

# BEST MADRID

BEST AUTUMN COURSE 2009: RACE  
WITH THE WIND!

SURVIVAL GUIDE

# INDEX

1. About Spain	page 3
2. And what about Madrid?	page 3
3. Weather	page 5
4. Spanish food	page 4
5. Currency and prices	page 6
6. Electricity	page 7
7. Health	page 7
8. Emergency	page 7
9. Travelling to Madrid	page 8
10. The way to the meeting point	page 9
11. The course and the lessons	page 10
12. Behaviour	page 11
13. Don't forget to bring	page 11
14. Contact BEST Madrid	page 12
15. Some tips about Spanish Language	page 13
16. Embassies	page 15

# 1. ABOUT SPAIN

Most foreigners think about Spain as sun, good weather all year around and beaches. However, Spain is much more than the Costa del Sol. It is drenched in the historical pageantry of empires and conquistadors, the artistic legacy of Goya, Velázquez, Picasso and Dalí, and the romance of Don Quijote.

According to most guides about Spain, the best time to visit us is in spring or autumn because in summer it is warm and in winter it is a bit cold. However, you will enjoy your visit all year around. In every season there is always something exciting to do or some cultural event to discover somewhere.

Don't forget to enjoy our festivities....

**Carnaval** takes place throughout the country in late February; despite of the wildest is said to be in Sitges, the most known is set in Canarias and in Cádiz. In March, Valencia has a week-long party known as **Las Fallas**, which is marked by all-night dancing, drinking, first-class fireworks and colourful processions.

**Semana Santa** (Holy Week) is the week leading up to Easter Sunday with parades of holy images through the streets; Seville is the place to be if you can get accommodation. In late April, the **Feria de Abril** in Seville is a week-long party counterbalancing the religious fervour of Semana Santa.

The last Wednesday in August, the town of Buñol, in Valencia, goes bonkers with **La Tomatina**, a big huge fight inside the town, where the weapons are tons and tons of tomatoes.

# 2. AND WHAT ABOUT MADRID?

Madrid is placed almost in the centre of the Iberian peninsula and it is one of the highest in Europe (650 m. above sea level). As a capital, Madrid is the biggest city in Spain (almost 4 million) and one of the most cosmopolitan.

To be oriented once you get to Madrid we give you a few tips. The main north-south artery is called **Paseo de la Castellana** (which turns into **Paseo de los Recoletos** and **Paseo del Prado**), and it connects the city's two main train stations, **Chamartín** and **Atocha**.

The oldest quarters are squeezed in between *Paseo del Prado* (where you'll find the city's great art galleries) and the **Palacio Real** to the west.

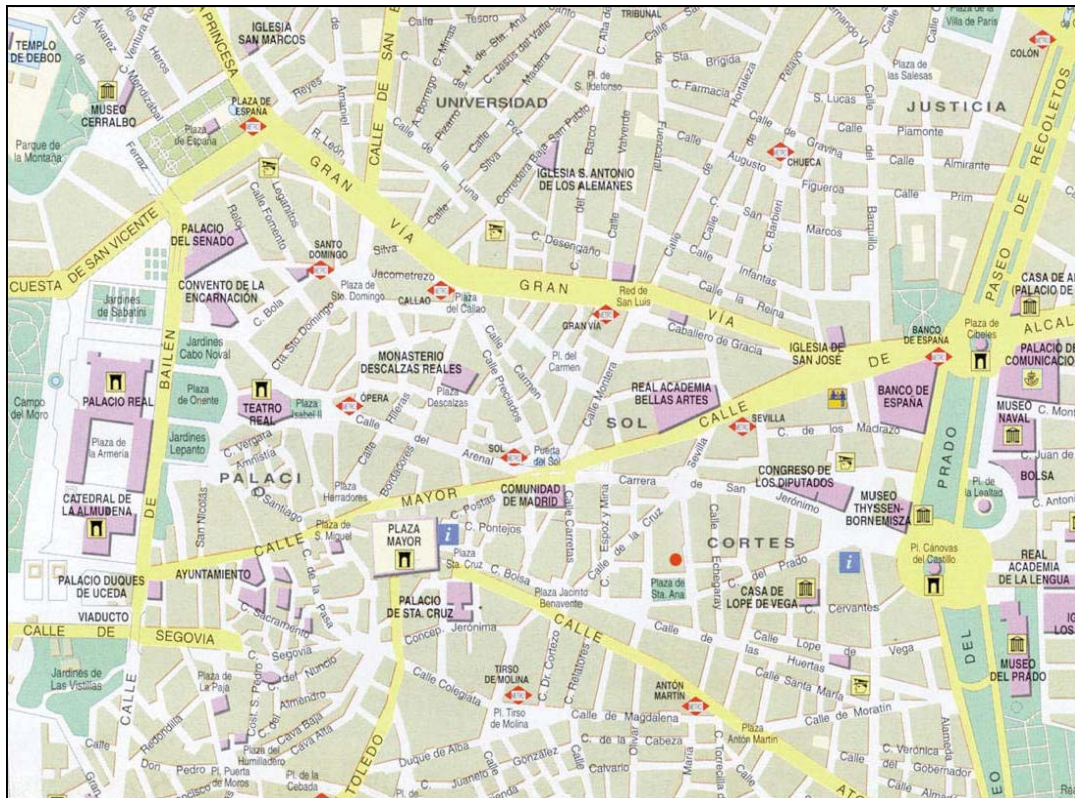
Midway, the barrios south-east of **Puerta del Sol** leading to the working-class district of **Lavapiés** are filled with seemingly endless restaurants, bars and cafes.

