Important Names & Addresses

In the United States
Learning Abroad Center University of Minnesota
230 Heller Hall
271 19th Ave. S.
Minneapolis, MN 55455-0430
Phone: 612.626.9000
Toll Free: 888.700.UOFM
Fax: 612.626.8009
Email: UMabroad@umn.edu
Website: UMabroad.umn.edu

Holly Zimmerman LeVoir, Program Director
zimme001@umn.edu

In case of emergency, contact the Learning Abroad Center at 612.626.9000 at any time. If it is after business hours, there will be a recording giving you a number to call. The Learning Abroad Center has someone on call to deal with emergencies and can contact the on-site director if needed.

In Spain
Fundacion Ortega-Marañón
Paseo del General Martínez Campos, 14–16
28010 Madrid, Spain
Phone: +34 917004144

Rosa Almoguera, Academic Director

Please make copies of this page to give to family and friends.

Know Before You Go
Before you leave the country, make sure that you have read and understood the information in your Confirmation Checklist, the Health & Safety Online Orientation (available in your orientation checklist), and the Learning Abroad Center’s policies (UMabroad.umn.edu/students/policies). These materials will guide you on a safe and successful learning abroad experience.

Friends & Family Resources
Valuable resources for your friends and family members can be found at UMabroad.umn.edu/parents. Topics such as health and safety, program prices, logistics, and travel are discussed.

Program Health & Safety
Program health and safety information is available at http://global.umn.edu/gosafe/index.html.
## Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Important Names &amp; Addresses</td>
<td>2</td>
</tr>
<tr>
<td>Know Before You Go</td>
<td>2</td>
</tr>
<tr>
<td>Friends &amp; Family Resources</td>
<td>2</td>
</tr>
<tr>
<td>Introduction</td>
<td>4</td>
</tr>
<tr>
<td>Preparation &amp; Planning</td>
<td>4</td>
</tr>
<tr>
<td>Documents</td>
<td>4</td>
</tr>
<tr>
<td>Packing</td>
<td>4</td>
</tr>
<tr>
<td>Health &amp; Safety</td>
<td>5</td>
</tr>
<tr>
<td>Health</td>
<td>5</td>
</tr>
<tr>
<td>Personal Safety</td>
<td>5</td>
</tr>
<tr>
<td>Relationships</td>
<td>5</td>
</tr>
<tr>
<td>Drug Use</td>
<td>6</td>
</tr>
<tr>
<td>Health Insurance</td>
<td>6</td>
</tr>
<tr>
<td>Emergency Procedures</td>
<td>6</td>
</tr>
<tr>
<td>Considerations during Planning</td>
<td>6</td>
</tr>
<tr>
<td>Arrival Logistics</td>
<td>7</td>
</tr>
<tr>
<td>Practical &amp; Program Information</td>
<td>7</td>
</tr>
<tr>
<td>On-Site Support</td>
<td>7</td>
</tr>
<tr>
<td>Accommodations</td>
<td>7</td>
</tr>
<tr>
<td>Money Matters</td>
<td>8</td>
</tr>
<tr>
<td>Communication</td>
<td>8</td>
</tr>
<tr>
<td>Travel</td>
<td>9</td>
</tr>
<tr>
<td>FERPA</td>
<td>10</td>
</tr>
<tr>
<td>Academics</td>
<td>10</td>
</tr>
<tr>
<td>Registration through the</td>
<td></td>
</tr>
<tr>
<td>University of Minnesota</td>
<td>10</td>
</tr>
<tr>
<td>Coursework</td>
<td>11</td>
</tr>
<tr>
<td>Books &amp; Materials</td>
<td>11</td>
</tr>
<tr>
<td>Grades &amp; Transcripts</td>
<td>11</td>
</tr>
<tr>
<td>Student Grievances</td>
<td>11</td>
</tr>
<tr>
<td>Life in Spain</td>
<td>12</td>
</tr>
<tr>
<td>Introduction to Spain</td>
<td>12</td>
</tr>
<tr>
<td>Geography &amp; Climate</td>
<td>12</td>
</tr>
<tr>
<td>Language</td>
<td>12</td>
</tr>
<tr>
<td>Meals</td>
<td>13</td>
</tr>
<tr>
<td>Social &amp; Cultural Adjustments</td>
<td>14</td>
</tr>
<tr>
<td>Coming Home</td>
<td>14</td>
</tr>
<tr>
<td>Reverse Culture Shock</td>
<td>14</td>
</tr>
<tr>
<td>Cultural Adjustment</td>
<td>15</td>
</tr>
<tr>
<td>The On-Site Experience</td>
<td>15</td>
</tr>
<tr>
<td>Appendix</td>
<td>16</td>
</tr>
<tr>
<td>Packing</td>
<td>16</td>
</tr>
<tr>
<td>Gift Ideas</td>
<td>16</td>
</tr>
</tbody>
</table>
Introduction

The Psychology & Research in Madrid program provides students with the opportunity to study psychology and conduct research in a Spanish context.

There are many similarities between Spain and the United States, but in many ways Spanish society and culture are not like our own. Although some differences may seem obvious, it is important to prepare yourself for your upcoming experience by reading this information carefully and by preparing for unexpected differences in the new culture. While the program can provide support for you on site, the ultimate success of your experience abroad depends on your ability and commitment to make the most of the encounter and to successfully adjust to the changes you will meet.

The following information is intended to help get you ready for your upcoming experience by acquainting you with certain customs and aspects of Spanish life, which may not be familiar to you. It also addresses academic issues and considerations at your home institution. It is recommended that you take this handbook with you to Spain because it contains information which will be useful before, during, and after your stay in Madrid. Take into consideration that this handbook is not comprehensive. We encourage you to read other sources of information available concerning Spain and Madrid.

To help you along the way, the Learning Abroad Center provides a full range of services from preliminary program advising to assistance with re-entry. As you read through this guide, do not hesitate to contact the Learning Abroad Center or your local institutional study abroad adviser with any questions you may have.

¡Buena suerte!

