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ABROAD BIBLE 2022

# BARCELONA, SPAIN

## Before Coming:

* Make sure you get a travel credit card, debit cards have transaction fees when you use them
* Bring a reusable water bottle, you have to pay for water at every restaurant in barcelona
* Either get a cellphone plan or when you get here you can get a sim card for your phone
* Bring a travel journal so you can write everything that you do and tape in keepsakes Definitely do this, a month into being abroad Tanna told me this and I regretted it so much
* Make sure you bring a carry-on suitcase or a duffel bag at the bottom of your suitcase for weekend trips so you don’t have to pay for a checked bag - Ryanair is the spirit airlines of Europe and you can get super cheap flights but they charge for everything so beware
* DON'T PACK THAT MUCH!!!!! No matter what you are going to have to check an extra bag home! You will buy so much stuff here and you don't need to bring 2 stuffed checked bags plus carry ons, leave space for buying, you also won't wear a lot of the stuff you bring because people dress so differently here.
* Bring an umbrella or else the umbrella tax will screw you lol

## Tips:

* WALK EVERYWHERE you can. Depending on your area ofc but if you’re at all in a central area it pays off to walk places instead of uber or train. You get to know your way around so fast.
* Buy a wine bottle opener and bring it with you when you’re having a day walking around, never know when you’re gonna wanna buy some bottles and go to the beach to picnic
* GET THE 80 EURO 90 DAY UNLIMITED JOVEN METRO PASS, it works for buses too and we didn’t get it the first few weeks because we wanted to see how much we would use it so we could see if it would be worth it or not. Definitely worth it and will end up saving lots of money if you just get it the first week. You will use the metro 24/7 even if you think you would “rather walk everywhere” Almost positive it is called the T-joven, you will need your passport number to get it

## Food & Going Out

Breakfast & Brunch:

**Aropia E Piu:** This cafe is right next to UAB and it has breakfast sandwiches and omelets. The spicy potatoes are fire, super cute inside. Fire cake

**Eat My Trip:** Really yummy eggs benedict and pretty cheap. Has some normal American breakfast foods. Super cute and delicious dishes with bottomless mimosas, highly recommended!

**Bristol:** pretty good coffee and juices, also has breakfast & lunch, this was close to our apartment

**Billy Brunch:** Such a cute brunch place in a good local area. small inside but good outdoor seating area on the sidewalk. Super fun to go to for birthdays, they sing you happy birthday and give you a free mug and free pancakes and the staff is so funny and nice

**El Piso:** Good breakfast spot next to UAB campus. My fave restaurant by UAB, yummy breakfast sandwiches, avocado toast and coffees

**Milk:** In the gothic quarter, breakfast is so good we got eggs benedict

**Oakberry Acai Bowls**: dank smoothie bowls and right next to the best coffee truck (near sagrada familia on sardenya– Vita Coffee)

**Creps Barcelona:** super yummy crepes if you’re craving something sweet!

**Vita Brevis:** Coffee carts located around Barcelona, the one by the Sagrada is our go to, Leo is the sweetest guy who works there, has punch cards

Lunch:

**Oasis**: Right near all the big shopping stores, healthy salad bowls, gas pizza

**Bro:** Cute little restaurant with really good salads and sandwiches

**Mibarna**: Close to school, AMAZING paninis and aperols this is my favorite place in the entire world!!! I go 2 times a week!!!! This place is the fucking shit

**The Fresh Poke:** Delicious and super fresh poke, you can make your own bowl and you can get it to go or eat it there. So yummy and they have a stamp card so you can get a free one if you go here a bunch

**Gonzalez and Co:** Of Course I needed to find a place like Chipotle here and this is it. It is right next to UAB which is so convenient for a lunch or even early dinner after classes

**Honest Greens:** Healthy grain bowls or salads, very similar to mod market and we’d always go here when we ate like shit over the weekend and wanted something yummy but healthy

**Bo de b:** Absolutely amazing sandwich place you HAVE to go here, pretty long wait most of the time but it’s totally worth it. Right by the beach so you can grab a sandwich and eat it on the beach.

**Bocca Di Bonifacio-Sardenya :** Menu has a lot of burgers but also pasta and salads. The charcuterie boards also look really good. Good food for a great price.

Dinner:

**BelleBuon:** Homemade pasta so yummy & so many options, cheap and close to UAB. always satisfying. SO good I crave it every week

**Shoko:** Asian fusion, such good food a little bit more pricey but has a fire espresso martini, on the beach next to opium and a bunch of clubs, best potstickers, shoko roll and calamari are delicious, the crispy chicken fingers are also so good

**Casa Lolea:** Unreal tapas, best white sparkling sangria I have ever had, order tapas for the table and get a mix of everything, always ask what the pasta of the day is. Some of the best tapas we have had, come with a big group so you can order one of everything. Sparkling white sangria was AMAZING.

**The Green Spot:** SO good for vegetarian/vegan eaters, inside is so cool looks like tulum mexico, when i went there was live music, pretty cheap we got two appetizers, two entrees, two cocktails and a bottle of wine for 100 euro

**Harry’s:** Amazing italian food, known for their carbonara where they put it in a huge block of cheese and mix it together, super cute restaurant too good for taking pics inside lol

**Arcano:** food here was amazing and such a cozy vibe inside. all brick walls with a big bar. sangria pitchers for like 10/17 euro. perfect date spot

**Rosa Negra:** Such good mexican food, right by gothic quarter so good location, 4 dollar drinks

**Popeye:** Really good, variety on menu and change menu every couple days, really good white sangria and patatas bravas. Decently yummy but expensive for what it is, could have had a similar pasta meal for much cheaper but the Patatas Bravas and white sangria were AMAZING.

