milk desayuno- breakfast
comida, almuerzo-lunch cena- dinner
pan de molde- sliced bread cola-caó- hot chocolate drink mix
merienda- snack pan integral- wheat bread
café con leche- coffee with hot milk aceite- oil; vinagre- vinegar
chorizo- spiced Spanish dry sausage salchicha- hot dog
té- tea salachichón- salami-style sausage
morcilla- blood sausage (commonly served as tapa) jamón- ham
fiambres- cold cuts mantel- tablecloth
verduras- vegetables tortilla de patatas- potato omelette
pan tostada- toast tortilla francesa-plain omelette
galleta- cookie ensaladilla rusa- potato salad
mantequilla- butter paella- typical Spanish dish of saffron, rice and meats
mermelada- marmalade/jelly/jam tomate- tomato
membrillo- quince jelly cebolla- onion
gazpacho- cold tomato-based soup ajo- garlic
ensalada- salad queso fresco- fresh farmer's cheese
pimienta negra- black pepper castañas asadas- roasted chestnuts (found at Christmastime)
caldo- broth especias- spices
patatas- potatoes postre- dessert
jarabe de arce- maple syrup (it's hard to find!) jarabe- syrup (also cough syrup)
dulces- candy/sweets golosos- candy/sweets
patatas fritas- French fries bocadillo- sandwich on baguette
sandwich- sandwich on wheat or white sliced bread almejas- clams
mejillónes- mussels gambas- shrimp

lentejas- lentils	huevos- eggs
huevos revueltos- scrambled eggs	huevos fritos- fried eggs
filete, bistec- beef steak	flan- popular dessert of caramel custard
carne de vaca- beef; ternera- veal	fruta- fruit
carne de cerdo- pork	naranja- orange
zumos- juice (zumos de naranja, etc.)	toronja- grapefruit
jamón serrano- Spanish thin-sliced, cured ham	manzana- apple (also means a city block)
pescado- fish	pera- pear
chuleta- pork chop	melocotón-peach
pollo- chicken	conejo- rabbit
cordero- lamb	brocheta- kebab, skewer
melón-melon	ciruela- plum
salsa- sauce, gravy	sandía-watermelon
arroz- rice	fresa- strawberry
alcachofa- artichoke	albahaca- basil
lechuga- lettuce	espinaca- spinach
judías verdes- green beans	alubias- white beans
guisantes- peas	zanahoria- carrot
pimiento verde/rojo- green/red pepper	pimentón- paprika
tocino- bacon	gofres- waffles
pepino- cucumber	azafrán- saffron
perejil- parsley	romero- rosemary
plátano- banana	alinar- to adorn, to season
tarta, bizcocho- cake	sal- salt
queso de crema- cream cheese	salado- salty
helado- ice cream; sorbete- sorbet	dulce- sweet
batido- a shake or smoothie	croquetas- croquettes
pastel- pastry or cake	amargo- bitter
saber a- to taste like	ágrico- sour, acidic
cubiertos- silverware/utensils	sabor- flavor, taste
cuchillo- knife	yogur- yogurt
tenedor- fork	tener ganas de- to feel like
cuchara- spoon	apetecerse- to be appetizing, to feel like eating something
caliente – hot (as in temperature)	picante - spicy
coca cola light- diet coke	mayonesa- mayonnaise
catsup- ketchup	mostaza- mustard
plato- plate	gustarse- to like
servilleta- napkin	rico/a- delicious (when referring to food); rich (re: money)
taza- cup (as in coffee cup)	vaso- glass
queso manchego- aged sheep's cheese typical of Spain	copa- a drink (as in a cocktail)
caña- small glass of beer	pinta- pint of beer
vino- wine	cava- Spanish champagne
champán- champagne	jerez- sherry
cidra- hard cider	vino blanco- white wine
vino tinto- red wine	oler a- to smell like
receta- recipe (also means prescription)	cocinero/a- cook or chef
churros con chocolate- Spanish breakfast of sweet fried dough with thick hot chocolate for dipping (not typical for everyday breakfast; sometimes consumed as late-night food)	
“Buen provecho” – Bon appetit, Enjoy!	