Preparation & Planning

Documents

Passport

A passport is required to enter Spain. By now you should already have a passport, and it should be valid for the full duration of your stay abroad. If it is due to expire within this period, you should obtain a new one. If your passport is lost or stolen, contact the American Embassy in Madrid:

Calle Serrano 75
Phone: 91-587-2200
http://madrid.usembassy.gov

Make a copy of your passport and keep it in a safe place separate from your actual passport.

Power of Attorney

We strongly encourage you to designate someone as your Power of Attorney while you are abroad. Your Power of Attorney can act as your legal representative in a number of situations. Review the information on the website at: UMabroad.umn.edu/students/policies/finances/powerofattorney.

Your Address

In order to ensure that all official communication and billing information is sent to the correct address while you are abroad, check your official contact information prior to departure. Visit www.onestop.umn.edu to verify that the information is correct. If your contact information changes, you must notify the Learning Abroad Center.

Packing

Experienced travelers suggest that you bring half as much luggage as you think you will need. Consider airline baggage weight restrictions. Contact your airline or travel agent for specific information. You will be responsible for physically managing your own luggage at all times, including excursions and transport between the airport and the program site.

We recommend that you check one suitcase and bring a carry-on bag with essential and expensive items such as any medication, electronic items, an extra set of clothes in case your luggage is lost or delayed, and a copy of this program handbook with important phone numbers.

You will need to bring clothing for a range of temperatures. The weather in Madrid can get fairly cold at night, so bring clothing for cooler weather as well. See the Geography & Climate section of this handbook for weather details.

A packing list is included in the appendix of this program handbook.
Electricity

Electrical current runs on a different system in Spain. Their system uses 220–250 volts, while the American system uses 110. Without the use of a converter, your appliance will burn out in a matter of seconds. Besides the converter, you will need an outlet plug adapter (which can be purchased inexpensively in Madrid). The best solution is to bring necessities only, since most types of appliances can be purchased in Spain.

Health & Safety

Health

All participants are required to complete the Health Information form located on your confirmation checklist. This information is used to advise the on-site staff in making any necessary preparations. If there is any further information regarding your health that you would like to share with the program staff, please contact the Learning Abroad Center.

Bring all necessary prescription medications with you. You should carry a sufficient supply of prescription medications to last for the duration of your stay abroad, and carry a list of the generic names of all of your prescription medication. If you are bringing a large quantity of medication with you, you should also have a statement from your physician explaining the purpose of the medication, and all medication should be kept in its original bottles. Keep in mind that it is illegal to ship medication overseas, and any packages that are held at customs abroad will require payment of a high import tax before they are released.

No vaccinations are necessary to enter Spain. If you plan on traveling to forests or rural areas in Spain and Europe, check out the Center for Disease Control website, www.cdc.gov, for more information on vaccinations. You can also receive vaccinations in Spain.

Eat and drink lightly for several days until your system has had a chance to adjust to changes in climate and food. Adjusting to a new diet often causes mild intestinal upsets or diarrhea.

If you would like to meet with the doctor or if you have any health issues while in Spain, do not hesitate to speak with the on-site staff. They can assist you with being seen.

Personal Safety

As in most large cities, safety should always be a concern for students. However, Madrid is relatively safe as long as you know which areas to avoid. During the on-site orientation, the staff at the Fundación will give you a rundown of the city and advise you on where and where not to go.

Petty theft is very common in Spain. At least one student each term has their wallet stolen and many past participants have had digital cameras stolen. If you go out at night, leave valuable items at home. iPhones are a hot commodity in Spain. Use caution when walking around with expensive items in hand.

Relationships

For many of you, your stay in Spain will be your first time out of the US. You may have the opportunity to make some very good Spanish friends. These types of strong friendships are encouraged and can lead to eventual future exchanges between you and your newfound friends. Nevertheless, please keep a few words of caution in mind:

Be careful of persons wanting to make your acquaintance very quickly, since they may have an ulterior motive. Meet people in public places during the day, preferably with a friend or two of yours. Do not give out your host family's phone number or address freely because this can lead to problems for you and your host family. Agree to meet people at a specific time and place.

Americans are easy to identify in Spain. We look and dress differently from Spaniards, speak loudly in groups, carry backpacks, and wear tennis shoes, and the American accent is unmistakable. Since some people you run into might see all Americans as being as rich like those on TV, an occasion might arise where someone may want to become friends with you in order to obtain, in one form or another, your money or your passport. Use common sense and be cautious.

Entering into a relationship overseas should be approached with the same precautions as at home. It can be very tempting to be charmed by the idea of a once-in-a-lifetime European romance, but you should consider any relationship carefully, particularly when you are overseas. There are different cultural values and rules regarding dating and relationships. Proceed cautiously, realizing that you are only in the country for a short period of time.

Many female participants are flattered by the masculine attention that they receive in Spain. However, any individual should proceed with caution with any relationship and only enter into a close relationship after knowing the partner for a sustained period of time. American women are often placed in the stereotype of being an easy sexual partner, and each year women find themselves in difficult situations because they were not cautious. It is best to just ignore them rather than encourage their actions.

Do NOT go home with someone you do not know well, especially if you have been drinking. The concept of “date rape” is almost unheard of in Spain and the general feeling is that if a female goes home with a man, then she is willing to sleep with him, regardless of whether or not she says “no.”
Please be aware that in any type of relationship, whether heterosexual, bisexual, or homosexual, you could end up with a sexually transmitted disease, AIDS, and/or pregnancy. This is not meant as a scare tactic but rather as a way for you to realize that it can and has happened. Be sure that you know the person very well before developing a more intimate relationship and always ensure that you both take necessary precautions.

Drug Use

The Learning Abroad Center has a very strong “no tolerance” policy on drug use in Spain. If you use drugs while there, you will be expelled from the program, all credit will be lost, and there will be no refund of any kind. It is extremely dangerous for an American in Spain to be caught with drugs. If you are at a party where drugs are being used you should leave immediately. If the police arrive, more than likely the only people to be arrested will be the Americans and there will be nothing we can do to help you. Students who say “I know my rights” are sadly mistaken. You leave all of your rights as a US citizen when you cross the border and you are subject to the laws and “rights” of Spain. Do not take that kind of risk.