**Ramen BCN:** Super good and aesthetically pleasing ramen, more of a sit down place but highly recommended.

**Cachitos Ramblas:** Great place for tapas and to get some drinks, the inside vibes are so cool but the outside seating is also nice to people watch

**Monster Sushi:** One of the best sushi places I have had here. All of the rolls are so good and different. I always want to try a new roll

**Restaurante Bella’s:** This restaurant is the same as the owners of Harry’s, such great Italian food. The cocktails are also so different and so good. The restaurant itself is also really pretty and cool

**Ikibana:** Best sushi I have had in Barcelona yet, they also have really yummy appetizers and the cocktails are good. It's on the pricey side so I went with my parents.

**Sensi Tapas Bistro:** Tapas place down by the beach. A little bit more on the expensive side but all the food is delicious. The menu also isn’t that big but it is always changing a few things. Really yummy tapas and cocktails (espresso martini), they also have vegan options

**Tacos 99:** Mexican restaurant but very casual. The tacos are the soft tortilla where you buy each taco individually but end up being so cheap, the nachos here are also insane.

**Avinyo 10:** cute little restaurant with a lot of cool pictures hanging up everywhere. Really good vegetable paella if you’re not a fan of the fish one

**Bar Lobo:** cute tapas place in the gothic quarter. Have really good nachos and pitchers of sangria

**Pizzeria Eden:** This place is dank and the baby Fernando that's here is adorable. Their pasta and pizza are delicious and there's a cool vibe in here, it's like underground. You can pick whatever sauce and pasta shape and they have some salads that were yummy. This is the best restaurant ever and the owners are so nice and cute

Quick Eats:

**Wok to Walk:** build your own stir fry. Fire. a lot of them around the city. I love asian food and this fully satisfied my craving.

**Empanaderia**: empanada place right across from our apartment (354 sardenya) so good we would get for any meal that we wanted something quick.

**Green Kiss:** such good healthy bowls like salads, poke, açaí, smoothies, etc. and like a block from UAB so we came here after/before class

**La República del Taco:** A block away from school and pretty good tacos and cheap asf. Drinks super strong one will get you tipsy.

Bars

**D9:** This place is so fun you can get 6 shots for 6 euros and get really fucked up, when we went it was all study abroad kids so it was fun to meet people from the US. Beware of the swiss men here (I second this), don't use second stall in the bathroom @tanna

**George Payne:** This bar is so fun, has two floors and is pretty big, they have a blackout tray where you get 6 shots a pitcher and four drinks, at least try the blackout tray once but shots and drinks at the bar might be more bang for your buck. 5 shots for 10 euro. This place is super fun to hang out with other kids from abroad but def wouldn’t say this is a local spot. Ran into a street pole walking home from here and got a black eye for 2 weeks but worth it! Karaoke every sunday starting in March shot trays are mf dangerous

**H10 Madison:** Super pretty rooftop we went to after a tour in the gothic quarter. Also another location closer to the water and had a great view of the sunset but the atmosphere of the other bar was better.

**Dow Jones:** Such a cool bar where the menu changes like the stock market. When people keep buying the same drink the price goes up. After about 10 minutes this red light goes off and all of the drinks go back to the original price (this is the best time to buy anything!!!!) they have a TON of super fun shots here like blowjob shot and shots they light on fire etc.

**Ovella:** Huge sports bar, free entry and super fun you can sit at tables or stand and fuck around. Not my favorite spot, the lights were really bright but it definitely is a sports bar (very expensive too). Was huge though, so it was a good place to come with a lot of people. Also close to D9 so good place to go when that is capped and there are a ton of other study abroad students. 3 liter pitchers of beer or sangria for $30.

**The Room:** Restaurant during day bar at night. Wasn't packed when we came but cheap shots and fun. Next to marina bay. Great pregame spot because it's next to all the clubs and bars on the beach. Great deal on shots

**Marina Bay:** If we want to go out but not fully club we would go here because it is more upbeat than a bar but not a club. Everyone is standing and talking, small, fun I got kicked tf outta here so don’t black out here HAHA

**Paradiso:** usually has a line but wait isn't that long, really fun and unique drinks, def more of a sit down drinks place rather than a pregame place

**Le Cyrano: You pay 4 euro and they hand you the bottle of liquor and a chaser to fill up your drink yourself, so you can literally fill your glass to the brim with alcohol and just use the chaser. Good pregame spot**

**Hotel Colon Rooftop:** pretty view that overlooks the cathedral in the gothic quarter

**Orient Express:** cute bar that gives u a passport and you stamp on different things to build your drink and then they come out on a train to you, Fun for one drink before going out or post dinner

Clubs

**Bling Bling:** This club is super fun, we got in with a 10 euro cover with a drink, Pregame hard, you have to wait for so long to get a drink!! My favorite place! Super fun and lots of cute boys ;) This place always does me dirty.

**Opium:** on the beach, one of the main clubs. Drinks are way to expensive ( you will spend 50 euro on 2 vodka redbulls) so pregame hard and bring shooters. Usually a big mosh. Do NOT bring home any boys from Ireland from this place they will cheat on their girlfriend with you and pee on your floor.

