



Course in Spring 2023



Welcome to Valencia!



SURVIVAL GUIDE



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1. ABOUT SPAIN

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

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

Don't forget to enjoy our most known festivities:

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

Semana Santa (Holy Week) is the week leading up to Easter Sunday with parades of holy images through the streets; Seville is the place to be if you can get accommodation.

In late April, the **Feria de Abril** in Seville is a week-long party counterbalancing the religious fervor of Semana Santa.

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

Some figures about Spain:

- Area: ~ 500.000 km²
- Population: ~ 50 million



Fireworks in Las Fallas



Holy Week in Valencia in the maritime neighborhood



- Government: Parliamentary Democracy & Constitutional Monarchy
- King: Felipe VI
- Prime Minister: Pedro Sánchez

2. KNOW VALENCIA

Valencia is the third biggest city in Spain, with an approximate population of 800.000 habitants, and the double including the population beyond the limits of the city. Valencia is located in the East coast of Spain, being part of the Mediterranean Sea.

Valencia is worldwide known by the architecture of "**City of Arts and Sciences**". But Valencia is much more, it is a city with a very rich history, from Roman's time to present, that in one moment of its story arrived to be the capital of the kingdom of Aragon, one of the kingdoms bases of the modern Spain.

Valencia is a relative big city in Spain, but the most important areas in Valencia can be easily identified to have a general orientation in the city.

In a first approach, we can say that Valencia is divided by the old river Turia, now converted in a long and beautiful garden crossed with a set of interesting bridges, architecturally and historically. The garden finishes with the "**City of Arts and Sciences**".

To orientate the most relevant bridge is the **Aragon's bridge**, that connect **Aragon's Avenue** with the **Marques del Turia Avenue**, two very important avenues; the first one located in the North side of the river, and the second one in the South side, being a very commercial avenue.

The South side is the first expansion of the city (**Eixample, Russafa, Extramurs and Patraix**), and the old city. The old city is very relevant to do tourism, is the most beautiful and classic part of the city with places like **North Station, Central Market and Longa, the City Hall Square, the Queen Square and the Virgin Square** and the old doors of the city. To go shopping and drink something you can go to **Colon Street** and **El Carmen** respectively.

The North side includes **Blasco Ibañez Avenue** and the **Universities Area**, which is adapted to the students with lots of pubs and cheap restaurants. At the East, taking the **Port's**

