

Alcay



A Summer Program in Spain
Organized by the College of Engineering
Manual Assistance by International Studies Program

Chapter 1

Introduction

1. This manual is intended as a reference to help you with travel and cultural issues for the study abroad program in Alcoy, Spain. Print and keep a copy of this manual with you as a reference.
2. You must have a passport to enter Spain. You will not be allowed to board your plane without showing it. When in Spain, have your passport with you at all times. If you don't have a passport, get one now, as it can take a few months to obtain a passport.
3. It is your responsibility to keep track of your passport and other identification while in Spain, and to obtain replacements if the originals are lost. You would be wise to photocopy your passport and carry the copy separate from the passport itself. You should have a couple of extra passport size photos made and bring them with you to Spain. Please give your Notre Dame faculty representative a legible copy of your passport as soon as possible. We need the passport information to complete arrangements for some trips.
4. US citizens do not need a visa for travel in Spain or western Europe. Citizens of other nations may need a visa to travel in Spain. It is your responsibility to obtain all required visas.
5. Obtain an International Student ID. This is useful for student discounts in travel, museum admission, etc. Bring a photo to the International Student Affairs office in the Administration Building. See website <http://www.isicus.com/MyISIC/> for details.
6. Check the State Department travel warnings at <http://travel.state.gov/travel> before departing.
7. Before leaving for Spain, make a list of important telephone numbers and provide them to your Notre Dame faculty representative. Include your parents' telephone number in case of emergency.

8. It is advisable for you to maintain a list of telephone numbers for the banks issuing your credit cards so that you can contact your bank and obtain replacement cards if necessary.
9. If you are not traveling with the Notre Dame group, you must get approval of your travel itinerary by your Notre Dame faculty representative and you must make certain that you will be in Alcoy for the start of classes.
10. Plastic is accepted world wide! You will find a Visa or a Master Card very useful. They are accepted almost everywhere; American Express and Diner's Card are not. You will receive the best exchange rate on credit card purchases.
11. Meal expenses are what you make them. The Spain program includes meals in the dormitory cafeteria. You are free to pursue other options at your own cost.
12. The current bank-to-bank exchange rate is about 1.47 dollars per euro. The rate changes from day to day. The rate at which the bank sells euros is generally five to ten cents per euro above the foreign exchange rate published in the papers. Usually there is a commission fee as well. You get the best exchange rate at an ATM machine; second best is a bank or at American Express. (If you have an American Express card as identification, you can write a check on your U.S. bank in dollars and receive pounds at an American Express office with no commission charge.) American Express charges no commission when exchanging American Express Traveler's Cheques. You get a better exchange rate for checks and Traveler's Cheques than for cash. It is extremely difficult and expensive to have money sent to you from the U.S. while you are in Spain. Remember if you have a debit card you can withdraw money from the ATMs with no interest. Withdrawing from an ATM with a credit card means you are getting a cash advance at quite high interest rates.
13. Health Insurance. You should have your parents check to be sure that your family health insurance covers charges you may incur while abroad. Most policies do provide coverage, but it's best to be sure (HMOs may not). Although Spain does have National Health insurance, private care is usually quicker and you will not have a NHS card. The University will send your parents information on temporary medical coverage later this spring.
14. Medication. If you take prescription medication regularly, bring enough to cover your stay. Be sure it is properly labeled and in their original containers or that you have a physician's letter directing its use. It would also be prudent to carry a copy of any prescriptions, both for medication and for eyeglasses.
15. VAT The Value Added Tax is a major source of governmental revenue in Europe. In Spain the rate on most items is 16%. The VAT is included in the price of the item. If you are not a citizen of a country in the European Community you are entitled to a partial refund of this tax on leaving Europe to return home. The store at which you

make the purchase must fill out the refund forms for you. You must have the forms stamped at the Madrid airport after you enter the departure lounge. The goods must be in your carry-on luggage, available for inspection. They usually don't ask to see the items, but Murphy's Law applies. If you put the goods in your checked baggage, the tax folk will inevitably ask to see them!

16. Helpful contact information:

- (a) **John Brauer**, Director of the Notre Dame International Summer Programs, (574) 631-2950, jbrauer@nd.edu.
- (b) **Prof. Steven R. Schmid**, 150 Multi-Disciplinary Research Building, (574) 631-9489, schmid.2@nd.edu.
- (c) **Prof. Robert C. Nelson**, 106 Hessert Laboratory, (574) 631-4733, nelson.1@nd.edu.
- (d) **Prof. Mihir Sen**, 368 Fitzpatrick Hall, (574) 631-5975, msen@nd.edu.
- (e) **Anthony Travel**, ND Representatives: Janice Camparone, Laura Reid, (800) 366-3772 or (574) 631-7080, janicecamparone@anthonytravel.com.