**Pacha:** Pretty fun club and absolutely gorgeous inside I love the way this place is designed

**Shoko:** turns from a restaurant into a club later in the night. On the beach and right next to opium So much fun, great music and super busy all the time (Monday’s r my fav)

**Carpe Diem/CLDC:**

**Razzmatazz:** This place is a maze. There are four different floors and in these floors there are multiple little club rooms. The entire night our group chat was blowing up with people asking where everyone was. It is so much fun to explore and hear all the different kinds of music. I would definitely wear comfy shoes because you will be walking everywhere

**Sutton:** This club will always have my heart but it is soooo hard to get a drink here, the mosh pit gets pretty crowded here and I know multiple people who got their phones stolen so be careful!! If you have a big group definitely get a table so you have drinks and more space if its a packed night, Wednesday nights here go so hard

**Apollo:** This place is an absolute blast and is also a bit of a maze, we saw diplo play here and it was literally one of the best nights of my life

**Clubhouse:** Kind of fun club, only went a couple of times, have different rooms so it's nice to walk around. (only went when there was covid restrictions)

**Input:** this club is INSANE, it is pitch black inside so you won’t be able to see anything, super deep house music which adds to the atmosphere but also not typical clubbing music so be warned, I love it here the walk to get to the club is insane too

## ISA: Business & Culture Program

Classes:

**7 Wonders of Spain:** Lit - no actual assignments, just go sightseeing and creative “projects”. On the first day of this class we went to bunkers and drew an abstract picture in our journals. It was so much fun to take this. You will most likely have Marta as a teacher and she is the absolute BEST, she is the queen.

**Intercultural Communication:** Pretty easy, we have journal entries about our time in Barcelona that relates to what we are learning about, these are only due on Monday’s. Easy and fun to talk about the different cultures here. Exactly the same content pretty much as the Intercultural Communication comm class at Boulder so if you have taken that it will be almost the exact same class.

**Entrepreneurship and New Venture:** All group work, get assigned a group on the first day of school and from then on out you think of a business idea and have different tasks each week to explain your new business

**Architecture & City Design:**

**Intro to Catalan**: Hard as shit but kinda fun learning it. Learn parts of the language that you use in everyday life, I do not find it that hard but we also have different teachers. Super hard for me and I took 8 years of Spanish but helpful.

**International marketing strategies**: Have to do a 50 minute presentation during the semester and am constantly taking notes but interesting class. This is an actual class where I feel like im learning and doing shit which is annoying sometimes but it was interesting

**Digital photography**: need to bring your own camera but super cool learning to take pics, class is used to visit places and take pics

**The Great Art Collections of Spain**: Super fun class Marta is the best teacher ever. We also get to go to every museum in the city for free and we spend the entire class wandering around and sketching the art. We have not been in the classroom for a single class.

## Activities To Do

**Boat Tour (Booze Cruise):** We did this the first weekend, definitely do at least once, 50 euros and you get 4 drinks on the boat. Super fun and definitely want to do it again once it's warm too. Great way to meet other study abroad students right away.

**La Boqueria:** huge food market - every type of food. Fish, fruit, smoothies, empanadas, etc.

**MOCA museum:** Favorite museum we have been to since getting here, lots of Banksy and Jeff Koons as well as cool photo ops. All modern art. Every girls museum instagram pics are taken here

**Picasso museum:** This was one of my favorite museums and it was only here for a few weeks, 7 euros for students and its all of picasso's old work and sketches from when he was a kid, his family donated the collection and i think it moves around to other museums and cities

**MACBA museum:** My favorite museum so far, super modern art but it has a bunch of different rooms with super unique and abstract art, I went with my class so it was free but I think if you look it up there's times you can come for free.

**Tibidabo:** If you're in Barcelona and see this castle at the very top of the mountain this is it. It is an amusement park, with a ferris wheels and a roller coaster with amazing views

**Van Gogh Museum:** Interactive museum, not my favorite place but in a great location ∨∨∨∨∨

**Arenas de Barcelona:** an old arena that is now a mall. Cool 360 of a different part of the city. A lot of different restaurants at the top. Next to the MNAC museum

Sights

**Bunkers:** Cool short hike to a spot that looks over the city. Insane view but not the most comfy place to sit and picnic because you sit on concrete and its super dusty. Long ass hike but really pretty and worth it. I tried to look cute and wear my melinas and that was definitely a mistake.

**Park Guel:** Pretty steep hike to get there but definitely worth it, super touristy place as it was designed by Gaudi but it's something you have to visit and only 10 euros to get in. Make sure you go around 3:30-4 because the sun sets on the area pretty early if you want to take photos.

**Sagrada Familia:** Right by our house which was awesome, absolutely beautiful, worth the 29 euros to go inside and see the stained glass windows. Definitely worth going to once since it is one of the major landmarks here, go a bit before sunset since that is when the light shining through the stained glass windows is the prettiest.

\*\*\* Note on Sagrada: on Sundays at 9 am they have free mass here so you don’t have to pay to go inside, get in line early though because they fill up and don’t let people in

**Arc des triumph:** A classic when you’re a tourist, beautiful and you can take cool pictures here. Nice to walk all the way down to Citadel Park and see the different fountains. Really pretty and great area to walk around.

* **Parc de la Ciutadella:** Nice park with a gorgeous fountain that is pretty to take pics in front of, if you go to the arc this is super close by.

**Gothic Quarter:** Such cute shops and restaurants. We did a tour with ISA, like a two hour walking tour but pretty cool to see and learn a few things about Barcelona and the new vs. old city. Super cute area I walked around by myself here for two hours and just got lost never going down the same street there was always something new to see.

**Montserrat:** Highly recommend going to this monastery at the top of these mountains. It is about an hour by train and a 5 minute cable car to the monastery ( def leave yourself about half of a day). Tour guide made it easy and cool to walk around the town and also learn the history.

