



Survive in Spain

Survival Guide Erasmus Student
Network Spain 2019



Erasmus Student Network
Spain

Content

Edition

Erasmus Student Network Spain

www.esn-spain.org

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To the different committees, organising committees and to the 37 different sections of ESN Spain, thank you for collaborating.

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1. Welcome to Spain



1.1. Welcome

Dear member of the Erasmus Generation,

The adventure starts now. Throughout the next months of your life, you will be able to experience some of the best moments of your life. You will embark on a journey which will most definitely allow you to challenge your assumptions about the world, travelling to new places, meeting new friends and discovering diverse ways of living and enjoying life. It is always difficult to try to define the Erasmus experience with only one word, but if I had to, I think I would choose the word diversity. The reason for my selection lies in the fact that Erasmus gives us the opportunity to understand the value of diversity on a daily basis: Different university; different language; different food; different habits; different routine. But among and above all these different things, Erasmus always manages to uncover and highlight a strong willingness to go beyond our differences and enjoy the beauty of living and learning together. Nothing expresses better the true meaning of Unity in Diversity than the Erasmus Generation.

During this life changing experience, you can always count on us. Erasmus Student Network is composed of amazing volunteers who are looking forward to sharing moments with you and to help you in any way they can.

On behalf of the whole of ESN Spain, I would like to wish you an amazing Erasmus experience. Remember: Erasmus is just the beginning of a new world of adventures and experiences. We couldn't be happier and prouder of sharing this beautiful path.

Warm hugs,

Juan Rayón
(President of ESN Spain)



Going on Erasmus, a valuable experience

On many occasions, we have had the chance to speak to students and undergraduates. Many have told us: doing an Erasmus, or any other academic experience abroad, requires time and effort, and it is a risky choice, but we are addicted to the popular saying “take the risk or lose the chance.”

It is true there are some degrees which are more complicated than others. Studying law in Spain is not the same as doing it in Germany. And there are people who want to finish their degree within the established time.

Yes, an Erasmus or any other international mobility programme can cause a delay regarding the end of your studies, but we have also heard on many occasions that “an Erasmus grant is more valued than a masters degree”.

There are recruiters that specifically check when receiving a CV, if the person has had some kind of international experience; and in some cases, if that experience is not there, they discard it. Companies are looking for global competences, and that is something you will not learn during any university degree.

There are abilities that simply cannot be learned by studying and that are related to the way we behave and face different situations.

Studying, or even working or taking a volunteering experience beyond the comfort zone of our country, is something that forces us to adapt to every situation we face and it becomes a challenge that requires a huge exercise of entrepreneurship; not to mention the social skills that we acquire. Moreover, it is the best way to learn languages since you practice through linguistic immersion.

Erasmus is a unique experience which does not happen twice.

Therefore, and again because we like popular sayings, we would like to give you a piece of very important advice: “take advantage of every moment and opportunity life offers to you”.

Paola Peinado
(Recruiting Erasmus)

RE RECRUITING
ER ERASMUS
INTERNATIONAL TALENT



2.1. What is Erasmus+?

Erasmus+ is a European Union programme directed towards education, training, youth and sport for the 2014-2020 period. In the field of Education and Training, it offers opportunities in many educational sectors: Professional Education, Education Training and Training for Adults.

It can also improve and engage:

Cooperation among sections;

Cooperation between companies and Higher Education Institutions to share knowledge;

Cooperation outside Europe through projects that develop new learning methodologies.

Erasmus+ fosters the development of abilities in the field of employability, both inside and outside Europe.



What is Europass mobility?

Five documents to make your skills and qualifications clearly and easily understood in Europe:



Two documents freely accessible:

- The *Curriculum vitae* helps you present your skills and qualifications effectively and clearly. Create your CV (+ cover letter) online.
- The *Language Passport* is a self-assessment tool for language skills and qualifications. Create your Language Passport online.

Three documents issued by education and training authorities:

- The *Europass Mobility* records the knowledge and skills acquired in another European country.
- The *Certificate Supplement* describes the knowledge and skills acquired by holders of vocational education and training certificates.
- The *Diploma Supplement* describes the knowledge and skills acquired by holders of higher education degrees.

Its objective:

- Help citizens communicate their skills and qualifications effectively when looking for a job or training.
- Help employers understand the skills and qualifications of the workforce.
- Help education and training authorities define and communicate the content of curricula.

2. Erasmus Student Network



Imagine hundreds, thousands of students uniting for a single cause at a European level: Students helping students. What do we do? Keep reading these pages... You're about to discover a whole new world!

2.1. What is ESN?

The Erasmus Student Network is one of the biggest student associations in Europe. We are more than 15,000 volunteers offering our services to international students who arrive for an exchange program to one of the 900 universities in one of the 40 countries in which we are represented. Most of us are students who have, back in the day, experienced an Erasmus or any other exchange experience abroad ourselves.

The multiculturalism, feeling like a citizen of the world and at the same time wanting to promote your city, your country, your identity. Sharing experiences, being willing to experience new adventures.

All of the above, and more, require you to leave your hometown to discover a second home abroad.

And we will be there to help you with anything you may need, and make your experience unforgettable.

**BECAUSE
WE
ARE
STUDENTS**

just like you

#THISisESN

Follow us!

Social media

-  Facebook: Erasmus Student Network Spain
National Events: National Events ESN Spain
Summer Event: ESN Spain Summer Event
-  Instagram: @esnspain
National Events: @esnationalevent
Summer Event: @esnsummerevent
-  Web: www.esn-spain.org
-  Youtube: Erasmus Student Network España
-  LinkedIn: Erasmus Student Network Spain
-  Flickr: Erasmus Student Network Spain



2.2. Causes, values and mission

One of the most relevant aspects of ESN is the huge amount of internal programs we have, through which we develop each one of the causes that define us. Thanks to this, Erasmus students become volunteers themselves and can join forces with our coordinators to create a bigger impact on the local community and leave a mark in their host city.

ESN's causes are the different fields in which the network works. They are the conversion of our vision, mission and values into the projects our sections develop daily.

Social Causes Erasmus Student Network Spain



Programmes



Mov'in Europe aims to promote all international mobility opportunities through ESN, sharing experiences and stories of those who have already enjoyed it.

ErasmusIntern is a website platform where companies and organisations can offer internships or voluntary work. This project is supported by the European Commission.



ESNcard is a card which allows you to become part of the Erasmus Student Network. With it, you have access to all our events and activities, and you can also enjoy our partners' discounts.

SocialErasmus is a programme which promotes social actions among citizens to achieve their integration into the local community. Inside this program, we can find Erasmus in Schools, an educational programme carried out in schools.



ExchangeAbility fosters international mobility for students with disabilities. It is supported by MapED!, a mapping project which analyses universities and their accessibility.

Responsible Party is a programme in charge of carrying out activities that raise awareness of responsible alcohol consumption during parties.



2.3. ESNcard

In order to become part of ESN, as in many other organisations, you will need to become a member, which requires getting your ESNcard. But, receiving this card does not mean having just a card... It implies becoming a **Member of the Erasmus Generation**.

With the ESNcard you can become part of a generation of youth willing to break barriers and erase borders.

It is up to you, the implication you want to offer, and how far you are willing to go.

One thing we know for sure, is that you will be able to enjoy all the discounts we have got in more than 500 sections around Europe. You will be able to find them on the local level, like in the city where you are staying, as well as on the national or international levels.



2.4. National Events

One of the many advantages of your ESNcard is the chance to attend our national events. Through the year we make three National Events, two of them in different cities, and another one in a special summer location. During those, you will be able to enjoy both the culture and the entertainment of our main cities. In the past, we have hosted National Events in Madrid, Barcelona, Granada or Seville. Where will it be next year? You can find out by contacting your local section or by following us on National Events ESN Spain (Facebook) and @eventonacionalesn (Instagram)!



DE SEVILLA AL
CIELO



6, 7 & 8 MARCH



+1500
ERASMUS



A NEW
CITY



3 DAYS



HEAVEN IS
A PLACE ON EARTH



NATIONAL EVENT

@EVENTONACIONALESN

National Event ESN Spain



@ESNSummerEvent



ESN Spain Summer Event - Island Experience

BORN TO BE HERE



ESN ISLAND
EXPERIENCE

29-03
May 2020

Spain, land of dreams and hopes... and also land of plenty of cultural diversity!

3. How to survive in Spain

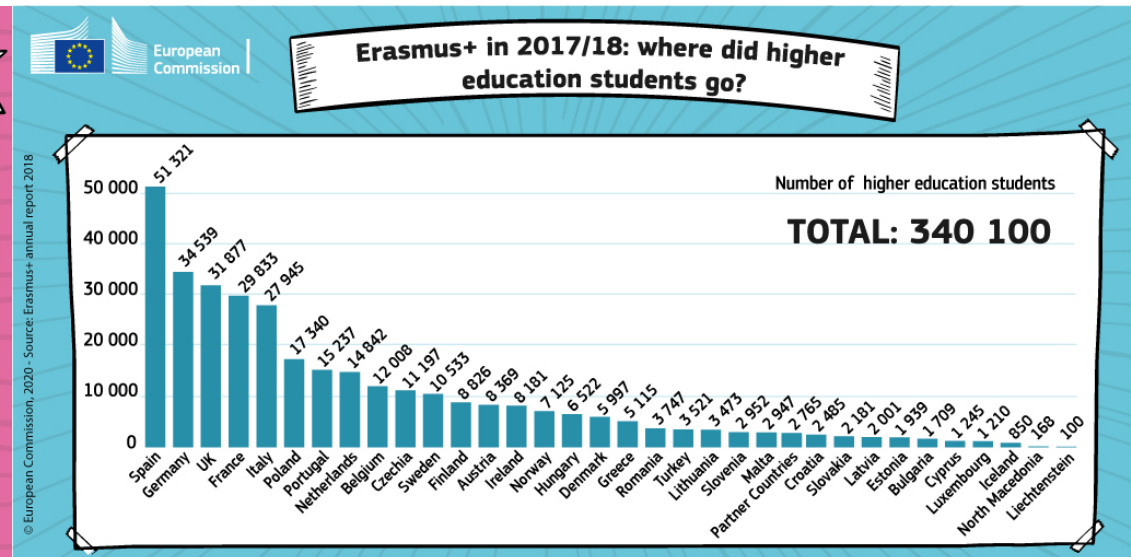
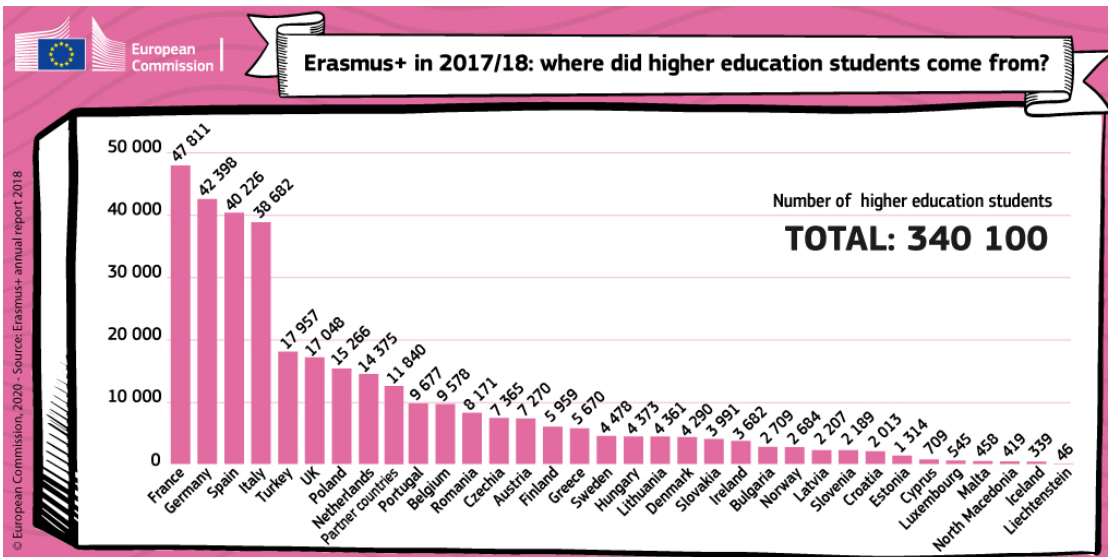
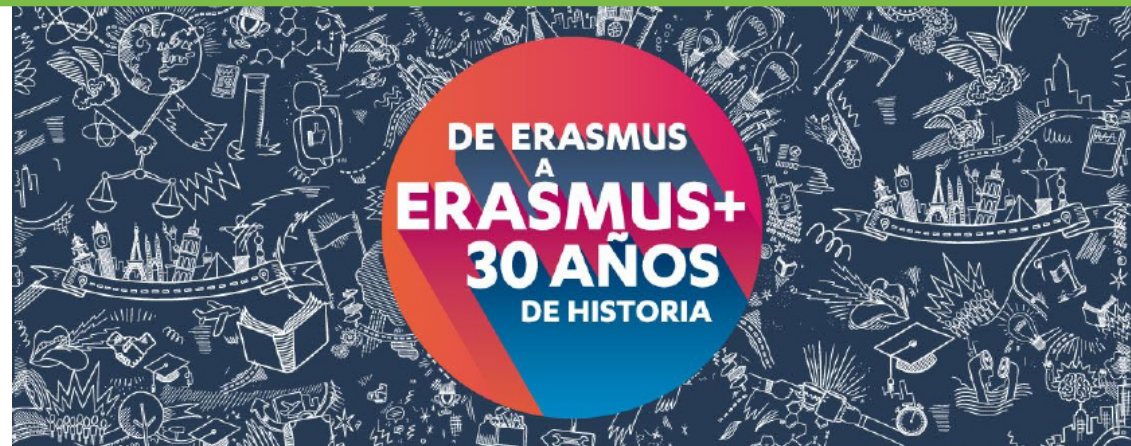


3.1. Spain

Depending on your Erasmus city, you will see our country one way or another. Maybe you will hear about northern people being posh, or about southern people shortening words, or maybe about some places where they speak everything but Spanish. You came to learn Spanish but you will end up speaking an unclassifiable dialect.