In Spain:

- (a) **U.S. Embassy**
 - i. Calle Serrano 75, Madrid, (+34) 91-587-22-00.
 - ii. Paseo Reina Elisenda de Montcada 23, 08034 Barcelona, (+34) 93-280-22-27, FAX (+34) 93-280-61-75.
 - iii. Doctor Romagosa 1-2 J., CP 46003 Valencia, (+34) 963-516-973, FAX (+34) 963-529-565.
- (b) **Prof. Keith Stuart**, Plaza Ferrandiz y Carbonell, s/n, Alcoy, 96-652-84-95.
- (c) **Prof. Elena Perez**, Plaza Ferrandiz y Carbonell, s/n, Alcoy, 96-652-85-88.
- (d) **Prof. M.A. Selles**, Plaza Ferrandiz y Carbonell, s/n, Alcoy, 96-652-84-68.

Chapter 2

Travel Information

2.1 Flight Information

1. Departure: Iberia Airlines, Flight No. 6271, May 11, 2008, departing Chicago-O'Hare airport at 4:45 pm. Arrival in Madrid at 7:45 am on May 12.
2. Return: Iberia Airlines, Flight No. 6275, June 21, 2008, departing Madrid at 12:00 pm, arriving at Chicago-O'Hare airport at 3:25 pm on June 21. This is not a typo - you return on June 21, the same day you depart.
3. Arrangements for connecting flights to and from Chicago, if necessary, should be made with our travel agent, Anthony Travel (LaFortune Student Center, PO Box 1086, Notre Dame, IN 46556, (574) 631-7080, 1-800-366-3772, Fax (574) 631 8504, janice-camparoneanthonytravel.com). They will be able to give you a connecting fare which will be less than purchasing a separate ticket elsewhere.

Return the provided travel form to Anthony Travel by Feb 29th with the information requested.

Tickets will be sent to your home address two or three weeks before departure, unless other arrangements have been made. There will be a fee if you change your flights after the ticket is issued.

4. Travel between Madrid and Alcoy will be via a chartered bus.
5. It is possible for you to make your own flight arrangements to Spain. If you wish to do so, inform John Brauer by February 29. If you are making your own flight arrangements but still want to take advantage of the bus from the airport with the rest of the students, please advise John Brauer before you leave for Spain.
6. Any changes made to your itinerary after tickets have been issued will incur an airline imposed change fee and is subject to flight availability.

2.2 Luggage Information

- You are allowed to check-in 2 pieces of luggage.
- Each piece may weigh up to a maximum of 50 pounds.
- The total girth (length + width + height) is limited to 62 inches maximum for the larger pieces and 55 inches for the smaller bag.
- You are allowed one carry-on bag, which must fit in the overhead storage bin or beneath the seat in front of you. The carry-on bag may not exceed a maximum weight of 40 pounds.
- Iberia Airlines will charge a fee for excess or oversized baggage.
- Please check for current TSA baggage guidelines at www.tsa.gov.
- These baggage restrictions are subject to change at any time.

2.3 Check-in and Helpful Packing Information

- You should arrive at the airport at least 4 hours before your International flight departure for check-in and increased security screening.
- Your passport will be required in order to board the plane.
- You are not allowed more than 3 oz. of liquid with you on the plane. See www.tsa.gov for specific restrictions regarding carry-on items.
- Best to check hardside suitcases with a TSA approved lock. Remove all old baggage tags.
- Put your personal identification (name, address and telephone number) both on the inside and outside of your luggage. Never pack valuables or electronics in your checked baggage.

Chapter 3

General Information

3.1 Spain

It is hoped that all students have some background in Spanish culture and history. People have been living in what is now Spain for over 12,000 years, and has been the home of Greek, Carthaginian, Roman, Moorish and now Spanish civilizations.

Spain is a collection of provinces. Some of these, most notably the Basque region, maintain great pride in their semi-autonomous status. Spanish is widely spoken, but what we refer to as “Spanish” is *Castellano* in Spain. In Alcoy and the regions around Valencia, a Valencian dialect is spoken, and you will see street signs in both Castellano and Valenciano. Valenciano is considered to be similar to Catalan, and has been described as Catalan with a lisp. Regardless, the people in southern Spain are very comfortable speaking Castellano/Spanish, so don’t be intimidated by the dialects.

