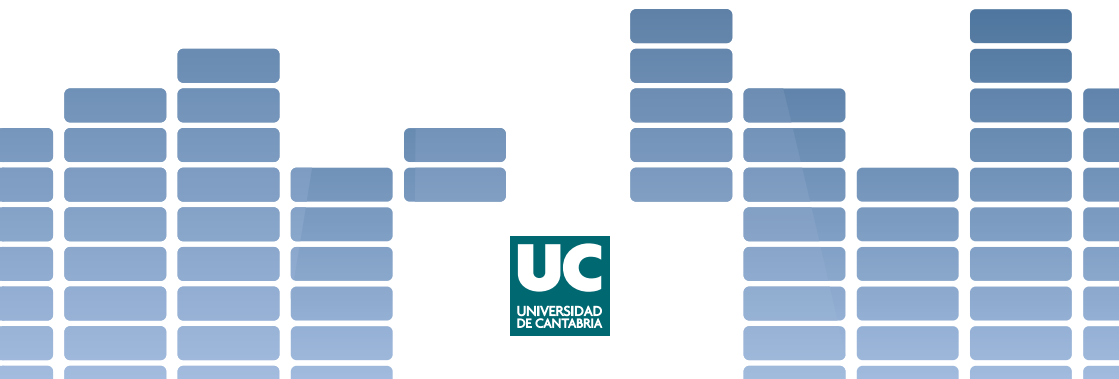
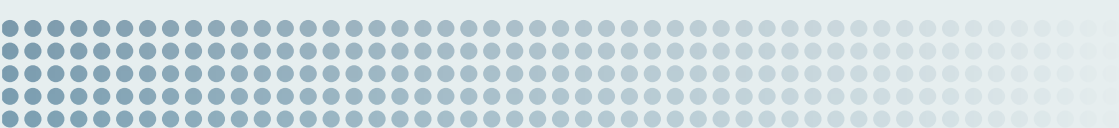


UNIVERSITY OF CANTABRIA

International Student's Guide





International Student's Guide

University of Cantabria

Vice-rectorate for Internationalization





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Universidad de Cantabria
Vicerrectorado de Internacionalización

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TERESA SUSINOS RADA
Vicerrector for Internationalization

Dear Student,

The University of Cantabria, via its International Relations Office, sees the internationalization of the entire university community as one of its main goals and mobility, as the essential requirement to successfully achieve this international objective.

In an attempt to further improve services for students, we have prepared this complete Exchange Students' Guide, which will hopefully be a very useful tool for rapid consultation as to what our university has to offer, thereby allowing you to better understand its academic system, the conditions and processes of admission and to know the services offered and the array of activities the International Relations Office carries out

You will also find a description of the most relevant aspects of the city of Santander and its region, as well as practical information on accommodation, medical assistance or the cost of living in our 'Comunidad Autónoma' (self-governed region).

We hope that you will find the answers to the questions the staff at the Office for International Relations have been most frequently asked over the years and which, thanks to their efficiency and experience, will help exchange students.

We trust that the information offered in this guide will help to make your stay at the university fulfilling, both academically and personally, and that you will enjoy the many attractions of this pleasant city and this beautiful region.



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The University of Cantabria

1.1. General Description

1.2. The UC in figures

1.3. Academic Offer

- Regular Programs
- Non-regular Courses

1.4. General Services

- The University Library (BUC)
- Cultural Services: "The Cultural Campus"
- Physical Activities and Sports Service
- Language Center
- Information Technologies Service
- SOUCAN (Psychological and Disability Attention Service for Students)
- Careers and Employment Information Center (COIE)
- Cooperation for Development Office (ACOIDE)
- Student Associations: Students' Council and AEGEE
- The Ombudsman



1.1 General Description

The University of Cantabria (UC) is the only on-site public institution to offer official university study courses in the self-governed region of Cantabria. It is a young, dynamic, public university, founded in 1972, whose main objective is to contribute to social progress via its commitment to teaching and scientific excellence. To achieve these goals, it aims at constant quality control of its work, which means that all its teaching, research, services and administrative activities continually undergo review and improvement processes. It is precisely this demanding nature that has led it to be considered as one of the ten best universities in the country for quality and scientific productivity and one of the most attractive to receive exchange students.

The University of Cantabria offers its students all the necessary resources for a well-rounded education. In the academic area, the study plans strive to find the perfect balance between practice and theory, and which the student can further enrich through several different complementary services: work placement programs, language courses, access to new technologies, orientation and tutoring activities and exchange programs with universities of other countries are to mention but a few.

In this sense, the UC has clearly made a great effort over the last few years to promote itself internationally. At the present moment, it is both a member of national university networks such as **Grupo 9 de Universidades**, and of such international networks as the **Compostela Group** and the **Santander Group**, it being a founder member of the latter. Likewise, it has signed more than 250, Bilateral Agreements with European universities within the Erasmus+ Program. Beyond Europe, the





UC maintains co-operation links with US, Canadian and Australian universities, the agreements established with Ivy League universities being especially significant. The UC has also furthered its relations with Chinese and Japanese universities and the historic cooperation with Latin- America has been fostered by increasing exchanges within the framework of active bilateral agreements and the Program Science without Borders with Brazil, the *CINDA network* and under the auspices of other institutions such as the *Carolina Foundation* or the Spanish Agency for International Cooperation (*MAEC-AECID* Grants). The UC has also participated in several EU funded programs such as Atlantis, Erasmus Mundus (Actions I and II), Tempus and Jean Monnet.

Within this general performance framework, the mobility of students, academic staff, and administration and service staff is considered to be one of the key activities in its internationalisation process.

1.2 The UC in figures

The main descriptive and updated figures of the University of Cantabria can be found at the section *the UC at a glance*:

<http://web.unican.es/en/about/the-uc-at-glance>

1.3 Academic Offer

• Regular Programs

Undergraduate Degree programs

Faculty of Sciences

- Degree in Computer Science Engineering
- Degree in Physical Sciences
- Degree in Mathematics
- Double Degree in Physics and Mathematics





Faculty of Economics and Business Studies

- Degree in Business Administration and Management
- Degree in Economics



Faculty of Law

- Degree in Labour Relations
- Degree in Law

Faculty of Education

- Degree in Nursery Education Teaching
- Degree in Primary Education Teaching



Faculty of Humanities

- Degree in Geography and Land Planning
- Degree in History

Faculty of Medicine

- Degree in Medicine

School of Civil Engineering

- Degree in Civil Engineering

School of Industrial Engineering and Telecommunication

- Degree in Electrical Engineering
- Degree in Chemical Engineering
- Degree in Mechanical Engineering





- Degree in Industrial Electronic Engineering and Automatic Control Systems
- Degree in Industrial Technologies Engineering
- Degree in Telecommunication Technology Engineering

School of Nautical Studies

- Degree in Marine Engineering
- Diploma in Maritime Engineering
- Degree in Nautical Engineering and Maritime Transport

School of Nursing Casa de Salud Valdecilla

- Degree in Nursing

School of Technical Mining Engineering

- Degree in Energy Resources Engineering
- Degree in Mining Resources Engineering

School of Physiotherapy Gimbernat Cantabria (associated center)

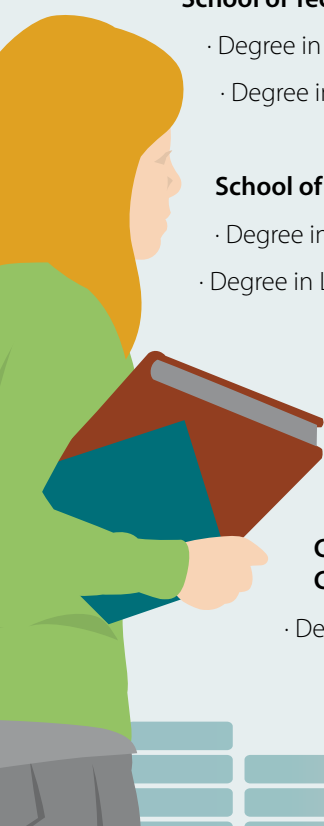
- Degree in Physiotherapy
- Degree in Logopaedics

Universitary School of Tourism "Altamira" (associated center)

- Degree in Tourism

Centro Internacional de Estudios Superiores del Español CIESE-Comillas (associated center)

- Degree in Hispanic Studies





Courses taught in English

The course offer in Spanish is completed with an array of courses entirely taught in English by UC faculty staff with wide teaching and research experience. They belong to several disciplines and are taught both, in the first and the second semester although the number of courses in the second semester is larger. The complete list of courses can be found on the following web site: <http://web.unican.es/en/Studying/academic-offer/courses-taught-in-english>

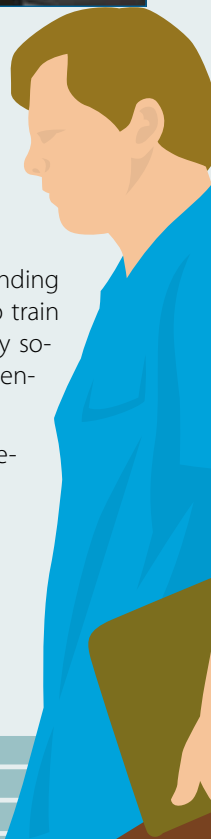
Some of these courses are organized in discipline programs such as the so called Civil Engineering Cornell Program, Industrial and Telecommunication Engineering, Chemical Engineering, Physics, Business and Economics and Spanish History and Culture and in these cases, it is necessary to follow a specific application process due to the admission limit in each course. It is possible to register for a group of courses in one specific discipline (30 ECTS credits including a 6 ECTS Spanish course) and obtain a UC Certificate or Diploma, if all credits are successfully completed.

<http://web.unican.es/en/Studying/academic-offer/courses-taught-in-english>

Graduate Studies: Official Masters and Doctorate degrees

The UC offers a broad range of postgraduate studies aimed at responding to the current needs of society. Their objective is, on the one hand, to train professionals capable of accepting and overcoming the contemporary socio-economic challenges and, on the other hand, of creating an entire generation of top-rate researchers.