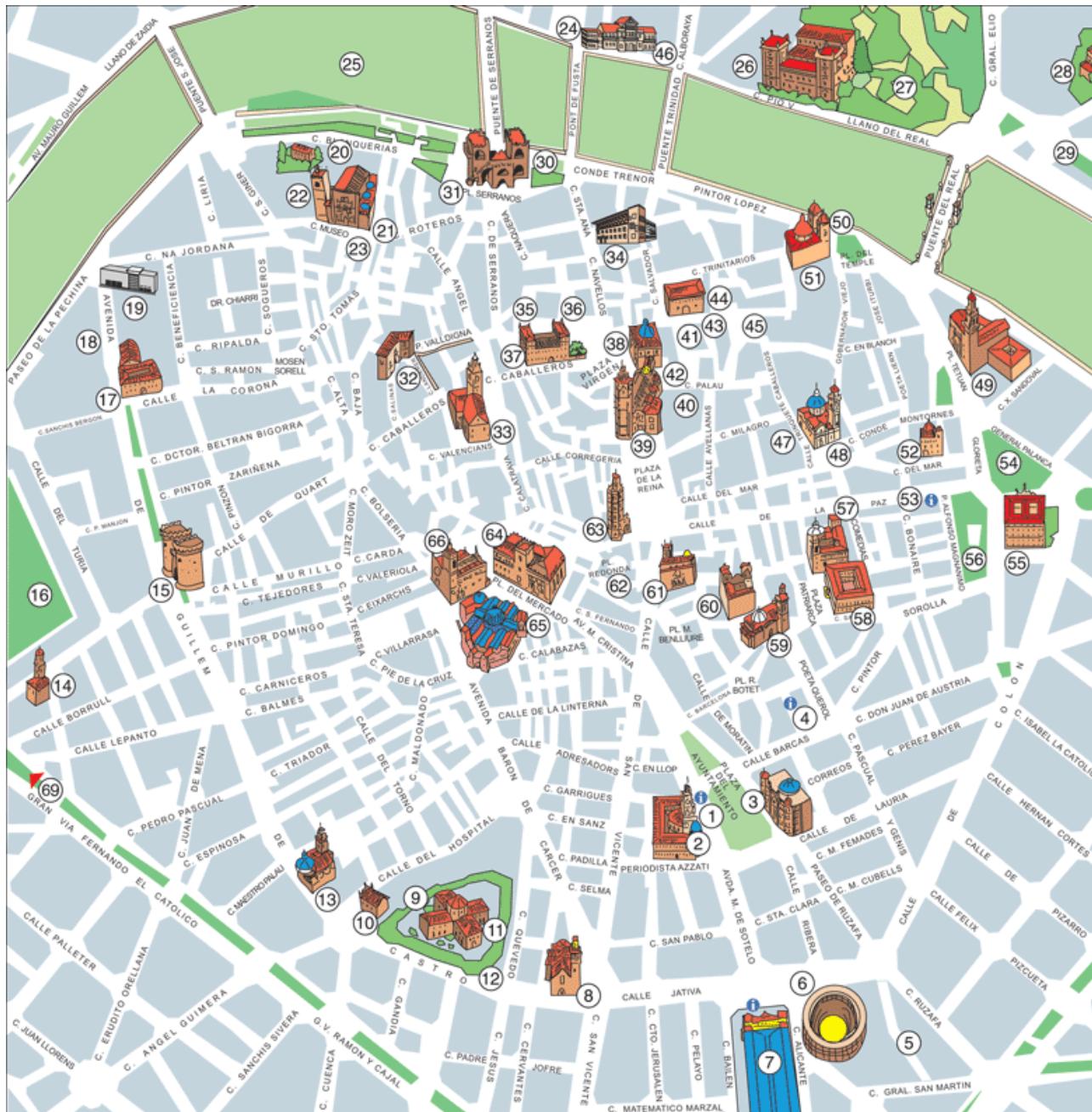


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Avenue, we can arrive to the **Malvarrosa's beach**, with a lot of restaurants where we can eat a good... and expensive paella.

The city is very flat and very good for bike riding. You can rent a bike from the **Valenbisi** public service, which depending on the time that you dispose can be a good or bad idea, because it is a little expensive to use it in short term. If you have time, it is a perfect way to enjoy and discover the city. Furthermore, Valencia has **bus** and **metro** service.





3. WEATHER

The weather in Valencia is possibly one of the best of Spain, due to its proximity to the sea. That produces a regulation of the temperatures along the year.

In Autumn, the temperatures are normally soft, between 24°C and 15°C. It is also common a phenomenon called “gota freda”, literally “cold drop”, which produces very intensive rains during a short period of time (less than an hour).

In Winter, the temperatures go down, but never arrive to 0°C. During the rest of the year, the day is sunny and hot.

4. SPANISH AND REGIONAL FOOD

The food in Spain has a huge variety, and this includes the regional food of Valencia. Spanish people have their meals later than other Europeans. This is the Spanish eating timetable: breakfast may be between 8.30 and 9.30; lunch is between 14.00 and 15.00; and dinner is within 21.00 and 22.30. Of course, for social meals, the finishing hour can be very late (even 17.00 for lunch and 1.00 for dinner).

Cuisine is an important key in the Spanish culture development; it is based in the famous Mediterranean diet. It means the usage of numerous fresh vegetables and the indispensable olive oil, which is also known as the ‘gold liquid’. Spanish cuisine cannot be conceived without it as long as we use this as the only grease or fat for frying and cooking. It tastes a little bit stronger than other oils. It can be noticed when consuming it in crude, for example in salads. It comes principally from Andalucía, the southern region of Spain. It is quite expensive, but it doesn't matter for Spanish people, they will never stop buying it.