The famous Spanish siesta is not as prevalent today as a few decades ago, but is still common. Siestas were probably originally formulated as a sensical lifestyle to compensate for the afternoon’s peak temperatures. A siesta consists of a two- to three-hour lunch/power nap, and is reflected by the business hours of most shops. Expect stores to be closed at least between 1:00 and 2:00 pm, and perhaps longer. Spaniards compensate for this lifestyle by commonly working until 7:00 or 8:00 pm.

Breakfast in Spain is usually limited to coffee and toast or a roll. Spanish coffee is fairly strong, with *café con leche* the Spanish version of coffee with cream and consisting of roughly 50% hot milk. Lunch usually starts around 2:00, and consists of an appetizer, main dish and dessert. Dinner starts after 9:00 pm, and is usually lighter than lunch. Snacking on *tapas* between lunch and dinner is a common practice.

Spain is a modern country, with shopping centers, widespread internet access, reliable cell phone service and banking. Spain’s currency is the euro. Automated bank machines are very common; you will find at least ten on the *País Valencià Av.* alone. Credit cards are also routinely accepted. There is no need to carry large amounts of cash while in Spain.

Electricity in Spain is 220 volt, 50 cycles per second, with European Continental-type plugs. In order to use American appliances, including computers, an adaptor is needed.

These can be easily obtained at a local Radio Shack or Walmart.

The Spanish are very tolerant of foreigners and their different ways, but it is important to always act with courtesy. Use common sense regarding etiquette and behavior. For example, it's unlikely you'd be welcome in a restaurant in the U.S. wearing only a bathing suit, so expect the same in Spain. Spaniards object to men being bare chested other than at the beach or poolside, and do not look kindly on public displays of drunkenness. Be respectful in churches, just as you would be in the Basilica of the Sacred Heart.

3.2 Alcoy

Alcoy is near the Mediterranean Sea, so daily excursions to the beaches of Benidorm, Gandia or Alicante are possible (see *Getting to and from Alcoy*). The local cuisine will reflect proximity to the sea, as well as southern Spanish delicacies such as *paella* (a rice dish flavored with saffron) and *jamón* (a special form of cured ham). Alicante province is not as famous as Rioja for wines, and certainly not as prolific in the number of wineries, but Alicante wines are very good, and wine will often be served in restaurants. Tapas are common, often *jamón* based.

Alcoy enjoys an ideal climate, protected from rain by surrounding mountains and ideally located in the south of Spain. A May-June stay in Alcoy is perhaps the perfect time from a weather standpoint; expect daily highs in the 80s, long sunny days and comfortable evenings. Don't be surprised to get days with temperatures exceeding 100°F, but also be prepared for an occasional rainy day in the low 70s. The sun is very strong in southern Spain. Plan for this and bring and wear sunblock and cover yourself sensibly. Sun glasses are essential as well.

Alcoy is a city surrounded by gorges which are passable only with great difficulty on foot, and certainly not by car, truck, or wagon. Thus, until the construction of Maria Christina's Bridge from 1828-1837, Alcoy was restricted to a small area between the *Riu Riquer* and the *Riu Molinar*. Thus "Old Alcoy" is the part of the city that predominantly dates to the time before 1837 or so. People still talk about going to "Alcoy" or "Old Alcoy" even though they live within the city limits.

Figure 3.1 shows a satellite image of Alcoy obtained from Google Earth. If you wish to find Alcoy and explore the local geography, Alcoy can be found on Google Earth at 38°42'06.70" N, 0°28'39.55" W. (See www.earth.google.com.)

The back cover shows a map of Alcoy with the major attractions. A brief description of these locations is as follows:

1. Dormitory. The dormitory has internet connections in every room, a 24-hour cafeteria, and weekly menus in the dining room. You will be given an orientation to go over the dormitory rules upon arrival in Alcoy.
2. Classrooms. Classes are held in the *Universidad Politecnica de Valencia, Campus de Alcoy*.



Figure 3.1: Satellite view of Alcoy ($38^{\circ}42'06.70''$ N, $0^{\circ}28'39.55''$ W on Google Earth).