Graduate studies can be official Masters and Ph. D programs and also specialized UC certificate programs.





Official Masters

The official masters offered by the UC provide advanced training that facilitates academic or professional specialisation, or else, which foster initiating a research career. These studies carry between 60 and 120 ECTS credits and may be applied for by anyone holding an official university degree.

Other non-official studies which provide further preparation in many different areas of specialisation and which are directly focused on the professional applications of the disciplines are also being taught.

Doctorate degrees

Doctoral studies aim at training academics and researchers of the very highest level. They combine specialization within a scientific and technical area with training in research techniques.

General information about UC regular courses:

Servicio de Gestión Académica

Casa Del Estudiante Torre C, Planta 0

Tel. +34 942 20 10 55

e-mail: gestion.academica@gestion.unican.es

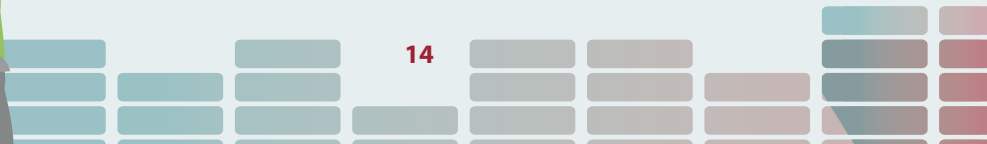
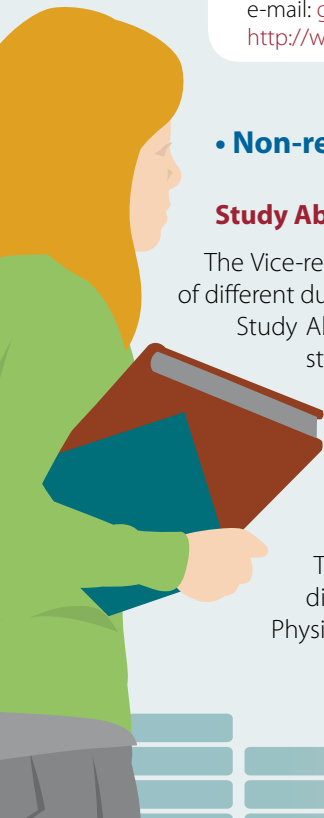
<http://web.unican.es/en/Studying/academic-offer>

• Non-regular Courses

Study Abroad Programs

The Vice-rector for Internationalization organizes tailor-made programs of different duration upon request of other universities, as well the UC own Study Abroad scheme called REAL, which is open to any interested student. The REAL (Research, Explore And Learn) program is centered around the academic and research areas of The University's most prestigious research institutes, to offer international undergraduate students the possibility of combining an exciting study abroad experience with hands-on research practice led by renowned research teams.

The offer combines a high-quality academic agenda in three different scientific areas (Engineering, Biotechnology, and Physics) with an optional program in Spanish Language and Cul-





ture, open to all programs, including Spanish Grammar and conversation classes, as well as classes on Spanish History, Spanish Art, and Gastronomy. In addition, the programs include several touristic visits and offer a series of optional excursions, giving the students the opportunity to explore Spain's fascinating northern coast. Research projects are carried out at the Hydraulic Institute (IH), the Biotechnology Institute (IBBTEC) and the Physics Institute (IFCA). The program can be 4 week (only the theoretical part) or 8 week, if it is fully completed including the research project.

<http://www.unican.es/en/summerprograms/Programs.htm>

Courses in Spanish Language and Culture

The University of Cantabria Language Center (CIUC) organises two type of courses: general courses and those tailored to meet specific requirements of other universities or institutions.

Within the first category, there exist two different types of course: intensive three week (60 hour) courses which take place before classes start in the first and the second semester, and extensive 60 and 40 hour courses throughout each of the semesters.

As regards the specific requirement courses, regular courses at the university are combined with the CIUC Spanish courses. When a foreign university so requires, there also exists the possibility of exchange programs of varying length and which can include teaching staff both from the UC and the CIUC itself, or the Department of Philology, which is also responsible for some of these programs.

Also, those students that reach the highest learning level of those offered by the CIUC are perfectly capable of successfully passing the exams to obtain the "Diploma de Español" (DELE) awarded by the Cervantes Institute, corresponding to the Ministry for Education and Culture, and which the Department of Philology of the University organizes twice a year.

<http://web.unican.es/unidades/ciuc/espanol-para-extranjeros>

Summer Courses

The Vice-rectorate for Culture, Participation and Dissemination organises summer courses on monographic areas, which are, depending on the course, either general or specialised, and are of varied length. Several institutions and companies collaborate in these courses which are held in





several places all over Cantabria. Throughout the summer and in its different centers, the Summer Course Department organizes a series of parallel activities such as conferences and concerts, all open to the general public.

<http://web.unican.es/cursosdeverano>

1.4 General Services

These university services help students to find suitable tools to complement their studies and provide support in their academic and research work.

The University Library (BUC)

The Library meets the needs of university teaching and research by means of scientific documents, and also manages and circulates the University's bibliographic material. The main offices are located in the Edificio Interfacultativo, and there are nine divisions or service points in several University centers, which provide users with direct service and house collections relating to the specific nature of the center where they are held.

In order to make use of the Library Services, it is required to hold the Smart University Card (TUI). There is also a laptop loan service available for any interested student. It is necessary to have a UC student mail account and they can only be used within the library premises.

The Library Opening schedule runs from 8.15 a.m to 20.45 p.m and it is extended during the exam periods.

Biblioteca de la Universidad de Cantabria

Tel. +34 942 20 11 98

e-mail: infobuc@gestion.unican.es

<http://www.buc.unican.es>

Cultural Services: "The Cultural Campus"

The University Extramural Services are run directly by the Vice-Rectorate for Culture, Participation and Disseminations. Their aim is to promote and disseminate cultural activities both on and off campus, in collaboration with public and private institutions. They also co-ordinate projects that emerge





from the university community and put into circulation throughout the University all information on courses, competitions, prizes, seminars, meetings and all types of cultural activities, organised both in Spain and abroad. Programs are run by Science, Cinema, Sound and Image, Arts, Music, Cultural Heritage, Theatre and Theology Groups, by the “Isabel Torres” Women’s and Gender Studies Interdisciplinary Group and by the International Co-operation Group.

Campus Cultural

e-mail: campuscultural@unican.es

<https://www.unican.es/campus-cultural>



Physical Activities and Sports Service

This Service encourages physical education, promotes activities that include physical preparation, sports competition, self-expression through movement as well as outdoor activities. Most of these courses go on for a semester (October to January and February to May). There are substantial discounts for UC students using the TUI.

Servicio de Actividades Físicas y Deportes

Pabellón Polideportivo

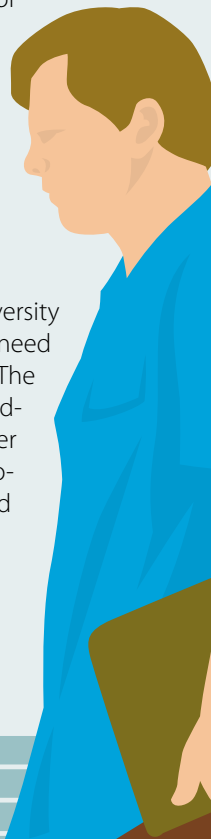
Tel. + 34 942 20 18 81

e-mail: deportes@unican.es

<http://web.unican.es/unidades/deportes>

Language Center

The “CIUC” is the UC’s Language Center. It aims at providing the university community with a foreign language teaching service. It also covers the need for Spanish teaching for students taking part in exchange programs. The CIUC offers English, German, French, Italian and Chinese courses. In addition, Spanish courses are held prior to the beginning of each semester and throughout the academic year for foreign students on exchange programs or bilateral agreements. It also provides tailor-made language and culture programs for foreign universities.



Centro de Idiomas (CIUC)

Edificio de las Facultades de Derecho y Económicas, planta -1
 Tel. + 34 942 20 13 13
 e-mail: ciuc@gestion.unican.es
<http://www.unican.es/ciuc>

Information Technologies Service

This Service coordinates and manages IT services and programs. It provides students, among other services, with an e-mail account. It also enables to look up grades, academic reports, class schedules times and examination timetables on-line, and to find teaching material. There is a space for private websites in addition to the ALUMNOS-i cordless network, which provides connection to laptops, tablets and smart phones.

Wi-Fi

The cordless network is considered as an alternative connection for Wi-Fi connection, adding mobility and allowing access from any location within its coverage area. It is available in all Faculties and Schools and there is the possibility to connect to the UNICAN-i and Eduroam networks.

Servicio de informática

Edificio de Filología. Bajo.
 Tel. +34 942 20 10 93
 e-mail: soporte@alumnos.unican.es
<http://www.unican.es/Sdel>

SOUCAN (Psychological and Disability Attention Service for Students)

This service gives out administrative and general information to secondary education students as well as to first-year students, organizes study welcome and personal training courses, and provides university students with counselling. There is also a normalization Program, which aims to support students who are undergoing academic difficulties or who have to deal with barriers of a physical (through disability) and social nature.



SOUCAN

Casa del Estudiante, Torre B, 1ª planta
Tel. +34 942 20 12 16
e-mail: soucan@unican.es
<http://www.unican.es/soucan>

Careers and Employment Information Center (COIE)

This is run by the Vice-rectorate for Students, and its aims include that of adding work experience to the student's university training. To this end, it develops different job experience programs. It also administers collaboration grant awards at the UC as well as job offers outside the university context and provides training and careers advice.

COIE

Casa del Estudiante, Torre B, 1ª planta
Tel.: +34 942 20 14 14
e-mail: coie.uc@unican.es
<http://www.coie.unican.es>

Cooperation for Development Office (ACOIDE)

The Cooperation for Development offers volunteer opportunities with the local community agencies and organizations. There are several types of volunteering programs: social with elderly people and people at risk of exclusion, disability; cooperation for development with NGOs involved into awareness raising projects, leisure time with activities with children, TIC training, environmental such as beach cleaning, tree planting or wildlife preservation. It is possible to collaborate with sporadic activities, during the week-end or several hours per week, according to individual availability.

