

19. USEFUL INFORMATION

19.1 STATE GENERAL INFORMATION

Link to the FECYT 'Practical Guide for Foreign Researchers in Spain 2006':
http://www.eracareers.es/fecyt/guia/guiahtml22_en.jsp

19.2 LOCAL INFORMATION

Cost of living

The following estimates have been made taking the academic year 2005-06 as a point of reference. Hence, the following information should only be used as a guideline.

Some examples:

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|--|--------|
| Accommodation + utilities | 300 € |
| Food... .. | 230 € |
| Transport | 45 € |
| Health expenses (when necessary) | 90 € |
| 1 loaf of bread | 0.60 € |
| 1 litre of milk | 0.70 € |
| 1.5 litre of mineral water | 0.35 € |
| 1 coffee at the university | 0.65 € |
| 1 newspaper: | 1.00 € |
| 1 notebook | 1.30 € |
| 1 pen..... | 1.00 € |
| 1 city bus ticket | 1.00 € |

Banks and Postal Services

There are numerous Spanish and International bank offices available to open a bank account. This is a highly recommended procedure as utilities are usually paid for via bank accounts in Spain.

In order to open an account it is necessary to show the Foreigner Identification Number (NIE). Some banks and *Cajas de Ahorros* ask for a photocopy of the passport.

Nevertheless, it is possible to open a temporary bank account in one of the offices that *Caja Cantabria* and the *Banco Santander Central Hispano* have in the building housing the Law and Economics faculties. Passport/identification needs to be shown. Later on, it is necessary to apply for the Foreigner Identification Number (NIE) to have a permanent bank account. The opening hours of the offices on campus are: from 9:30 to 14:00 and from 16:30 to 18:30 h. for *Caja Cantabria*, and from 8:30 to 14:00 and from 17:00 to 18.30 for *Banco Santander*.

The main Post Office is located at Plaza de Alfonso XIII. There are other offices all over the city, provided with fax services and postal transfer services. Information about the location and timetables of the main office can be found in the Post Office Web page.

CENTRAL POST OFFICE

Plaza Alfonso XIII. Santander

Phone: +34 942 36 55 19

Web: <http://www.correos.es>