The densest concentration of accommodation can be found around **Puerta del Sol**, **Plaza de Santa Ana** and the neighbourhoods of **Malasaña** and **Chueca** (for *pensiones* and *hostales*), and along **Gran Vía** (hotels). These are also the main areas to enjoy the night life.

Madrid's airport has been a working project for several years now. A new terminal has been recently added which makes a total of four terminals currently working. The airport lies 13km (8mi) north-east of the city. Metro is the best way to go downtown. It is 12 minutes away from **Nuevos Ministerios** station. Going by bus to **Plaza de Colón** (Colon Square) is also possible. We recommend to use the metro.

Although we have already said that the summer can be terrible because of the heat, most of the people are on holidays and you can enjoy the city without its typical traffic jams and big concentration of people in the centric areas.

In terms of cultural events, do not forget to come in May in order to enjoy the city's holiday: the **Feria de San Isidro**.



### 3. WEATHER

The weather, in Madrid, is quite continental. In **winter** the temperature can be a few degrees below zero and in **summer** it can reach forty degrees while **spring** and **autumn** are the warmest months of the year. October is usually a little bit chilly, but not really cold; it also may be a little rainy.

### 4. SPANISH FOOD

Spanish people have their meals later than other Europeans. Therefore, you will have to get used to the Spanish timetable: breakfast may be between 8'30 and 9'30 AM; lunch between 2 and 3 PM and dinner within 9 and 10 PM. Of course, for social meals, the finishing hour can be very late (even 5 PM for lunch and 1 AM for dinners).

Cuisine is an important key in the Spanish culture development, it is based in the famous mediterranean diet. There are many typical dishes depending on the year periods and the region where you are. Some of the main dishes you can find around Spain are:

**Paella:** Although it is typical on the Mediterranean coast you can have *paella* everywhere. It is made of rice mainly, but you can also add shellfish, chicken, peas, beans or whatever you want.

**Gazpacho:** It is the perfect food for the summer. It is a mixture of vinegar, oil, tomatoes, cucumber... It is used as a refreshment during the hot days in July and August. You can even add a few ice cubes.

**Horchata:** The best cold drink you can have. It is also typical on the Mediterranean coast but you can ask for it in any bar in Madrid.

**Cocido madrileño:** This is the most famous food originally from Madrid. It is a heavy meal composed mainly of chick-peas. It also has vegetables such as cabbage and different kind of meat.

**Tortilla:** Maybe one of the most known dishes from Spain. Its made with potatoes and eggs and sometimes you can add onion in it. It's very typical to eat it for dinner or like a TAPA.

**Jamón:** It's a kind of cured jam that we use to eat with bread. Any time is good to taste such delicious meat. It's one of the most appreciated meal for foreigners.

**Tapas:** You can not forget the *tapas*. Before lunch or in the beginning of the night, people go out from bar to bar drinking and eating *tapas*. There are many types of them and they are made of potatoes, fish, meat, cheese ... You can combine them.