Health Insurance

All students enrolled at the University of Minnesota are required to have US health insurance. This includes students registered for education abroad. For more details and specific process information for students with University of Minnesota Student Health Insurance through the Student Health Benefits Office, visit the Learning Abroad Center’s US Insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance/ushealthinsurancerequirement.

In addition to your US health insurance, the University has contracted with Cultural Insurance Services International (CISI) to provide comprehensive international travel, health, and security insurance. This coverage is mandatory for all students and included in the program fee. You are covered by CISI only for the dates of the program. If you plan to travel before or after your program you should extend your CISI coverage or purchase your own insurance.

CISI does not include any preventive care, and individuals are advised to consult their medical providers for any check-ups or preventive care prior to departure.

Your CISI card and insurance policy will be emailed directly to you. Carry the card with you at all times. If you have any questions or need additional information about CISI, visit the Learning Abroad Center’s insurance webpage: UMabroad.umn.edu/students/healthsafety/intlhealthinsurance.

Emergency Procedures

In case of an emergency, the Learning Abroad Center will be in close contact with the on-site staff at the Fundación who will seek advice from the United States Embassy or Consulate.

Review the US Department of State’s website for detailed information on Emergency Assistance to American Citizens Abroad: http://travel.state.gov/travel/tips/emergencies/emergencies_1212.html.

Considerations during Planning

Gay, Lesbian, Bisexual, & Transgender Issues

Attitudes toward sexuality vary greatly from country to country. Some cultures are open about homosexuality, and strong gay communities exist in many cities. However, some cultures and peoples are intolerant of different sexual preferences, and strict taboos or laws against such relationships may exist. We encourage you to find out how different sexual preferences are viewed overseas and where your support may exist, so that your time overseas can be as enriching as possible. As part of your preparation, you may wish to consult travel guides, web resources, and past participants for more information on gay, lesbian, bisexual, and transgender issues in Spain.

For additional resources, you can contact the Office for Equity and Diversity at http://diversity.umn.edu.

Students of Color

You may wish to consult the resources available at the Learning Abroad Center on issues related to students of color and learning abroad. Also, program-specific material may include information more specific to the host culture. If you have questions about the country in which you will be studying, do not hesitate to contact a Learning Abroad Center staff member.

For additional resources, you can contact the Office for Equity and Diversity at http://diversity.umn.edu.

Students with Disabilities

Many of the disability accommodations or services that are provided at US universities may be different or unavailable overseas. Being in a new environment can also be stressful, and accommodations that you may not have needed at home may become necessary in an unfamiliar setting. Participants with any kind of disability, whether hidden or visible, should contact the Learning Abroad Center in advance to discuss their particular needs.
Arrival Logistics

One of the on-site program coordinators will meet you at Madrid Barajas International Airport, Terminal 4, Gate 10/11, on the day of your arrival (until 1 p.m.). If your flight arrives at a different terminal, there is a free shuttle bus you can take to Terminal 4. You will get settled and rest before having orientation the following day.

If your flight arrives after 1 p.m., make your way directly to your housing upon arrival. You will receive more specific instructions closer to departure.

If you arrive before the official start date, you will be responsible for making your own housing arrangements.

Practical & Program Information

On-Site Support
The program is offered in collaboration with the Fundación Ortega-Marañón. The Fundación building includes classrooms, a library, a garden, a computer lab, and a student lounge.

Accommodations
You can choose to live with a host family or in a local residence hall.

Homestay
For many people, living with a family is one of the best parts of their experience while in Spain. You will have a firsthand look at Spanish culture and society and a wonderful opportunity to be immersed in the Spanish language. Your family can become a way for you to meet other Spaniards. Keep in mind that families in Spain can be as diverse as families in the US. Every family will be different. More than likely you will be living in an apartment because single-family houses are not as common in Europe. You will have your own room and private space where you will be able to study. Living with a family is what you make of it. But sometimes, people are just not compatible. When frustrations or concerns arise, the on-site staff is there to help you, and can even arrange a new family if necessary. Many students make lifelong ties to their Spanish families. As with using the bus, subway, and many other facets of your new life in Spain, it will take a little while to become accustomed to the changes, but if you are flexible it will soon feel like you have been doing it your whole life.

You will be provided two meals a day with your family—breakfast and the evening meal. Due to your class schedule, sometimes it is difficult to eat the midday meal at your house. If this is the case, there are many places close to the Fundación to buy a salad or sandwich. Remember to tell your host family that you will not be home so that they are not waiting for your arrival. One of the best parts of living with a family is that you will have authentic Spanish meals. Be honest about your likes and dislikes, but also be prepared to adjust to the diet of your family. Be adventuresome and try new dishes. You may be surprised at the new dishes for which you will acquire a taste.

Day to day living arrangements will be different with each family. For example, the host mother may do your laundry, or you will do it in the house, or you may go to a laundromat. Bedding and towels will be provided but you may want to bring one towel for traveling. You will also be able to use household items such as the iron, stove, refrigerator, etc. Make sure that you ask before using anything, especially before you have established a comfortable pattern of everyday interaction. It is better to be more courteous than might seem necessary.
Residence Hall
You may also choose to live at the Colegio Mayor Santa María del Estudiante residence hall, which includes three meals per day (breakfast and dinner). You will share a room with another program participant. The rooms include a wardrobe, desk, chair, bookcase, cable, and Wi-Fi. At the residence hall, there are study rooms, a cafeteria, a fitness area, a swimming pool, a leisure/activity room, access to laundry facilities, and weekly maid service. This option offers convenience and flexibility to come and go as you please.

Money Matters
The official currency in Spain is the euro (EUR or €). Euro bills are available in 5, 10, 20, 50, 100, 200, and 500 euro denominations. Coins are available in 1, 2, 5, 10, 20, and 50 euro cents, and 1 and 2 euro denominations.