# **MADRID, SPAIN**

## **Travel:**

* We took the train from Barcelona Sants station to Madrid and it was so easy, the train is really comfortable and takes about 2.5 hours
* We ubered from the train station to our hostel, once in Madrid everything is pretty walkable so we didn't uber around during the day

## **Hotel:**

**The Hat Madrid:** Hostel, pretty clean & cheap, mostly students studying abroad staying there, rooftop bar and really good location, bring your passport or a copy of it for check in, bring a towel or you can rent one there for 2.50 euros

## **Food:**

**San Miguel Market:** You have to go here its a food hall with so many places, has every kind of food and seating, empanadas are fire here. So many different cheese vendors I was in heaven, at one of the places you can make a little cheese board with bread. The seafood was also really good and fresh

**Impasta:** Really yummy pasta, pretty cheap, we got a bunch of wine here

**DonaLuz:** Rooftop restaurant, super yummy food and amazing cocktails, a little more expensive

**Ferdinand:** Breakfast/Brunch, really close to The Hat, we all got coffee and really yummy toasts with eggs, eggs benedict, more american breakfast Definitely go here. Super good hangover food and it was poppin.

**Takomama:** Tacos and drinks, I got two tacos and a drink and it was 7 euros, they have tacos for 1 euro and they are so yummy

## **Sights:**

**Royal Palace of Madrid:** Such a cool park/sight and so much to walk around and see, view overlooking city and there was people playing music which made it peaceful. Go inside! We didn’t cause honestly I had no idea that you could but some of our friends did when they went and it looked beautiful in there

**Parque del Retiro:** Must go here, its so big and so many things to see, we sat on the stone steps near the pond and basked in the sun, has a bunch of sights to see and so pretty to walk through. There’s a huge pond where you can rent a boat and row it around the pond, we wanted to do this SO bad but the line was insane, do it for us and live out our dreams.

**Plaza Mayor:** Cool plaza with restaurants. Don’t pull a Molly and pee in the middle of Plaza Mayor blacked out at 4 am or you’ll never be welcomed back to Madrid

**Botanical Gardens:** Right next to parque del retiro, super cool but we went in january so they weren't lively, would definitely go in spring/summer, 2 euros for entry

## **Clubs:**

**Kapitol:** This club is 7 floors and super fun, you can get a table or pay 20 euro to get in and get two drinks with entry, this place is packed all night and you'll stay until like 5 or 6am. Me and Kat stayed until we left to the train to go home and it was the best night ever. Everyone was dancing and it was still packed when we left at 5:30am. We got bottle service the first night and I got lost and never figured out how to get back to the table; dancing on the main floor was just as fun if not more fun than paying to be up on the balconies. TIME WARP be careful. The bouncers and workers here are absolute dickholes I hated them so much so just don’t be an idiot and get on their nerves or you’ll get kicked so fast. Every floor has a different room with a bar and a lookout to the main dance floor so if one bar is super crowded just try each floor

**Local bars:** Ended up in one where no one spoke english, had a good ass time, might’ve kissed a 40 year old who bought us 8 rounds of shots, the reason me and molly are banned from Madrid

# **PARIS, FRANCE**

## **Travel:**

We flew from Barcelona into Paris Beauvais and took the bus into the city, it was about an hour ride and 17 euros, it was super easy to do but if you can try to fly into the closer airport even tho it wasn’t that bad it was just annoying to have to leave so early for our flight

## **Hotel:**

[airbnb](https://www.airbnb.com/rooms/540529889600043878?c=.pi80.pkdmlyYWxpdHkvc2hhcmVfaXRpbmVyYXJ5&euid=88bb9ae5-d4d0-aa7e-9eba-c3972a0c910d) we stayed at an airbnb because there were 11 of us, , this was perfect and slept all 11 of us comfortably. It was in the 3rd

## **Food:**

**Cafe Fou Fou:**

**Le Refuge des Fondues:** Wine in baby bottles. Family style fondue super good fun with a big group.

**CHIPOTLEEEE:** Only place that has chipotle that we were going to so I obvi had to get it. It does taste a little different but it definitely fulfilled the craving

**Pink Mamma:** At night there is a speakeasy, very cool environment. Some of the best food I have had so far in Europe but make reservations early they fill up very fast. Go to speakeasy in the basement, it has a very chill vibe but is cool for the experience (it was the first speakeasy I have ever been to). You need to go for lunch or dinner. Coolest aesthetic and dank food and drinks, don't look like a bum here.

## **Sights:**

**Arc des Triumpf:** Make sure to walk to the arc and go up to the top, the most insane view of Paris and the Eiffel Tower. Worth the hike either go during the day or later and you can watch the Eiffel Tower sparkle once it gets dark. This was my fav view of the city. It's so amazing and inside the Arc was really cool too it was like a museum and had a gift shop.

**Sacre-cœur:**

**The Louvre:** OMG BEAUTIFUL. A little overwhelming because it is soo big, just make sure to atleast stay with one person because it is so easy to get lost. If you want to actually see things, give yourself at least half a day since it's so big. Have a photo of your student visa and you can get in for free.

**Notre Dame:** Worth the walk-by but covered in construction so you can’t actually get close or go inside.

**Palace of Justice Concierge:** It was so cool to learn about the prison quarter and how they were treated, quick little museum that gives a lot of interesting information that none of us had heard before. This was actually one of my favorite things we did. I thought it was so interesting to read about the prison and about the French revolution. I’m not a huuuuge museum girl but this one was really cool

**Sainte Chapelle:**

**Centre Pompidou:** Free entry with student visa. Modern art.

**Eiffel Tower:** So nice to just sit in front of the Eifeel on the grass, get some wine and pastries and just hang out with friends and admire the tower. GO TO THESE COORDINATES: V75R+W78 Paris, France !!!! coolest spot away from crows to look at eiffel tower close but across the water. We went at night and it was insane, also where we put our lock.