Spain is a land of myths that you will have to discover. We are not only the things people say about us. If you come looking for party, paella and sangría, you will find them, but you will also find out we are much more than that.

Discover experiences, anecdotes and data which will astonish you. 30 years of history go a long way!



3.2. Our partners

Big and common doubts for an Erasmus student... I have been admitted to the university, but where can I stay? Where will I live? Which is the cheapest transport? Will I find the right phone company? How will I take my stuff there?

All these doubts and much more will be solved thanks to our partners! With your ESNcard, you will have access to exclusive discounts at an international, national and local levels.

Go to escard.org to check them out and make the most of your stay. Don't miss any of them!



DISCOUNTS



ALSA

Alsa

The biggest bus company in Spain.
15% discount in national destinations
12% discount in international destinations

Discount Code

ESN19

MORE INFO:



AirHelp

Flight delayed? Canceled?
Receive up to 600€.

Send AirHelp your flight details and get an answer in 3 minutes on compensation claims you could be owed!



Omio

Travel Europe with ease. Compare and book train, bus or flight tickets for your destination in Europe.
Discover your travel route on web, mobile or app!
8% discount on all prices.
Register on ESNcard.org to get your voucher!



Budget

Rent a car online!
15% discount.

Discount Code

L854802



Cooltra

Rent a motorbike (long and short term) online!
Check their prices on renting.cooltra.com and www.cooltra.com.
15% discount on gas motorbikes for the first month.
20% discount on electric vehicles for the first month.
15% discount on holiday rental.

Long term code:

ESNGAS15

Electric Long term code:

ESNELEC20

Holidays code:

ESN15



FROM: **RYANAIR**

TO: **15% discount + FREE check-in luggage of 20kg**
in 8 single flights

MORE INFO: 

How to use the discount

1

Register on ESNcard.org

2

Go to www.ryanair.com and sign-up in **myRyanair** (or log-in if you already have an account).

3

Add your details in the "Erasmus" tab of your **myRyanair** dashboard. Make sure that they match your ESNcard user profile data.

4

Wait until your details are validated. This is not live validation, so it might take a few days.

5

Once it is validated, use the booking widget at the bottom of the Erasmus tab of your myRyanair dashboard to make your bookings at a discounted rate (do not use the normal booking engine of Ryanair or any other booking systems).



Problems?

Make sure...

First and last names are written exactly the same way in both websites (check punctuation, caps, and accents).

Home University is the one in your country and Host University is the one in Spain.

If your Home University is not on the list, select any other from your country. You must choose the same on Ryanair's website.

You have submitted your ESNcard number correctly, first clicking on "submit" and then "save" on your ESNcard.org profile.

You have filled in correctly the ESN section field on ESNcard.org.

Always save any changes you do on ESNcard.org clicking "save". Then, change the info on Ryanair's site, send it, wait a few seconds, and refresh Ryanair's site.

If you have made sure all of this is correct, and it still says "error", try to register from Internet Explorer or Mozilla Firefox or change your Home University for one more famous of your city/country.

Let's fly away!

DISCOUNTS

SERVICES 



Verse App

Payments, fun, easy and packed with friends. Start using Verse and take the friction out of spending and sharing money.



Eurosender

Order a door-to-door shipping service for your luggage and travel easily.
10% discount.
Ask your section for the discount code!



Discount Code
ESNSPAIN

DHL

DHL is the global market leader in the logistics industry. Check the prices in my.dhlparcel.es.
30% discount.



Lycamobile

Need a Spanish phone Number? Get your SIM card with Lycamobile and get the best fares on the market. Get a free SIM card in your ESN office. Free calls (Lycamobile to Lycamobile).
Special offers.



Discount Code
ESNFLY

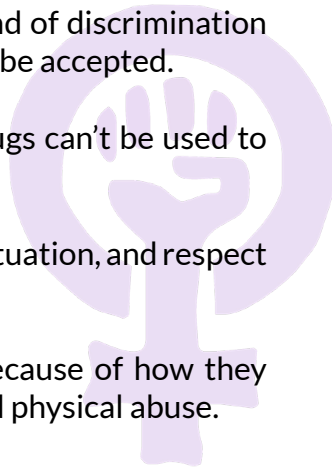
Holafly

Need internet when you arrive to Spain? Need internet when traveling outside Europe? Internet wherever you travel with Holafly.
5% discount on their prices



Zero tolerance with sexist behaviour

- Sexist, homophobic, transphobic or any kind of discrimination based on gender or sexual orientation won't be accepted.
- Treat people with respect. Alcohol and drugs can't be used to justify any kind of aggression.
- No means no. Don't take advantage of the situation, and respect the other person's decisions.
- No one has the right to harass anyone because of how they dress or dance. This includes both verbal and physical abuse.
- If you are a victim or witness of harassment, you can address any ESN volunteer to ask for help.



Useful phone numbers:

Emergencies: 112
Information for foreigners
(Ministry of Home Affairs): 900 150 000
National Police: 091
Local Police: 092
Civil Guard: 062
Firefighters: 080
Sexist violence: 016



IF YOU LOSE YOUR DOCUMENTS/THEY GET STOLEN...

You should go to the police station and report the documents/objects that have been stolen. Then, go to your embassy/consulate. You can look for it at: <https://visados.org/embassy-list>.

IF YOU NEED THE MORNING-AFTER PILL...

You can get it at a pharmacy, without a prescription, for around 20€. It is effective until 3 days after having unprotected sex. It is better if you take it within 12 hours after the act, as efficacy is reduced progressively. It is important that you take into account that this pill does not offer protection against STDs (Sexually Transmitted Diseases).

IF YOU ARE A VICTIM OF SEXUAL ABUSE...

It is important to follow the next steps: contact a reliable person, do not change your clothes, go to a health centre and ask for a medical report, then call the Police/Civil Guard to report the abuse with all the necessary evidence.

IF YOU NEED PSYCHOLOGICAL ASSISTANCE...

It can be difficult to adapt to a new country if you are far away from your family. Universities have a free and telematic service of psychological assistance. There are also other organisations, like the NGO "The Phone of Hope", that offer anonymous and free phone service to help you: 717 003 717.

IF YOU SUFFER A HOMOPHOBIC/TRANSPHOBIC ASSAULT...

Homophobic assaults in Spain are considered as hate crimes. If you suffer an assault, you should call the police and report it. Then, go to a hospital and ask for a medical injury report. You can get help from the LGBT National Federation by calling 913 604 605 (from Monday to Friday, from 8 AM to 3 PM).

IF YOU HAVE HEALTH ISSUES...

Your European Health Insurance Card will cover all the expenses. In the case of a more serious situation, you can go to an emergency centre or call the emergencies phone number: 112.

Centres for Equal Opportunities

Contact your closest centre in Spain

ANDALUCÍA

Instituto Andaluz de la Mujer

C/ Doña María Coronel, 6, Sevilla
Phone number: 95 454 49 10

E-mail: correo.iam@andalucia.es
Web: <http://www.juntadeandalucia.es/institutodelamujer>

Córdoba

Avda. de las Ollerías, 48
Phone number: 95 700 34 00
E-mail: Cmujer.cordobaoiam@juntadeandalucia.es

Almería

C/ Paseo de la Caridad, 125. Finca Santa Isabel. Casa Fischer
Phone number: 950 00 66 50
E-mail: cmujer.almeria.iam@juntadeandalucia.es

Cádiz

C/ Isabel la Católica, nº 13
Phone number: 95 600 73 00
E-mail: cmujer.cadiz.iam@juntadeandalucia.es

Granada

C/ San Matías, 17 -
Phone number: 95 802 58 00
E-mail: cmujer.granada@juntadeandalucia.es

Málaga

C/ San Jacinto, 7
29007 Málaga
Phone number: 95 104 08 47
E-mail: cmujer.malaga.iam@juntadeandalucia.es

Huelva

Plaza de San Pedro, 10
Phone number: 95 900 56 50
E-mail: cmujer.huelva.iam@juntadeandalucia.es

Jáen

C/ Hurtado, 4
Phone number: 95 300 33 00
E-mail: cmujer.jaen.iam@juntadeandalucia.es

ASTURIAS

Instituto Asturiano de la Mujer

C/ Eduardo Herrera "Herrerita, s/n, Oviedo
Phone number: 98 596 20 10
E-mail: institutoasturianodelamujer@asturias.org

BALEARES

Instituto Balear de la Dona

C/ D' Aragó, 26-1º E Palma de Mallorca
Phone number: 971 17 89 89
E-mail: ibdona@caib.es
Web: <http://ibdona.caib.es>

CANTABRIA

Dirección General de Igualdad, Mujer y Juventud

C/ Castelar, 5 - 1º, Santander
Phone number: 942 207 295
E-mail: dgmuje@cantabria.es
Web: <http://www.cantabria.es/web/direccion-general-mujer>

CASTILLA – LA MANCHA

Instituto de la Mujer Castilla – La Mancha

Plaza Zocodover nº 7, 2ª planta, Toledo
Phone number: 92 528 60 10
E-mail: institutomujer@jccm.es
Web: <http://www.institutomujer.jccm.es/>

Albacete

C/ Feria, 7-9 (Casa Perona)
Phone number: 96 719 57 54
E-mail: abmujer@jccm.es

Ciudad Real

C/ Paloma, 9
Phone number: 926 279 462
e-mail: institutomujercr@jccm.es

Cuenca

C/Lorenzo Hervás y Panduro, 1
Phone number: 969 176 897
e-mail: instituto.mujer.cu@jccm.es

Guadalajara

C/ Juan Bautista Topete, 1y3
Phone number: 949 885 928
e-mail: institutomujer-guadalajara@jccm.es

Toledo

Pza. Santiago de los Caballeros, 5
Phone number: 925 265 012
e-mail: institutomujertoledo@jccm.es

CASTILLA Y LEÓN

Dirección General de la Mujer

C/ Mieses, nº 26, Valladolid
Phone number: 98 341 22 89
E-mail: dg-mujer@jcy.es
Web: <http://www.jcy.es/>

CATALUÑA

Institut Català de les Dones (Barcelona)

Plza. Pere Coromines, 1,
Phone number: 93 495 16 00
E-mail: icd@gencat.cat
Web: <http://dones.gencat.cat>

EXTREMADURA

Instituto de la Mujer

Plaza Santa María, 5, Mérida
Phone number: 924 00 74 03
E-mail: imex@juntaextremadura.es
Web: <https://ciudadano.gobex.es/web/imex>

GALICIA

Secretaría Xeral da Igualdade

Plaza Santa María, 5, Mérida
Phone number: 924 00 74 03
E-mail: imex@juntaextremadura.es
Web: <https://ciudadano.gobex.es/web/imex>

MADRID

Dirección General de la Mujer

Calle Manuel de Falla, nº 7
Phone number: 91 392 56 86

MURCIA

Dirección General de Familia, Igualdad e Infancia

Avda. de la Fauna, nº 3, Murcia
Phone number: 968 36 20 81

PAÍS VASCO

Instituto Vasco de la Mujer

C/ Manuel Iradier, 36, Vitoria-Gasteiz
Phone number: 94 501 67 00
E-mail: emakunde@ej-jv.es
Web: <http://www.emakunde.euskadi.eus/servicios/>

Valencia

Dirección General de Familia y Mujer

C/ Castán Tobeñas, 77 Ciutat Administrativa 9 d'Octubre, torre 3, Valencia
Phone number: 961 247 589
E-mail: mujer_web@gva.es
Web: <http://www.bso-cial.gva.es/web/mujer>

4. ESN Spain's sections



We are currently 37 sections in Spain. There are new sections every year in Universities we haven't discovered yet, so the number is constantly growing.