3. *Plaça d'Espanya*. This is a main square, with government administrative buildings and the tourist information offices on this square. Beneath the square is Alcoy's main convention center, designed by the famous architect, Santiago Calatrava.
4. *Plaça de Dins*. This is a protected square, isolated from traffic by buildings on all sides. The *Plaça de Dins* has very nice cafes with outdoor seating.
5. *Casa del Pavo*. This is a very ornate modern building, built in 1908, with striking decorations and bold black iron railings protecting each balcony.
6. *La Glorieta*. This was the first park in Alcoy, and dates to the middle of the 19th century.
7. Santa Maria's Church. This is a classic style church, rebuilt in the 1940s, that holds a dominant position on the *Plaça d'Espanya*.
8. St. Jordi's Church. Just behind Santa Maria's Church is St. Jordi's Church, dedicated to Alcoy's patron saint.

9. Museum of the Festival of Moors and Christians. Alcoy is famous for its festival commemorating the reconquest of the town from the Moors in 1276. This museum houses photographs and costumes of note.
10. Post office.
11. Market. Your stay in Alcoy includes meals, but the market is a convenient place to see Alcoy's produce, and to procure a lunch if you take a day trip on your own. There are three markets in Alcoy.

As can be seen from the map on the back cover, the dormitory is on a hill overlooking the old town of Alcoy. To get to the city center, walk past the engineering building and go over the *Viaducte de Canalejas*. It's around a ten minute walk to the Plaça de Dins, and around twenty minutes to get to Maria Christina's Bridge (*Pont de Maria Cristina*) to go to part of the city known as *Santa Rosa*.

The bus and train stations are in the North Zone (*Zona Norte*) around a ten minute walk from your dormitory. From the city center, walk across the Bridge of Saint George (*Pont de Sant Jordi*), turn right on L'Alameda Avenue and then left at Sant Luis Beltrán or Premier de Maig street to get to the train station. The bus station is another block further. Alternatively, you can catch the Line C local bus service to the bus and train stations.

Medical care can be obtained at Alcoy's hospital, *Verge dels Lliris*, around a ten minute walk from your dormitory.

3.3 Further Information

Further information is widely available, especially in travel books such as Fodors, Frommers, Lonely Planet or Let's Go!. The web has outstanding resources as well. The following links may be of some interest:

1. www.iberia.com. Iberia Airlines web page.
2. www.alcoiturisme.com. City of Alcoy's official tourism website.
3. alcoi.comunitatvalenciana.com. Region of Valencia official tourist website.
4. www.comunitatvalenciana.com. News from the Region of Valencia.
5. www.renfe.es. The Spanish rail system main website.
6. www.tourspain.es. The Tourist Office of Spain website.
7. www.okspain.org Tourist Office of Spain website.
8. www.cyberspain.com, www.red2000.com/spain. General information on Spain.

Chapter 4

Getting to and from Alcoy

Travel to Alcoy from the United States was covered earlier. This chapter addresses travel from Alcoy during your free time, including your free weekends.

- Before you take a trip, inform your Notre Dame faculty representative and RAs of your intended itinerary. Any travel difficulties can be identified and alternatives planned.
- Alcoy has regular train service that links to the Madrid-Alicante Renfe line at Villena and the Madrid-Valencia Renfe line at Játiva. If taking a Renfe train, make sure that it stops at either of these cities in order to transfer to local service to Alcoy.
- Alcoy has a local bus service. Routes and schedules can be obtained at your dormitory.

Schedules for trains and buses are contained in Tables 4.1-4.4. Note that Játiva is on the Renfe line between Madrid and Valencia. If your intention is to travel to Madrid or other destinations in Spain, you would connect in Játiva. Be careful planning your trip, as sometimes your connecting train leaves shortly after your arrival in Játiva. Further information on train schedules throughout Spain can be found at www.renfe.es or www.raileurope.com. There is also a regular bus schedule to Benidorm and other areas of interest.

Table 4.1: Selected train schedule.

Description	Departure Time
Alcoy to Valencia	6:20
	15:20
Alcoy to Játiva	8:50
	19:50
Játiva to Valencia	9:59
	20:48
Valencia to Alcoy	6:56
	17:15
	18:55
Valencia to Játiva	12:48
	20:48
Játiva to Alcoy	13:40
	21:10

Table 4.2: Bus schedule between Alcoy and Valencia.

Description	Departure Time
Monday-Friday	
Alcoy to Valencia	6:00, 8:15, 10:00
	13:00, 15:00, 17:00
Valencia to Alcoy	6:20, 9:30, 11:00
	13:00, 16:00, 19:30
Saturday	
Alcoy to Valencia	7:00, 10:00, 17:00
Valencia to Alcoy	10:00, 13:00, 19:00
Sunday	
Alcoy to Valencia	9:00, 18:00, 20:00
Valencia to Alcoy	12:00, 20:30, 22:00

Table 4.3: Bus schedule between Alcoy and Alicante.