ACOIDE

Edificio I+D de Telecomunicaciones
Casa del Estudiante, Torre B, 1ª planta
Tel.: 942 203900
e-mail: uc.cooperacion@unican.es
<http://web.unican.es/unidades/cooperacion-internacional-desarrollo>

Student Associations: Students' Council and AEGEE

The CEUC is the official student body for debate, consultation and representation. Its mission is to defend and uphold students' rights and



obligations as well as to supervise that university services are working correctly. It is made up of all student members of Senate and the delegates from the various schools and faculties. It gives orientation material and sessions to new students, manage students' activities and provides accommodation data-bases and books.

The Student's Council and the European student association AEGEE through its antenna in Cantabria prepare cultural, leisure and sport activities for international relations students through the whole academic year. They also organize conversation exchanges to promote the learning of languages.

Consejo de Estudiantes (CEUC)

Edificio de Filología.

Tel. + 34 942 20 17 06

e-mail: ceuc@alumnos.unican.es

<http://www.ceuc.net/>

AEGEE Santander

Facultad de Derecho y Económicas, planta 0

e-mail: info@aegeesantander.org, erasmus@aegeesantander.org

<http://www.aegeesantander.org>

The Ombudsman

The Ombudsman ensures that the rights of all the members of the university are upheld and acts whenever any of these members (students, lecturers, clerical workers and maintenance staff) feel their rights have been infringed. The Ombudsman's responsibilities are: dealing with complaints and grievances, giving consultation, mediating between opposing parties, drawing up reports and making suggestions and recommendations.

Defensor Universitario

Facultad de Derecho, 2ª planta, zona norte

Tel. +34 942 20 20 22

e-mail: defensor@unican.es

<http://web.unican.es/unidades/defensor-universitario>

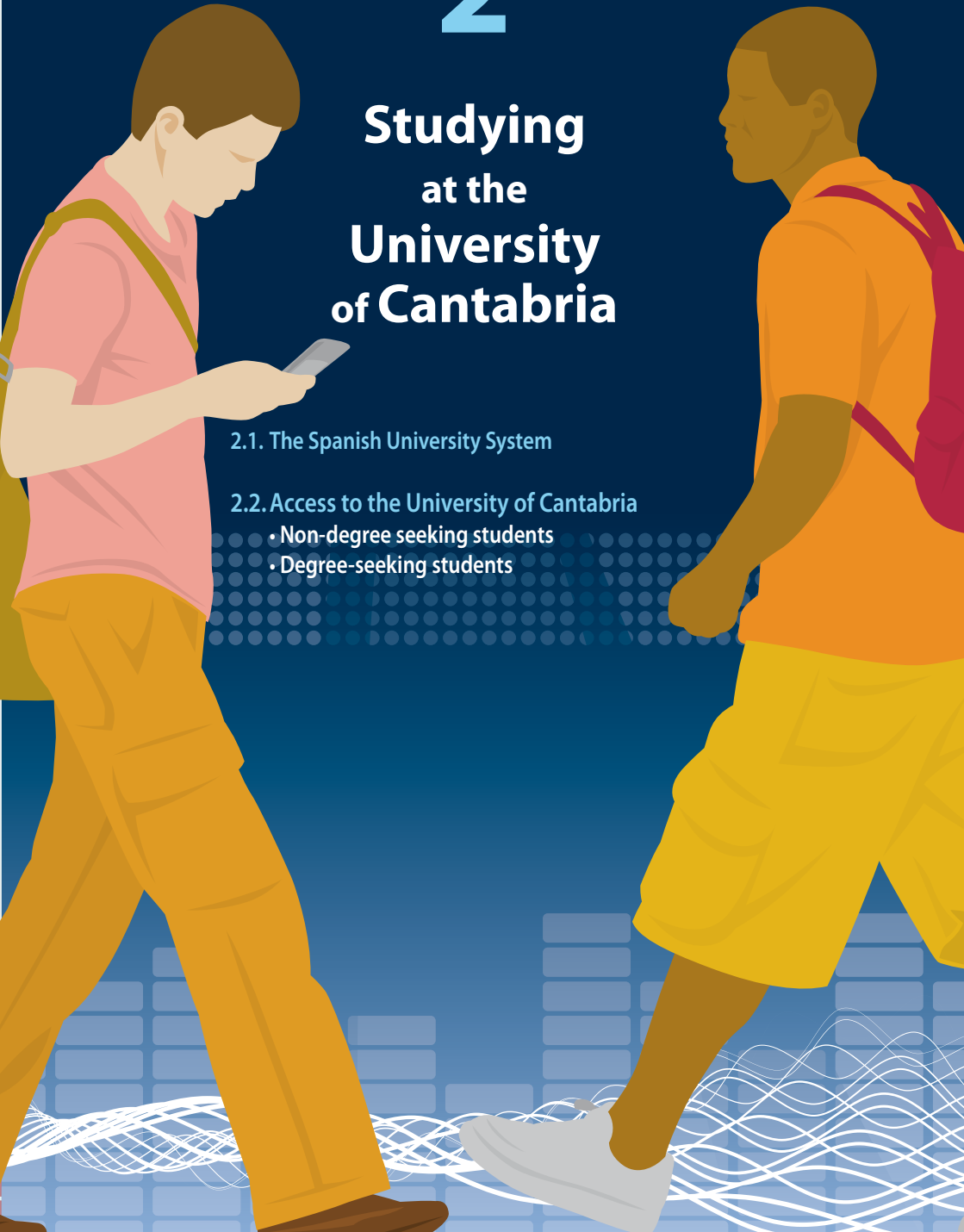
2

Studying at the University of Cantabria

2.1. The Spanish University System

2.2. Access to the University of Cantabria

- Non-degree seeking students
- Degree-seeking students





2.1 The Spanish University System

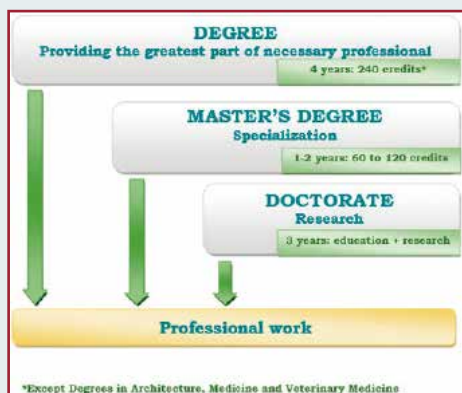
The Spanish university system is structured in order to confer university degrees which are valid throughout the national territory, into three levels, Degree, Master's and Doctorate.

The Degree is the first cycle of official university education. Its main aim is the general education of students, in one or more disciplines, aimed at preparing for the exercise of professional activities.

The main aim of the Master's Degree is that students acquire advanced, specialized or multidisciplinary education, and is aimed at academic and professional specialization, or at promoting initiation in research tasks.

The main aim of the Doctorate is the advanced education of students in research techniques. It entitles students to obtain the title of Doctor, once they

have publicly defended their doctoral thesis, which will be carried out on an original research project.



The ECTS credit is the measure of the total workload of students to meet the objectives in the study plan or curriculum (theoretical teaching and work experience, study and work hours, as well as hours to prepare and carry out assessments).

2.2 Access to the University of Cantabria

Students coming from another university or country who are interested in pursuing studies at the University of Cantabria can apply for admission with the aim of spending either, a study period that is recognised academically by their university of origin, or of obtaining a graduate, postgraduate or doctorate qualification. The admissions procedure is different for each of these two categories.



• Non-degree seeking students

Exchange students within the framework of programs and Bilateral Agreements

Exchange students are those students from other universities who come to the University of Cantabria to spend a study period within the framework of exchange programs (ERASMUS, SICUE etc.) and bilateral agreements with foreign universities. These students are on a tuition fee waiver scheme at the University of Cantabria and it is essential that they are nominated by their sending institution.

Visiting students

Visiting students are those students from a university institution of comparable level to a Spanish university with no bilateral agreement with the UC, who are spending a study period of no longer than one academic year and who must pay the fees corresponding to the credits they register for.



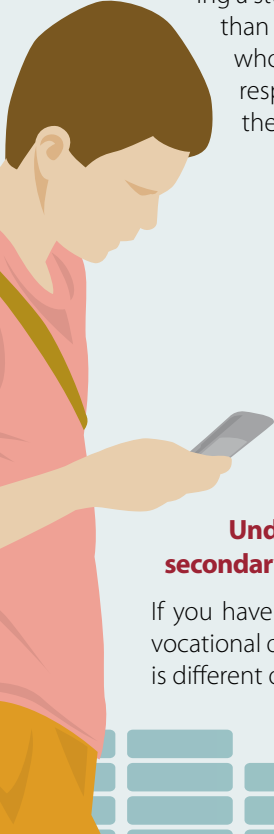
Exchange and Visiting Students' admissions and registration are carried out at the University of Cantabria IRO (ORI in Spanish) and the procedure is different for the two groups. The complete application instructions, the required documents and forms and the established deadlines are included in the ORI's Website:

<http://web.unican.es/en/Studying/admission/exchange-students>

• Degree-seeking students

Undergraduate degree-seeking students having completed secondary education abroad

If you have foreign qualification equivalent to the Bachiller or to advanced vocational qualification, you can apply for admission. However, the procedure is different depending on the country of origin:





Students of the European Union, Switzerland, China, Iceland, Norway and Liechtenstein or students who have obtained a European or International Baccalaureate:

These students do not need to officially validate their degree nor do they need to sit for the university examination entrance. In this case, it is only necessary to obtain the Access University Certificate issued by the Universidad Nacional de Educación a Distancia (UNED) which guarantees that the university access requirements are fulfilled. In order to obtain this certificate and for further information about the procedure, the prospective student can contact:

Universidad Nacional de Educación a Distancia (UNED)

Tel. +34 902 388 888

<http://www.uned.es/accesoUE>

Once the students obtain the certificate, they will have to follow the usual university admission procedures.