We are students just like you

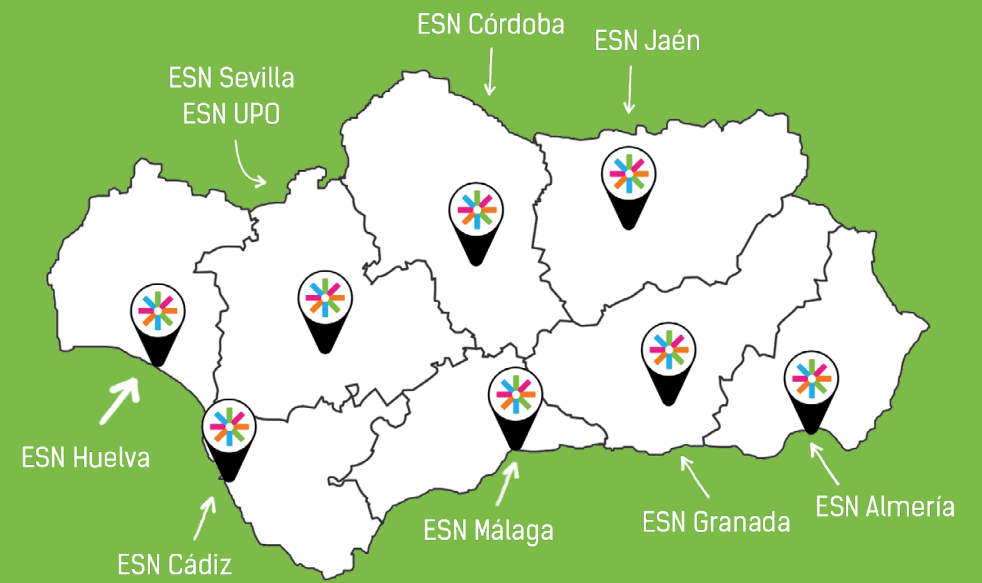
más de 30 secciones, más de 1.300 voluntarios

#THISisESN



 **ESN**
Erasmus Student Network
Spain

South




History


Almería was inhabited by a lot of people that left a number of archaeological discoveries which, alongside the buildings, goods and monuments, are part of the identity, life and history of Almería and its people. Its coast is a paradise for natural sports, inside, outside and underwater ones, but Tabernas Desert offers thousands of options, where among them are natural landscapes.

With its diverse locations, Almería is the only province in Spain which can boast about having been the scene for more than 500 movies throughout six decades.


<http://www.turismoalmeria.com>

Useful information

 Universidad de Almería (UAL) www.ual.es

 Number of incoming Erasmus students every year: 500

 Facebook: Erasmus Student Network Almería

 Instagram: @esnalmeria

 Web: www.esnalmeria.org

Top 5 pubs

- Casa Puga
- Entremares
- Café Paris
- Taberna nuestra tierra
- El Robles



1. Cabo de Gata: its salt mines are one of the most relevant Andalusian ecosystems. We can recommend its lighthouse and San José village, its small bays, nature and coastal landscapes.

2. Mojácar: a cultural fusion of white houses, entangled and narrow streets with thousands of colourful flowers will captivate you, in a privileged natural environment.



3. Centre: a walk by the newest part, its promenade through the boulevard to the Christian centre with the cathedral, up to the old Muslim Alcazaba.

4. Mini Hollywood: at the Tabernas Desert, where a lot of Western movies were filmed, like For a few dollars more (1965) by Clint Eastwood, or 800 Bullets (2000) by Álex de la Iglesia.



5. Small bays: along its 200 km of coast, Almería has the best beaches and small bays. A landscape where you can admire what has been left by previous civilizations.

Did you know...

the province of Almería has been a land of cinema? Its deserts and beaches create amazing nature. Indiana Jones, Lawrence of Arabia, or Exodus are some of the hundreds of movies which were filmed here.




History


Cádiz University (UCA) has different campuses in Cádiz, Jerez de la Frontera, Algeciras and Puerto Real. You can find ESN in Cádiz and Jerez.

Cádiz is a 3000-year old city, founded by the Phoenician people and it has had different cultures. We should highlight the remnants of an ancient Roman city, like "Baelo Claudia" in Tarifa, more than 30 castles and fortified precincts from the Middle and Modern Ages, and religious monuments like La Cartuja de Jerez of Cádiz cathedral. It is unique because of its beaches and the White Towns route. Its gastronomy includes "tortillitas de camarones" (shrimp fritters), Jerez wines, cheese and tuna.


www.cadizturismo.com

Useful information

 Universidad de Cádiz (UCA) www.uca.es

 Number of incoming Erasmus students every year: 800

 Facebook: Erasmus Student Network Cádiz

 Instagram: @esncadiz

 Web: www.esncadiz.org

Top 5 pubs

- El Manteca
- Freiduría Las Flores
- Taberna el Tío de la Tiza
- Tapería de Columela
- Churrería La Guapa



1. Cádiz Cathedral: you can see it from the sea, especially its dome, covered in golden tiles, which perfectly fits Cádiz's appearance with colonial, baroque and neoclassical features.

2. Tavira Tower: it is a watchtower and the highest point of the old town. It is currently home to the Dark Room, where Cádiz's history is told. It also has a viewpoint.



3. Gran Teatro Falla: Carnival is the most important party in town, where everyone gets dressed to live joy and laughter between choirs, "chirigotas" and troupes, in a satirical tone.

4. Plaza de España: here you can find the 1812 Spanish Constitution monument, known as "La Pepa", the first official Spanish Constitution, one of the most liberal of its time.



5. La Caleta beach: located in the city centre, it is a historical location, a beach which inspired many painters and poets, and appeared in some movies, like Alatrieste. It is one of the most famous places in Cádiz.

Did you know...

the second trip of Christopher Columbus to America departed from and arrived at Cádiz? It had better resources than his first journey, with 17 ships instead of 3.





History


Mixing past and modernity, this millenary city, a World Heritage Site, is a living testimony of the cultures that have lived there and a clear example of the coexistence between Christian, Muslim and Jewish culture. There are not many places that have been the capital of Hispania Ulterior (Further Hispania) under the Roman Empire and the capital of the Umayyad Caliphate. This magnificence can be felt in the cultural legacy of this centre of knowledge, with names like Séneca, Averroes or Maimónides coming from Cordoba.


Nowadays, Cordoba is the only city in the world with 4 UNESCO World Heritage Site titles: the Great Mosque, the old town, its "Fiesta de los Patios" (Courtyards Festival) and the Medina Azahara.


Useful information

 Universidad de Córdoba (UCO) www.uco.es

 Number of incoming Erasmus students every year: 800

 Facebook: Erasmus Student Network Córdoba

 Instagram: @esncordoba

 Web:(en construcción)

Top 5 pubs

Bar Moriles
Taberna Góngora
Cervezas Califa
El Campero
Bar Rafalete

**ESN**
Erasmus Student Network
Córdoba



1. Great Mosque: a UNESCO World Heritage Site, the most important Islamic monument in the western world and the third biggest mosque in the world.

2. Alcázar de los Reyes Cristianos (Alcázar of the Christian Monarchs): an old Roman fortress and home of Christian monarchs. The first tortures by the Holy Inquisition took place within its walls.



3. Synagogue: the only one in Andalucía and the third one in Spain regarding its maintenance since the Middle Ages. In 1492, Jewish people were expelled, and the temple was used as a hospital, hermitage, and school.

4. Barrio de la Judería (the Jewish neighbourhood): located in the city centre, where you can find the Great Mosque, the Synagogue, the bull-fighting museum, the Zoco and house of Sefarad.



5. Medina Azahara: the sumptuous and mysterious city that Abd-al Rahman III ordered to build in the foothills of Sierra Morena, 8 km away from Cordoba, hides legendary stories, even related to its name.

Did you know...

snails are one of the most famous dishes in Cordoba? Do you dare to taste them? Salmorejo is another delicious dish you should taste before leaving!



History

Even though since Iberian times there were already people in this area, the first settlement that was considered a city was in the 10th century when the first Muslims travelled from Sierra Elvira to what is nowadays known as Albaicín. They expanded their settlement from this hill throughout the territory surrounding the current city, as a result of the blend between three cultures: Christian, Jewish and Muslim. When the Catholic Monarchs arrived and conquered Granada in 1492, the lives of its people changed and continued evolving until the present day, and now we can find a mix of identities when observing its people, buildings and land around the city.

Useful information

-  Universidad de Granada (UGR) www.ugr.es
-  Number of incoming Erasmus students every year: 2.000
-  Facebook: Erasmus Student Network Granada
-  Instagram: @esngranada
-  Web: www.esngranada.org

Top 4 pubs

- Parabrap
- Sonora
- Bamboleo
- Los Diamantes
- Los Manueles



1. Alhambra: a Muslim palatial city. It is one of the best examples of preserved Nasrid palaces in Spain and the monument which gives the most fame and beauty to Granada.

2. Albaicín: it was originally a Muslim neighbourhood and the origin of the city is in the 10th century. It has grown since then, with its narrow streets with white houses (cármenes), famous because of their charm.



3. San Miguel Alto Viewpoint: there are a lot of viewpoints in Albaicín, but this is one of the best ones. You can see the city from San Miguel Alto and enjoy a beautiful sunset.

4. El Paseo de los Tristes: one of the most beautiful areas in Granada, next to the Darro river and its medieval bridges. You will find yourself immersed in history at the feet of Alhambra and Albaicín.



5. Sierra Nevada: a Natural Park with the second (Mulhacén) and the third (Veleta) highest mountains in Spain. If you like mountains, snow and skiing or snowboarding, you cannot miss this spot.

Did you know...

the symbol of the city is a pomegranate (granada in Spanish), even though its name precedes its arrival and its true origin is as mysterious as the city itself?



History

Recent archaeological studies confirm Huelva, where the rivers Tinto and Odiel meet, as the place where the heart of Tartessos and its civilization were. In the 7th and 5th centuries B.C., the Phoenician and Carthaginian people exploited its silver mines. During the Al-Andalus period, Huelva was an important city because of its harbour connecting with Africa. When the Granada War ended in January 1492, Queen Isabel Of Castile financed Christopher Columbus' first expedition. Huelva was the beginning of his adventure. He departed from Palos de la Frontera harbour and arrived in Huelva. In 1874, English people took control of its mines' exploitation, giving the city an important boost, and causing a population growth.

Useful information



Universidad de Huelva (UHU) www.uhu.es



Number of incoming Erasmus students every year: 600



Facebook: Erasmus Student Network Huelva



Instagram: @eshuelva



Web: www.esnhuelva.org

Top 5 pubs

Saxo
Mandala
Pizzería Punto D'Oro
La Teja
Bomilla



1. Gruta de las Maravillas (Grotto of the Marvels) (Aracena): its beauty and singularity come especially from its karstic formation and its lakes, which have been naturally created, some of them several metres deep.

2. Parque Minero de Río Tinto (Tinto River Mining Park): the lunar landscape found here is the outcome of its own morphology, together with the mining tradition in the area which was intensified by the British in the 19th and 20th centuries.



3. Parque Nacional de Doñana (Doñana National Park): surrounded by nature and with large areas of marshlands which every year host a big number of aquatic birds thanks to its privileged geographical location between two continents.

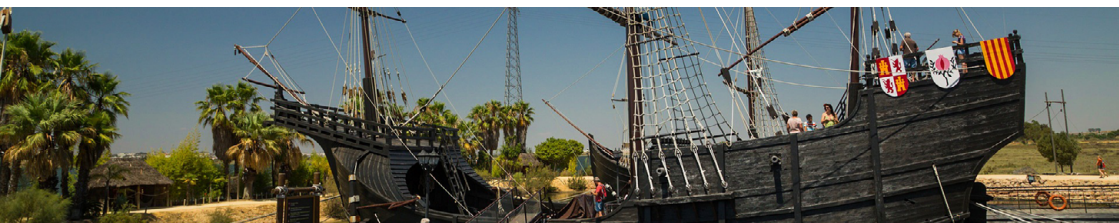
4. Muelle de las Carabelas: there, you can find the duplicates of La Niña, La Pinta and La Santa María, the vessels which Christopher Columbus used to travel to America. They were made for the 5th centenary in 1992.



5. Punta Umbría beach: 15 km away from the capital city of Huelva, if you cross its famous estuary you will find Punta Umbría. This point, full of sand and pines, is bathed by the Odiel river and the Atlantic ocean.

Did you know...

football appeared in Spain for the first time in Huelva? Specifically, in the Tinto river mines, which were directed by the British for years, whom brought this famous game to Spain.



History

Traditionally Jaén was a transit and border point, because this area was inhabited by several millenary cultures. Moreover, the history of Jaén goes back a long time, to prehistoric times, with its origins in a land-based economy. The economy and culture found their meeting point around the olive tree. This tree is the greatest natural wealth of this area and makes Jaén the World Capital City of Olive Oil.

A visit to the city is a stroll through history (Christian, Muslim and Jewish tradition) and the different cultures and lifestyles that have settled in this place.

<http://www.jaenparaisointerior.es>

Useful information

-  Universidad de Jaén (UJA) www.uja.es
-  Number of incoming Erasmus students every year: 1.000
-  Facebook: Erasmus Student Network Jaén
-  Instagram: @esn_jaen
-  Web: www.esnjaen.org

Top 5 pubs

- El Abuelo
- La Manchega
- La Espadaña
- La Espuela
- Los Amigos



1. Cathedral of Jaén: The two towers, visible from kilometres away, guide the visitors to this peak. It is the greatest cathedral of the Spanish Renaissance.

2. Castle of Saint Catalina: from its tower, you can see outstanding views of the city and its surroundings, especially from the Cruz viewpoint. The fortress is the seat of the new centre of interpretation.



3. Úbeda y Baeza: these are two well-known cities because of their Renaissance and Baroque charm. A visit to these cities will leave you amazed; it is as if you were travelling back in time.