There are many typical dishes depending on the year periods and the region where you are. Some of the main dishes you can find around Spain are:



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Paella. Although it is typical on the Valencian Mediterranean coast, you can have paella everywhere. It is mainly made of rice, but you can also add shellfish, chicken, 'garrofó', beans and others. The definitive fact about paella is the pan where it is cooked. It is a short and flat pan, and it is mandatory to cook in a wood fire or in a gas heater, which must cover all the pan.



Gazpacho. It is the perfect food for summer. It is a soup made from tomatoes, pepper, cucumber, onion, garlic, olive oil... The most important thing is that it is served cold! It is used as refreshment during the hot days in July and August. You can even add a few ice cubes.

Horchata. The best cold drink you can have. It is also typical Valencian. It looks like milk, but it tastes much better.

Tortilla de patatas. Maybe one of the most known Spanish dishes. It is an omelette made of potatoes, eggs and onion. It is very typical eating it for dinner or as a 'tapa'.



Jamón. It is a kind of cured ham that we use to eat with bread. Any time is good to taste such delicious meat. It is one of the most appreciated meal for foreigners. A good piece can reach very high prices.

Tapas. You cannot forget the tapas. These are little portions of food that you get for free in some bars when you order a beer. Before lunch or in the beginning of the night, people go out from bar to bar drinking and eating tapas. There are many types and they are made of potatoes, fish, meat, cheese... You can combine them.



And of course... **SANGRÍA!!!** It is made with wine, lemonade and pieces of different fruits. In Valencia, it also exists a variant of sangria: 'water of Valencia'. It is made with gin/vodka, sugar, orange juice and champagne.



5. CURRENCY AND PRICES

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

- Bank notes fractions are: 500, 200, 100, 50, 20, 10 and 5 €
- Coin fractions are: 2, 1, 0.50, 0.20, 0.10, 0.05, 0.02 and 0.01 €

People coming from Eastern Europe might need to exchange money. They will be able to do it specially in the touristic areas, where there are many places to do it. You can also go to bank branches, travel agencies, some hotels and even shops.

If you want to use a credit card or traveller cheques, there are many places which accept both. In ATM machines in the streets, you can use the most common cards: VISA, Master Card...

Valencia is not as expensive as other Western European cities, and it is cheaper than other important cities in Spain like Madrid or Barcelona. Here are some average prices:

Bread/Baguette	0.55 – 1 €	Disco entrance	6 – 12 €
Coffee	0.60 – 1.20€	Cinema ticket	5 – 7 €
Ice-cream	1 – 4 €	1 Underground/bus trip	1.50 €
Mineral water (1/2 L bottle)	0.75 – 1.50€	10 Underground/bus trips	8 €
Milk (1 L brick)	0.70 €	Cigarettes (20 units pack)	4 €
Lunch	6 – 15 €	Newspaper	1 €
Beer in a bar	1.2 – 3 €	Drink in disco	4 – 9 €





6. ELECTRICITY

The electric current used throughout Spain is the European standard 220-240 V, A.C. 50 Hz. The sockets are two-pin, and adapters may be bought at most electrical and lamp stores. Do not forget to take a look of the picture!



7. HEALTH

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

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

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



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





8. EMERGENCY

ALL EMERGENCIES: 112 or 085

- Police: 091/092
- Firefighter brigade: 080
- Ambulance: +34 963-67-73-75
- Foreign office information (in English): +34 902-123-212
- Red Cross: +34 963-677-375

9. TRAVELING TO VALENCIA

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

Valencia's airport is Manises, the closest airport to the city by far. You can reach the centre of the city from there by underground (lines 3 and 5, 4.90€) and bus (Aero-Bus 6 am – 22 pm, every 20 minutes and line 150 5.25 am – 23.55 pm; 2.50€). The meeting point is the tram station 'Xativa' in lines 4-6 just in front of the central railway station 'Estació del Nord'.

Despite there are several means of transport in Valencia, the underground, which is called 'Metro' in Spain, is the cheapest and fastest way to get to the meeting point. But be careful! Underground only works between 6.30 am and 23.30 pm*.