Students coming from other countries must follow a two-part procedure:

- Obtain official approval of baccalaureate certificate or equivalent from the Spanish Ministry of Education.

**Ministerio de Educación, Cultura y Deporte
Subdirección General de Títulos y Reconocimiento de
Cualificaciones**

Paseo del Prado, 28. 28014 Madrid - España

Tel. +34 91 50 65 632

<http://www.mecd.gob.es/educacion-mecd/areas-educacion/sistema-educativo/gestion-titulos.html>

- Register for the University examination. This examination, also known in Spain as “Selectividad” is administered by the Spanish Open University (UNED) and registration deadlines vary depending on country and examination dates.

Sección de Selectividad de la UNED

Pº Senda del Rey 11. 28040 Madrid - España

Tel. +34 91 39 86 613 / 14 / 16

e-mail: selectiv@adm.uned.es

<http://www.uned.es/>



For further information outside Spain:

Consejerías del Ministerio de Educación, Cultura y Deporte de las Embajadas de España

<http://www.mecd.gob.es/educacion-mecd/areas-educacion/actividad-internacional/oficinas-centros-exterior/oficinas-educacion.html>

Oficinas Consulares de las Embajadas de España

<http://www.exteriores.gob.es/Portal/es/ServiciosAlCiudadano/Paginas/EmbajadasConsulados.asp>

In both cases, once the legal requirements for university entrance are met, the students will have to pre-register at the University of Cantabria through the Servicio de Gestión Académica and follow the regular admission procedures.

Servicio de Gestión Académica

Tel. +34 942 20 10 55

e-mail: gestion.academica@unican.es

http://www.unican.es/WebUC/Unidades/GestionAcademica/Informacion_academica/Futuros+Alumnos.htm

Undergraduate degree-seeking students having started university education abroad

Students that have been rejected for official recognition of their degrees or have not applied for it, may use this procedure known as Partial Recognition, so as to be able to continue the same or an equivalent program at Spanish universities. If the admission is for degrees with place limit, the student will need to have completed at least 60 ECTS compulsory credits and have a favorable report from the Recognition Commission of the Faculty. If the admission is for degrees without place limit, it is enough to have completed 30 compulsory credits.

The application procedure will be carried out by the corresponding faculties and decided upon by the Rector.

Graduate Degree-seeking students having started university education abroad (Master and Doctoral students)

Foreign students who have a degree (or equivalent academic level) conferred by a university or higher education institution abroad can gain access to postgraduate studies at the University of Cantabria, once they are accepted by the Postgraduate Commission in two ways:



- **Following official approval of the foreign degree at the Spanish Ministry of Education:**

Ministerio de Educación, Cultura y Deporte

Subdirección General de Títulos y Reconocimiento de Cualificaciones

Paseo del Prado, 28. 28014 Madrid - España

Tel. +34 91 50 65 632

<http://www.mecd.gob.es/educacion-mecd/areas-educacion/sistema-educativo/gestion-titulos.html>

- **Without official approval of foreign degree or with the approval process in progress:**

Students may apply for admission at the chosen study program. This admission is considered provisional until authorization by the rector or a positive resolution of the Ministry is obtained.

Servicio de Gestión Académica

Tel. +34 942 20 10 55

e-mail: gestion.academica@unican.es

<http://web.unican.es/admision/acceso-a-la-universidad-estudios-de-master-oficial/admision-extraordinaria-estudios-oficiales-de-master>



3

Academic aspects

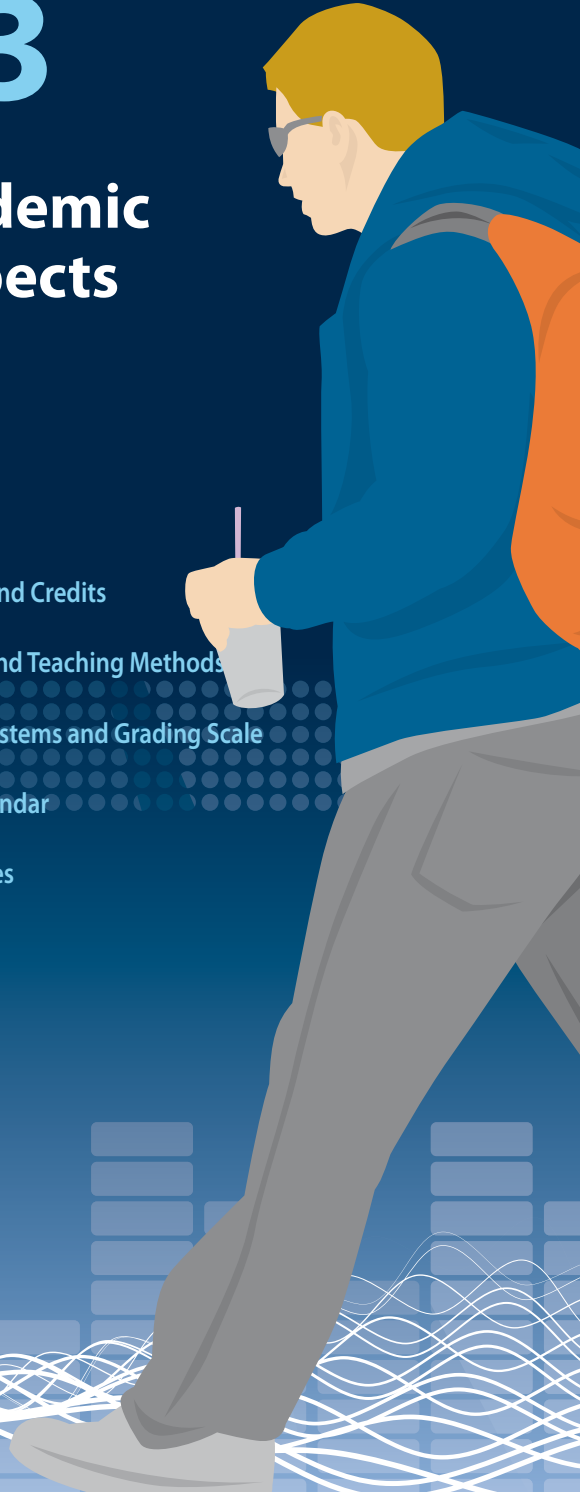
3.1. ECTS System and Credits

3.2. Course Offer and Teaching Methods

3.3. Assessment Systems and Grading Scale

3.4. Academic Calendar

3.5. Spanish courses





3.1 ECTS System and Credits

ECTS is the European Union's Credit Transfer and Accumulation System, which was introduced to set up common procedures that guarantee academic recognition of studies undertaken abroad. To this end, it provides a study assessment and comparison system, as well as a transfer system from one institution to another.

ECTS credits are a value allocated to course units to describe the student workload required to complete them. They reflect the quantity of work each course requires in relation to the workload of a full year of academic study at the institution; that is, lectures, practical work, seminars, private work –in the library or at home– and examinations or other assessment activities. In ECTS, 60 credits represent the workload of a year of study; normally 30 credits are given for a semester and 20 credits for a term.

One ECTS credit is equivalent to 25 working hours.

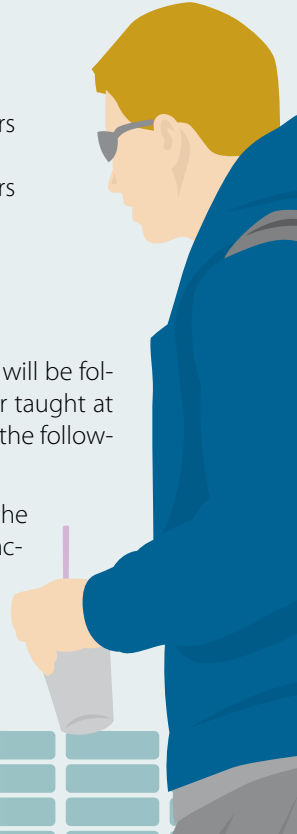
At the UC, the student work distribution for undergraduate degree programs is typically based on 6 ECTS courses, which means 150 working hours, approximately distributed as follows:

- | | | |
|---|------|------------|
| • Classroom hours | 40% | 60 hours |
| • Tutorials | 4% | 6 hours |
| • Work in Groups/Practical Work | 17% | 25,5 hours |
| • Self-study (at home/library) | 32 % | 48 hours |
| • Assessment (Test, Written exams, etc) | 7% | 10,5 hours |

3.2 Course Offer and Teaching Methods

Exchange and visiting students are to choose the courses they will be following during their exchange period within the academic offer taught at the University. The complete academic offer can be checked at the following web site: <http://web.unican.es/en/Studying/academic-offer>

Teaching Methods effectively applied vary in accordance with the nature of the subject and the lecturer's preferences. Lectures accompanied by practical classes or, where appropriate, work in laboratories and workshops, is the most usual procedure but nowadays, degree programs offer more practical and active





methodologies including the participation in seminars, the production of written work or team project work may also be required. Lecturers have to set aside six hours' tutorial time a week from their usual class timetable in order to advise students and supervise their academic performance.

3.3 Assessment Systems and Grading Scale

The most commonly used system at the University of Cantabria to assess students' academic performance is the continuous assessment system replacing or combining the written exam with other assessment procedures, such as an oral exam, the presentation of written work, etc. Students' active participation in class is generally valued positively in the final grade.