Check out www.oanda.com/convert/classic for the latest information on exchange rates.

Personal spending habits vary too greatly to state exactly how much it will cost to live in Spain. The amount of money that is generally spent during one semester including some travel varies anywhere from $1,000 to $3,000. This amount depends on three main factors: your personal spending habits, the amount of traveling you plan to do, and the value of the dollar. You should also keep in mind the amount of money you plan to spend on gifts for yourself, family, and friends. Many former students state that their one regret was not taking enough money with them to take advantage of the opportunities that came up. Most students should figure that they will be spending more than they would if they stayed on their home campuses.

Be careful with your money, especially when traveling in other cities like Seville and Barcelona. Pickpockets do exist in Spain and generally hit when you are in a crowd. Another common place to lose money to thieves is on trains when traveling at night. Be careful to sleep with valuables close at hand. A money belt is a good idea when traveling. You should not carry your passport with you unless you are planning to cash traveler’s checks or are going to be staying overnight in a hotel.

What to Bring
We recommend you bring the following with you to Spain:

• Cash
• A debit/ATM card for regular use
• A credit card for larger purchases and in case of emergency
Debit cards and credit cards should have a chip and PIN.

Cash
In Minnesota you can exchange money at major banks, at the Twin Cities airport, or any major airport in the US. You can also withdraw euros directly from an ATM upon arrival at the Madrid airport.

Each time you withdraw cash, you incur ATM fees. To avoid being charged multiple fees, we recommend withdrawing larger amounts of cash at once. Keep most of your cash hidden in a safe place in your housing and only carry small amounts with you at any given time.

Expect to pay cash in bars and gift shops. Many small stores do not accept credit cards.

Debit Card
One of the easiest and least expensive means of obtaining money is at an ATM machine. If you have a debit card this money can come directly out of your bank account and you won’t have to pay interest as you will with a credit card. This is very convenient because you don’t have to worry about bank hours, you won’t have to pay the commission for converting your money, and ATM machines are everywhere in Spain. The drawback is that if you have a problem with your debit card’s magnetic strip, as frequently happens, or your card is lost, you will have to wait for another card to be sent to you. This problem can be avoided by having a back-up method. If you choose to get a debit card it should be on the Cirrus or Plus networks and you will need a personal identification number (PIN). Make sure that your PIN is a numerical code with only four digits. ATMs in Spain do not have letters or have them in a different order than ATMs in the US and won’t accept more than four digits. Contact your bank for information on obtaining a card or to find out if your card can be used internationally (University of Minnesota TCF ID cards will work to withdraw money as long as you have a four number code).

Notify your bank that you will be using your card abroad to avoid having your account frozen. You will also want to check with your bank about ATM fees.

Credit Card
A credit card is a good resource for emergency situations and larger purchases. Most credit card companies allow users to access account information and pay their bills online.

Notify the credit card company that you will be using your card abroad to avoid having your account frozen. You will also want to ask about conversion and other fees associated with using your card in another country.

Communication

Communicating with Your Family
You may not be able to call home immediately upon arrival at the airport, since this may be too inconvenient, complex, or difficult. Share this reality with your family before departure.

One of the easiest ways to stay in touch with your family and friends is through Skype or Google chat. Have your family
and friends set up accounts prior to your departure so that
you are easily able to contact each other shortly after your
arrival and throughout your time on the program.

A number of free smartphone apps allow you to text for
free. Viber and WhatsApp are two popular apps that past
participants have used and recommend.

During certain phases of adjustment, your friends and family
should be prepared to receive calls or correspondence in which
you complain and talk about how frustrating everything is in
the host country. While these feelings are normal and should
be taken seriously, students abroad tend to call and email when
things are not going so well and do not call or email when things
are going well. Share the many new and exciting experiences you
are having as well—the honest, balanced report.

Wi-Fi
Host families are required to provide Wi-Fi for program
participants. The Fundación has wireless Internet access
throughout the building. On-site staff encourage you to
bring a laptop.

Social Media
Not all countries share the same laws about freedom of
expression that we have in the US. Students should keep in
mind that derogatory comments, especially on social media,
can result in legal claims and have extended legal implications
even after a student has returned to the United States.

Cell Phones—Required
All program participants are required to have a cell phone
to ensure that they can be reached in case of emergency. The
on-site staff can provide information about purchasing a cell
phone in Madrid. You may rent or purchase cell phones in
Spain for approximately $100 US. To place calls you will
additionally have to purchase minutes for your phone. In
Spain, you only pay for the phone calls you make and text
messages you send—not for the ones that you receive. If
friends or family call you from the US, you do not need to
have minutes on your phone in order to receive the call and
you will not be billed for the call. If you wish to bring your
own cell phone from the US, contact your cell phone company
to check on fees and to verify that your phone will function in
Spain. It can be very expensive to use your US cell phone in
Spain.

Telephone
Students should not plan to call home immediately upon
arrival in Madrid and should not set this expectation with
family and friends. You may be able to email home more
easily during the first day or two of the program.

Spain is six or seven hours ahead of Minnesota (depending
on daylight saving time in each country—visit www.
timeanddate.com to check current time) and the best time
for someone to call would be during the lunch or supper
hours in Spain (2–3 p.m. or 9–10 p.m.) when most students
are there and not in class.

At Your Homestay
In most homes you may not have access to their phone to
make outgoing international calls. There are two main reasons
for this: first, phone calls are very expensive in Spain and,
second, there have been cases of families being charged for
long distance phone calls even when a calling card was used.
Landline to landline phone calls are free only in Spain.

Public Payphones
Telefónicas are places where your calls are placed for you
allowing you to pay with cash, calling cards, or a credit card.
This also lets you place calls without worrying about exact
change. When using pay phones, be sure to have enough
coins on hand. The coins are lined up on the phone and are
automatically dropped as needed. If you do not have enough
coins for the call, you will be cut off in the middle of your
collection.