Here you can check the Valencian Metro network:
http://www.metrovalencia.es/descargas/pdf/PlanoRed_Metrovalencia_Julio2016.pdf

If you have to travel in the night (from 23.30 pm to 6.30 am), you can take a taxi with a cost between 6 and 7€ around the city; and 20€ to arrive to the airport.

An underground ticket for one trip is valid as long as you don't leave the metro network. If you get out, the next time that you enter you will have to buy a new ticket. The ticket is valid for Metro and tram without extra payment.





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If you will stay longer in Valencia or you will come with several people, it is worthy to buy a 10 trips ticket. It costs 7.6€ and can be used by more than one person at the same time however, you must carry it with you all the trip (do not split).

Another good alternative is to rent a bike from Valenbisi service, which costs 10€ the weekly service. Watch out! Only the first 30 minutes are included in the fee, you need to park the bike before this time passes so you can continue using the service without additional charges. Here you have the webpage of Valenbisi: <http://www.valenbisi.com/>

If you arrive by bus, you can take the metro line 1 in Turia station or you can take the bus number 29. If you arrive by train, take the metro in Joaquín Sorolla station, line 5.

10. TEMPORAL LODGING

If you arrive sooner than the starting date of the course don't worry, here you can see a short list of inn or equivalents for your temporal lodging:

- First, call to the BEST organizers, maybe they or some member of BEST can host you
- Like an expensive, but good alternative, you can go to the Galileo Galilei Hall. That is inside the UPV, at 1 min of the meeting point. Phone: +34(96)3352000. Prices depend on the kind of service you require (29-39€)

11. BEHAVIOUR

All day long:

- Punctuality: be on time at the meeting points



During the working sessions:

- Do not miss the sessions
- Do not eat or drink during the sessions

At the social activities:

- Have fun and be the craziest at the party!!! :-)
- Bear in mind that you have to be 100% functional next morning!

12. DON'T FORGET TO BRING

- Passport or ID card
- VISA (for those who need it)
- Travel and medical insurance
- Student card
- Formal clothes for the Official Closing ceremony
- Clothes and shoes for walking, sightseeing and playing sports
- Sun cream
- Cap or sunglasses
- Swimsuit, flipflops and towels
- Umbrella
- Towel
- Sleeping bag for the Weekend Trip
- Personal stuff



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There is the possibility to leave the main luggage in Valencia and bring only a small one to the Weekend Trip. It would make the trip easier and more comfortable.

We will inform you about more necessary stuff that should be brought if required.

13. CONTACT BEST VALENCIA



Beatriz Navarro Ventura

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beatriznavarro0412@gmail.com

BEST-UPV Post Address:

BEST Valencia

Sala de Asociaciones, Casa del Alumno (Edificio 4G), Universitat Politècnica de València

Camí de Vera, s/n

Valencia, 46022

We hardly recommend you to bring this information with you if you are coming to the event, just in case you need any kind of help. **Feel free to contact the organisers for doubts related to the activity :-)**





14. TIPS OF SPANISH/VALENCIAN

In restaurants and shops:

English	Spanish	Valencian
How much does it cost?	¿Cuánto cuesta esto?	¿Cuant costa açó nano?
What is this?	¿Qué es esto?	¿Qué es açó nano?
My size is ...	Mi talla es ...	La meua talla es ... nano
I want this	Quiero esto	Vull açó nano
Could you show me that, please?	¿Me podría enseñar eso, por favor?	¿Em podria ensenyar aixó, per favor nano?
Where is the toilet, please?	¿Dónde está el lavabo, por favor?	¿On esta el bany nano?
I'm hungry/thirsty	Tengo hambre/sed	Tinc fama/set nano
Entrance/ exit	Entrada/ Salida	Entrada/Eixida nano
Emergency exit	Salida de emergencia	Sortida de emergencia nano
The bill, please	La cuenta, por favor.	El conte, per favor nano
I want a beer / mineral water / tee / coffee	Quiero una cerveza / agua mineral / te / café.	Vull una cervesa/aigüa mineral/te café nano
I pay this	Esto lo pago yo	Açó ho pague jo