## **Bars:**

**Pink Mamma Speakeasy:** Long wait to get in but it was cool it was through a storage closet downstairs by the bathroom. They had the cutest books as the menus with drawings of the cocktails we stole some of them lol. It was definitely like a quiet vibe in there though but I guess that’s what you expect with a speakeasy. Drinks were yum

# **ROME, ITALY**

## **Travel:**

Don't get on the buses without paying for a pass first or else you will get yelled at and the bus police will give you a ticket

## **Hotel:**

**Airbnb:** We stayed here and there were 5 of us and the location was perfect to everywhere we went. [Airbnb Link](https://www.airbnb.com/rooms/46004805?bev_ref=&c=.pi80.pkYm9va2luZy92MV9taWdyYXRpb24vcmVzZXJ2YXRpb25fYWNjZXB0YW5jZV9jb25maXJtYXRpb25fZ3Vlc3Q%3D&eal_exp=1645622743&eal_sig=5fd2467f4f1dfb48b224107d1bd0403a00bbd5666906c3cfd29d637e989d5eb4&eal_uid=385686703&euid=f28c4658-79fd-8ca1-f6ea-e91099196d1b&photo=&s=&user_id=)

## **Food:**

**Pasta Cooking Class:** You have to do this. It was so much fun, you go in the back of the restaurant and learn how to make pasta, and then pick which sauce you want for your own dish, they seat you in the restaurant after and you get drinks included with the class. Super fun activity and nice to sit in the square after and eat the pasta you made

## **Sights:**

We stayed in a really nice location so none of the sights we saw were more than a mile walk from us.

Colosseum, Trevi fountain, Spanish steps

# **IBIZA**

## **Travel:**

## **Hotel:**

## **Food:**

## **Sights:**

## **Clubs:**

# **LONDON, UK**

## **Travel:**

* Flew from Barcelona straight into Heathrow no problem, our hotel was a train ride away but very easy to figure the train out once you are there.

IMPORTANT: on the way back the London security is very strict, you can only bring a total of 100 ml worth of liquids that fit into this very tiny plastic bag, so remember to pack light when going here, I didn’t know this and had a lot of my stuff thrown out

* The metro there is very easy, you can either buy a day pass for 13.50 pounds or get a one way ticket to a certain location. We bought the day passes if we knew we were going to take the metro at least 3 times.

## **Hotel:**

* We stayed at the Z Hotel Tottenham court road, in Soho. It was in such a cute little location for bars and stores but to get to the sightseeing stuff we definitely were a taxi or metro ride away

## **Food:**

### Breakfast/Lunch:

**My place:** a cute little breakfast place a block away from our hotel. They had a whole variety of egg dishes/sandwiches, pancakes and much more

**Breakfast club:** we did not get to go because everyday the lines were very long, but the food looks insane. One of my friends that is studying recommended it to us sad we did not get to go, but if you have time to wait you definitely should

**Daisy Green:** the cutest little brunch place. The scenery was so cute and the food was unreal. Had many different options, if you wanted breakfast or lunch food they had both! There is a closer location to Bunkibgham palace called Timmy Green, the aesthetic was a little different but the food menus were basically the same.

**Calloway Terrace :** Afternoon Tea. It is only available from 1 to 4. This is the cutest little greenery terrace with really good tea and finger sandwiches. Make sure to make a reservation! I also suggest getting there a little bit before your reservation because the bar in this hotel was the coolest scene ever, all pink with a really cool bar.

**DF Tacos:** gave me very much BarTaco vibes. They had pitchers of margaritas, insane tacos and nachos. We went here for dinner but I think it is more of a lunchtime vibe.

### Dinner:

**The Ivy:** Definitely a fancy dinner but the food was sooo good. All of the side options were so good, me and my friend split an entree just so we could get more of the sides. Mashed potatoes were unreal. A little bit of the more expensive dinners but was totally worth it

**Sushi Samba:** such good sushi with so many different types of rolls. All of the fish were really good. They also had sushi tacos which were a must. The restaurant itself was also so cool. The location of this restaurant was also in a little market area which was so cute.

**Sabine rooftop:** a little rooftop with a great view of the city. The cocktails were a little pricey but a nice place to hang out and get a drink or two.

## **Sights:**

**Imperial museum:** all about world war 2 museum, a lot of big artifacts like planes, cars and tanks

**Buckingham palace:** watching of the guards, last 45 minutes can go like 10-15 minutes into it, stand by the the entrance to watch the guards walk into the palace gates

**Portobello market:** cute little market with the colorful buildings all around it(Notting hill) , a market with jewelry, souvenirs etc

—Lancaster street more colorful buildings great for pictures by the end of the market

**Borough market:** all food market, so many good sandwiches and little food to pick up and eat right away

**Parent trap house:** 23 Egerton terrace, really cute street to walk around after

**London eye:** the sickest views, about a 30 min ride

## **Clubs:**

**Fabric:** INSANE. 4 floor club, all techno music, a little bit expensive ticket for entrance but definitely worth it, drinks are a very decent price better than anything we’ve gotten so far

**Tiger tiger**: not it 15 pounds to get in little shots for 6.50 pounds that is 5x smaller than a mouthwash cup and a mixie for 21

**Simmons**: cute little bar, played throwback music felt like 2015 but so much fun, no cover fee like most places

**O'neills:** a really fun bar with a lot of locals and abroad students

# **PRAGUE, CZECH REPUBLIC**

## **Travel:**

**Flights:** I flew on Lufthansa from Barcelona to Frankfurt, Germany to Prague. About 4 hours total travel time which was not bad.

**Once there:** Take an uber to where you are staying (avoid the Taxis). Should be less than 8 dollars to get anywhere in the city since the airport is so close.

## **Food:**

**Las Adelitas:** Best Mexican food in prague. Very cheap and known for their burritos and margaritas

## **Sights:**

**St. Charles Bridge:** walk over it and it has gorgeous views of the city

**Prague Castle:** Definitely worth walking through, my favorite thing that we did

**Old Town Square:** Gorgeous buildings overlooking the

## **Clubs:**

**Epic:** Really cool club we went here every night and was always fun. Amazing music and lots of study abroad kids plus free drinks. Sick lights show (perfect for rolling) and the DJs are really good. Best nights to go are house nights.