And of course... **SANGRIA!!!!** You can't eat sangria, but everybody drinks it. It's made with wine, lemonade and pieces of different fruits. It has a secret ingredient that you only know if you come here and taste it!!! :-P

## 5. CURRENCY AND PRICES

Since the first of January 2002, we are using the Euro. However, for those who are not familiar with it:

Bank notes fractions are: 500, 200, 100, 50, 20, 10 and 5 €

Coin fractions are: 2, 1, 0.50, 0.20, 0.10, 0.02, 0.01 €

People coming from Eastern Europe might need to exchange money.

There is no problem in exchanging money. Specially in the touristic areas there are many places where you can do it. You can also go to bank branches, travel agencies some hotels and even shops.

If you want to use a credit card or traveler cheques, there are many places which accept both.

**Madrid is not a expensive city in comparison to other Western European cities. Here some of our average prices:**

- Bread/baguette: 0.55 – 1 €
- Coffe: 0.60 – 1.20 €
- Ice cream: 0.60 – 3 €
- Milk (1 litre brick): 0.80 €
- Lunch: 5 – 12 €
- Beer: 1.2 – 4 €
- Drink at Disco: 4 – 9 €
- Disco ticket: 6 – 15 €
- Cinema ticket: 4 – 7 €
- Underground/Bus ticket: 1 €
- Newspaper: 1.20 €

## 6. ELECTRICITY

The electric current used throughout Spain is the European standard 220-240 V, A.C. 50 Hz. The sockets are two-pin round (o o), and adapters may be bought at most electrical and lamp stores.

## 7. HEALTH

If you come from an European Union country you only need the EU sanitary card (the blue one), so if you need medical assistance, you should present your card which will give you the same entitlements as a Spanish citizen –medical care free of charge and the refund of part of the cost of medicine.

European Union citizens: **DO NOT FORGET TO GET YOUR EU SANITARY CARD BEFORE COMING TO MADRID!!!**

If you are not a citizen of the European Union but your country has signed an agreement for medical care with Spain (you can find out about this in the Social Security in your country), you should bring the appropriate form and act in the same way as members of the European Union.

If you are not a citizen of the European Union and your country hasn't any medical agreement with Spain, you will have to take out a private medical insurance. This should give you full coverage for medical care during your stay in Spain. You can take it out in your country or on arrival in Spain.

## 8. EMERGENCY

### **All Emergencies: 112**

Police: 091 / 092

Firefighter brigade: 080

Ambulance: 0034 91 588 44 00 / 0034 91 588 45 00 / 0034 91 588 46 00

Civil Protection : 0034 91 537 17 00

Foreign office information (in English) : 0034 91 379 97 00

RedCross : 0034 91 522 22 22

Toxicological Information: 0034 91 562 04 20

## 9. TRAVELLING TO MADRID

**DO NOT HESITATE TO TELL US IN ADVANCE WHEN AND WHERE YOU ARE ARRIVING, WE WILL DO OUR BEST TO PICK YOU UP.** Anyway, here you have some guidelines to arrive at the meeting point in case you have to come on your own.

Despite there are several kind of means of transport in Madrid, underground (called Metro in Spain) is the cheapest and fastest mean way to get to the meeting point. **An underground ticket costs 1 euro and it is valid as long as you don't leave the metro network** (2 euro if you are leaving or arriving to any of the two metro stations in the airport). If you get out, next time you enter you will have to get a new ticket (even if you have left the network just for 1 minute).

The **meeting point** will be the youth hostel where you are staying during the event. The nearest Metro station is **Argüelles**, on **line 6 (grey)**, **line 3 (yellow)** or **line 4 (brown)**.

Have a look at the map at [www.metromadrid.es](http://www.metromadrid.es) if you have doubts.

### **Arrival by plane.**

Madrid international airport is called Barajas. The airport has four terminals: T1, T2, T3 and T4. It is connected with the city centre by underground and a bus service, but the easiest way to get to the meeting point is by tube. If you arrive at T1, T2 or T3, take **line 8 (pink line)** at “**Aeropuerto T1-T2-T3**” metro station. If you arrive at T4, take **line 8 (pink line)** at “**Aeropuerto T4**” metro station. Once in the pink line, go to **Nuevos Ministerios** station; then change to **line 6 (grey)** (this change will take you a few minutes walking underground, but don't worry it's really easy to follow the signs), and go to “**Argüelles**” station.