Days	Alcoy-Alicante		Alicante-Alcoy	
	Departure	Arrival	Departure	Arrival
Monday-Friday	6:15	7:55	6:30	7:55
	7:00	8:50	8:00	9:25
	7:30	8:55	9:00	10:40
	7:30	8:30	11:00	12:25
	8:30	10:05	13:00	14:40
	10:00	11:50	13:00	14:00
	12:30	14:05	14:00	15:30
	13:30	15:20	15:00	16:15
	14:30	16:20	16:00	17:30
	15:45	17:30	17:30	19:00
	18:00	19:30	18:30	20:15
	19:00	20:50	19:00	20:30
	20:00	21:30	20:00	21:15
		21:15	22:40	
Saturday	7:00	8:50	7:00	8:50
	9:25	11:00	9:00	10:30
	11:00	12:50	10:00	11:50
	12:00	13:30	11:00	12:30
	13:00	14:50	13:00	14:30
	15:00	16:50	15:00	16:50
	17:00	18:30	17:00	18:50
	19:00	20:55	19:00	20:30
	21:00	22:50	20:00	21:30
		21:00	22:30	
Sunday and holidays	7:00	8:50	7:00	8:50
	9:00	10:50	9:00	10:30
	11:00	12:30	11:00	12:50
	13:00	14:45	12:00	14:00
	15:00	16:30	15:00	16:50
	17:00	18:50	17:00	18:50
	19:00	20:50	19:00	20:50
21:00	22:30	21:00	22:30	

Table 4.4: Bus schedule between Alcoy and Gandia.

Description	Departure Time
Monday-Friday	
Alcoy to Gandia	9:30, 18:30
Gandia to Alcoy	9:00, 17:00
Saturday	
Alcoy to Gandia	9:15, 18:45
Gandia to Alcoy	7:45, 16:45

Chapter 5

Advice on Personal Safety During Study Abroad

In order to prevent/cope with the problem of theft, assault, and sexual harassment, the following suggestions might be helpful.

5.1 General Advice

1. Don't take for granted that people are friendly and can be trusted.
 - (a) Be wary of new acquaintances here just as you would be in the USA.
 - (b) Be wary of people who rush to approach you or shower you with compliments.
 - (c) Recognize that in any country there can be both sincere and insincere people.
2. Take your time.
 - (a) Establish relationships slowly.
 - (b) Don't feel that you must be liked by everyone you meet.
3. Remember, it is often our own attitudes and fears that can pre-condition a situation or outcome. Don't wait until something happens to think about it. Discuss your concerns with other students and local support staff.
4. If something happens, as difficult as it may be, try to remain calm/clear-headed. Anger or yelling only seems to exacerbate a problem.

5.2 General Safety Precautions

1. Don't bring/carry unnecessary items which can be stolen.

2. Don't flaunt cameras, tape players, etc., both where you live and while traveling.
3. Don't place articles near a window where they can be tempting or easily taken.
4. Don't lend money—you probably won't see it again.
5. Put valuables in the hotel safe or in the Program lock box if one is available. Cameras, tape players, and money have been stolen from locked hotel rooms.
6. Wear a money belt. It is most secure when concealed inside clothing. This is also handy for travel to the country as well as post-Program travels.
7. Don't tell strangers where you live. It's a good idea to be very vague with strangers in general (e.g. give only the area name where you stay; or if asked where your house or hotel is, say "down the hill," "with my family," etc.

5.3 Traveling

1. Carrying excess baggage is an invitation to be ripped-off. Don't carry valuables, even in a backpack or in locked luggage.
 - (a) If you must carry cameras, radios, etc., don't leave them unattended. Backpacks and other large pieces of luggage are commonly put on the roof of the bus. Many have been stolen.
 - (b) We suggest that you keep valuables with you in a small bag or day-pack.
2. Avoid dark, unsafe places and walking alone.
 - (a) At night in the city, try to walk in groups—even if you don't know the other people.
 - (b) Beware of people bumping and pushing you.
 - (c) Beware of tactics used by cons, money changers, and scams—talk to Program staff.

