

6

Practical information



6.1. Getting to Santander

There are several ways of getting to the city:

Plane:

The airport, located 5 kilometres to the east of the city centre, has flights connecting Santander with Barcelona, Madrid, Gran Canaria, Seville, Valencia, Málaga, Alicante, Palma de Mallorca, London (Standsted) Rome (Ciampino), Frankfurt (Hahn) and Liverpool. There is a permanent bus service which connects Santander airport with the city centre bus station every 30 minutes. The bus ticket costs approximately 1.5 Euros.

Additionally, Bilbao Airport, situated about 120 kms from Santander, operates international flights to and from the main European capitals. There are buses and trains to and from Bilbao Airport to the city centre, where there is a coach service to Santander.

Santander Airport

☎ +34 942 20 21 00

Web: <http://www.aena.es> (aeropuerto de Santander)

Bilbao Airport

☎ +34 944 86 96 64

Web: <http://www.aena.es> (aeropuerto de Bilbao)

Information Iberia (Spanish Airlines)

☎ +34 902 40 05 00

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

Ferry

A ferry links Santander with Plymouth (United Kingdom) once a week in March and then twice a week from April onwards. It is recommended that you check the timetables and dates.

Brittany Ferries

Zona Marítima, s/n

☎ +34 942 36 06 11

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

Train

Santander has two railway stations that correspond to two different railway companies (RENFE and FEVE) and they are situated at opposite ends of the same building.

RENFE connects Santander with Madrid and other places in Spain. This railway company has a radial track network, the centre of which is the capital of Spain.

RENFE Railway Station:

Information and reservations: ☎ +34 902 24 02 02

International information: ☎ +34 902 24 34 02

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

FEVE, the narrow gauge railway, joins all the self-governed regions in the North of Spain

FEVE Railway Station:

☎ +34 942 21 16 87 / +34 942 20 95 22

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

Coach

There are coaches from the French border linking Irún with Santander several times a day. This is the easiest route for those who reach Hendaya by train. There are also coaches that operate the routes to Paris, Brussels, London, Zurich and Geneva. The City Bus Service links The University of Cantabria with the rest of the city

Santander Bus Station

☎ +34 942 21 19 95

Web: <http://www.santandereabus.com>

Car

Those who prefer to drive here can cross the border at Irún-Hendaya, taking the National Road 634, or the toll motorway A-8 to Bilbao, and then following directions for Santander.

Once here, the visitor will realise that the city's lay-out is along three main roads: Avenida de Los Castros (with the University campus in its northern part), Paseo de General Dávila, and the road which joins Cuatro Caminos with the city-centre and Sardinero (see Santander street plan).

6.2. Accommodation

Santander is a tourist city in the summer and offers a wide variety of flats for rent in the private sector, while the availability of places in University Halls of Residence, either public or private, is rather more limited.

The International Relations Office does not accept responsibility for finding accommodation during the summer months (July, August and 1-15 September). It should also be borne in mind that there is a much greater selection of accommodation on offer in the first semester than in the second one.

To reserve accommodation, the corresponding form, available on its Web page, should be sent to the ORI, clearly marking the preferred option among the ones available: shared flats with other students, University hall of Residence or staying with a family.

IMPORTANT: The ORI provides the necessary information to the student in order to contact with the person or service in charge of the accommodation. However, the student will be responsible for completing the procedures for renting the flat, for which purpose there is information available at the

International Relations Office. The office staff will offer as much help as is necessary during this process.

It is possible to choose from the following options:

6.2.1. Private flats shared with other students:

The most popular and affordable type of accommodation is sharing a rented flat with other students, either Spanish or foreign. The monthly cost per person is around € 150-180, without including utilities. In most cases, a deposit must be paid on signing the contract, and is usually equivalent to a month's rent. This deposit is not returnable if the tenant leaves the flat before the end of the contract. Flats are furnished (beds, tables, chairs and full kitchen), but usually they do not have either bed linen or towels, which must be provided by the student. It is necessary to contact the landlord in order to get more detailed information.

6.2.2. University Halls of Residence

Colegio Mayor Juan de la Cosa: The reservation will be made directly between the student and the Hall of Residence so, besides sending the reservation form to the ORI, the student must contact the Hall of Residence directly to ask about the prices and booking dates.

Colegio Mayor "Juan de la Cosa"

Universidad de Cantabria

Avda. de los Castros, s/n. 39005 Santander

☎ Administración: +34 942 20 15 50 (de 9 a 14 horas)

☎ Conserjería: +34 942 20 15 61 (24 horas)

☎ +34 942 20 15 51

E-mail: colegiomayor@unican.es

Web: <http://www.unican.es/cmjc>

Colegio Mayor Torres Quevedo:

It offers similar characteristics to the previous Hall of Residence, although its facilities belong to another institution different from the University of Cantabria.

Colegio Mayor "Torres Quevedo"

UIMP

Avda. de los Castros, 42. 39005 Santander

☎ +34 942 29 87 00

☎ +34 942 29 85 00

E-mail: ahontanon@uimp.es

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

6.2.3. The University of Cantabria Students' Council (CEUC) Housing list

The CEUC has its own housing list. A list of available flats and the contact details of the different landlords are available on its Web page. It is the student's responsibility to make any arrangements via telephone with the landlord.