**Lucerna (Music Hall):** Was told to come here at least once and heard really good things about it but was weird when we went. They give you wristbands for older or younger than 18 and it seems to be all iunderage kids. Not a single other American. Cool since it was a music hall and they do not have these anywhere else but weird since we only had a small group. 80/90s nights are supposed to be the best.

**Fashion Club:** Really cool bar at the top of a tall building with amazing views and a super fun atmosphere. Drinks were a little more expensive but beautiful views and also a restaurant.

## **Bars:**

**The Hanger:** Went here as part of a bar crawl, very good atmosphere and in a good area with a lot of other bars. Drinks are a little more expensive and the main floor has majority tables to sit down at and the basement is a dance floor with two big bars. In a cave.

**The Drunken Monkey:** Classic study abroad bar with lots of Americans and hot bartenders. If you come late enough one of the sells blow and will cut you lines on the bar (he also has a guy to buy drugs form there if you ask). Has beer pong along with a lot of other games and in the back near the bathrooms there is a confession wall and people will come write their dirty secrets. Hilarious to read and you can write your own.

**Popocafe:** Underground bar in a cave. Known for their chupito shots (super yummy and have a little cherry inside) only 1 euro. Good place to come pregame but pretty small and gets crowded later in the night. Bar is hidden and hard to find but worth it.

**Horror Bars:** Have horror themed bars all over the city. Kind of random and cheesy but fun to go into one since it is a big thing here. Pop in for one drink and that's all you need.

**U Glaubicu:** Prague is known for their pilsner beer and this place has HUGE 3 euro glasses. I hate beer and I loved this one. Great place to get fucked up for cheap. Also has dank german pretzels and czech food to try.

## **Other Notes:**

**Weather:** It is cold af here BRING A WARM JACKET. It also rains so check weather before you go. At night even bring a jacket out people will be in lines in ski coats and every club has a coat check for less than a euro so worth it not to be miserable.

**Getting around:** Do not Taxi anywhere they will rip you off so bad. Call an uber it is worth waiting otherwise and the most I paid was 3 euros but a taxi will upcharge the fuck out of you and end up paying 3 or 4 times the amount sometimes. If you do have to take a Taxi make sure they turn the meter on and you have cash to pay.

**Cash:** Get cash at the airport if you can, I only took out 3000 crown (around $150 US) for the weekend and it was almost too much. Everything is so cheap if you avoid touristy places.

# **VENICE, ITALY**

## Travel:

Kinda tricky to get here from the airport, we took a taxi and then the water taxi to get to our airbnb on the way there and on the way back we took the airport shuttle boat taxi which takes you right to the airport which was so much easier. Everything in Venice is walkable but the streets can get really packed on the weekend so I recommend going on a friday morning so you can walk around friday without the weekend crowd

## Hotel:

I stayed at a hotel around the Cannaregio area which was like a 20 min walk to the main plaza area. It was kinda annoying walking to and from dinner cause it was cold when we went and the city gets super quiet and dark at night so walking home late from dinner was a little weird since it’s all small alleys. But honestly any area you stay, it's easy to get around because the city is so small and you can just hop on the water bus which is like their metro but it's all through the canals which is awesome. I suggest staying near St. Marks square though.

Kylie and I went here with my parents and stayed at an airbnb in St. Marks Square which was a really central location and not too busy to walk around during the day.

## Food: The food here is so good but mainly seafood. There’s obv good Italian like pasta and pizza but it’s mainly Venetian food which was really good too. **La Zucca:** Great italian food and a good vibe inside, it’s always so busy so try to get a res or get there early. Michelin star restaurant! **Cafe Florian**: Oldest cafe in the world, really cool inside and just a cool thing to do but it was literally so expensive for nothing like the food was not that special. The orange juice was 15 euro and a tiny quiche was like 20… so annoying but like cute to go in.

## Sights:

**San Marco Plaza (St. Marks Square)**: main plaza in the city by the water with lots of restaurants around. This is where the **Basilica** is and the **Campanile**. We went inside the Basilica, it was really pretty in there but you have to pay extra to see the whole thing. We went to the top of the Campanile which had an amazing panoramic view of the whole city. It closes at about 4:45 though so make sure you go before then cause we wanted to go for the sunset but missed it.

**Murano and Burano:** A MUST. These are small islands off of Venice that are easy to get to by water bus. I absolutely loved Murano, it was like a 20 minute boat ride. We spent all day here just walking around and shopping in the cute glass stores. Their thing here is Murano glass, they have a glass factory museum and all the stores here are themed with authentic glass made there so I got some jewelry and little glass pieces as gifts it was so cute. We stumbled upon a Michelin star restaurant here called **Trattoria Busa alla Torre** that was actually one of the best meals I’ve had I got linguine and clams and wow it was unreal. Definitely do this its cool to be out on a boat in the water but bring booze for the boat ride we only brought a little and wish we had more lol

**Shopping:** The boutiques and shops here were all so cute and pretty cheap, we also went during carnival so everyone was wearing masks so we bought masks to wear

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# **VALENCIA, SPAIN**

## **Food:**

**La Mafia:** super yummy italian, nice restaurant lots of seats, 2 locations, also walking distance to the bars that we went to

**Bocadella Tapas da Mario:** really cute, smaller more casual tapas restaurant, food comes out super fast and the owner is super nice he gave us the number of a guy who works at the main club (mya) who said he could get us free tickets and bottles etc. We ordered so much food and everything was so good and so cheap

**San Tommaso:** The best Italian food I have had in Spain. Amazing pasta and pizza, My mom’s favorite restaurant throughout her entire trip