The national grading scale goes from 0 to 10. All subjects passed must be given a numerical grade to a decimal point, from 5.0 to 10 according to the following scale:

- a) **Sobresaliente:** from 9,0 to 10
- b) **Notable:** from 7,0 to 8,9
- c) **Aprobado:** from 5,0 to 6,9
- d) **Suspenso:** from 0 to 4,9

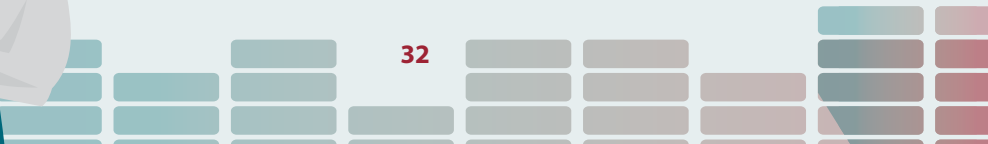
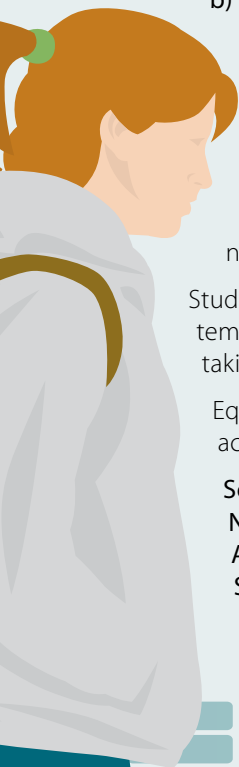
Matrícula de Honor (Sobresaliente with distinction):

Lecturers may award a distinction to students obtaining a grade equal or superior to 9.0. Its number cannot exceed the 5% of the number of students registered for that particular subject.

Students have the right to sit for the final exam twice (February and September for first semester courses, and June and September, for courses taking place in the second semester).

Equivalence between the ECTS scale and the UC's grading scale, in accordance with exchange student guidelines, is as follows:

Sobresaliente (9,0-10)	A
Notable (7,0-8,9)	B
Aprobado (5,0-6,9)	C
Suspenso	FX





Pte. de Examen:

It means that the student is registered but has not sat for the exam yet or that the course has not been graded.

No Presentado: The student has not sat for the final exam.

Grades D, F and E do not have equivalence with the UC's grading scale.

In the near future, this scale will disappear following the ECTS guidelines and will be replaced by a percentage scale that will reflect the grading culture of the university and of each discipline in particular, that is to say the percentage of students that obtain each of the grades.

3.4 Academic Calendar

Classes are generally held, from the last fortnight in September to the last week in May. During the academic year classes are suspended on two occasions for approximately two weeks at Christmas and one week at Easter. Similarly, there are no classes on national and local holidays and on each Faculty or School's patron saint's day.

Start of Academic Year: Second fortnight of September
End of classes: End of May
First semester:
Classes: Second fortnight of September – mid January
Exams: Second fortnight of January – First week in February
Second semester:
Classes: Beginning of February – end of May
Exams: June
Extraordinary examination session:
First fortnight in September





3.5 Spanish courses

The CIUC (UC Language Center) offers foreign students who have come to the University of Cantabria within the framework of European programs and bilateral agreements the chance to attend Spanish courses during each of the two semesters in order to improve their command of Spanish.



At the beginning of each semester students are given information on timetables and prices for 40 and 60-hour intensive courses.

Centro de Idiomas de la Universidad de Cantabria (CIUC)

Edificio de la Facultad de Ciencias Económicas y Empresariales, planta -1

Tel. + 34 942 20 13 13.

e-mail: ciuc@gestion.unican.es

<http://www.unican.es/ciuc>



4

Exchange Student Administration and Reception: The Office for International Relations

4.1. The Welcome Program

4.2. Mentoring Program

4.3. Registration

4.4. University Student Card (TUI)

4.5. Student record Administration

4.6. Issuance of Stay Certificates and
Transcripts



The International Relations Office dependent on the Vice-rectorate for Internationalization, is the focal point for Erasmus and visiting students and also for the students received within the framework of agreements and European and International programs. It co-ordinates the services for students coming from other universities and deals with student mobility programs on an overall basis. It gives the university community information and advice on different international co-operation programs in the Higher Education Area and collaborates in the setting-up and development of those international education actions in which the University takes part.

The IRO works in close relation with **the International Relations Coordinators** at each Faculty or School. They are teachers that play the role of academic tutors to the students on the various degree and diploma courses who are taking part in the national and international exchange programs and play an essential role in the academic organization and success of student mobility experience. The names and contact details of the Faculty coordinators can be seen in the IRO's Website:

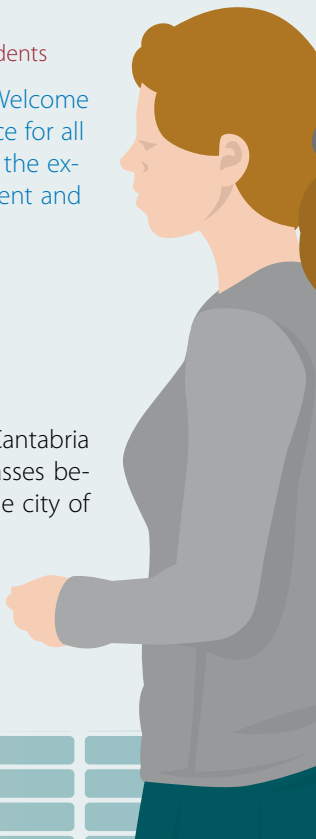
<http://web.unican.es/en/Studying/admission/exchange-students>

The IRO is responsible for the organization of the Welcome and the Mentor program and it is the reference service for all the administrative issues and procedures throughout the exchange period such as registration, record management and the issuance of stay certificates and transcripts.

4.1 The Welcome Program

Through its International Relations Office, the University of Cantabria offers a Welcome Program for exchange students before classes begin so as to provide an initial contact with the University, the city of Santander and the Spanish culture in general.

The program includes a welcoming session at which students are given basic information regarding their stay and a presentation about the Spanish culture. The welcome ses-





sions are also made up of a tour of the main university services, a buffet lunch offered by the Vice-rectorate and several excursions to the city and the region. Taking part in these activities is extremely helpful to exchange students as it facilitates integration and the subsequent stay:

Conditions for participation are included in the following Web site in the section "Upon Arrival":

<http://web.unican.es/en/Studying/admission/exchange-students>

4.2 Mentoring Program

As a complement to the Welcome Program, there is a Mentoring Program so that exchange students who have just arrived can benefit from the support and experience of Spanish students. The advantages are twofold: exchange students can make use of the mentor's experience in finding solutions for the typical problems that can arise on arrival in a foreign country, and at the same time, get to know Spanish students and become integrated more quickly within the university community.

4.3 Registration

The week after the Welcome program, there is a one week registration period to allow the students to confirm whether the courses that have been selected and approved in their Learning Agreement are correct. After a few days attending to courses and with the corresponding co-ordinator's approval, it is possible to amend registration within the add and drop period. The specific calendar is handed in to the students during the informative session during the Program.

4.4 University Student Card (TUI)

TUI stands for "Tarjeta Universitaria Inteligente". This card is the UC student's identification card. In most cases it is handed to students upon arrival. There is also a personal PIN or Identi-



fication number associated to the TUI. It is recorded in its chip and it is necessary for various services.

Its uses include:

- University accreditation: the card identifies the student as students from the University of Cantabria.
- Checking student grades.
- E-mail account application and use of university computers.
- Borrowing books from the library: enables to take out books quickly and easily.
- Electronic purse: for paying for some university services. The card can be topped up with cash at cash point terminals placed around the campus.
- Discounts/special offers in shops: when making purchases at certain shops and commercial centers in Cantabria it is possible to get discounts, pay on credit or be entitled to other special offers.
- Bus Card

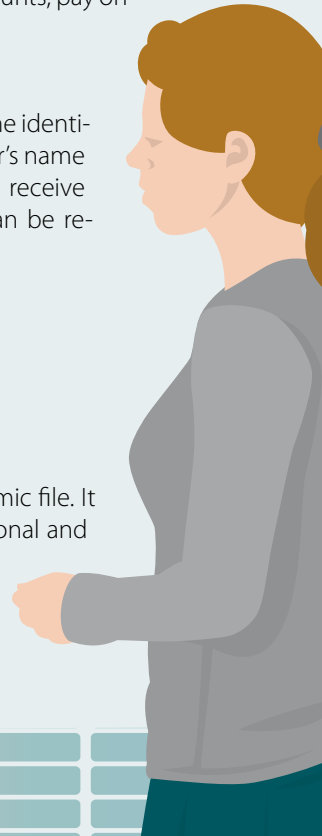


In order to benefit from these services it is required to know the identification data of the e-mail account which is made up of a User's name and a Password. Within the on-line application, students will receive a message with the instructions to follow. The Password can be retrieved or changed at the On-line Campus.

<http://web.unican.es/unidades/TUI/servicios-tui>

4.5 Student record Administration

Each exchange student has a complete personal and academic file. It is very important that any change in information, both personal and academic is communicated to the IRO. The file also includes copy of the individual insurance policy which is a requirement for registration.





4.6 Issuance of Stay Certificates and Transcripts

At the end of the stay, the UC issues a Certificate of Stay stating the arrival and the departure date and a Transcript of Records that includes the grades obtained in each registered course which is sent to the student's home university. Under no circumstances can the certificate be sent before the first week in August, (The second fortnight in March in the case of the first semester students) due to the internal grading process. Therefore, students should communicate these dates with time in advance to their home universities.

Oficina de Relaciones Internacionales (ORI)

Edificio de las Facultades de Derecho y Económicas

Tel. +34 942 20 10 18

e-mail: exchange.students@unican.es

<http://web.unican.es/en/Pages/default.aspx>



Contact us

We'll be very pleased to help you!



5

Insurance and Legal Aspects of the Stay

5.1. Health and Repatriation Insurance

5.2. Visa and Legalisation of the Stay

5.3. NIE (Foreigner's Identity Number)





5.1 Health and Repatriation Insurance

It is mandatory for Incoming students at the UC to have an insurance that guarantees their health assistance and repatriation. Students are not allowed to register until they hand in copy of the insurance policy at the IRO.