6.2.4. Staying with a Family

In this case, the students live with a Spanish family, usually with full board (single room and three meals). To reserve accommodation the corresponding form should be sent, clearly marking the preferred option, to the International Relations Office.

6.3. Medical Assistance

The presentation of the photocopy of the European Health Insurance Card is a compulsory requirement for registration, which will entitle them to medical care within the Spanish National Health system.

The Spanish National Health System covers medical assistance for all EU citizens and has signed an agreement with the following countries: Andorra, Norway, Brazil, Chile, Ecuador, Paraguay, Panama, Peru and Morocco.

Foreign students from countries not included above **must take out a private insurance policy**, as must those students who, for whatever reasons, are not covered by the National Health System of their country, despite being from a European Union country or one of those mentioned above. No student will be admitted without submitting written proof of medical insurance valid for the whole exchange period.

In order to benefit from this agreement which guarantees free medical care and the partial reimbursement of the cost of medicines, the European Health Insurance Card or the E-111/128 forms must be requested in the country of origin.

If students need to make use of this service during their stay, they should go to the nearest Doctor's Surgery or Health Centre with their passport and the European Health Insurance Card or a copy of the E-128/E-111 form.

In case of need, these are the Health Centres and Surgeries in Santander:

A. Primary Medical Assistance:

- **Centro de Salud Castilla-Hermida**
C/ Castilla, s/n. Santander. ☎ +34 942 22 96 95
- **Centro de Salud Cazoña**
Avda. Torres Quevedo, s/n. Santander. ☎ +34 942 34 61 94
- **Centro de Salud Centro**
C/ Isabel II, 17. Santander. ☎ +34 942 21 81 61
- **Centro de Salud Dávila**
C/ General Dávila, 71. Santander. ☎ +34 942 22 87 70
- **Centro de Salud Los Castros**
Avda. de Los Castros, 155. Santander. ☎ +34 942 37 05 05

- **Centro de Salud Puertochico**
C/ Tetuán, 59. Santander. ☎ +34 942 27 00 72
- **Centro de Salud Sardinero**
C/ Alcalde Vega Lamela, 6. Santander. ☎ +34 942 39 30 06
- **Centro de Salud Vargas**
C/ Vargas, 57. Santander. ☎ +34 942 20 34 61

B. Hospitals

- **Hospital Universitario Marqués de Valdecilla**
Avda. Valdecilla, s/n. 39008 SANTANDER.
☎ Main office: +34 942 20 25 20
☎ Emergencias: 061 (all around Cantabria)
- **Hospital Comarcal de Sierrallana**
Barrio de Ganzo, s/n. 39300 TORRELAVEGA.
☎ Main office: +34 942 84 74 00
☎ Emergencias: +34 942 84 75 25
- **Hospital Comarcal de Laredo**
Avda. de los Derechos Humanos s/n. 39770 LAREDO.
☎ Main office: +34 942 63 85 00
☎ Emergencias: +34 942 63 85 10
- **Hospital de Campoo**
Avda. de Castilla, 22. 39200 REINOSA
☎ +34 942 75 51 55

6.4. 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:

Monthly Budget:

Accommodation + utilities	300 €
Maintenance costs	230 €
Transport	45 €

Health expenses (when necessary)	90 €
School equipment	40 €
Extra expenses	95 €
Total (monthly average)	800 €

Other examples:

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 €

6.5. University Cafeterias and Dining Halls

We find cafeterias in almost every building at the UC, with long opening hours available for students. Their prices are usually lower than other restaurants. At the beginning of the term the ORI organizes a tour where the exchange students are shown the location of the different cafeterias.

Students need to take into account that most restaurants and pubs adapt their business hours to the Spanish customs (meals are served at midday and at night). However, it is possible to have a snack at other times.

6.6. Banks and postal services

There are numerous Spanish and International bank offices available for students 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) –see section 4.2.2–. Some banks and Cajas de Ahorros ask for a photocopy of the passport and proof of registration at the UC.

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. Students need to show their passport and their student identification. Later on, they need 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
 ☎ +34 942 36 55 19
 Web: <http://www.correos.es>

6.7. Telephone services

6.7.1. How to make a phone call

To make an international call it is necessary to dial the following codes:

+ + +

For telephone calls in Cantabria

942	+	Phone number
(Prefix for Cantabria)		(six digits)

For telephone calls in Spain

Province Prefix	+	Phone number
(2 or 3 digits)		(7 or 6 digits)

For Telephone calls to mobile phone in Spain

Phone number
(9 digits)

All over the Campus you can find public telephones which accept coins, though some of these telephones accept phone cards. The minimum price for a local call is 20 cents.

6.7.2 Useful Addresses and Telephone Numbers

Emergencies	112
Spanish Telephone numbers information	11818
International Telephone numbers information	11825
Local Police	092
National Police	091
Spanish Civil Guard	062
On-call pharmacy	
Información 24 horas:	+ 34 942 22 02 60
Firemen	080
Radio-Taxi	+ 34 942 33 33 33
Information on the state of roads	
Guardia Civil de Tráfico:	+ 34 942 23 68 12
Tele-Ruta:	+ 34 91 441 72 22
Municipal Tourism Office	
Hernán Cortés, 4 (Mercado del Este). 39003 Santander	+ 34 942 31 07 08