5.4 Personal Safety

1. Safety Precaution: Most large cities suffer from common crimes. Use the same precautions you would in any other metropolitan area: don't carry valuables, don't wear expensive clothing or jewelry, and avoid questionable parts of the city, especially at night and when alone.
2. Special Note for Female Students: Women may experience some difficulties while abroad. American women have acquired a reputation for enjoying a type of lifestyle which contrasts with more traditional behavior in many countries. U.S. students may

encounter people who do not understand that their familiar way with strangers is a gesture of friendship. Even a smile to a stranger may be misunderstood. Firmly say “no” to any invitation you don’t want, and give your address only to people you know and trust. Be cautious until you know and understand local values and customs. Learning to respect the local social rules will facilitate your relationships with host nationals immensely.

3. Theft: You are responsible for your own personal property. Living abroad should be more safe or dangerous than living in the U.S. You can safeguard your personal items from damage or theft by locking your room, and securing your money, travelers checks, jewelry, passport, and other personal possessions.
4. Personal Note: It is very important to keep in mind that you are a foreigner while you are abroad. Do not become involved in the country’s internal affairs. If you should get into any kind of difficulty, the American Embassy will aid you in any way possible, but you are subject to the laws of the country while you are there.

Chapter 6

Understanding Who You Are

It's important for you to understand the culture you're entering, it's also important that you understand yourself. When you enter another country, you enter with a unique set of personal experiences, abilities and challenges. It's helpful to begin exploring how the experience of being in a different culture, with its different norms and expectations, will impact on the various parts of you self.

Self-exploration may be particularly important for students whose gender, race, sexual orientation or ability may influence access to parts of the new culture. Studying and traveling abroad may mean leaving behind supports ? physical, social, legal ? that don't exist in your host country. On the other hand, it may mean living in an environment which feels much more comfortable and accepting than in the U.S. If while studying abroad, you feel you are being discriminated against, talk to your resident director or contact the ND International Study Programs office directly.

6.1 Ability

Students with disabilities regularly meet, and effectively confront, the challenges of studying abroad. However, entering a new culture poses challenges for all students. Planning ahead about the issues that may arise before you leave can help us make your experience abroad the most successful. Accessibility varies in different settings in the U.S.; you will find different standards in different places abroad as well. Certain kinds of accommodations available in the U.S. for students with emotional, mental, learning, or physical disabilities may not be available at all program sites. We encourage you to inquire about what services are available at the site to which you are traveling.

6.2 Gender

Both men and women entering another culture may become aware of different expectations based on gender in various parts of the world. Norms for some behaviors, like dress, may

seem much stricter, while those for other behaviors, like physical touch between men, may seem much looser. In some countries, American women may find themselves uncomfortable with the looks and comments of men, while American men find it very difficult to meet women of the host country. Sometimes, American students have found that people have made assumptions about them and their attitudes simply because they are American. This, of course, happens in reverse as well.

You may not like all the gender-based customs you find in your host country. But reading about the customs of your host country, and being prepared for them and understanding them, will help you gain respect for the differences.

6.3 Race/Ethnicity

Race and ethnic relations differ across the world. Because of your race or ethnicity, you may be treated differently than you are at home. If you are traveling to a country where you physically look like the majority of the people, the cultural expectations for majority people may be applied to you. If you are in the minority during your time abroad, you may be treated differently than you are typically at home. There are many countries which have seen resurgences of racism or where ethnic strife is a continuing experience. The reading you do will help to prepare you for the situation you will find abroad.

If you have concerns about these issues, please contact an advisor in the Notre Dame International Study Programs office. Upon request, we will try to locate a former student or faculty member associated with the region who can discuss these issues with you.

6.4 Sexual Identity

Living in another culture tends to be a time of self-exploration. You may already identify yourself as a heterosexual, gay, lesbian or bisexual student and find yourself negotiating your sexuality in an unknown culture, with a different social climate, laws, and ways of meeting others. Keep in mind that many of the ideas held in the U.S. about sexuality and sexual orientation are culturally-based and may not translate easily into the culture you're entering. In some cultures, Western understandings of gay and lesbian simply do not exist; people who engage in same-sex relationships may not see this behavior/preference as an identity around which to organize. In other places, there are active communities and visible social movements for civil rights. If you have concerns about these issues, we will try to assist you.

6.5 Resources

1. Mobility International USA (MIUSA), P.O. Box 10767, Eugene, OR 97440. Has member offices in many international locations and publishes a newsletter. Check out their website at: <http://www.miusa.org>.