### **Arrival by bus.**

Long distance buses arrive in Madrid either at **Estación Sur (also known as Méndez Alvaro)** in the South or **Avenida de América** in the East.

If you arrive at Estación Sur (Méndez Álvaro): the bus station has a metro station called **Méndez Álvaro, line 6 (grey line)**. Take it until “**Argüelles**” and that’s all 😊

If you arrive at Avenida de América, things are also easy. This bus station has also a metrostation called **Avenida de América** and there you can take **line 6 (grey line)** until **Argüelles**. There are other ways to arrive, probably shorter, but you will have to change the line. It’s really easy, just pick a metro map and try it, if you feel like it.

### **Arrival by train.**

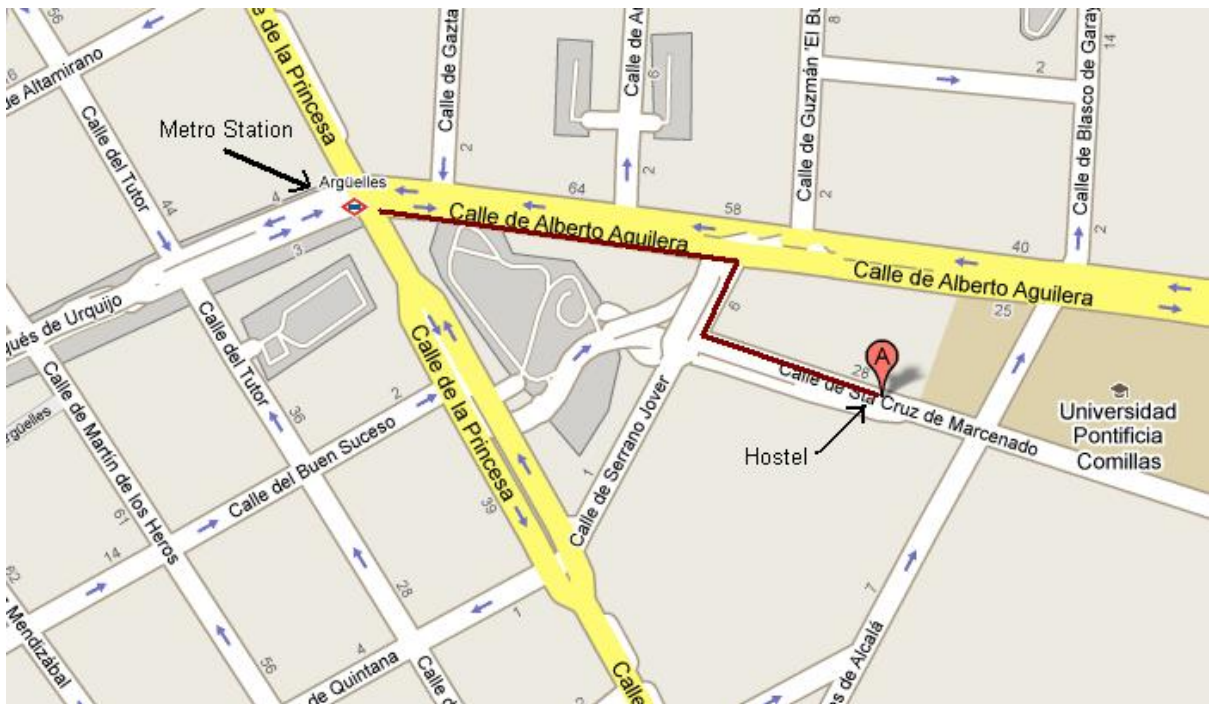
The two main train stations in Madrid, where international trains usually arrive, are **Atocha** and **Chamartín**. There is a metro station in both places. Their names are **Atocha Renfe (line 1, light blue)** and **Chamartín (line 10, dark blue)**.

From **Atocha Renfe** metro station, take **line 1 (light blue line)** to **Pacífico** station, and then **line 6 (grey line)** to **Argüelles**.

From **Chamartín** metro station, go to **Príncipe Pío** station with **line 10 (dark blue)** and then **line 6 (grey line)** to **Argüelles**.