## **Activities:**

**L'Oceanogràfic:** DEFINITELY GO!! It was such a cool aquarium it was huge and you walk outside from exhibit to exhibit and they had a ton of cool animals (also dolphin shows)

**The arts and sciences section:**paddle boating right next to the aquarium… super cool and pretty (also right outside club mya) A really pretty area to walk around and look at, with cool futuristic buildings

**Mario’s Farm:** ISA took us on this trip to Valencia and for one of our activities took us to this farm to make paella, the food was amazing. If you can try to get a cooking class there or just go to the restaurant, it is fully on a farm

**El Carmen:** Historic building made of cobblestone kind of in the middle of town

**Holy Grail of Valencia:** historic area, with a pretty fountain, very cool architecture and cute little shops when you keep walking down the street

## **Clubs:**

**Mya:** main club and the only one we went to. So so fun. There is a techno room and an r&b room and an outdoorish portion. Line was huge to get in when it opened so i would recommend going at 2 - when its most fun anyway. I had SOO much fun!!! The aesthetic of this place is so cool and really nice that it was both outside and inside.

## **Bars:**

**Radio City:** cute little bar gave you either a free drink, or two free beers with the entry fee. Great music and a chill vibe to just drink and hangout. They have a camera on one of the stages that projects onto some of the tv’s around the bar which are so funny (we were messing around with it too much the bartender turned it off)

**Chupitos:** have these in spain too, shot bar with over 100 different options of shots, some are SO fun and be warned of the blowjob shot but def try it

# **INTERLAKEN, SWITZERLAND**

## **Travel:**

(this is what we did for a cheaper travel because Interlaken is expensive) There also is a program called bus2alps that will do everything for you with activities included

1. Flight from BCN to Basel-Mulhouse airport (France)
2. Bus to Basel SBB (20 min bus ride to train station)
3. Train Basel SBB to Interlaken OST

## **Hotel:**

**Boutique Hotel Bellevue**

* Great location right next to the little city, walking distance to everything
* Really nice and modern hotel
* Had breakfast for 15f a person, buffet style

## **Food:**

**Barracuda Cafe and Bar:** Cute little bar, the drinks were soooo good. I got the spicy mule and it was amazing and I usually don't like mules. They also have a tiny menu for food, different each day. We got two things to split, one was a wrap and one was a panini and they were both delicious. Highly recommend going, my favorite place we went to

**Bebbis:** We went here for fondue!!! Cute little restaurant in the middle of town. For fondue they have cheese, meat and chocolate options.

**Alli’s Burgers:** (i'm pretty sure this is the name lol) Dank burgers highly recommended by the locals

**Funky Chocolate:** Chocolate heaven!!!! Amazing chocolate, has different sweets you can get, and then on top they pour fresh chocolate. We had the strawberries with chocolate SOO good! They also offer chocolate cooking classes

## **Activities:**

**Ice Magic:** Ice skating in the middle of town. They have a map and a course for ice skating, not your average ice skating!! make sure to check the days that its open because only available from December to February

**Tandem Paragliding:** Paragliding was the sickest thing ever. The company can either pick you up for free or you walk to their office. They give you hiking shoes so that nothing falls off. They then drive you up the mountain, they set up the parachute and you legit run off a hill lol. All of the instructors were so cool and comforting. If you are nervous do not be at all. It was the coolest thing I have ever done. You are up in the air for about 15 to 20 min and then you land on the grass area right in the middle of town. They then give you the option to buy your pictures and videos (40 euro) and then you are off

**Hightide Kayaking School :** Kayak through Lake Brienz. Great kayaking school to go through. The total trip is about 3 hours, on the water for about 2 (maybe even a little more). Halfway through you stop for some tea and to go see an old castle with an insane view of the lake and all the mountains. Amazing views the entire time you are on the kayak. The water is also insanely pretty, blue and basically see through. The water is also drinkable, probably the freshest water you will ever drink. Don’t worry about being cold, they give you a dry suit that keeps you warm and dry. They also give you extra socks and shoes so everything is taken care of by them

**\*\*bus2alps –** where we found our ideas to decide which activities to do (they have so many other options). Can book directly through them but thought it would be better to book through the actual website, and to pick which company we wanted to go through.

# **LISBON, PORTUGAL**

## **Travel:**

* Most of the cabs here do not take card so this is a place where you need to show up with cash Definitely bring cash or get at the ATMs

### Nazare, Portugal

* We took a bus down to Nazare for the day - HIGHLY RECOMMEND to do a day trip it was the perfect amount of time
* 3ish hour bus ride 20 euro all together
* If you can go on a day where it is stormy/overcast do that because the waves will be INSANE
* There is a tram that takes you up to the top of the mountain, would recommend eating/drinks up there rather than the town at the bottom, then you walk down to the lighthouse for best views of waves

### Porto, Portugal

* The WOW Museum: So much fun to go and see different exhibitions. We got a 2 exhibition pass and do the Pink Palace and Wine Expereince. Pink Palace was all about Rose and wr got 5 free rose tastings. Wine experience taught you all about how wine is made and then at the end you get a personal explanation of how to taste test wine.
* Porto Wine tasting: Porto is known for there wine. There are so many wine tasting places all along the river. They are all so helpful in which one you would like and so many charcuterie boards
* Surfing: Took surf lessons. It was so much fun but when we did it was a little too cold. So definitely go when it is nicer out

## **Hotel:**

Originally booked sunset destination hostel and we hated it, it was not the cleanest, super late check in, smelly room and weird roommates but if you got a room with just your friends it would probably be much better. We ended up staying at CR7 Hotel which was very nice and clean and in a great location

Hotel Ibis Lisboa Jose Malhoa: DO NOT STAY HERE. me and my friend got an allergic reaction after sitting on the bed for 20 minutes.