4. Arabic Baths: they have huge historical and cultural importance, being the biggest (450 square metres) and the best preserved ones in Spain.



5. Range of Cazorla: it is the biggest natural reserve in Spain and the second biggest in Europe. The beautiful landscapes and natural wealth make this place one of the most visited natural areas.

Did you know..

that a lizard is the city symbol? A legend tells that a giant lizard ate the sheep from the area. A brave shepherd killed him, and people held a three-day-party.



History

More than 3000 years of history have taken place in this city, from its Phoenician origin to the cosmopolitan city Málaga is nowadays. The Roman Theatre and the "Garum" reserves will carry you to the times of Roman Hispania. The Alcazaba is the most beautiful example of Muslim domination. Discover the story behind the Alemanes Bridge name. Visit true pieces of art, some religious ones in the Cathedral which still remain today and hold celebrations such as the Holy Week of Malaga. Walk along the main street of the city to learn more about the Marquis of Larios. Admire buildings from different ages and let yourself be fascinated by all the stories gathered in the city.

<http://www.malagaturismo.com/>

Useful information



Universidad de Málaga (UMA) www.uma.es



Number of incoming Erasmus students every year: 1.500



Facebook: Erasmus Student Network Málaga



Instagram: @esnmalaga



Web: www.esnmalaga.org

Top 5 pubs

- El Pimpi
- Chiringuito El Tintero
- Los Baños del Carmen
- El cortijo de Pepe
- Merchanas



1. Alcazaba and Roman Theatre: discover two cultures from totally different eras with just one look. The Alcazaba from the 10th century and the Theatre from the 1st Century B.C. leave a trace of the history of the city.

2. Museums: you can't miss the best contemporary art museums such as the Picasso or the Centre Pompidou. You should also not miss the most traditional ones to learn about the culture from Málaga.



3. Concepción Gardens: history and botany in the same place. If you like nature, this is a must-see, where archaeology also appears among the different plants.

4. Cathedral: one of the most important cathedrals in Andalusia due to its Renaissance style. Built over a previous mosque and with several pieces of art inside.



5. Muelle Uno: a new idea for a centre of shopping and culture, facing the sea. You will be able to discover shops and restaurants which will amaze you. It also holds concerts and it is decorated with street art.

Did you know...

that people from Málaga are known as anchovies because of the most common fish of the city? You have to try them in the city centre bars, they are delicious fried with a touch of lemon!



History


A city where six civilisations have stayed with all kinds of artists and monuments leaving their mark in time.


In Seville, the streets and squares are places where you can breathe well-being, a kind of comfort at open-air bars, makes out of them an extension from home. This is because the public areas are used as places of meeting and gathering. Sevillian people, visitors, and you will feel part of the same type of life celebration.


The beats of a certain type of collective euphoria are powered by the beauty, light, and the never-ending smiles on people's faces.


<http://www.visitasevilla.es>


Useful information

 Universidad de Sevilla (US) www.us.es
Universidd Pablo Olavide (UPO) www.upo.es

 Number of incoming Erasmus students every year: 2.000

 Facebook: ESN Sevilla y Erasmus Student Network UPO

 Instagram: @esn_sevilla y @esn_upo

 Web: www.esnsevilla.org
www.esnupo.org

Top 5 pubs

Los Coloniales
El Rinconcillo
Casa Morales
Taberna Álvaro Perejil
Pepe Hillo



1. Reales Alcázares: walking through the Alcazar Gardens can be one of the most unforgettable experiences of your life. Recently, it has also been set for several TV Shows, such as Game of Thrones.

2. Giralda and Cathedral: once, Giralda was the highest tower in the world (97,5 metres). Inside the cathedral, you can find Christopher Columbus' grave, among other Renaissance and Baroque pieces of art.



3. Plaza de España: María Luisa Park is the most famous one in Seville and one of its green lungs. We find this square in there, built for the Iberoamerican Exhibition in 1929.

4. Santa Cruz Quarter: go into its impossible streets, explore the history and legendary corners, and fall in love with one of the most unique quarters in the world.



5. The Setas: the biggest wooden structure in the world, characterised by its architecture in the shape of large mushrooms. You can't leave without going up to its viewpoint.

Did you know...

that several movies and TV shows have been shot in Seville? Not only Game of Thrones, but also in 2002, Plaza de España was a set for Star Wars: Episode II - Attack of the Clones.



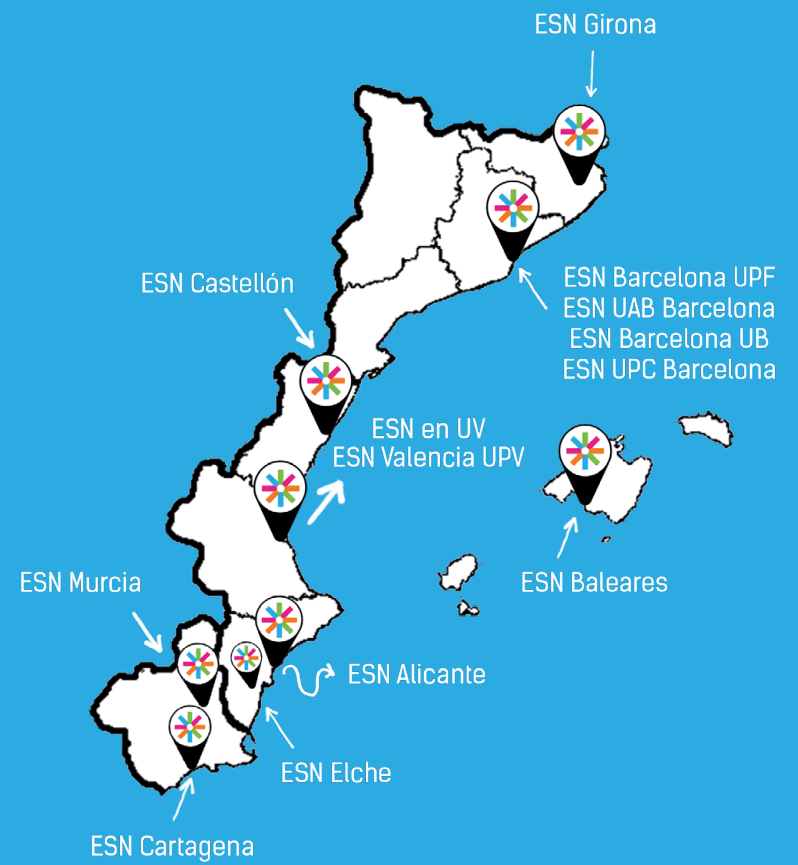
Discounts with your ESNcard



*Experience, anecdotes, photographs, that ticket for the museum...
Write or stick here everything you want to remember!*



Levant



History


Inhabited since the Neolithic era, and subsequently by Romans and Visigoths, even by Muslims, who left remnants such as the defensive walls or the urban planning of the historical centre.

Alphonso X the Wise joined Murcia to the Kingdom of Castilla, and the city obtained the title of "very noble and loyal" by Philip II thanks to their intervention in the Moorish Rebellion of Granada. The 18th C. is the Golden Age for Murcia when the city earned its greatest glory. The last decades, since the late 20th C., the vegetable gardens of Murcia are famous around the world, making this region, alongside Almería, known as "Europe's Vegetable Garden".


www.turismodemurcia.es

Useful information

 Universidad de Murcia (UM) www.um.es

 Number of incoming Erasmus students every year: 1.300

 Facebook: Erasmus Student Network Murcia

 Instagram: @esnmurcia

 Web: www.esnmurcia.org

Top 5 pubs

Madre de Dios
Mano a mano
El Estómago Alegre
Los Navarros
El Togo



1. Cathedral and Episcopal Palace: built over a previous mosque. It is one of the most important cathedrals in Spain because of its mix of styles, such as Gothic, Renaissance, Baroque and Neoclassical.

2. Royal Casino and Theatre Romea: two of the most famous buildings in the city. Both of them are built in the Neoclassical style, and the eclecticism covers their fronts. The designs inside are amazing.



3. Plaza de Santo Domingo: a former market square. In its surroundings, some important buildings and monuments can be found, such as the Human Rights sculpture.

4. Plaza de las Flores: located in the centre of the main tapas bars area in the city, it is a pedestrian square. Around the central fountain, there are placed several flower stalls.



5. Coastal region: you cannot miss the beaches of San Javier, Cartagena, Mazarrón or Águilas, different cities around Murcia, on the Mediterranean Sea and the Minor Sea.

Did you know...

that there is a Murcia lexicon with its own expressions? "¡Acho qué dices!" is one of the most famous ones. From old habits, the best vocabulary remains!



History


The city of Cartagena is located over five hills. It is a port city opened to the Mediterranean Sea through a wide bay.


The natural harbour of Cartagena is defined by the islands of Escombreras (East) and the hill of La Torrosa (West). The entrance is guarded by several castles and sea batteries built in the 18th and 19th C.

Alongside Cádiz, it is one of the two most ancient cities in Spain, with more than 3000 years of history. This is the reason why Cartagena is known as "La Trimilenaria."


www.turismo.cartagena.es

Useful information

 Universidad Politécnica de Cartagena (UPCT)
www.upct.es

 Number of incoming Erasmus students every year: 300

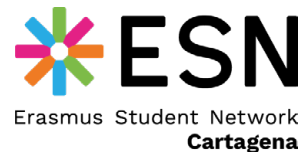
 Facebook: Erasmus Student Network Cartagena

 Instagram: @esncartagena

 Web: www.esncartagena.org

Top 5 pubs

- El chalet del faro
- La uva
- La fuente
- El molinete
- El soldadito de plomo



1. Roman Theatre: found by chance, the inscriptions reveal that it was built around the 1st C. B.C., at the urban peak of the Roman colony. Next to it, remnants of the ancient cathedral can be found.

2. Calblanque Beach: a natural beach protected due to its landscape value. It is located in the Parque Regional de Calblanque, one of the natural sites which remain almost unspoilt.



3. La Manga of the Minor Sea: a sandy formation, like a barrier island, with a length of 22km and a width that measures between 90 and 900 metres, creates two shores and a smaller internal sea.

4. Harbour: currently, it has two docks. One of them, Escombreras, where several industries are located, and the other one being the city one. This is a good place to go for a walk.



5. City Council Palace: eclectic, in a French-like style. The modernist style can be found in the paintings and ornamental details in the foyer and first floor.

Did you know...

that the first submarine powered by electric energy, the Peral Submarine, was designed by Isaac Peral, a Cartagena native, and can be visited in the Naval Museum of Cartagena?




History

Alicante is a city with more than 3000 years of history. After the Roman period, came the Muslim conquest. The city centre moved to the side of Mount Benacantil, due to defensive reasons, creating the Vila Vella. With Alphonso X the Wise, it became Vila Nova, and with Ferdinand the Catholic, it finally became the city of Alicante. In the 19th C., Alicante went through a huge development, with the creation of the Madrid-Alicante railway line, the inauguration of the streetlight and a new urban ordinance which eliminated the walls and created new districts. In the 20th C., the tradition of the Hogueras de San Juan started, a festivity considered as a point of interest for International Tourism, and the opening of the University.


www.alicanteturismo.com

Useful information

 Universidad de Alicante (UA) www.ua.es

 Number of incoming Erasmus students every year: 850

 Facebook: Erasmus Student Network Alicante

 Instagram: @esn_alicante

 Web: www.esnalicante.org

Top 5 pubs

Austin Bar
4 Blooms
Quinta Avenida
El sento
Parabarap



1. Castle of Santa Bárbara: at the top of the Mount Benacantil, it is one of the biggest medieval fortresses in Spain. You can have a perfect view of the Alicante bay from here.

2. Santa Cruz Quarter: it is a picturesque and unique quarter. From here, starts the procession of Santa Cruz on the Wednesday of Holy Week. Float bearers carry four religious floats through steep streets.



3. Postiguet Beach: in the city centre. It stands out due to the quality of the smooth golden sand and calm water. At the foot of the Castle of Santa Barbara and close to the famous promenade of the Explanada.

4. Explanada: promenade where you can not only enjoy the sea sights, but also several cultural activities. It has a stage called La Concha (The Shell) for concerts.



5. Island of Tabarca: it is the only inhabited island in the Comunidad Valenciana. Its shores used to be home to pirates from Berber. In the 18th C., it was fortified and started being inhabited by some fisher families.

Did you know...

that Hans Christian Andersen, the well-known tale writer, was in Alicante and fell in love with this city? Nowadays, you can walk the same route he did until the harbour.



History

The land which saw the birth of the Dame, which looked amazed upon the medieval rise of the Misteri; where people sewed, grew and took care of thousands of palm trees; the land twice awarded by UNESCO with the title of Heritage of Humanity. The urban paths through streets and squares in the historical centre of Elche let us discover a combination of noble and monumental buildings, the heritage of a rich past. These architectonic riches are complemented with a network of museums. In this city, many civilizations were settled. Some vestiges of Neolithic cultures are proof of human settlements, even five thousand years before our era.

<http://www.visitelche.com>

Useful information

-  Universidad Miguel Hernández de Elche (UMH) www.umh.es
-  Number of incoming Erasmus students every year: 200
-  Facebook: Erasmus Student Network Elche
-  Instagram: @esnelche
-  Web: www.esnelche.org

Top 5 pubs

- El Botxo
- El Garaje
- Los 7 pecados
- El Trastero
- +QueTapas



1. Huerto del Cura Garden: named National Artistic Garden in 1943, it has a surface of 12.000 m2. Inside, you can find several Mediterranean and Tropical plants growing in harmony.