Mail
Do not have mail sent directly to your host family. Mail can
be sent to you at the following address:

Your Name
Fundación Ortega-Marañón
Calle Fortuny 53
28010 Madrid, Spain

Mail that arrives after the end of the program will be
returned to the sender, since the post office does not forward
international mail. Mail from Spain to the US usually takes a
week to ten days. Mail to Spain may take from one to three
weeks for delivery. Packages mailed to the US by surface mail
will take six to eight weeks.

Travel
We encourage you to find a balance between studying,
exploring Madrid, spending time with your host family and/
or local friends, and traveling on weekends. Students who
travel every weekend often do not perform as well in their
classes and spend significantly more money than students who
tavel less frequently. The on-site staff can offer advice and
resources for students planning independent travel.

Discounted Travel
Students who are planning on traveling extensively in Spain
or elsewhere should investigate the availability of student
discounts before purchasing tickets. There are a number of
train passes that can be purchased in the US. Eurail has one-
month and two-month passes as well as “Flexi-passes.” You
cannot buy these passes in Spain. For more information, visit [www.raileurope.com](http://www.raileurope.com). There are also many student travel options once you arrive in Spain, and local travel agencies there can assist you in everything from bus to train to air travel.

The European Youth Card (Carnet Joven Comunidad de Madrid) costs 4€ and gets you discounts on bus travel between Madrid and other cities in Spain, as well as discounted travel on the AVE (fast train). The on-site staff will assist you in getting this card. Ask about discounts frequently as you are traveling. Students under the age of 26 are eligible for many discounts at various attractions throughout Europe.

### Trains

Trains can be a cheap way of traveling, and they can take you just about anywhere in the country. There are many bullet trains, called the AVE. Reservations are recommended. Buses are also popular modes of transportation throughout Spain and are usually faster and cheaper than trains. Luxury buses are also available and can make a trip very pleasant with big seats, stereo music, and movies.

### Driving and Renting Vehicles Abroad

It is against University and Learning Abroad Center policy to drive or rent motor vehicles (including motorcycles or motorcycles) while a participant on a Learning Abroad Center program. These limitations extend from the start date to the end date of your program and are put in place for your safety and security. Traffic accidents are the leading cause of injury and death of students abroad.

### Accommodations during Your Travels

Hotels, hostels, and pensiones are controlled by the government and are all rated on a star system with a five-star hotel being the highest class. There is a difference between a three-star hostel and a three-star hotel, since hotels are usually more expensive than hostels. Bring your passport (not a copy) when traveling. It is required when checking into hotels and hostels.

There are approximately 90 youth hostels in Spain. Many are only open from mid-July to mid-September. Places with “hostal” written above the door are not the same as the youth hostel.

Except in popular resort areas, hotels are much cheaper in Spain than in the rest of Europe. Prices are displayed in each room. It is advisable to ask to see a room before you decide to rent it, since they vary greatly in quality.

Students may want to consider purchasing an International Student Identity Card (ISIC) for use in Spain. With your ISIC card you can gain discounted entry into places such as museums and theaters. You can also use this card to prove your student status. In some locations, your home university ID card may not be accepted. An ISIC can be purchased in Spain, often for less than the cost of a card in the US.

### Travel after the Program Ends

You should not plan to leave extra luggage at the Fundación or with your host family while traveling unless special arrangements have been made on site.

### FERPA

It is important to be aware that the Learning Abroad Center and the Office of Student Finance, in compliance with the Federal Family Education Rights and Privacy Act of 1974 (FERPA) and Regents policy, cannot share financial information with a third party (including parents, spouse, guardians, etc.) without your written permission. You can download a Student Information Release Authorization at [www.onestop.umn.edu](http://www.onestop.umn.edu). Complete the form and send it to OneStop Student Services, 200 Fraser Hall, 106 Pleasant St. SE, Minneapolis, MN 55455. The Learning Abroad Center must receive a copy of a notarized Power of Attorney form in order to share any program-specific information.

### Academics

All students should carefully read through and understand the academic policies described on the Learning Abroad Center website at [UMabroad.umn.edu/students/policies/academic-policies](http://UMabroad.umn.edu/students/policies/academic-policies). These policies cover registration, grading, credit, transcripts, petitions, and forms.

### Registration through the University of Minnesota

**University of Minnesota Twin Cities Students**

Before registering you should meet with your academic adviser(s) to discuss the courses you plan to take and complete the Academic Planning for Study Abroad form.

All University of Minnesota Twin Cities students will be responsible for registering themselves using the University of Minnesota online registration system.

Prior to departure, you will receive an email with all the necessary information for registration. Do not look for your class number to appear on the class list on Onestop. The numbers you need for registration can only be obtained from the Learning Abroad Center. If you register for a course that is listed online, you have registered for the wrong course and may be subject to tuition charges.

Complete your registration no later than two weeks prior to the start of the term during which you will be studying abroad. Check online for holds or required registration approvals that would prevent you from registering for classes.
and clear them before the registration date. The Learning Abroad Center cannot remove holds on student accounts. Failure to complete registration may result in late registration fees and may delay or prevent financial aid disbursement.

If you do not register for study abroad, your grades cannot be processed. Failure to register before departing for study abroad may result in no credit for your study abroad program.

UM System Students
Students from the University of Minnesota Morris, Crookston, Rochester, or Duluth will be registered on their home campus. Contact your study abroad office to verify you are enrolled for study abroad.

Coursework
All academic program courses take place on site at the Fundación Ortega-Marañón.

Classes are held Monday through Friday.

All students will take MADR 3018 Introduction to Biological Psychology (3 credits) and MADR 4901 Research Laboratory in Psychology (3 credits) for a total of 6 credits.

Introduction to Biological Psychology
The course begins with brief overviews of the structure of the central nervous system, basic principles of nervous conduction and synaptic transmission, neurotransmitter systems, and basic techniques used in biological psychology research. We will then review current knowledge on the biological substrates of a range of behaviors and mental processes, including memory, emotion, and sleep. The course will also examine the biological basis of a variety of neuropsychological disorders and forms of mental illness, including addiction, depression, and anxiety.