Sheridan: Picked up our shit and left Hotel Ibis and stayed here. SOO NICE. Great location.

## **Food:**

Terraco editorial - cool restaurant at the top of a library kind of a speakeasy

Time Out Market: So many options of different types of food. A cool environment nice to walk around and see all the different food options

## **Sights:**

Sailboat Tour: We booked a sailboat tour on the river through airbnb, there were other people on it, super cool guy took us out, you can bring your own alc

Tuk Tuk: they take you around to all the sights for $10 a person for an hour

Praia do Tamariz (Estoril): Cool little city outside of Lisbon. Went to the beach there and tanned for a little the weather was beautiful. Also so nice to walk along the water there

## **Clubs:**

**K Urban Beach Club**: Super cool club on the beach, indoor outdoor. It is super popular so there is always a line but its easy to cut especially if you are a group of hot girls.

# **SANTORINI, GREECE**

**Hotel:**

**Bedspot Hostel:** Would 100% recommend staying here, it's in a great location super close to restaurants and great views, the woman who owns it is an absolute ANGEL and gave us the best suggestions for restaurants and things to do. Also the hostel is super cozy and clean.

**Food:**

**V Lounge:** Amazing place to get drinks or breakfast with one of the best views I’ve ever seen you have to come here!!! This place is a must, such good food and the gin cooler drink is one of the best drinks i’ve ever had

**Karma Santorini:** This restaurant is located in Oia and was absolutely delicious with a super cute aesthetic and vibe to it. We got the roasted cauliflower, fresh pasta and roasted chicken and everything was spectacular 10/10 recommend.

**Sights:**

**Forty One Beach Club:** This is on a black sand beach and absolutely AMAZING, we paid 50 euros for two lounge chairs and a complimentary drink, we laid out all day and ordered food which was soooo gas, you definitely have to come here.

**Andromeda Villas & Spa Resort:** Our hostel owner suggested this place to come and sit by the pool. It was perfect, as long as you get food and/or drinks they let us lay out by the pool with an amazingggg view.

**Oia:** I wouldn’t suggest staying in this area because its very touristy and busy but we came here for sunset and dinner and it was absolutely gorgeous, this is where the famous blue top churches are!!

# **MYKONOS, GREECE**

**Hotel:**

Airbnb: We came here with around 18 people so we stayed in a super nice airbnb to the west of the island and the company that owned

**Food:**

Nice N’ Easy: Good authentic Greek food. Right on the water and has a club/bar next door which was popping.

**Sights:**

**ATVing**: The last day we rented atvs to ride around the island which was so much fun and we found some super cool spots along the way but PLEASE BE SAFE. Two of our friends got in a really bad crash and totaled their atv but were luckily wearing their helmets so please BE CAREFUL. PLEASEE cannot stress enough how careful you need to be if you decide to go on ATV’s

**Boat day:** We found a random boat company that said unlimited wine and signed up lol, it was fun because we made it fun, def do a boat day though if the weather is good it was so nice to tan and jump in the ocean and listen to fun music

# **AMSTERDAM, NETHERLANDS**

**Hotel:**

Alfred Hotel: Every hotel is super expensive here so make sure to book this early but this one was around $200 per person for 3 people in a room and 2 nights. It was in a super nice suburban area as well as nearby the Moco museum and Van Gogh museum and a super big and gorgeous park.

Sofitel Hotel: I stayed here with my parents and it was such a boujee hotel, so if your going with parents definitely look into staying here, location was perfect and it was such a relaxing place

**Food:**

**Chimney Cake Bakery:** Super good bakery and sandwich place with yummy cheese, really good if you want a quick breakfast or lunch.

**L'Entrecôte et les Dames:** Delicious steak & frites if you want a nice dinner, they also have a white fish option. They serve it with a delicious pesto chimichurri sauce and bring you as much food as you want and have yummy drinks.

**Cafe Lido**: We came here for Easter brunch and I got the eggs benedict and it was delicious, its right on the canal so it was an absolutely beautiful view

**PESCA:** This restaurant was so cool, you walk in and its like a fish market and you pick your fishes you want, then they take you into a wine room and you choose your cocktails and wine before they take you to your table, the chef picks the order of all your food and the staff was so much fucking fun. A little more pricey i went here with my parents and aunt and uncle

**Pluk**: had the best breakfast here i got avocado toast with eggs, coffee and a juice, and it is such a cute cafe, pretty cheap and in a really good location i think theres 2 but both were so cute

**Sights:**

**NXT Museum:** We got super baked before we came and it was a mind blowing experience, the light shows are so so cool and it was unlike any museum I’ve ever been in.

**Heineken Experience:** I feel like you have to come here, it walks you through the history and the process of how Heineken is made and was so much fun and you get 3 beers along the way!

**Anne Frank House:** u must do this, super quick like 30 minutes but the listening tour is cool and must see if your in amsterdam A really meaningful experience. Have to book atleast a month in advance it sells out very quickly

**Van Gogh Museum:** this museum was huge but really fun def be high for it i thought i was so high i kept reading dutch thinking it was english

**Flea Market next to van Gogh:** this flea market was so dope they have so many different tents and the food stands are dank

**Cas Rossa Sex Show:** u gotta do it Free penis lolipop with entry

**Park:** We spent most of the day on saturday in the park tripping, u can buy shrooms easily at any place with a mushroom sign outside of it and they are super helpful in picking out which type you want for different trips, also u can buy weed at any “coffeeshop”and it's cheap and dank, this is the absolute best park in the world, tripped here for the first time ever and I loved it so much

**Tulip Festival:** Only happens in April. Walk around and see so many different flowers and colors.

**Any weed coffee shop:** They are so cool and fun to hang out in. Can get some food and joints there

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