2. Santa Maria basilica: it is located where the previous Muslim mosque was placed. It is considered that in this temple the representation of the Mystery took place for the first time.



3. Palmeral of Elche: one of the pieces of heritage from the Muslim presence during four centuries, an undeniable symbol of the city, shows how people could take advantage of the land facing the relentless Sun and the shortage of water.

4. Arenales del Sol: it is the closest beach to Elche. It has the blue flag because of the quality of the water and the care paid to the shore. It is perfect for practising water sports, walking and enjoying the sunset.



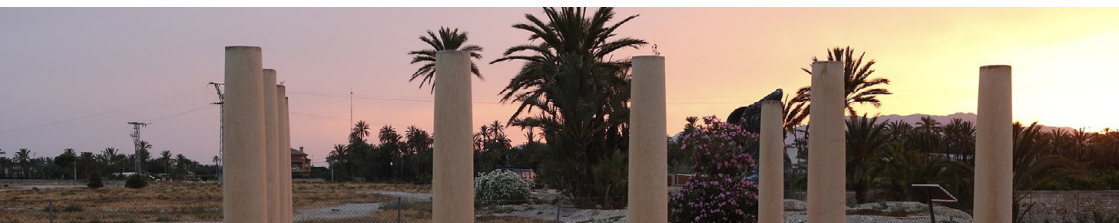
5. Archaeological and History Museum of Elche: here you can learn more about the history of Elche by means of audiovisual shows, touch screens and panels. Here, a replica of the Dame of Elche can also be found.

Did you know...

that Palmeral preserves more than 200,000 date palm trees and it has a surface of more than 500 hectares? It was created with the arrival of the Muslim people in the 8th C.



Discounts with your ESNcard



History

More than 2,000 years of history has left a deep trace in one of the biggest historical centres in Europe. Valencia was founded in 138 B.C. by Romans, who settled the forum in Almoína Square. Afterwards, the Visigothic people came to the city, but, in 714, Muslim control was established in the city until 1238, during the reign of King George I. Muslim people left such a deep imprint, that their irrigation methods, their recipes or their influence on the art are still prevailing.

Between the 1st and 19th March, Valencia throws itself into the celebration of Fallas, a celebration which combines tradition, satire and art that you cannot miss.

www.visitvalencia.com

Useful information

-  Universitat de València (UV) www.uv.es
Universitat Politècnica de València (UPV) www.upv.es
-  Number of incoming Erasmus students every year: 2.000
-  Facebook: Erasmus Student Network en UV y Erasmus Student Network UPV
-  Instagram: @esnenuv y @esnvalenciaupv
-  Web: www.esnuv.es y www.esnvalenciaupv.es

Top 5 pubs

- Radio City
- Natura Dub
- Rock and Rolla
- Mulligans
- Bocadella



1. Sunset at Albufera: you can be transported into a world of wild nature where the only sounds you will hear are the birds singing and the water flowing.

2. Serranos Towers: from the roof, there are sights over the 21 centuries of Valencian history in the heart of the city. You can see several patrimonial treasures, such as Valencia Cathedral, the Miguelete, the Virgen de los Desamparados Basilica or the Almoína.



3. Malvarrosa Beach: this promenade is a reference point in the city. You can walk along the shore and taste the traditional paella in one of its restaurants while you enjoy some beautiful sights.

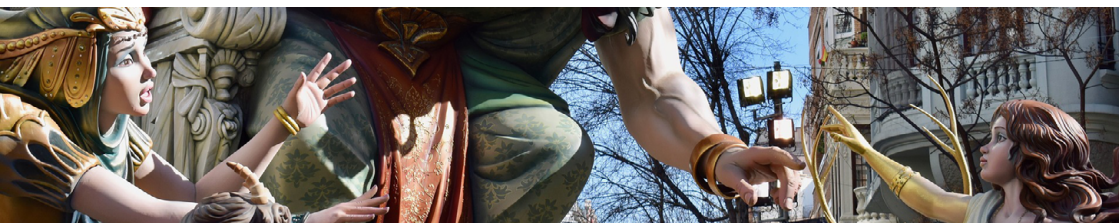
4. City of Arts and Sciences: one example of the futuristic architecture of Valencian architect Santiago Calatrava. Inside, you can find the largest aquarium in Europe, l'Oceanogràfic.



5. El Carmen district: it grew between two walls, the Muslim one and the Catholic one. A walk through its labyrinthine streets, surrounded by great medieval buildings, takes us to another time in history.

Did you know...

that paella comes from a rural area (the Albufera) and has a humble origin? Traditionally, it was cooked with dry orange tree wood, which gave it a unique flavour.




History


Castellón has a unique cultural heritage due to its diversity in contrasts. Here, you will find from cave art of eastern Spain, declared a world heritage by UNESCO, to the most avant-garde pieces in the Espai d'Art Contemporani.


It is the most northern province in Comunitat Valenciana and the second most mountainous one in Spain. It has a coast with more than 120 kilometres of shores, along with a diverse and natural inland which won't leave you indifferent. Not only does it have in its territory the largest protected surface in the Comunitat Valenciana, but also the variety of landscapes and rural areas is immense.


www.turismodecastellon.com

Useful information

 Universitat Jaime I (UJI)
www.uji.es

 Number of incoming Erasmus students every year: 480

 Facebook:
Erasmus Student Network Castellón

 Instagram: @esn Castellón

 Web: www.esncastellon.org

Top 5 pubs

El Cigró
Bocateria Donde Marisa
El Suquet del Peix
El Melic
Le Bistrot



1. Palmas Desert: the land of the Desert de les Palmes has been inhabited since neolithic times, but its true history begins with the arrival of some Carmelite priests.

2. Poza Negra: one of the best hiking routes will lead you to Poza Negra, a natural pond where swimming is irresistible, surrounded by vegetation and a beautiful landscape.



3. Montanejos: a Thermal village in the heart of the province, an environment full of health, tradition and landscapes to enjoy at 418 metres above sea level.

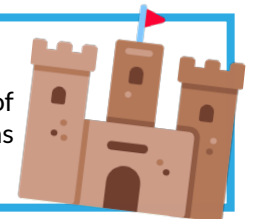
4. Fanzara: it is a town characterised by having the MIAU (Museo Inacabado de Arte Urbano), turning this place into the centre of urban and modern art at a national and international level.



5. Vía Verde: it is a coastal cycling route which shows a rural and natural area along the coastline which links the touristic cities of Benicàssim and Oropesa. It is ideal for going by bike and on foot.

Did you know...

that Peñíscola was one of the places where The Game of Thrones was shot? It is close to Castellón, and it transforms into the free city of Meereen.




History


Due to its strategic location in the Mediterranean Sea, Majorca has been a melting pot of cultures and people since ancient times. It helps that the island has a rich cultural heritage with unique characteristics along the Mediterranean shore. The city holds several monuments, such as the cathedral in the Gothic style, the characteristic style of the island.


Nature has given the island an extraordinary beauty where you can find many types of landscapes. From outstanding mountain ranges with lush vegetation to lovely peaceful plains and splendid beaches with warm clear water.


<http://www.infomallorca.net>

Useful information

 Universitat de les Illes Balears (UIB) www.uib.es

 Number of incoming Erasmus students every year: 350

 Facebook: Erasmus Student Network Baleares

 Instagram: @esnbalears

 Web: www.esnbalears.org

Top 5 pubs

Ca'n Joan de s'aigo
Bar Bosch
La Balanguera
Badal Corner
Il Tano



1. Serra de Tramuntana: filled with unique places, most of them with views on the sea. There are some unforgettable towns and coves. In addition, it has several places for travellers, such as La Trapa.

2. Platja d'es Carbo: an unspoilt beach on the South-side of the island. Accessible from the town of Sant Jordi. You have to walk 45 minutes to reach the beach, but it is worth the stroll.



3. Cala Mondragó: with a formation of cliffs and vegetation of pine trees, brushwoods and traditional farming it is one of the most visited parks on the island, classified as one of the most beautiful beaches in the world.

4. Caves: Majorca is an island with several beautiful caves, and some of them can be visited. The most famous ones are Coves del Drach, Coves d'Artà, Coves de Campanet and Coves de Hams



5. Islands: around Majorca the island of Cabrera stands out, which was a military fortress. Another famous place is the island of La Dragonera, a touristic natural park, home for several native species

Did you know...

that "Ses Fonts Ufanes" are underground fountains which, after heavy rains, overflow and create rivers in the area? They are a natural phenomenon, difficult to find.



Discounts with your ESNcard




Historia

The historic city of Girona, one of the most interesting ones in Catalonia, allows us to go back more than two thousand years of history to two fortified facilities: the Força Vella and the medieval expansion district. The first one belongs to the Roman establishment, and the second one to the extension of the walls during the 14th and 15th C. The numerous monuments which have remained until today preserve several prominent pieces of art. The attraction of Girona is completed with the intriguing Jewish district, the beautiful streets and porticoed squares, the wide baroque areas and the Noucentisme buildings of Rafael Masó.


<http://www.girona.cat>


Useful information

 Universitat de Girona (UdG) www.udg.es

 Number of incoming Erasmus students every year: 150

 Facebook: Erasmus Student Network Girona

 Instagram: @esngirona

 Web: (en construcció)

Top 5 pubs

König
Celler de Can Roca
Le Bistrot
Sunset jazz club
Vadevins

 **ESN**
Erasmus Student Network
Girona



1. Historical centre: go around the city centre to discover the cathedral, San Felix Church, the walls, the archaeological promenade, the Jewish district, the houses of Onyar, the Cul de la Lleona, or the Museum of Cinema.

2. Banyoles Lake: it is the largest lake in Catalonia. The lake and its basin are considered the largest karst combination in Spain, making an environmental system of great value.



3. Dalí Museum in Figueras: a museum and theatre dedicated to the painter. He worked himself in the architectonic part, which is a piece of art itself, and each room is different.

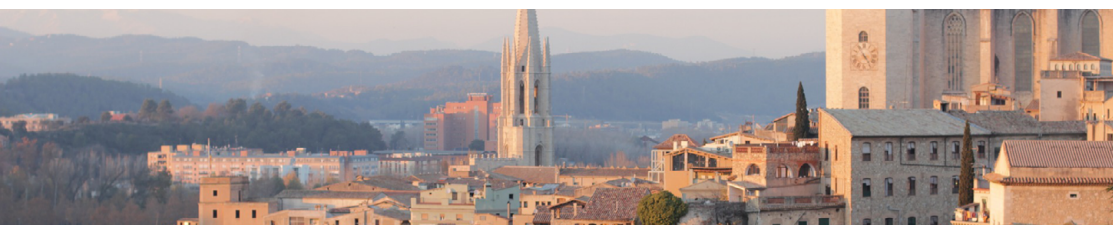
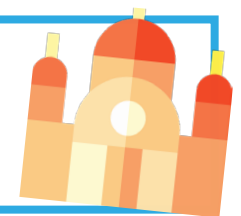
4. The medieval town of Besalú: you cannot miss this town which preserves the whole medieval structure. It has been declared Cultural Belonging of National Interest.



5. Cadaqués: it is the most eastern town in the Iberian Peninsula. The name means "Rocks Cape" and it is well-known for its fishing industry, where the salted anchovy stands out.

Did you know...

that Girona is known as the mother of Jerusalem and in the Middle Ages, there was an important Jewish community and their district, called "el Call", is one of the best preserved in Spain?



History

At the end of the 1st C. B.C., the Roman colony called Barcino was founded. It had around one thousand inhabitants and it was surrounded by a wall. The productive medieval time made Barcelona an economical and political centre in the western Mediterranean Sea. You have to visit the Gothic District! Until the 18th C., Barcelona went through quite a decline while they tried to retain their economic and political independence. In the middle of the 19th C., with the Industrial Revolution, began a period of cultural recovery: the “Renaixença”, a time in which the Catalan language was restored as a literary language. In the 20th C., the city was very important in the Catalan and Spanish modernism art.


www.barcelonaturisme.com


Top 5 pubs


König
Belushi's
Ovella Negra
Piscolabis
Al Sur Café




Useful information

 Universitat Pompeu Fabra (UPF) www.upf.edu

 Number of incoming Erasmus students every year: 750

 Facebook: Erasmus Student Network Barcelona UPF

 Instagram: @esn_upf

 Web: www.esnbarcelonaupf.org

Universitat Politècnica de Catalunya (UPC) www.upc.edu


Number of incoming Erasmus students every year: 900


Facebook: Erasmus Student Network UPC Barcelona


Instagram: @esn_upc


Web: www.esn-upc.org

 Universitat de Barcelona (UB) www.ub.edu

 Number of incoming Erasmus students every year: 1.000

 Facebook: Erasmus Student Network Barcelona UB

 Instagram: @esn_ub

 Web: www.esn-ub.org

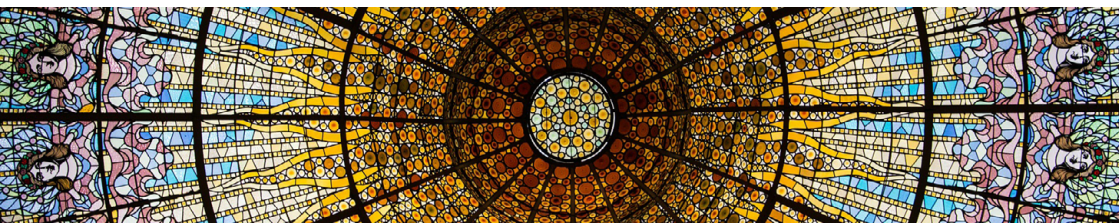
Universitat Autònoma de Barcelona (UAB) www.uab.cat

Number of incoming Erasmus students every year: 1.383

Facebook: Erasmus Student Network UAB Barcelona

Instagram: @esn_uab

Web: www.esnuab.org



You can't miss



1. Sagrada Família: Gaudí's biggest project, which remained unfinished, as he died hit by a tram just in front of the basilica, observing its construction.