The course is designed to convey the ways in which current approaches are directed towards a better understanding of the biological basis of psychological states and treating mental illness. During the course, you should become comfortable with the basic details of brain function and gain a general understanding of the biology of behavior, mental states, and mental illness. You should also begin to develop the skills to understand techniques and evaluate results of neurobiological and behavioral experiments.

Research Laboratory in Psychology
The Research Laboratory in Psychology course will offer students the opportunity to be involved in psychological research taking place in a laboratory, institute, medical facility or community setting. Under the direction of a research investigator, students will participate in various stages of the research process: developing questions about behavior, designing experimental methods for answering those questions, collecting data from research participants, analyzing and interpreting the results, and communicating these results. Activities of the students may include recruiting and/or debriefing study participants; collecting, coding, entering, and/or analyzing data; securing literature sources; and participating in lab meetings. This course will include time at the research site as well as preparing for and debriefing experiences in the classroom.

Books & Materials
You will purchase all required books and materials in Madrid. You do not need to purchase any course materials before you depart the US. Include books and printing costs into your overall budget planning. Books are fairly inexpensive in Madrid compared to buying books here in the US. The total cost of books will likely be several hundreds of dollars less than if you were on campus.

Libraries
Students may access resources through the University of Minnesota library online at www.lib.umn.edu.

Grades & Transcripts
Resident Credit
University of Minnesota students will receive resident credit for courses taken on this program. Courses taken in Madrid will be listed on your transcripts as University of Minnesota credits. Grades will figure into your GPA just as they would in Minnesota.

It often takes 6–8 weeks from the end of the program for the Learning Abroad Center to receive grades and post them to students’ transcripts. Check your grades online rather than contacting the Learning Abroad Center to see if they have been posted. Visit www.onestop.umn.edu/grades_and_transcripts/index.html to view your grades.

Student Grievances
Academic grievances are complaints brought by students regarding the provision of education and academic support services affecting their role as students. For grievances concerning Learning Abroad Center programs, students should make inquiries and appeals to the appropriate University officials, in the following order: the program representative in the Learning Abroad Center, the Director of the Learning Abroad Center, the Student Dispute Resolution Center, and the Office of the General Counsel. For complaints concerning non-University of Minnesota programs, students should make appeals to the program sponsor.
Life in Spain

Introduction to Spain

Spain, which occupies the largest part of the Iberian peninsula, is the third largest country (with the Balearic and Canary Islands) in Europe. Geographical situation and natural features make it unique and have had a marked effect on its history and civilization. Isolated behind the high mountain barrier of the Pyrenees, it is attached to Europe only by an isthmus a mere 300 miles wide. Spain extends south to within nine miles of Africa, and between are contrasts of relief and extremes of climate. Due to the vast number of mountain ranges in Spain (second only to Switzerland in Europe), the people and the cultures within Spain are varied.

Spain’s economy is currently undergoing a revolution, which is transforming the country. Once an extremely rich power that fell into decline, it has become a modern state with an important tourist industry and its own coal mining, iron, and steel industries. Development is not universal in Spain. There may be factories producing cars and tractors, but donkeys and mules are still to be seen carrying people and drawing carts in rural areas. Nevertheless, the transformation of the last 30 years is remarkable.

Spain’s population is currently estimated at over 47 million, with over three million in Madrid alone. After being devastated by the Civil War from 1936 to 1939, it was difficult to rebuild all that had been destroyed, in part due to an international blockade that resulted in a lack of raw materials. After the war, Spain was under the control of Generalissimo Francisco Franco, who attempted to unite Spain under one language, Castilian. It was forbidden to teach any of the dialects or other languages of Spain in the schools, so many people were unable to learn to read and write in their native tongues. Since the death of Franco in 1975 and the crowning of the King, Don Juan Carlos, there has been a strong resurgence of the native dialects and languages in Spain. When going out in the streets of Barcelona, one is just as likely to hear Catalan as to hear Spanish.

Geography & Climate

The climate in Spain varies greatly from north to south. The meseta, where both Madrid and Madrid are located, is more or less continental. The temperature variation is considerable with hot, dry summers and cold winters. In the winter months the temperature can dip down into the 30s and in the summer reach the high 90s and low 100s.

Refer to the charts at right for information about weather conditions in Spain, and pack accordingly.

Language

Castilian Spanish is the national language, and virtually everyone in the country speaks it. There are also a number of other languages that are now being taught in the schools. Catalan is probably the largest other language in Spain with speakers living in the region of Catalonia. The other two main languages are el gallego and el vascuence, both spoken in northern Spain to the west and to the east respectively.

Spaniards tend to use the more informal tu and vosotros forms more than Latin Americans. Students who have learned Spanish in Latin America or from Latin American instructors may find that the accent in Spain is quite different from what they are used to.

Spaniards are friendly and fairly easy to meet. If you want to become friends with the Spaniards, don’t be afraid to make the first move. You will be the one to benefit the most from the contact made because it will give you the chance to see what the people are really like and also enable you to speak the language more fluently. Spaniards are very patient with

Madrid Temperatures

Madrid Rainfall
foreigners who try to speak their language. They appreciate an attempt at the language and would never dream of correcting your pronunciation or grammar unless you specifically asked them to or if they cannot understand what you want to say.

Students may want to bring an English-Spanish dictionary, phrase book, textbook from a previous course, or other resources to assist with language learning. Some students have found it helpful to keep a small notepad with them to jot down new words or phrases that they learn.

**Meals**

Some students say that getting used to Spanish eating hours is one of the most difficult adjustments that one must make when living in Spain. There are many places to buy snacks and fruit to tide you over. Lunch is the largest meal of the day. Vegetarian items will be available upon request.

Breakfast, *el desayuno*, is continental style, consisting of a croissant or roll, cereal, coffee, or chocolate. Breakfast is served from 8 to 10 a.m. The Spanish lunch, *la comida*, is the big meal of the day and is usually served between 2 and 3 p.m. During the hours of *la comida*, many small shops close so that people can go home to be with their families for the meal. Larger stores and stores in shopping malls stay open all day long. Dinner, *la cena*, is served between 9 and 10 p.m. and is not quite as heavy as the *comida*, but is a bit heavier than lunch here in the States. Apart from the main meals, Spaniards typically eat a *merienda* or snack at about 11 a.m. and then again at about 5:30 p.m. When eating with your family, don’t hesitate to tell them you are full because many will continue filling up your plate until you say something.