• EU Students

Students coming from EU countries as well as from Norway, Island or Switzerland that are covered by the Health System in their country of origin should apply for the European Health Insurance Card in the same country of origin. This card guarantees the same coverage as the Spanish citizens are entitled to have within the Health National System. The validity period of the card should encompass the complete exchange period. Should this not be the case, the student is responsible for applying for its extension and for handing it at the IRO.

Those EU students that are not entitled to the European Health Card must buy a mandatory private health insurance, the validity period of which should cover the complete exchange period. If copy of this policy had not been sent with the application package, it should be handed upon arrival.

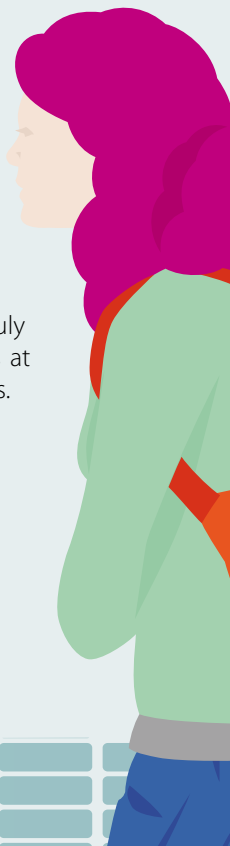
• Non-EU students

Non-EU students must buy a mandatory private health insurance which validity period should cover the complete exchange period. If copy of this policy had not been sent with the application package, it should be handed upon arrival.

In both cases, should the policy not be written in Spanish or English, it is compulsory to submit a translation in Spanish or English duly signed and stamped by the Insurance company, which includes at least the student's name, the validity period and the covered items.

5.2 Visa and Legalisation of the Stay

To enter Spanish territory it is required to produce a passport or, where appropriate, a valid identity card showing the holder's nationality. If the stay is to be for longer than three months, it is necessary to





obtain a student visa from the Spanish Embassy in the country of origin. EU students and those coming from countries with which Spain has signed a visa exemption agreement do not need a visa for entering the country for their exchange period.

It is not possible to enter Spain with a tourist visa and apply for a study visa in Spain. Students entering the country only with a tourist visa will have to return to their country of residence and obtain the student visa there.

Once in Spain:

EU Students: Registration certificate as EU citizen

EU students must register at the Central Registry for Foreigners as EU residents at the nearest Oficina de Extranjería, within three months after their arrival in Santander.

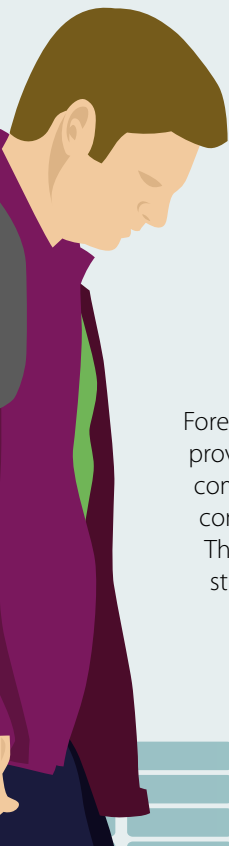
It is necessary to produce the Exchange student certificate issued by the University of Cantabria, to fill Form EX-18 and to pay an administrative fee.

Non EU students depending on the length of their stay: Student Residence Authorization Card

a) If the Study period is from three to six months: they are not allowed to apply for a Residence Card but they are allowed to apply for a NIE (Identity Number for Foreign Students) which is important for opening a bank account.

b) If the Study period is longer than six months: students must apply for a TIE (Tarjeta de Estancia por Estudios: Student Residence Authorization Card) within 30 days of arrival. The passport stamp on the flight ticket is needed to prove this date. A provisional copy of the Students Residence Authorization Card will be issued until the original card is due in one or two months.

Foreign students studying in Spain may work for up to 20 hours a week provided that the working day is compatible with their study or research commitments. An employer who wishes to hire a foreign student in these conditions must apply to the Foreign Nationals Office for authorization. The duration of the contract may not be longer than the duration of the study visa.





5.3 NIE (Foreigner's Identity Number)

This number is essential for banking operation and can be obtained on its own or when applying for the TIE. For more information, both on the TIE and the NIE:

Para obtener más información:

Oficina de Extranjeros de Santander

C/ Vargas 53, Planta baja. 39010 Santander.

Tel. +34 942 99 93 80

Opening hours: From Monday to Friday, from 9:00 to 14:00 h.



6

Living in Cantabria and in Santander

6.1. The region of Cantabria and the city of Santander

6.2. Leisure and Cultural Life

- Sports
- Activities for young people
- Cultural Activities
- Nature Activities
- Night Life
- Popular celebrations





6.1 The region of Cantabria and the city of Santander

The city of Santander is located in the self-governed region of Cantabria, which lies on the northern coast of Spain between Asturias and the Basque Country. This region stands out because of the great diversity of its environment. The coastal landscape of beaches, bays and cliffs blends together with valleys and highland areas. The surrounding nature and the historical importance of many of its villages and buildings make this region very appealing for tourism, especially during the summer season.

The weather in Cantabria is very mild and rainy throughout the year (the average temperature in August is approximately 19 C° and in December 9.5 C°). This humid, mild weather gives the region a rich and varied nature typical of this fringe of green coast with plenty of woods and meadows very different from the rest of Spain. Several short but fast-flowing rivers cross the region, forming valleys perpendicular to the Cantabrian Sea. Among its many touristic attractions, the Cantabrian coast alternates hundreds of fine white sand beaches and impressive cliffs, the coast being less than an hour and a half drive from the breathtaking landscapes of Picos de Europa beautiful mountains.

The region preserves important historical remains from the Prehistoric Era, Roman ruins such as those of Julióbriga, medieval settlements such as Santillana del Mar and several examples of the civil and religious architecture of the 19th and 20th centuries (The Palaces of Elsedo, Soñanes and Rañada among others). Cantabria hosts some of the most impressive prehistoric caves in Europe such as the world-renowned Altamira. The famous Guggenheim Museum is just one hour drive in neighbouring Bilbao.

Santander is a coastal city of approximately 200.000 inhabitants that grew in the 19th century thanks to a flourishing commercial activity and also throughout the 20th century due to the tourist activity promoted by the Spanish Royal Family. Santander can boast of an outstanding natural setting in a spectacular bay together with a friendly atmosphere and a lively cultural life. All these features make Santander a comfortable city to live in, with a wide range of cultural and sport attractions.

Santander is an excellent place to learn Spanish because this is the only official language spoken.





More touristic information on Santander and Cantabria:

<http://www.tourspain.org/santander/>

<http://www.spain.info/en/ven/otros-destinos/santander.html>

<http://www.santander.world-guides.com/>

<http://www.spain.info/en/ven/provincias/cantabria.html>

http://portal.ayto-santander.es/portal/page/portal/inet_santander/turismo

Tourist Office

Hernán Cortés, 4 (Mercado del Este). 39003 Santander

e-mail: ofitur@cantabria.org

+ 34 942 31 07 08

Municipal Tourist Office

Jardines de Pereda s/n. 39001 Santander

+ 34 942 31 07 08

e-mail: turismo@ayto-santander.es

6.2 Leisure and Cultural Life

Sports

Cantabria is endowed with facilities for sports, Santander, the capital, being the best equipped municipality. Football pitches and the outdoor bowling areas (a local sport) are the most widespread sports facilities throughout the region. Several yacht harbours are located along the coast, providing facilities for sailing and surfing. In the mountainous areas, hill-walking, trekking, skiing and climbing can be practised. For the important sport events, Santander has the Palacio de Deportes and the "Racing" football ground, both of them located in the Sardinero area.

The University of Cantabria has its own sport facilities and has agreements with other private institutions so as the university community can make use of them. Exchange students that are member of the said community are entitled to use them and to participate in the array of courses and activities organised by the UC Sport Service.

UC Sports: <http://www.unican.es/deportes>

Sports Events: <http://www.consejeriactdcantabria.com>
<http://www.guiadecantabria.com/ocioyturismo/deporte.htm>



Active Tourism:

<http://www.cantabriarural.com>

<http://www.turismoruralcantabria.com>

Activities for young people

Organised by the Municipality

Santander municipality, through its youth office, organizes every year two cycles of activities for young people between the ages of 15 and 30. The first cycle takes place from October to December and the second cycle from March to May. This leisure time program is called "La noche es joven" (*The night is young*) and covers several types of activities and creative workshops free of charge.

http://portal.ayto-santander.es/portal/page/portal/juventud_santander

The Municipality of Santander has created a General Youth Center where interesting services related with several youth areas such as library rooms, organization of events, exhibitions, associations etc.

Oficina de la Juventud

C/ Cuesta del Hospital 10. 39008 Santander

Tel. +34 942 20 30 28 / 29

e-mail: juventud@ayto-santander.es

www.juventudsantander.es

Organised by the Cantabrian Government

<http://www.jovenmania.com>

Cultural Activities

The city of Santander offers several cultural and leisure facilities, among which the following are the most outstanding:

- **El Palacio de Festivales.** It offers a broad program of activities throughout the year: classical music concerts, opera, zarzuela, jazz, theatre, dance and other performing arts.

<http://www.palaciofestivales.com>

- **Centro Cultural Caja Cantabria (Cultural center)**

<http://www.obrasocial.cajacantabria.com>

- **El Palacio de Congresos y Exposiciones,** located at the Sardinero area where many events take place every year.

<http://www.palacioexposiciones.com>





- **Cinema and alternative cinema in original version:** information about films showing, times and addresses can be found on:

<http://www.santanderciudadviva.com/cartelera>

<http://eldiariomontanes.hoycinema.com>

<http://www.palaciofestivales.com/cine.html>

The city and the region have a lot of museums, libraries, planetary, Roman ruins, prehistoric caves and galleries of art.