2. Bunkers del Carmel: now a lookout, where we find the remains of an anti-aircraft battery from the Spanish Civil War. It is located on the top of Turó de la Rovira, in the Carmel neighbourhood.



3. Tibidabo: it is located at the highest point of the city. A spectacular panorama next to a very modern amusement park, but at the same time retains its endearing character.

4. Ciutat Vella: the old town of Barcelona, very small and easy to get around. Get to know the origin of a capital which until the middle of the 19th century was surrounded by medieval walls.



5. Montjuïc: a mountain witness of great events such as the International Exhibition in 1929 or the Olympic Games in 1992. A renovated area where you can find museums and monuments.

Did you know...

that the first picture of Spain was taken in Barcelona? The place chosen for the big day was Plaza de la Constitució, four months after the daguerreotype equipment was presented in Paris.



Discover Catalonia!



1. Portaventura: if you are going to spend more than a few days in Barcelona, you cannot leave without visiting the most important amusement park in Catalonia, with areas set in the Far West or Polynesia.

2. Costa Brava: the Catalan coast full of beaches, history, monuments and natural landscapes you have to discover. With a length of 214 km, it is located in the province of Girona.



3. Montserrat: the mountain where the famous Benedictine monastery is located. It is located within the Marian route, being one of the places where it is said the Virgin Mary appeared (like in Lourdes).

4. La Fageda d'en Jordà (Olot): it is a nature reserve where there are hundreds of beeches characteristic of this place. The poet Joan Maragall wrote there a famous poem in its honour.



5. Sitges: a town famous for its international film festival (fantastic cinema, science fiction and horror) and for its carnivals (with multiple events during this week).

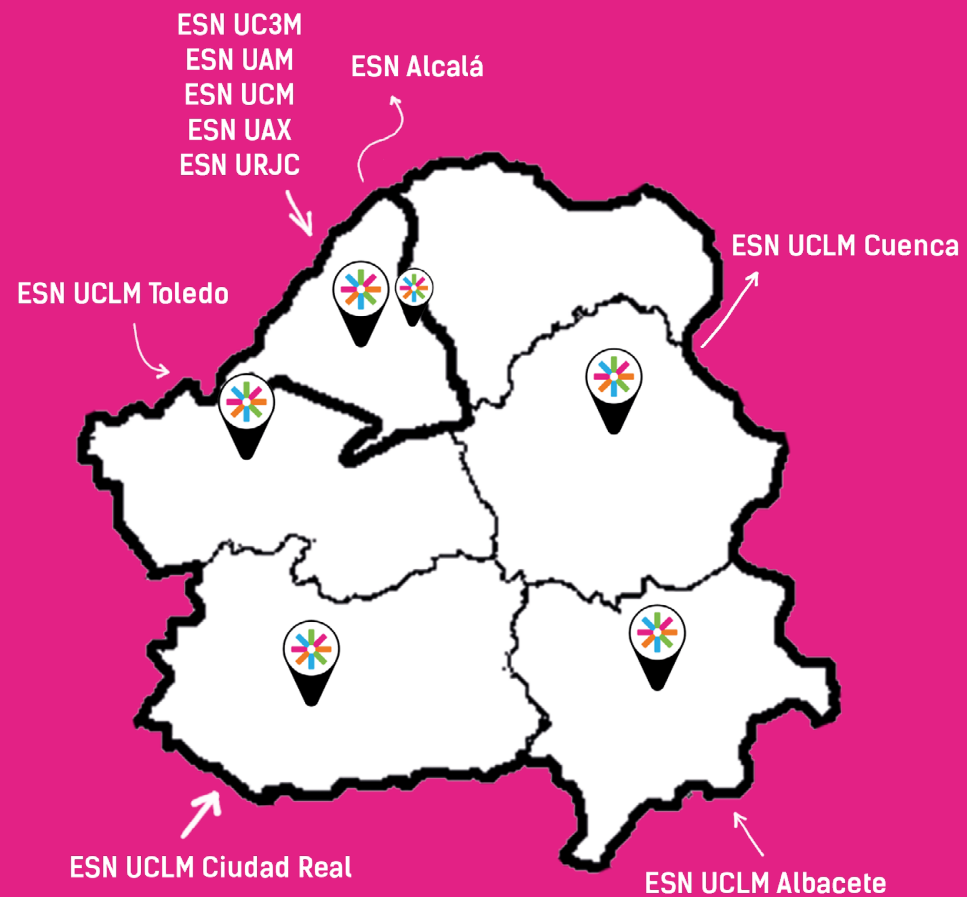
Did you know...

that one of the most amazing cultural traditions are "els Castellers"? These are authentic towers of people, which can be up to ten floors high!



*Experiences, anecdotes, pictures,
that museum ticket...
Write or paste everything you want to remember!*

Centre



History

Magerit, “land rich in water”, is the name by which the Arabs identified the Meseta near the Guadarrama Ranges where Felipe II chose to establish his court and would later become the Madrid we know today. Although little remains of medieval and Islamic Madrid, a walk through the centre reminds us of some of its footprints.

During the 17th and 18th centuries, it became the great capital of an empire. Hidden in the Alcazar, the king was rarely seen in public. Meanwhile, Madrid received the self-starters, writers, artists and “hijosdalgo” who wanted to thrive in the court. Narrow and winding streets, shady palaces and hidden convents from Madrid de los Austrias still exist.

The Madrid of the Bourbons makes its way around the stream of the Castellana Fountain, where the Paseo del Prado is today. In the 17th century, the aristocracy chose this area of the city to build their suburban residences.


In the early 80s, the Malasaña neighbourhood became the epicentre of the Movida, the countercultural phenomenon which forever changed the image of Madrid.


www.esmadrid.com

Top 7 pubs

La Lupe de Huertas
Garbel
Penalti Lounge Bar
Reina Victoria
Azotea de Bellas Artes
El Tigre
La Buha
Pez Tortilla

Useful information


 Universidad Carlos III (UC3M) www.uc3m.es
Universidad Complutense de Madrid (UCM) www.ucm.es
Universidad Autónoma de Madrid (UAM) www.uam.es
Universidad Rey Juan Carlos (URJC) www.urjc.es
Universidad Alfonso X el Sabio (UAX) www.uax.es

 Overall, we receive more than 2000 Erasmus!


Follow us on our social networks!

Erasmus Student Network UC3M
[@esn_uc3m](https://twitter.com/esn_uc3m) www.esnuc3m.org




 Erasmus Student Network UCM
[@esn_ucm](https://twitter.com/esn_ucm) www.esnucm.org



 Erasmus Student Network UAM
[@esn_uam](https://twitter.com/esn_uam) www.esnuam.org



 Erasmus Student Network URJC
[@esn_urjc](https://twitter.com/esn_urjc) www.esnurjc.org



Erasmus Student Network UAX
[@esn_uax](https://twitter.com/esn_uax) www.esnuax.org



You can't miss



1. Paseo del Arte: the Prado Museum, the Thyssen, the Reina Sofía... and much more. An essential tour for all art lovers through its museums, paintings and sculptures.

2. Royal Palace: the majestic royal residence of the Spanish monarchs. You can discover what life was like in a Spanish royal palace by walking through its rooms.



3. Retiro Park: discover the green lung of the city, a huge park with a lake where you can go boating or find the Crystal Palace with contemporary art exhibitions.

4. Santiago Bernabéu Stadium: the changing rooms, the trophy room... the Bernabéu Tour allows you to discover every corner of the mythical stadium. If you are a football fan, you can't miss it!



5. Plaza Mayor: this arcade square located in the old town is the heart of historic Madrid de los Austrias. Its bars are famous for selling the mythical squid sandwich.



6. Puerta del Sol: the emblematic centre of Madrid, where the main streets of the capital converge. On New Year's Eve, everyone meets there to take 12 grapes with the strokes.

7. Fuente de Cibeles: one of the icons of the city. The Paseo del Arte begins at this roundabout and ends at the train station. Their boulevards were already famous in the 17th century.



8. Puerta de Alcalá: built by Carlos III in the 18th century, it is one of the city's iconic monuments. Have you heard the song about it? Look it up!

9. El Rastro: the most emblematic market of medieval origin in Spain is one of the oldest markets in Madrid.



10. Markets and gastronomic spaces: Madrid boasts its gastronomy with these leisure spaces which combine traditional shopping with "gourmet" enjoyment.

Did you know...

that the narrowest house in Madrid belonged to the famous writer Calderón de la Barca? Walking through Mayor street, look at number 61, just over four meters wide.



Did you know...

one of the few sculptures in the world dedicated to the devil as an angel falling from the sky, is located in the Retiro Park?



Alcalá de Henares

History

A World Heritage City since 1998 and where Miguel de Cervantes, the famous writer of "Don Quijote de la Mancha", was born.

On a previous settlement from the Iron Age, the first Roman city of Complutum was established, which, in the 1st century, moves to the plain, to the right bank of the Henares River. In the 9th century, in this case on the left bank, the Muslim Qal'at Abd al-Salam was erected on a plain. Finally, after the reconquest, the medieval nucleus arises (Burgo de Santiuste, then Alcalá de Santiuste, and later, Henares) which, due to the successive transformations of the 16th-17th and 20th centuries, has become the current city.

www.dream-alcala.com

Useful information

-  Universidad de Alcalá (UAH) www.uah.es
-  Erasmus students per year: 700
-  Facebook: Erasmus Student Network Alcalá
-  Instagram: @esn_alcala
-  Web: www.esnuah.org

Top 5 pubs

El Indalo
Bar Nino
Café Continental
La Ruina
La Posada



You can't miss



1. Calle Mayor: a tour to enjoy walking while discovering monuments such as Cervantes' House or the Hospitalillo de Antezana, emblematic places of the city.

2. Plaza de Cervantes: the statue of Cervantes was placed in this square to commemorate his life and work. We also find the Corral de Comedias, the oldest documented one in Spain.



3. Plaza de San Diego: here we find the oldest part of the university (from the 16th century), designed by Cardinal Cisneros. We can see the Paraninfo and the Rectorate in the Renaissance style.

4. Cerros de Alcalá: a set of small peaks, where you can enjoy the characteristic landscape, flora and fauna of this place, through hiking trails located in the Natural Park



5. Magistral de los Santos Niños Justo and Pastor Cathedral: also built by Cardinal Cisneros, on the remains of the ancient Roman basilica. Inside there is a museum to explore its history.

Did you know...

the Cervantes award is the most important one in Spanish literature? It is not written but it is a general rule that one is given to a Spanish writer and the next one to a Latin American writer.



Discounts with your ESNcard



Castile-La Mancha


There are four delegations!


In Castile-La Mancha, we have one single university for the five provinces: the University of Castilla-La Mancha (UCLM). Therefore only ESN UCLM exists but we are present in four cities: Toledo, Cuenca, Ciudad Real and Albacete. Discover us!

Top 8 pubs

Pub Bindi (Albacete)
Sala Nice (Ciudad Real)
El Portalón (Ciudad Real)
Ikebana (Ciudad Real)
Sala Rothus (Cuenca)
Casa Ludeña (Toledo)
Cervecería el Trebol (Toledo)
La Nuit (Toledo)


Useful information

 Universidad de Castilla-La Mancha (UCLM)
www.uclm.es

 Erasmus students per year: 700

 Facebook:
Erasmus Student Network UCLM

Instagram:
[@esno_delamancha](https://www.instagram.com/esno_delamancha)
[@esnuclm_ciudadreal](https://www.instagram.com/esnuclm_ciudadreal)
[@esnuclm_toledo](https://www.instagram.com/esnuclm_toledo)
[@esnuclm_albacete](https://www.instagram.com/esnuclm_albacete)
[@esnuclm_cuenca](https://www.instagram.com/esnuclm_cuenca)

 Web:
www.esnuclm.org



History

TOLEDO

History, art, heritage, culture, gastronomy and crafts are mixed in Toledo. Churches, synagogues and mosques coexist in the city of the Three Cultures: Jewish, Christian and Muslim. Bathed by the Tajo River, soaked in El Greco, Cervantes and Garcilaso, it was the capital of the Spanish Empire under Carlos V.

www.turismo.toledo.es

CUENCA

The city of Cuenca is one of the main monumental complexes in Spain, with a great international projection, thanks to which it was declared a World Heritage Site by UNESCO. Romans, Muslims and Christians passed through their lands.

www.turismo.cuenca.es/

ALBACETE

The small hamlet called Al-Basit (the plain) by the Arabs remained in Muslim hands until, after its conquest, when Fernando III ceded it as a village to the council of Alarcón. Nowadays, Albacete is experiencing significant urban development and an important revival.

www.albaceteturistico.es

CIUDAD REAL

It was the heart of the domains of the military order of Calatrava. Alfonso X wanted to counteract his enormous influence, creating a royal locality, subject to his authority. The population settled with groups of inhabitants of Christian, Muslim and Jewish religion. It had one of the most important Jewish quarters in Castilla.

www.ciudadreal.es



Discounts with your ESNcard



You can't miss

ALBACETE



1. Feria de Albacete: documents from the 15th and 16th centuries already speak about this celebration. In 1783, the current fairground, "La Sartén", was founded, becoming one of the most important fairs in Spain.