Be an adventurous eater. Don’t be afraid to try new dishes. Spanish cuisine is similar to French cuisine and not at all like Mexican. If you order a tortilla in Spain, you will get an omelet and not the tortilla of Mexico. A *tortilla francesa* is just an egg omelet and *tortilla española* is an omelet with potatoes and onions. Squid, calamares, is a common tapa (snack) in Spain and is much better than it sounds, so be sure to give it a try. Olive oil is used heavily in this part of Spain. It has quite a strong flavor but is very good once you get used to it. The Spanish are famous for a dish called paella, which is a combination of rice (made yellow by saffron), chicken, shellfish, pork, peas, and other vegetables. Paella is the normal Sunday meal in Spain but many homes and restaurants also serve it as the first course of a meal.

In order to be served in a bar or restaurant you must be proactive. It is assumed you’ll order when ready. The waiter will not bring your check until you ask for it. Spaniards consider it rude to rush customers by leaving the check before it is requested.

**Managing Gluten Allergies in Spain**

If you have an allergy to gluten, you will be able to manage it in Madrid. Look for stores that sell gluten-free food. Look for items that are marked “sin gluten.” El Corte Inglés has the largest selection of gluten-free food. Host families will be able to accommodate you and offer a variety of foods. The *tortilla española* at your homestay is gluten free and is a good standby. Going out to restaurants will be similar to the US. You will likely find servers to be quite knowledgable, so just ask and they will help you. Spanish law forbids bars, restaurants, and cafeterias from cooking *tortilla española* with eggs, so instead they use a flour tortilla that contains gluten.

**Alcohol & Other Beverages**

The legal drinking age in Spain is eighteen years. Wine is probably the cheapest form of liquor, cheaper even than a glass of water in most places. At your homestay, water is served with dinner. Students should be aware that although liquor is served freely in Spain and there is no drinking age, there is a definite social stigma attached to getting drunk. It is normal for Spaniards to hang out at a bar and have only 1–2 drinks. Bars can be a great place to get to know Spaniards. However, be careful of how much you drink. Getting drunk will reinforce negative stereotypes that Spaniards have of Americans.

The Learning Abroad Center expects moderation in the use of alcohol. Keep in mind that the consumption of alcohol may be more socially prevalent in other cultures, but excessive consumption is not appropriate. Drunkenness can seriously jeopardize student safety and damage relations with host families or communities. Monitor your approach to alcohol consumption; unfamiliar surroundings, high altitude, and the emotional strain of adjusting to another culture can sometimes cause alcohol to affect you differently. If excessive drinking becomes a problem in terms of a student’s safety, class attendance, academic performance, relations with hosts or other students it could be grounds for expulsion from the program.

Soft drinks are available in Spain but can be expensive in comparison to other drinks. Diet soda drinks are becoming popular but taste quite different from those we are accustomed to. Horchata is a popular regional soft drink that looks like watery milk and is very sweet.

**Tipping**

When you dine in a restaurant or use services where a tip is customary, the standard tip is 10%.

**Store Hours**

In Spain stores are open Monday–Saturday from 10 a.m. until 10 p.m. and 11 a.m. until 9 p.m. on Sundays and holidays. This includes El Corte Inglés department store, all the stores at the numerous shopping malls, Zara and other fashion shops, FNAC, La Casa del Libro, most of the stores on Serrano, and the Gran Vía. Only small shops open Monday–Saturday from 10 p.m. and 11 a.m. until 9 p.m. on Sundays and holidays.

In Spain stores are open Monday–Saturday from 10 a.m. until 10 p.m. and 11 a.m. until 9 p.m. on Sundays and holidays. This includes El Corte Inglés department store, all the stores at the numerous shopping malls, Zara and other fashion shops, FNAC, La Casa del Libro, most of the stores on Serrano, and the Gran Vía. Only small shops open Monday–Saturday from 10 p.m. and 11 a.m. until 9 p.m. on Sundays and holidays. The recent tendency in Madrid is for stores to remain open.
Extracurricular & Volunteer Activities
There will be opportunities for students to discover more about Spanish culture through extracurricular activities. Some examples of what may be offered at the Fundación are international meals, cooking classes, dances and dancing classes, fiesta flamenco, fiesta de Carnaval, photography contest, sports activities, and conversation “intercambios” with local students.

Festivals
There are many festivals in Spain, especially in the spring and summer. These events usually include markets, carnivals, parades, and folk dancing. Some of the more famous festivals in Spain are the Feria in Seville, the Fallas in Valencia (held in March), the Corpus Christi in Madrid, and the San Fermines in Pamplona (held in the summer). The religious processions during Holy Week in Andalusia, Madrid, and Cuenca are especially interesting to see.

Nightlife
Nightlife in Spain runs into the early hours of the morning. Movies, discos, and bars are big gathering places for Spaniards after dark.

It is also common, especially in the warmer months, to see large groups of people meeting in restaurants, at sidewalk cafes, or plazas. Conversation is a very active art in Spain, and people will get together for hours to discuss local and world events. Many times these discussions get quite heated, but that is all part of the culture and there are no hard feelings afterward.

Social & Cultural Adjustments
One can minimize the stress involved with traveling abroad and a new lifestyle by preparing adequately. To gain insight, read as much as possible about where you are going. Talk to international students and veteran travelers who have been where you want to go. The Learning Abroad Center has travel tips from return travelers, many of whom are willing to be contacted and give advice in person.

Spaniards meet and greet each other and part with a slight embrace and a kiss on each cheek. The usual greeting exchanged between Spanish males is a handshake. Good friends will often add a pat on the back and, if they have not seen each other for some time, will give an abrazo (embrace). Family names and titles, such as señor (Mr.) and señora (Mrs.) may be used to address older people or professionals. The titles don and doña are used with first names to show respect to someone of importance. First names may be used among close friends and young people.