<http://www.guiadecantabria.com/cultura/cultura.htm>

It is possible to find all the information about concerts, music, cinema, theatre, leisure, restaurants and pubs of Cantabria on the following site:

<http://www.laguiago.com/cantabria>; <http://www.cantabrijoven.com>

Nature Activities

The region is known by its green open areas and natural parks where it is very easy to practice hill-walking. The features of Cantabrian orography together with the action of water have created impressive caves such as El Soplao Cave (an authentic natural treasure that used to be a mine in the past) El Castillo Cave, Altamira Cave.

http://www.turismocantabria.net/info_arteycultura.htm

<http://www.cantabria102municipios.com>

Night Life

Santander is a city well known for its pleasant and lively nightlife. Note should be made of the "wine bar areas", where people have drinks both inside and outside the bars. The most popular are those of Cañadío and Perines at night and Peña Herbosa and Vargas at midday. There are all kinds of restaurants, including international cuisine.

There is a special city bus service 'Nocturno 1, 2 and 3' available at night in summer. Information about schedules can be found in:

<http://www.tusantander.es/nocturno.php>

<http://www.tusantander.es/ESP/m/12/Usuarios/Red-de-lineas>

Popular celebrations:

There are popular celebrations throughout the year, although it is in summer when most of these take place.

http://www.welcometospain.net/fiestas/fiestas_cantabria.php



7

Practical Information

7.1. Getting to Santander

7.2. How to get around in Santander

7.3. Accommodation

- Private flats shared with other students
- Halls of Residence
- Staying with a family
- Other accommodation options

7.4. Access to libraries and study rooms

7.5. Medical assistance

7.6. Cost of living

7.7. University dining halls

7.8. Bank and postal services

7.9. Telephone services

- How to make a phone call
- Useful Addresses and Telephone Numbers



7.1 Getting to Santander

There are several ways of travelling to Santander:

Plane

The airport, located 5 kilometres to the east of the city center, has flights connecting Santander with several Spanish and European cities by low-cost airlines such as Iberia/Air Nostrum, Ryanair and Vueling. There is a permanent bus service which connects Santander airport with the city center bus station every 30 minutes: <http://www.transportedecantabria.es>. The bus fare is approximately 2 €. There is also a taxi service from the airport to the city for about 20€.

Additionally, Bilbao Airport, located about 120 kms from Santander (an hour's drive) operates international flights to and from the main European capitals. There are buses and trains to and from Bilbao Airport to the city center, where there is a coach service to Santander.

Spanish airports

<http://www.aena.es>

Santander airport

C/ Aeropuerto s/n. Camargo
Tfno.: +34 942 202 100

Information about Iberia

www.iberia.es

Information about Ryanair

www.ryanair.com

Information about Vueling

www.vueling.com

Ferry

A ferry links Santander with Plymouth/ Portsmouth (United Kingdom).

Brittany Ferries

Zona Marítima, s/n. Santander
Tel. +34 942 36 06 11
<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 Station

Tel. Information and ticket booking: +34 902 24 02 02

Tel. International Information: +34 902 24 34 02

www.renfe.es

FEVE Station

Tel. +34 942 20 95 22 / +34 942 20 95 66

www.feve.es

Buses

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 France, Belgium, United Kingdom, Switzerland, Portugal and Moldova.

Information ALSA Coaches

Tel. +34 902 42 22 42

www.alsa.es

Santander Bus Station

Tel. + 34 942 21 19 95

<http://www.santandereabus.com>

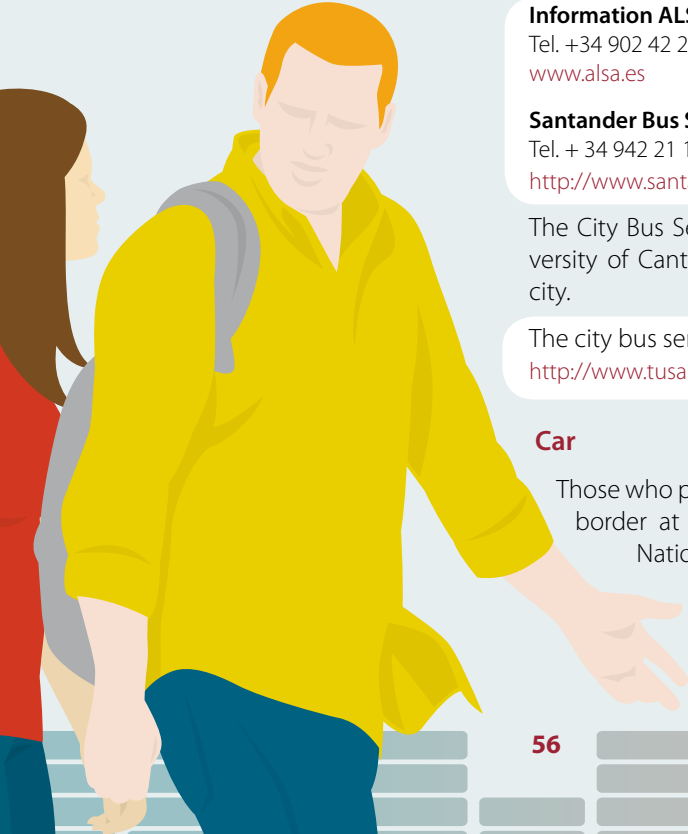
The City Bus Service (**TUS**) links The University of Cantabria with the rest of the city.

The city bus service

<http://www.tusantander.es/red-de-lineas.php>

Car

Those who prefer to drive 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-center and Sardinero.

Santander map

http://www.ayto-santander.es/Concejalias/Turismo/Turismo_callejero_Santander.htm

Center for Traffic Information

Tel. +34 900 123 505

http://www.dgt.es/portal/es/informacion_carreteras/incidencias

7.2 How to get around in Santander

The city of Santander is connected by an urban buses network. The price of the ticket is 1.30€. A rechargeable card that reduces the price of the ticket to 0.66€ can be bought at any kiosks and tobacco shop. There are also special night services.



<http://www.tusantander.es/red-de-lineas.php>

<http://www.tusantander.es/nocturno.php>

There is also a lending service of bicycles for all students who prefer to use bicycle lanes that are available in different points of the city.

<http://www.tusbic.es>

7.3 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 at Halls of Residence, either public or private, is rather more limited. 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.





It is possible to choose from the following options:

• 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 €200-300, 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, and they usually have a Wi-Fi connection.



Apartment database of the Student Council

<http://housingon.bolsapisos.es>

e-mail: ceuc@unican.es

Tel.: +34 942 201 706/221

Emancipia

Mentored accommodation agency. It offers all-service included accommodation services for teachers and students.

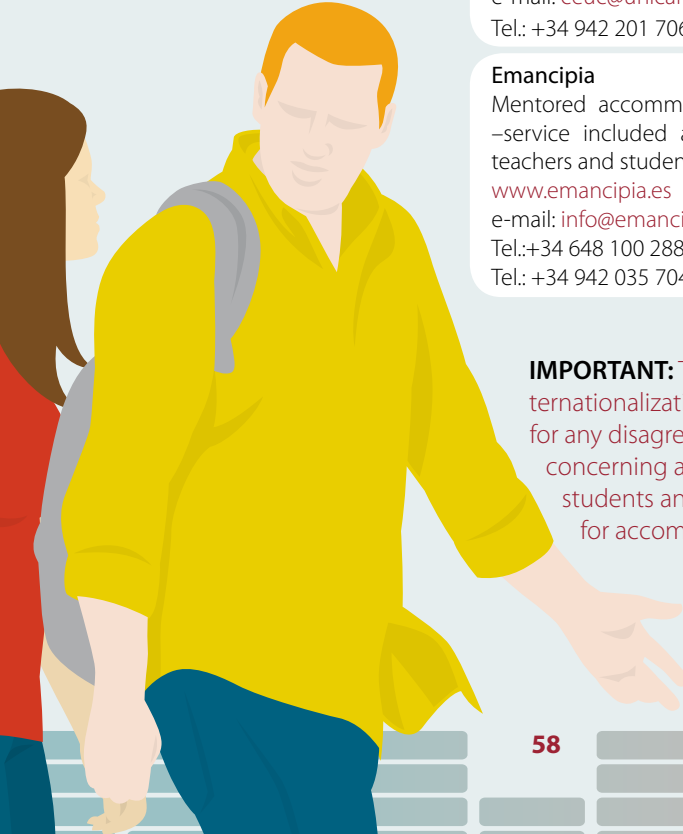
www.emancipia.es

e-mail: info@emancipia.es

Tel.: +34 648 100 288

Tel.: +34 942 035 704

IMPORTANT: The Vice-rectorate for Internationalization will not be responsible for any disagreement that may occur concerning accommodation between students and tenants or responsible for accommodation agencies.





• Halls of Residence

Colegio Mayor Torres Quevedo

Its facilities belong to the Universidad Internacional Menéndez Pelayo. Inquiries and the booking process should be made directly with the Hall of Residence.

Colegio Mayor "Torres Quevedo" (UIMP)

Avda. de los Castros, 42. 39005 Santander

Tel. +34 942 29 87 00.

e-mail: ahontanon@uimp.es

www.uimp.es/blogs/cmtq



Other Residences

Residencia Hermanas Trinitarias

<http://www.hermanastrinitarias.net/RESIDENCIAS/SANTANDER/Santander.htm>

e-mail: trinitarias.santander@telefonica.net.

Residencia María Inmaculada

Web: www.rmisantander.com

e-mail: rmisantander@gmail.com

• Staying with a Family

Students may live with a Spanish family, usually with full board (single room and three meals). The price may be approximately 30-32 € per day. If the students follow a Spanish Language Course, the Language Center helps looking for host families.

• Other accommodation options:

Residencia Santander Antiguo

Avda. de los Castros 65

www.santanderantiguo.com

e-mail: santanderantiguo@hotmail.com

Estudios y apartamentos Aránzazu

C/ Mies Del Valle, 4, 39010 Santander

e-mail: reservas@relaistermal.com





Asociación de Hostelería de Cantabria

Oferta de alojamientos gestionada por la Asociación Hostelera de Cantabria
www.dormirencantabria.com

7.4 Access to Libraries and Study Rooms

Exchange students may use the study facilities at all Faculties and Schools which include computer and study rooms at the libraries. Wi-Fi connection is available throughout the campus. Every faculty has photocopying services to allow students to make copies or to buy academic and computer material at reduce prices.