2. Pasaje Lodares: it is a historic and monumental gallery located in the centre of Albacete. It resembles Italian galleries, such as the one in Milan. It is considered one of the most beautiful streets in Spain.



3. Campo de Criptana: Famous place where El Quijote's most popular adventure took place, the fight against the giants that were finally windmills.

4. Villanueva de los Infantes: The place from la Mancha that Cervantes did not remember. It is now one of the most beautiful villages in Spain.



5. Almagro: a town in the centre of the province which is home to the only Corral de Comedias that has remained intact and active since the beginning of the 17th century until today.

6. Lagunas de Ruidera: it is, together with Plividje in Croatia, the best representation of lakes formed by the accumulation of calcium carbonate (limestone). Visit its caves, castles or go canoeing.



CIUDAD REAL

Discover Castilla La Mancha!

CUENCA



7. Hanging houses: also called Casas del Rey (King's houses), they are civil buildings which have the peculiarity that part of the house is hung up in the air, through large balconies which protrude over the Huécar river.

8. Enchanted City: one of the most spectacular natural places in our country. Its origin dates back to 90 million years ago when it was part of the bottom of the Thetis Sea.



9. The Valley: Toledo rests on a rocky promontory and is almost completely embraced by the Tajo River, which has guarded the Imperial City and has witnessed its history.

10. Cathedral Primada: a perfect example of the central Gothic. It highlights part of its interior decoration with the painting and sculpture of El Transparent (baroque), especially with sunlight.



TOLEDO



11. Alcázar: located on the highest hill in the city, it was a fortified place, from the Roman praetorium and the defence of the Muslim citadel. Today it is the Army Museum.

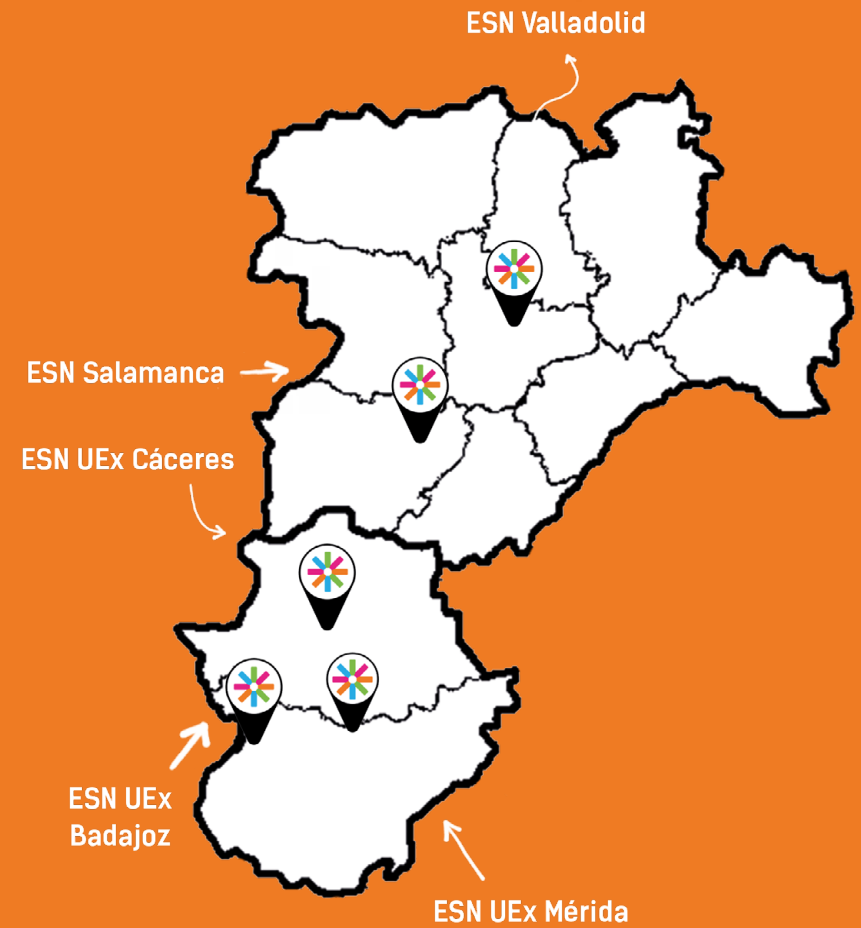
Did you know...

The famous and mysterious painter El Greco developed most of his work in Toledo? Part of his works can be seen in the museums and churches of this city.



*Experiences, anecdotes, pictures,
that museum ticket...
Write or paste everything you want to remember!*

West



History


In Extremadura, you can get to know the Prehistory era thanks to the archaeological sites which flood this region full of megalithic remains, rock art and ancestral caves.


Discover the incredible examples of heritage during the Republic and the Roman Empire and feel like a powerful emperor. Soak up the history in the numerous remains of the Kingdom of the Visigoths and take the opportunity to live the Islamic Extremadura throughout this vast territory.

Cities and towns of great walls, towers, alcazabas, temples, theatres.


www.turismoenextremadura.es


Useful information

 Universidad de Extremadura (UEX) www.uex.es

 Erasmus students per year: 500

 Facebook:
Erasmus Student Network Universidad de Extremadura - ESN UEx
@ESN UEx - Cáceres
@ESN UEx - Badajoz
@ESN UEx - Mérida

 Instagram: @esnuex

 Web: www.esnuex.org

Top 5 pubs

Los Plebes (Cáceres)
Mastropiero (Cáceres)
Crónicas Carnívoras (Badajoz)
Restaurante 39.7 (Badajoz)
Restaurante Nico Jiménez (Mérida)

History

Cáceres

Declared a World Heritage City, Cáceres preserves one of the most impressive monumental complexes in Spain. Walking through the old centre of Cáceres is like travelling back in time to medieval times. The city was finally conquered by Alfonso IX of León on 23rd April 1229 (St. George's Day).

<https://www.turismoextremadura.com/es/explora/Caceres/>

Badajoz

A modern city marked by the passage of different cultures and its status as a border city with Portugal. The oldest part of the city is in the area of the Arab Alcazaba which rises over the Cerro de la Muela, 60 meters above sea level.

www.viajarporextramadura.com

Mérida

Its streets and buildings are a reflection of the passage of Roman, Visigoth, Arab and Christian culture. In 25 B.C. Emperor Octavio Augusto ordered the founding of Colonia Iulia Augusta Emerita, staying next to Guadiana in a strategic place. Today, most of its original Roman monuments are preserved, serving as a great attraction.



Discover Extremadura!



1. Cáceres old town: a walk through the centre will transport you to the Middle Ages between its streets of stone, churches, palaces or towers from the old wall.

2. Plaza Mayor: the meeting point of the “Cacereños”, which gives life to the city. Here you can find the Town Hall and different bars and terraces where you can eat and drink.



3. Aljibe almohade: in the palace of “Las Veletas” you can find this Muslim cistern, one of the biggest and best preserved in the world. It used to supply water to the whole city.

4. Sanctuary “Virgen de la Montaña”: It is located in Sierra de la Mosca, 600 meters high, and it has a virgin from the 17th century.



5. Archaeological Ensemble of Mérida: the city was the capital of the Roman province of Lusitania. For this reason, the city is very important, and it has large buildings such as the theatre, the forum or several temples.

Did you know that...

The first dish of Spanish omelette was made in Extremadura? It dates in a book of 1798, in the book “The potato in Spain: history and agroecology of the Andean tuber”.



You can't miss



6. Badajoz Old Town: This is a tour of a zone declared World Heritage. Here you can see its streets, churches, hermitages and the majestic cathedral, while you discover squares and lovely people.

7. Alcazaba: It is considered one of the most important in Spain. It highlights both its interior in the fortress (oval walled enclosure) as the surrounding gardens.



8. Plaza Alta: it has resurfaced from its ashes after a period of abandonment. During the official party of the city of Badajoz, Almosassa Batalyaws, in September, an Arab market is celebrated.

9. River walk: a perfect walk to enjoy of the sunset next to the Guadiana river, which passes through the city. It is the fourth longest river in the Iberian Peninsula.



10. National Museum of Roman Art: one of the largest archaeology museums. It has one of the most important collections, with pieces dating the history of Spain.

Did you know that...

The world's first vegan ham is from Extremadura? It's 100% vegetable and among its ingredients we can find tofu or oak sawdust.



History

A lively, student city awaits you! Salamanca is always open and willing to welcome new people, offering its culture, gastronomy and the richness of its heritage.

The city itself is World Heritage and has got numerous historical buildings and places - all of them located in the old town, which makes sightseeing only accessible on foot. Sunsets and sunrises are magical moments here. Light transforms both insides and outsides - sunshine makes facades adopt a golden colour and the people who walked through its history become present. The University of Salamanca is the oldest one in Spain.

www.salamanca.es

Useful information:

-  Universidad de Salamanca (USAL) www.usal.es
-  Total number of annual incoming Erasmus: 1000
-  Facebook: Erasmus Student Network Salamanca
-  Instagram: @esnsalamanca
-  Web: www.esnsalamanca.org

Top 5 pubs

- Paniagua
- The Irish Theatre
- Cervantes
- Bambú
- La Malhablada



1. The Cathedrals: the new one was built next to the old one, thus making it the second biggest cathedral in Spain. During its restoration in the 20th century, an astronaut was secretly sculpted.

2. House of Shells: an urban palace that represents the new court nobility in the 16th century. Its facade stands out due to the many shells which adorn it, a symbol of the lady of the house.



3. Main square: of churrigueresque style - famous in this part of Spain, this square becomes the most crowded one during the University's New Year's Eve, where the grape tradition and the 12 strikes of the clock come ahead of time for thousands of students.

4. St. Stephen's Convent: Columbus stayed here during his visit to Salamanca to defend his theory, according to which India was accessible, sailing to the west, in front of the university cartographers.



5. Escuelas Mayores de la Universidad: it was built around a central cloister with galleries open to the auditorium, library and chapel. Its plateresque facade is very well known.

Did you know that...

somewhere in the famous facade of the Escuelas Mayores, a frog on a skull can be spotted? It has become a city symbol and it is said to bring luck to its finders. Will you be able to find it?




History


With approximately 300,000 inhabitants, Valladolid is nowadays the 13^o most populated municipality in Spain. It has 5 different wine certificates of origin (Ribera del Duero among them), which makes it a great place for oenology.

Its University is the second oldest university in Spain. Valladolid was awarded the title of the best-illuminated city in the world by "Rivers of Light". "Pucela" is Valladolid's nickname, and also of its football team, the "Real Valladolid".


King Felipe II, King Charles V's son, was born here in 1527. He is the one who permanently moved the capital of the realm to Madrid.


Useful information

 Universidad de Valladolid (UVA) www.uva.es

 Total number of annual incoming Erasmus: 900

 Facebook: Erasmus Student Network Valladolid

 Instagram: @esnvalladolid

 Web: www.esnvalladolid.org

Top 5 pubs

- La Mejillonera
- La Tasquita
- Los Zagales
- Jero
- El Penicilino



1. Main Square: was the first symmetrical square in Spain, and was a reference to others such as the ones in Salamanca and Madrid. The original square burned down in 1561 due to a fire.

2. Campo Grande: the largest park in the city, there are numerous wild turkeys that are fed and protected by the people from Valladolid.



3. National Museum of Sculpture: Displays one of the best sculpture collections in all Europe, and possibly the best polychromatic woodcarving collection in the continent.

4. St. Pablo Square: according to popular belief, on the day of Prince Felipe II baptism, all his court went out through the window of the Palace headed towards St. Pablo Church, as the main door led to another church, much less appropriate.



5. Cathedral: its construction started in 1589, and it was meant to be the greatest in Europe. It would have been so if it had ever been finished. It was given the nickname of "the unfinished", as it is only 40%-45% finished.

Did you know...

Miguel de Cervantes lived in Valladolid, and his house, where he finished writing "El Quijote", is now a Museum? Quevedo lived in Valladolid too.



*Experiences, anecdotes, pictures,
that museum ticket ...
Write down or stick all you want to remember!*



North



History

The University of Vigo (UVIGO) has different campuses in Vigo, Ourense and Pontevedra. ESN Vigo is present in Vigo and Ourense.

Vigo is one of a kind in Galicia: a perfect blend of a traditional historical settlement and an active city, beach and mountain, innovation and industry.