2. *The Real Guide: Able to Travel*, by Allison Walsh. Available in many larger bookstores.
3. *Holiday and Travel Abroad: A Guide for Disabled People*, Royal Association for Disability and Rehabilitation, 25 Mortimer St., London W1 N 8AB England
4. *Travel for the Disabled: A Handbook of Travel Resources and 500 Worldwide Access Guides*, by Helen Hecker. Twin Peaks, P.O. Box 129, Vancouver, WA 98666.
5. *Spartacus: International Gay Guide*
6. *Out in the World: Gay and lesbian life from Buenos Aires to Bangkok*, by Neil Miller.
7. *Are you two... together? A gay and lesbian travel aide to Europe*, by Lindsay VanGelder and Pamela Brandt
8. *A Journey of One's Own: Uncommon Advice for the Independent Woman Traveler*, by Thalia Zepatos
9. *Half the Earth: Women's Experience of Travel Worldwide*, eds. Miranda Davies, Laura Longrigg and Lucinda Montefiore

Chapter 7

Final Checklists

The following discussion has been inspired from the “Studyabroad.com” website, (although most travel books will give the same advice): <http://www.studyabroad.com/handbook/>.

7.1 Before You Leave

7.1.1 Do's

1. Make a photo copy of your passport and credit cards numbers and keep them separate from your passport and credit cards - give a copy to your family.
2. Bring your prescription drugs with you in their original containers - don't pack them in your check-in luggage. Also bring additional contacts/glasses or your corrective lens prescription with you.
3. If you require medicine containing habit-forming substances carry a doctor's certificate attesting to this fact.
4. Notify your Notre Dame faculty representative of any medical issues.
5. Understand completely what your health insurance covers and does not cover while you are in Spain. Chances are that you will have to pay for services in Spain and get reimbursed when you return home unless you have purchased HTH Worldwide Insurance Services or comparable insurance coverage.
6. Only take the credit card(s) you need - you will not need all those other cards that you generally carry in the States like your drivers license.
7. Mark all of your bags inside and out with your name and address.
8. Bring two passport size photos and a photocopy of birth certificate and/or baptismal certificate, just in case you lose your passport.

9. Make a photo copy of your flight tickets or your itinerary - keep separate.
10. We will give you a wallet size card with important phone numbers on it - keep that with you at all times. Give an electronic copy to your family.

7.1.2 Don'ts

1. You do not have to worry about special immunizations; they are not required for entry into Spain.
2. You do not need a VISA to travel to Spain if you are an U.S. citizen.
3. Do not pack your essential documents or medicines in checked baggage - luggage gets lost.
4. Do not bring expensive jewelry with you.

7.2 In Spain

7.2.1 Do's

1. Remain what you are: friendly, courteous, polite and dignified.
2. Travel in small groups - three to five persons with both genders present if possible.
3. Bring a book to read on the train or on the bus, you will not be the only person reading and it is an easy way to fit in.
4. Carry some identification - a tag, bracelet, or card - if you have a medical condition that requires emergency care.
5. Dial 112 for fire, police, and or medical emergencies.
6. If you see an unattended package, get away and call the police.
7. Avoid protest group activities and other potential volatile situations.
8. Keep abreast of local and international news that might tell you of potential civil unrest.
9. Check the US Embassy web pages for travel advisories.
10. Ask permission before photographing strangers who you find "interesting".
11. Use common sense.