## 10. THE WAY TO THE MEETING POINT

Once you arrive at **Argüelles** it is very easy to reach the youth hostel. Go out from the station through any of the exits and outside you can ask the street **Alberto Aguilera** or just follow the red line:



The hostel address is:

C/ Santa Cruz de Marcenado, 28  
28015 - MADRID (MADRID)

## 1 1. THE COURSE AND THE LESSONS

Working sessions will be held at the Industrial Engineering College of the Universidad Politécnica de Madrid (Polytechnical University of Madrid)

The official language of all activities is English.

All sessions are compulsory. You must be on time for them.

At the end of the event you will get an attendance certificate.

We will go by subway to the university. It will take around 30 minutes.

## 12. BEHAVIOUR

### **All day long:**

- Punctuality: be on time at the meeting points.

### **During the working sessions:**

Do not miss the sessions.

Do not eat or drink during the sessions.

### **At the parties:**

Have fun and be the craziest at the party!!! :-)

Bear in mind that you have to be 100% functional next morning!

## 13. DON'T FORGET TO BRING

- Passport or ID card
- Visa (for those who need it)
- Travel and medical insurance
- Student card
- Formal clothes (for the Official Opening of the course)
- Clothes and shoes for walking and sightseeing and playing sports
- Camera
- Some food/drink typical of your country for the International Evening!

## 14. CONTACT BEST MADRID

BEST Madrid Post Address:

Rectorado UPM – Edificio B Paseo Juan XXIII, 11 28040 Madrid Spain

### **Some useful contact details:**

#### **Main Organisers**

Celia García-Baños - [celia.garcia-banos@BEST.eu.org](mailto:celia.garcia-banos@BEST.eu.org) Mobile - +34 690 071 049

Luna Sánchez Pinero - [luna.sanchez@BEST.eu.org](mailto:luna.sanchez@BEST.eu.org) Mobile - +34 645 785 662

#### **President of BEST Madrid**

María Eugenia Díaz - [maria.eugenia.diaz@BEST.eu.org](mailto:maria.eugenia.diaz@BEST.eu.org) Mobile - +34 665 932 769

## 15. SOME TIPS ABOUT SPANISH LANGUAGE

**Hello, goodbye, thank you and so on:**

English	Spanish
Hello	Hola
Good morning	Buenos días
Good afternoon	Buenas tardes
Good evening/ Good night	Buenas noches
Good bye	Adios
How are you?/ Fine thanks	¿Cómo estás? Bien. gracias
My name is...	Mi nombre es....
I am ... years old	Tengo ... años
Thank you	Gracias
You are welcome	Bienvenida/o
Yes / no / perhaps	Sí / no / quizás

**In the street:**

	Spanish
Excuse me	Perdone
What time is it?	¿Qué hora es?
I don't speak Spanish	No hablo español
I don't understand you	No te entiendo
What does it mean?	¿Qué significa esto?
I don't know.	No lo sé
Could you tell me the way to ...?	¿Me puede indicar como llegar a ...?
Where is ...?	¿Dónde está ...?
Straight on	Recto
Right/ left	Derecha/Izquierda
Please	Por favor
One ticket to ..., please	Un billete para ..., por favor.
	Estación de autobús/tren/avión/metro
When and where does the train / bus / plane for ... leave?	¿Dónde y cuándo sale el tren / autobús / avión para ...?
I am tired	Estoy cansado/a
Where is my luggage?	¿Dónde está mi equipaje?

**In restaurants and shops:**

	<b>Spanish</b>
How much does it cost?	¿Cuánto cuesta esto?
What is this?	¿Qué es esto?
My size is ...	Mi talla es ...
I want this	Quiero esto
Could you show me that, please?	¿Me podría enseñar eso, por favor?
Where is the toilet, please?	¿Dónde está el lavabo, por favor?
I'm hungry/thirsty	Tengo hambre/sed
Entrance/ exit	Entrada/ Salida
Emergency exit	Salida de emergencia
The bill, please	La cuenta, por favor.
I want a beer / mineral water / tee / coffee	Quiero una cerveza / agua mineral / te / café.