This singular character is reflected in its streets and neighbourhoods. Vigo is divided into parishes, something unique in Spain. Its development during the 19th and 20th century was so fast that it engulfed small villages nearby without letting them integrate with its urban structure. Ourense is an inland city originally created by the Romans and characterised by its many hot springs. It is the third most inhabited city in Galicia.

Useful information:

-  Universidad de Vigo (UVIGO) www.uvigo.gal
-  Total number of annual incoming Erasmus: 600
-  Facebook: Erasmus Student Network Vigo
-  Instagram: @esnvgigo
-  Web: www.esnvgigo.org

Top 5 pubs

- Bar Brasil
- Carballo
- Peregrinus
- Imperial
- Paparra



1. Rande - The best bench of the world: is said to be the best spot to sit due to its mesmerising views on the Ria of Vigo, the cove of St. Simon and Rande Bridge.

2. Cíes Islands: an incredible maritime-terrestrial National Park, it is one of the most beautiful places in the country. Thus, the Romans gave it the name of "the islands of Gods".



3. Castrelos Park: the biggest urban park in the city. Apart from the pleasure of walking along its paths next to the river Lagares, there is the Pazo Quiñones de Leon Museum.

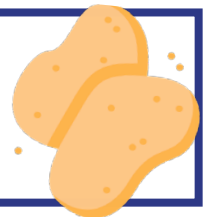
4. Sunset in O Castro: an amazing mountain, next to the core of Vigo, where the first inhabitants settled down. Archaeological sites dating from 3 and 1 B.C. can be visited.



5. As Burgas (Ourense): As Burgas are the most important hot springs in Ourense. They are located in the downtown and their spring water flows at more than 60°C.

Did you know...

In Vigo, on many occasions, locals use their own words, such as the famous "patatillas"? The word refers to chips when eaten while having a drink.




History


Celts, Romans and Phoenicians docked the coast of A Coruña, a city open to the Atlantic Ocean. In the 9th century, it was attacked by Norman pirates. In the Middle Ages the population moved to the Old City.

The English Invincible Armada, led by the pirate Drake, assaulted the city on Queen Elizabeth's orders. The city was bravely defended by its inhabitants, with the heroine María Pita at the head. During the French invasion, it was the only city which put up the resistance. The Battle of Elviña, which took place on the 16th of January 1809 should be highlighted. The 17th and 18th century was marked by the trading activity with America and other Spanish and European harbours.


www.turismocoruna.com


Useful information

 Universidade da Coruña (UDC) www.udc.es

 Total number of annual incoming Erasmus: 600

 Facebook: Erasmus Student Network Coruña

 Instagram: @esncoruna

 Web: www.esncoruna.org

Top 5 pubs

La Bombilla
O'Cuqueiro
Bonilla a la Vista
Cervecería la estrella
The Breen's Tavern

 **ESN**
Erasmus Student Network
Coruña



1. The Tower of Hercules: built by Romans in A.D. 2, is the only working Roman lighthouse in the world, which makes it World Heritage and pride of the city.

2. Marina Avenue: the best place to stroll along the beach. On one of its sides, the boats of the marina can be spotted, while on the other, the water is reflected in the windows of the white facades.



3. Mount St. Peter: its immense canyons will amaze you. They once protected the city from any harm, but now they point towards the horizon so nobody misses the best sunset.

4. Castle of San Anton: a fortress from the 16th century, it currently hosts the Museum of Archaeology and History. From its terrace one can enjoy amazing views of the bay.



5. Maria Pita Square: the nerve centre of the city of Coruña. The city hall is located there, in Maria Pita Palace, named after the heroine fought against the English.

Did you know...

In the city badge, a skull can be spotted under the Tower of Hercules? It is part of the monument's legend and symbolises a giant's head.



History

Both Universities and ESN are present in Oviedo and Gijón, the most important cities in Asturias.

Oviedo was the first Christian capital in Spain. Its founding had all the legendary and epic ingredients of the great cities and heroic deeds. It has kept its monastic and regal impression for a long time and it is still an original reference in The Primitive Way to Santiago, which was founded by King Alfonso II. The City of Arts and Princess of Asturias awards. Pre-Romanesque art, declared World Heritage by UNESCO, contemporary art, sculptures... and an intense cultural life.

www.turismoasturias.es

Useful information:

-  Universidad de Oviedo (UniOvi) www.uniovi.es
-  Total number of annual incoming Erasmus: 400
-  Facebook: Erasmus Student Network Oviedo
-  Instagram: @esnovedo
-  Web: www.esnovedo.org

Top 5 pubs

- Tierrastur
- Metrópolis
- El Pigüeña
- La Tabacalera
- La Buenavida



1. Covadonga Lakes: situated in an environment of spectacular beauty, the Royal Site of Covadonga is an ensemble in which the Saint Cave and Basilica next to the natural lakes stand out.

2. The Buffoons of Pria: this is the name for the natural phenomena which originate from the erosion of the ocean waves and the rain on the limestones, that causes crevices and chimneys that connect the sea and the ground.



3. Lastres: officially holds the title of the most beautiful village in Spain, famous for its indefatigable fishing activity during centuries and its excellent fish and seafood cuisine.

4. Cudillero: it has got its own language: the pixueto, which is exhibited publicly every year in the announcement of the L'Amuravela, a piece which narrates with irony and humour the events occurred during the year.



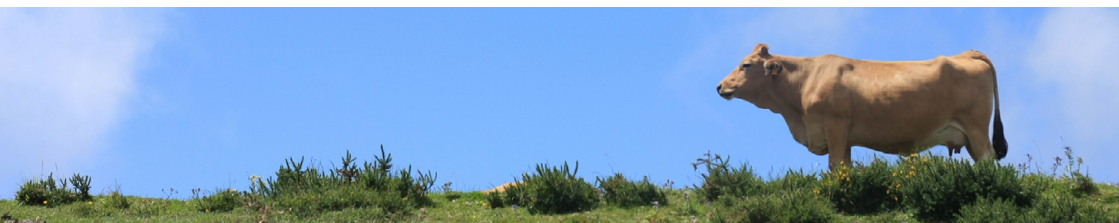
5. Campa Torres: formerly inhabited by Romans, the natural and archaeological park of Campa Torres is located in the council of Gijón, next to the coast, and covers 50,000m².

Did you know...

Cider has been drunk since 60 B.C.? It is poured so that fizz is generated and acetic acid eliminated



Discounts with your ESNcard



History


The history of Santander is of a city on the coast. Romans and Christians are the source of its origin, establishing the Four Sea Villes, next to San Vicente, Laredo and Castro Urdiales. In its shipyards, the boats which form the fleet of the Kingdom of Castile were built. An outstanding triumph of the navy of Santander was the taking of Seville in 1248.


Throughout many years, Santander underwent the effects of depopulation and plague. Fortunately, the opening of the way of Reinosa in 1753 triggered an important trade of Castilian wool and flour. Concurrently, the burg experienced an institutional change and in 1801 it became the capital of the region.


www.turismo.santander.es


Useful information

 Universidad de Cantabria (UC) www.uc.es

 Total number of annual incoming Erasmus: 650

 Facebook: Erasmus Student Network Santander

 Instagram: @esn_santander

 Web: www.esnsantander.org

Top 6 pubs

- La Rana Verde
- Mercado del este
- Dorian
- Kudeta
- La Gallofa
- Jekyll



1. Potes: a flat territory surrounded by mountains where the mighty houses of Mendoza and Manrique had their medieval fights. It is also known as the “village of the bridges and towers”.

2. Santillana del Mar: one of the places with more historical-artistic value in Spain. Also known as “the three-lies village”, as it is not “saint”, nor “flat”, and it has not got a “sea”.



3. Santander bay: you may stroll through the bay, looking at the harbour, the monument to wreckers, the Botin centre, the headquarters of Santander Bank and end up at the Cathedral.

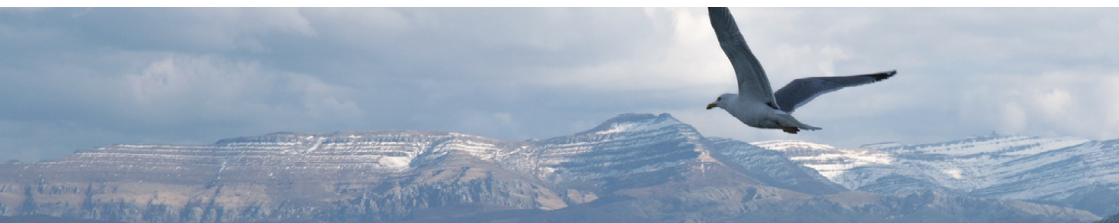
4. Magdalena Palace: films and tv series were filmed here. It is located in a small peninsula surrounded by nature, hills and you can even find a mini zoo!



5. Carbarceno Park: one of the largest zoos in natural reserves, it makes the most out of its natural resources and an old copper mine in its mountain.

Did you know...

There is the so-called Bikini Beach in Santander, named after the foreign ladies that wore bikinis there before it existed in Spain?



History


Bilbao is nowadays an urban reference well known all over the globe, as its vanguard is based on the integration and respect to its industrial past.


Vitoria is kind and comfortable, suitable for living due to its short distances. This includes the so-called Green Ring, a city perimeter made of six vast parks which can be walked or travelled by bicycle.

As soon as you arrive at San Sebastian, the Beach of “La Concha” is the perfect place to go for a bath or a stroll along its shores, even during winter.


www.turismo.euskadi.eus


Useful information

 Universidad del País Vasco (UPV/EHU) www.ehu.eus

 Total number of annual incoming Erasmus: 1700

 Facebook:
Erasmus Student
Network Bilbao

 Instagram: @esnbilbao

 Web:
www.esnbilbao.org

Top 5 pubs

Bares de la calle Somera
Pintxos en la calle Ledesma
Pastelería Zuricalday
Kafe Antzokia
Bar Marzana

 **ESN**
Erasmus Student Network
Bilbao



1. Guggenheim Museum: the most famous touristic attraction in Bilbao. Designed by Frank Gehry, this museum not only displays hundreds of artworks but is a one itself.

2. Historical centre: also known as “Siete Calles” (Seven Streets), it is the original core of the city. Some of the best pintxos in the city can be found here all together with old, traditional and even modern shops.



3. Azkuna Zentroa: the former Alhondiga, a wine store reformed into a culture and leisure centre. It has got 43 different columns and numerous facilities such as a library and a swimming pool.

4. La Ribera Market: Europe’s largest indoor market, with 10,000 m² and dates back to 1929. It has got a wide selection of all kinds of groceries, most of them typical of the region.



5. San Mamés Barria: substitutes Athletic Club Bilbao’s old stadium, San Mames. It was proclaimed the best sports building of new construction in 2015.

Did you know...

Vitoria has got 42m² of green space per inhabitant, which granted it the title of Green Capital in 2012?
There is a square in San Sebastian where lampposts recreate the constellation of Ursa Major?



Donostia-San Sebastián

Vitoria-Gasteiz



1. Beach of “La Concha”: one of the most touristic places in the city. The charm of this bay is unique, as it offers very singular views (Saint Clara, the Wind’s Comb, the city hall and the harbour).

2. Historical centre and harbour: despite being somewhat crowded, its streets are a good place to wander and stroll towards the harbour to see fishermen’s old houses.



3. The Wind’s Comb (Peine de Viento): a sculpture made by Eduardo Chillida, placed in the promenade designed by Peña Ganchegui. When the sea is somewhat turbulent, small geysers can be spotted at the end of the promenade.

4. Urgull mount: next to the Castle of la Mota, it provides one of the best views of the bay. Going up through San Telmo square and down towards the harbour, crossing the “Batería de las Damas” is highly recommended.



5. Zurriola Beach and Kursaal Bridge: from them you can see a modern Donostia. On the beach, the youngest atmosphere can be found, since surfers take over the most part of it.

Top 5 pubs

Quebec krep herria
Juantxo
Heladeria Bulevard
Pintxos parte vieja
Daba daba



Facebook:
Erasmus Student Network
B. San Sebastián



Instagram: @esnsansebastian



1. La Virgen Blanca: this square is the core of the city and where all the central streets converge. Above, there is the city’s patron Virgin who gives her name to the square.

2. Saint Mary cathedral: its construction began in the 13th century as a part of the wall. The Old Cathedral is characterised for having witnessed all the history of Vitoria-Gasteiz.



3. Salburua Park: part of the Green Ring, it is a wetland complex with a path for walking or riding and multiple observation points for the varied fauna and flora.

4. The New Cathedral: a cathedral of towering proportions, located in the city centre. It was built in the 20th century, and the Sacred Art Diocesan Museum can be found in its nave.



5. BIBAT Museum Complex: englobes the Fournier Museum of Naipes, located in the Bendaña Palace, and the Archaeological Museum in the new annexed building by Patxi Mangado.



Facebook:
Erasmus Student Network
B. Vitoria-Gasteiz



Instagram: @esnvtoria

Top 5 pubs

Bar Txapeldun
El Siete
Asador Sagartoki
Bar Toloño
Cafe Bar Vital



*Experiences, anecdotes, pictures,
that museum ticket ...
Write down or stick everything that you want to remember!*

*Your Erasmus experience
doesn't end here*



Erasmus Student Network
Spain

**Once Erasmus,
always Erasmus.**