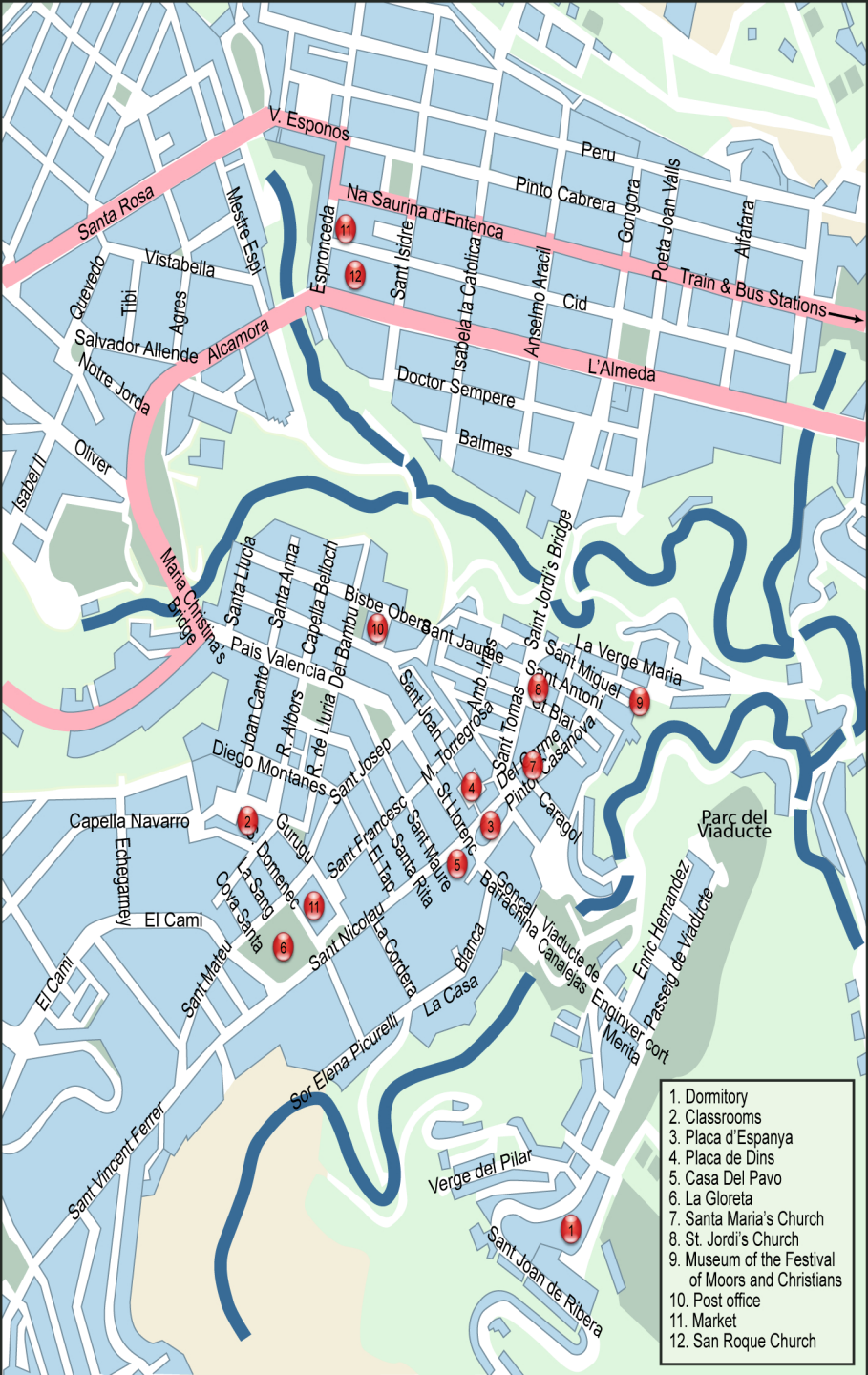
7.2.2 Don'ts

1. Do not become the “ugly American stereotype” - loud and/or boorish. Here are some positive and negative stereotypes associated with Americans:
 - (a) Outgoing and friendly
 - (b) Informal
 - (c) Loud, rude, boorish
 - (d) Immature
 - (e) Hard working
 - (f) Extravagant
 - (g) Sure they have all the answers
 - (h) Disrespectful of authority
 - (i) Generous

Pick out those characteristics that you would like to be remembered by, and avoid the others.

2. Avoid attracting attention to you. That is, avoid traveling alone or in a large group of a dozen or more.
3. Do not expect eye contact on the streets of major cities - indeed, in some locations this may result in “unexpected or unwanted” invitations.
4. Never, ever leave your room unlocked.
5. Do not draw attention to yourself when you are returning to your room late at night - be courteous of the other students living in the dormitory.
6. Never carry large amounts of cash.
7. Remember NO non-Notre Dame people are allowed into your room without prior approval of the RAs and there are NO over night guests ever allowed.
8. Most places are safe in Spain, BUT don't wander down dark alleys or into areas that are known to be high risk.
9. Avoid baggage tags that would clearly identify you as an American.
10. Do not impair your judgement with excessive consumption of alcohol.
11. Women are sometimes targets of harassment - don't become a target: dress conservatively, travel with some men if possible, and NEVER agree to meet strangers in non-public places.

12. Don't let your "natural friendliness" be mistaken for flirtations.
13. Do not lose your passport, it will not be the end of the world, but it may seem like it is.
14. Do not joke about bombs or about smuggled items - airport authorities will not find that funny nor will you.



- 1. Dormitory
- 2. Classrooms
- 3. Placa d'Espanya
- 4. Placa de Dins
- 5. Casa Del Pavo
- 6. La Gloreta
- 7. Santa Maria's Church
- 8. St. Jordi's Church
- 9. Museum of the Festival of Moors and Christians
- 10. Post office
- 11. Market
- 12. San Roque Church