<http://www.buc.unican.es>

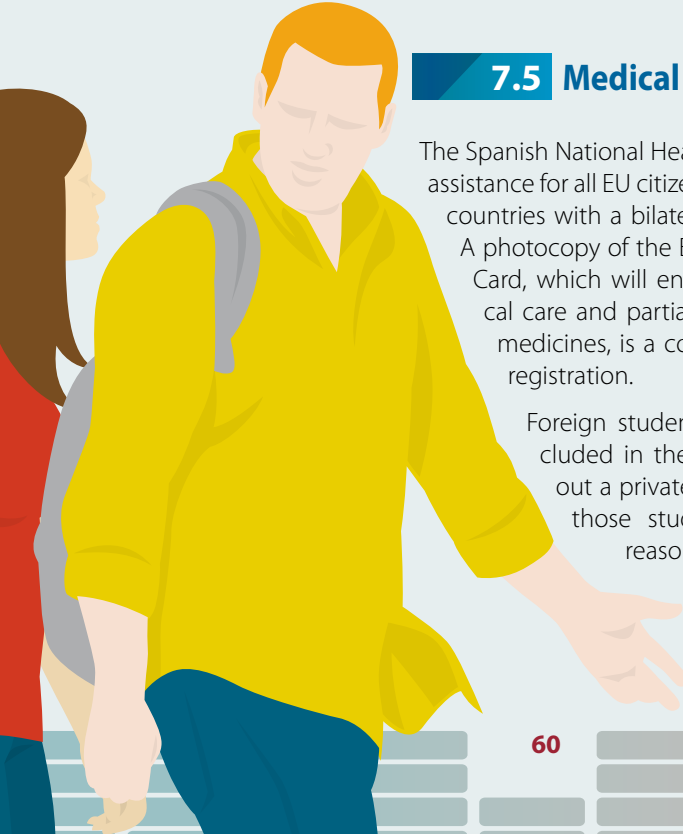
In order to have access to all the above mentioned facilities, it is necessary to activate the student card (TUI) in the computers available in any of the libraries, following the instructions indicated in the following link:

<https://campusvirtual.unican.es/tui2>

7.5 Medical Assistance

The Spanish National Health System covers medical assistance for all EU citizens and those coming from countries with a bilateral agreement with Spain. A photocopy of the European Health Insurance Card, which will entitle EU students to medical care and partial coverage of the costs of medicines, is a compulsory requirement for registration.

Foreign students from countries not included in these agreements 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 EU coun-





try. No student will be admitted without submitting written proof of medical insurance valid for the whole exchange period.

It is highly recommended that all students have a complementary health insurance (in case they have only the European Health Card) including civil liability and repatriation cover.

If students need to make use of health services during their stay, they should go to the nearest Doctor’s Surgery or Health Center or to Emergencies at the Local Hospital with their passport and the European Health Insurance Card

Health Centers

http://www.scsalud.es/mapa_sanitario

Hospital Universitario Marqués de Valdecilla

Avda. de Valdecilla, 25. 39008 Santander.

Tel. Centralita: +34 942 20 25 20

Tel. Urgencias Sanitarias: 061 (válido en toda Cantabria)

7.6 Cost of Living

Monthly estimated Budget:

Accommodation + utilities	320 €
Maintenance costs	230 €
Transport	30 €
School equipment	40 €
Extra expenses	90 €
Total (monthly average)	710 €

Other examples:

1 loaf of bread	0.75 €
1 litre of milk	0.95 €
1.5 litre of mineral water	0.50 €
1 coffee at the university	0.85 €
1 haircut women/men	30.00 €/12€
1 newspaper:	1.10 €
1 book	20.00 €
1 cinema ticket.....	6.50 €
1 photocopy.....	0.05 €
1 city bus ticket	1.30 €/0.66 € with bus card
1 book (novel).....	20€





7.7 University Dining Halls

There are cafeterias in almost every building, with long opening hours available for students. Their prices are usually lower than at other restaurants. During the Welcome program, exchange students are shown the location of the different cafeterias and the specials areas with micro-waves for taking <http://www.unican.es/Vicerrectorados/vcampus/comedores+Universitarios.htm>

Students need to take into account that most restaurants and pubs adapt their opening hours to the Spanish customs (meals are served at midday from 1 to 4 pm and at night from 9 pm to 12 am). However, it is possible to have a snack all throughout the day.

7.8 Bank and Postal Services

There are several 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 may be necessary to show the Foreigner Identification Number (NIE). Some banks ask for a photocopy of the passport and proof of UC registration.

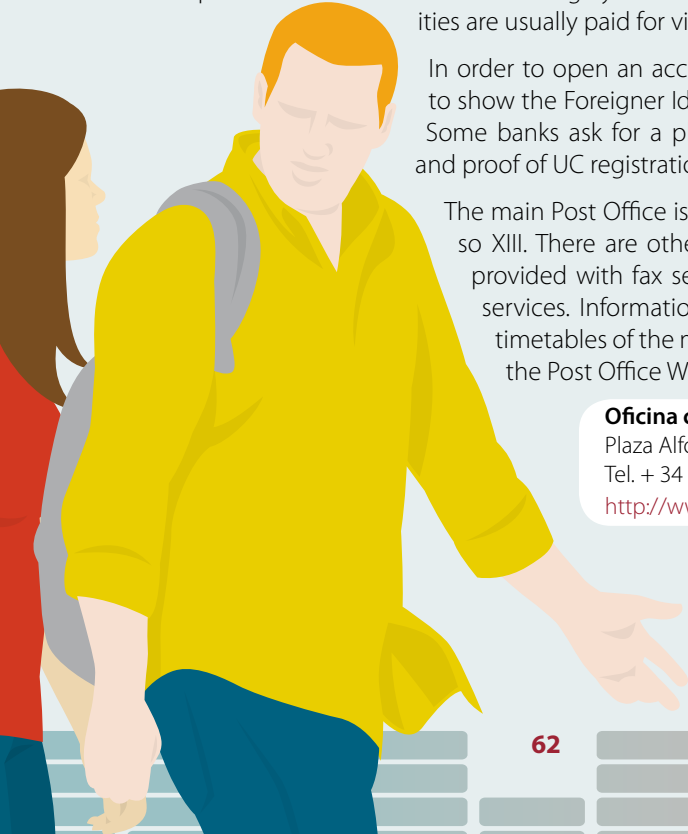
The main Post Office is located at Plaza de Alfonso XIII. There are other offices all over the city, provided with fax services and postal transfer services. Information about the location and timetables of the main office can be found in the Post Office Web page.

Oficina central de Correos

Plaza Alfonso XIII. 39002 Santander

Tel. + 34 942 36 55 19

<http://www.correos.es>





7.9 Telephone Services

• How to make a phone call

To make an international call it is necessary to dial the following codes:
00 + Country code + Local code + Phone number

For telephone calls in Cantabria:

942 + Phone number
Cantabria code Six digits

For telephone calls in Spain:

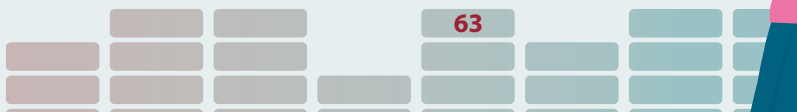
Province code + Phone number
2 or 3 digits 7 or 6 digits

For Telephone calls to mobile phone in Spain:

Phone number (9 digits)

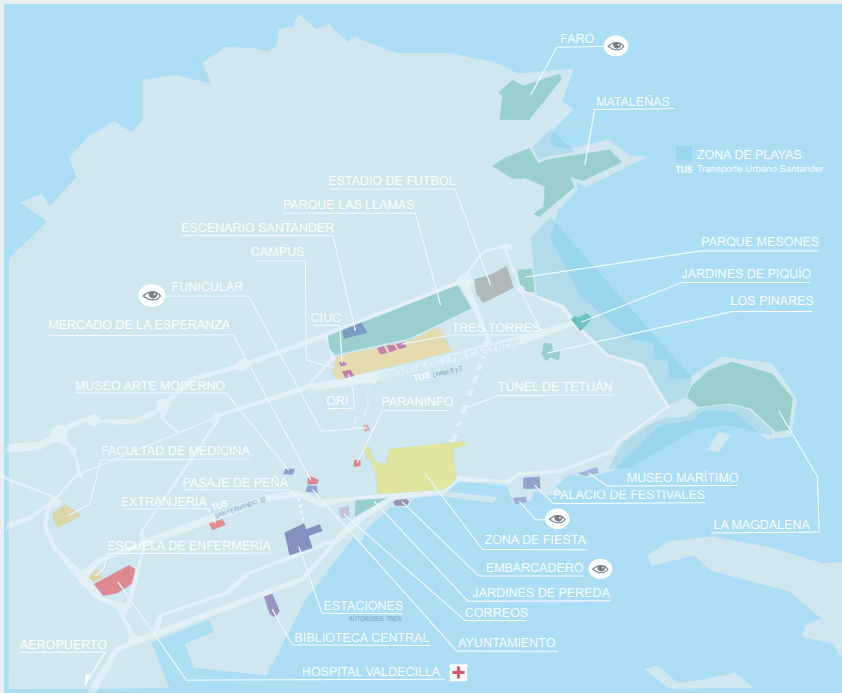
• Useful Addresses and Telephone Numbers

Emergencies	112
Spanish Telephone numbers information.....	11818
International Telephone numbers information.....	11825
Local Police	092
National Police.....	091
Guardia Civil (Spanish Civil Police)	062
On-call pharmacy Information 24 h	+ 34 942 22 02 60
Firemen	080
Radio-Taxi	+ 34 942 33 33 33





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Disclaimer: This guide es merely for information purposes and may be subject to changes.