Hello, goodbye, thank and so on:

English	Spanish	Valencian
Hello	Hola	Hola nano
Good morning	Buenos días	Bon dia nano
Good afternoon	Buenas tardes	Bona vesprada nano
Good evening/Good night	Buenas noches	Bona nit nano
Good bye	Adiós	Adeu nano
How are you?/Fine thanks	¿Cómo estás?/Bien gracias	¿Com'estés?/Bé gracies nano
My name is...	Mi nombre es...	Em diuen... nano
I'm... years old	Tengo... años	Tinc... anys nano
Thank you	Gracias	Gràcies nano
You are welcome	Dé nada	Dé res nano
Yes/no/perhaps	Si/no/quizás	Si/no/pot ser nano

In the street:

English	Spanish	Valencian
Excuse me	Perdón	Perdone nano
What time is it?	¿Qué hora es?	¿Quina hora es? Nano
I don't speak Spanish/Valencian	No hablo español	No parle valencià nano
I don't understand you	No te entiendo	No t'enten nano
What does it mean?	¿Qué significa esto?	¿Qué vol dir. açó nano?
I don't know	No lo sé	No lo se nano
Could you tell me the way to ...?	¿Me puede indicar como llegar a ...?	¿Pot dir-me com arribar a... nano?
Where is ...?	¿Dónde está ...?	¿On está... nano?
Straight on	Recto	Recte nano
Right/left	Derecha/Izquierda	Dreta/Esquerra nano
Please	Por favor	Per favor nano
One ticket to ..., please	Un billete para ..., por favor.	Un billet per a... per favor nano
Bus/train/plain/subway station	Estación de autobús/tren/avión/metro	Estació de autobús/tren/avió/metro nano
When and where does the train / bus / plane for... leave?	¿Dónde y cuando sale el tren / autobús / avión para ...?	¿On y cuand ix el tren / autobus / avió per a... nano?
I am tired	Estoy cansado/a	Estic agotat nano
Where is my luggage?	¿Dónde está mi equipaje?	¿On está el meu equipatge nano?



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Do you like him/her?:

English	Spanish	Valencian
I like you	Me gustas	Me agrades
I love you	Te quiero	Et vull
Kiss me	bésame!	Bessame.
You have such beautiful eyes	Tienes unos ojos preciosos	Tens uns ulls presiosos.
You are handsome / pretty	Eres muy guapo / guapa	Eres molt guapo / guapa.
You are so sweet / cute	Eres tan dulce / encantador	Eres tan dolç/encantador
Do you want to dance with me?	¿Quieres bailar conmigo?	¿Vols ballar amb jo?
Love	Amor	Amor.
Was your father a thief? Because someone stole the stars from the sky and put them in your eyes.	¿Era tu padre un ladrón? Porque robó las estrellas del cielo y las puso en tus ojos.	¿Era el teu pare un lladró? Perque va furtar les estrelles i las va possar al teus ulls.
Can I offer you a drink?	¿Puedo ofrecerte una bebida?	Puc oferirte una beguda.
It's a bit hot here! Do you want to go outside?	Hace calor aquí dentro. ¿Salimos fuera?	Fa calor aqüí, ¿eixim fora?
I am a strawberry, eat me!	Soy una fresita, cómemel	Soc una fresa, menjam
Do u wanna see my butterfly collection?	¿Quieres ver mi colección de mariposas?	¿Vols vore la meua colección?

Phrases we hope you won't need to use:

English	Spanish	Valencian
We are in Spain, aren't we?	Estamos en España, no?	Estem a Espanya, no nàno?
I needed a toilet, but now it's too late	Necesitaba ir al baño, pero ya es demasiado tarde	Necessitaba anar al bany, però ja es massa tard nano
Wasn't it a toilet?	¿No era un baño?	¿No era un bany nàno?
Sorry Mister Policeman, it will be the last time	Lo siento Señor Policía, será la última vez	Oh sent Sènyor Policia, serà la última vegada nano





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BEST Valencia Core Team will be waiting for you!