**Do you like him/her?**

	<b>Spanish</b>
I like you	Me gustas
I love you	Te quiero
Kiss me	bésame
You have such beautiful eyes	Tienes unos ojos preciosos
You are handsome / pretty	Eres muy guapo / guapa.
You are so sweet / cute	Eres tan dulce / encantador.
Do you want to dance with me?	¿Quieres bailar conmigo?
	Amor
Was your father a thief? Because someone stole the stars from the sky and put them in your eyes.	¿Era tu padre un ladrón? Porque robó las estrellas del cielo y las puso en tus ojos.
Can I offer you a drink?	¿Qué bebes?
It's a bit hot here! Do you want to go outside?	Hace calor aquí dentro, ¿salimos fuera?
I am a strawberry, eat me!	Soy una fresita, cómeme!
Do u wanna see my butterfly collection?	¿Quieres ver mi colección de mariposas?

## 16. EMBASSIES

### **Embassy of Austria**

Paseo de la Castellana, 91  
28046 Madrid  
Tel: + 34 91 556 53 15  
Fax: + 34 91 597 35 79  
Mail: [madrid-ob@bmaa.gv.at](mailto:madrid-ob@bmaa.gv.at)

### **Embassy of Czech Republic**

Avenida Pío XII, 22 – 24  
28016 Madrid  
Tel: + 34 91 353 18 97  
Fax: + 34 91 353 18 98  
Mail: [madrid@embassy.mzv.cz](mailto:madrid@embassy.mzv.cz)

### **Embassy of Croatia**

Calle Claudio Coello, 78 – 2º  
28001 Madrid  
Tel: + 34 91 577 6881  
Fax: + 34 91 577 6905  
Mail: [cromad@teleline.es](mailto:cromad@teleline.es)

### **Embassy of France**

Salustiano Olozaga, 9  
28001 Madrid  
Tel: + 34 91 700 78 00  
Fax: + 34 91 700 78 01  
Mail: [ecrire@consulfrance-madrid.org](mailto:ecrire@consulfrance-madrid.org)

### **Embassy of Latvia**

Calle Diego de León, 36 – 4º  
28006 Madrid  
Tel: + 34 91 563 17 45  
Fax: + 34 91 411 04 18  
Mail: [letspan@lite.eunet.es](mailto:letspan@lite.eunet.es)

### **Embassy of Greece**

Avenida Dr. Arce, 24  
28002 Madrid  
Tel: + 34 91 564 46 53  
Fax: + 34 91 564 46 68

### **Embassy of Hungary**

C/ Fortuny, 6, 4º Izq  
28010 Madrid  
Tel: + 34 91 413 70 11  
Fax: + 34 91 413 41 38  
Mail: [info@embajada-hungria.org](mailto:info@embajada-hungria.org)

### **Embassy of Poland**

Calle Guisando, 23 bis  
28035 Madrid  
Tel: + 34 91 373 66 05  
Fax: + 34 91 373 66 24  
Mail: [embajada@polonia.es](mailto:embajada@polonia.es)

### **Embassy of Italy**

Calle Lagasca, 98  
28006 Madrid  
Tel: + 34 91 423 33 00  
Fax: + 34 91 575 77 76  
Mail: [archivo@ambitaliamadrid.org](mailto:archivo@ambitaliamadrid.org)

### **Embassy of Romania**

Avenida de Alfonso XIII, 157  
28016 Madrid  
Tel: + 34 91 350 44 36  
Fax: + 34 91 345 29 17  
Mail: [roembmad@wol.es](mailto:roembmad@wol.es)

### **Embassy of Russia**

Calle Velázquez, 155  
28002 Madrid  
Tel: + 34 91 562 22 64  
Fax: + 34 91 562 97 12  
[http://www.spain.mid.ru/link\\_e.html](http://www.spain.mid.ru/link_e.html)

### **Embassy of Serbia**

Calle Velázquez, 162  
28002 Madrid  
[www.embajada-yugoslavia.es](http://www.embajada-yugoslavia.es)  
Tel: + 34 915 635 045  
Fax: + 34 915 630 440  
Mail: [madrid@embajada-yugoslavia.es](mailto:madrid@embajada-yugoslavia.es)

### **Embassy of Turkey**

Rafael Calvo, 18 – 2º A-B  
28010 Madrid  
Tel: + 34 91 319 80 64  
Fax: + 34 91 308 66 02  
Mail: [info@tcmadridbe.org](mailto:info@tcmadridbe.org)

### **Embassy of Ukraine**

Ronda de la Abubilla, 52  
28043 Madrid  
Tel: + 34 91 748 93 60  
Fax: + 34 91 388 71 78  
Mail: [embucrania@embucrania.org.es](mailto:embucrania@embucrania.org.es)