The Spanish are very concerned about dress. Style and quality of clothing are important indicators of a person’s status and respectability. Men usually dress conservatively, not with flashy or bright colors. Women try to be stylish; children are dressed as nicely as possible. Visitors should avoid wearing shorts in formal places.

If you are living with a host family, we recommend bringing a pair of slippers with you. It is not customary to be barefoot at home.

Learn to slow down. Things move at a slower pace in Spain. Use your free time to socialize with the people around you. Listen to what they have to say and try not to be judgmental. Find the positives in any situation and take advantage of them.

It is important that you adjust to the Spaniards and don’t expect them to adjust to you. Try to learn as much about the culture as possible so that you can discuss things intelligently with them. Read more about the relationships between the US and the European Union as well as the US and Spain. Most Americans are poorly informed about relationships between other countries as well as the countries themselves. Learn to look for the things in common between Americans and Spaniards. Learning to appreciate common elements and differences will help you succeed in adapting to life in Spain.

Coming Home

Reverse Culture Shock
Students often find that it is just as difficult, if not more difficult, to readjust to life in the US after studying abroad. You may find that your perspectives have changed significantly and that you may not connect with friends and family in the same way as you did before going abroad. The Learning Abroad Center offers a variety of resources and opportunities to help you readjust to life in the US. Visit UMabroad.umn.edu/students/process/reentry for more information.
Cultural Adjustment

The On-Site Experience

What happens when you suddenly lose clues and symbols that orient you to situations in everyday life? What happens when facial expressions, gestures, and words are unfamiliar? The psychological discomfort and adjustment period in a foreign country is commonly known as culture shock or cultural adjustment.

You will almost certainly experience some form of culture shock. It might hit you after two days, two weeks, or two months—timing varies widely for different people. Six common phases of cultural adjustment are listed below. These may be out of order for you, one phase may last longer than another, or you may skip a step entirely.

Initial Fascination: On arrival your surroundings seem glamorous and exotic, you feel like the focus of attention and activity.

Initial Culture Shock: The initial fascination and euphoria fade as you settle in and you enter an emotional decline.

Surface Adjustment: After the initial “down” (a few days to a few weeks for most), you begin to truly adjust and settle into your surroundings. Language skills begin to improve, and you’ll feel less fatigued. Often you’ll be forming a small group of friends at this stage as well.

Feelings of Isolation: Difficulties in your new culture seem to stubbornly remain and you grow frustrated with the process.

Integration/Acceptance: After continued effort you find yourself more at ease with language, friends, professional, and academic interests. The culture you are living in is more easily examined. Differences between yourself and the society you live in become understandable and you come to accept both the situation and yourself in it, allowing you to relax and feel at home.

Return Anxiety: Just when you feel at home in the new country it’s time to go. Thoughts of leaving new friends raise anxiety similar to those felt before departure. You sense that you’ve changed as a person and apprehension grows when you think about people at home that may not understand your new feelings and insights, yet you may feel guilty for wanting to stay.

When in any of the above phases you may experience: changes in sleeping habits, feelings of helplessness or hopelessness, loneliness, depression, unexplainable crying, placing blame for difficulties on the program or host culture, homesickness, getting angry easily, increase in physical ailments or pain, compulsive eating, or lack of appetite.

Other symptoms may manifest themselves as well. It is important to understand these are part of a normal process of adjustment, however, if uncomfortable feelings persist for extended periods or seem unbearable, seek assistance from your program’s on-site support staff.

A sense of isolation sets in. Boredom and a lack of motivation often follow. Unresolved personal issues often surface during this stage.

Adjusted from Oberg (1960) and Gallahorn (1963)
Appendix

Packing

Experienced travelers suggest that you bring half as much luggage as you think you will need. If you cannot comfortably carry your luggage four blocks, you may find that you have packed too much. Airline restrictions for luggage on overseas flights must also be considered. (Contact your airline or travel agent for specific information.) You will be responsible for physically managing your own luggage at all times, including excursions and transport between the airport and your homestay. Pack accordingly.

The weather in Madrid can get fairly cold at night, so be sure to bring clothing for cooler weather as well.

Necessary Items
- Comfortable, seasonal clothing that you can wash and wear, plus one or two formal outfits (in general, Spaniards dress more formally than most Americans, although casual clothes may not be out of place among Spanish students)
- Comfortable walking shoes
- Supply of any prescription medication you require (bring enough for your full stay)
- Voltage converter and outlet adapter if you bring any electrical appliances (be aware that electricity in individual rooms may not accommodate more than 1,000 watts)
- Earplugs to eliminate background noise for study/sleep

Recommended Items (also available in Spain)
- Small stapler, pencil sharpener, paper clips, and other items useful while studying
- Camera and batteries
- Set of travel-size toiletries for independent excursions
- Small backpack for day trips and independent overnight excursions (this is also useful in packing for return to the US)
- Sunscreen
- Travel alarm clock
- Slippers (for students living in a homestay)
- Umbrella

First Aid Kit to Include:
- Band-Aids
- Cold/cough remedies
- Aspirin or the equivalent
- Insect repellent
- Pepto-Bismol
- Antacid
- Mild laxative
- Waterless antibacterial hand sanitizer
- Contraceptives (condoms)

Gift Ideas

For those students who choose to live with a family, we strongly suggest that you bring a gift for your family. Some ideas include:
- US or local candies; a box of American chocolates
- Fancy lotions
- Clothing and items with University logos
- Maple syrup, wild rice, honey, Wisconsin cheese, or jam made from Minnesota berries
- Regional food to make a special dinner
- Local interest wall calendars
- Baseball caps
- US paraphernalia (e.g., things from Disney World, Warner Bros., World Cup, NBA, NFL, etc.)
- A world atlas
- Handmade crafts or jewelry
- Placemats or a tablecloth
- Anything that represents you (if you knit, a blanket, etc.)
- Picture frames or a scrapbook