

# - Survival Guide

## - How to get there

Depending on the airport you choose to arrive in Catalonia the best way to get to Lleida is:

- If you arrive at the Barcelona airport (El Prat):

You can take the bus to Lleida at the airport ([www.alsa.es](http://www.alsa.es)). That is one of easiest way. There aren't many buses, so check the timetables.

You may prefer to go to Barcelona first and then from there to Lleida.

The other easiest way is from the airport, you can take a train to Sants Station ([www.renfe.com/viajeros/cercanias/barcelona/](http://www.renfe.com/viajeros/cercanias/barcelona/)).

From Sants you can take another train to Lleida ([www.renfe.com](http://www.renfe.com)). However, there are just few cheap trains every day (Catalunya Express) or a little bit expensive but fast (AVANT) and others are really expensive (AVE, Trenhotel).

If you want to go by bus, you can take the Aerobus in terminal B. It will take you to Plaça Catalunya, which is the central square in Barcelona. There you can take metro or bus ([www.tmb.cat](http://www.tmb.cat)) to Barcelona Nord station (bus station). From the station, you can take another bus to Lleida ([www.alsa.es](http://www.alsa.es)).

- If you arrive at the Lleida-Alguaire airport:

You can take bus or taxi to Lleida (15km) at the airport ([www.aeroportlleida.cat](http://www.aeroportlleida.cat)).

- From Reus airport you can take a bus (line 50) to Reus center ([www.reustransport.com](http://www.reustransport.com)). From Reus, you can take a train ([www.renfe.com](http://www.renfe.com)).

- From Girona to Lleida by bus ([www.teisa-bus.com/](http://www.teisa-bus.com/)). It is not a recommended option because there are very few buses.

- From Madrid

You have two ways: with bus ([www.alsa.es](http://www.alsa.es)) or train ([www.renfe.es](http://www.renfe.es)). One is more or less 30 euros and the other are about 60 euros expensive.

## - Accommodation

The lodging in our city will be arranged by the local committee. The chosen place for the incoming students is “[La Vila de Lleida](#)”.

“La Vila de Lleida” is a newly built complex consisting of two buildings with 150 apartments for students. These new university flats provide all the services that you will need, from internet to cleaning service.

Also this place is well connected to the city center by buses and is only at 2 minutes walking to two big supermarket (Caprabo and Carrefour).

The price of the stance is 10.11€ per day in single or shared (depending on availability) rooms with *en-suite* bathroom. This includes:

- Linen and towels
- Water and electricity consumption
- Cleaning (once a week)
- Internet
- Air conditioner

When you arrive you will have to pay a deposit of 100€ that will be returned at the end of the stance.  
Summer - 2012

## - Public Transport

### Bus

There are 20 bus lines in Lleida in service from 6:00 to 22:30, which are the best way to move around the city in case that you have to march a long distance.

To know the time table of every line check this

link:[http://www.sarfa.com/paginas/lleida\\_portada.php?PHPSESSID=3f1090c40ef80a16a1ab00f67aa72e82#](http://www.sarfa.com/paginas/lleida_portada.php?PHPSESSID=3f1090c40ef80a16a1ab00f67aa72e82#)

A single journey inside the city cost 1€, but there are other fares for multiple options:

Fare option:	1 zone	2 zones
T-10/30	€6.80	€10.80
T-10	€8.90	€13.70
T-50/30	€26.50	€39.00
T-MES	€38.70	€56.00

With the T-10/30 you have 10 journeys with the validation of 30 days, T-50/30 is the same with 50 journeys while with the T-10 the validity is the 31st of december. With T-MES you have unlimited journeys for one month.

The office to get one of this fare options is located at OAC **ATM Àrea** de Lleida Pl. España, 1 (entrada av. Madrid)

The main stations are “Estació d’autobusos 1” located at Pl. España, 1 from where the buses departures to the surrounding cities and the towns of the Pyrenees and Renfe Railway Station located at Plaça Ramón Berenguer IV.

Furthermore, there are night buses connected with the surrounding cities such as Torrefarrera (Alfarràs line) and Alcarràs (Granja d’Escarç Line).

### Train

In Renfe Railway Station depart the lines Avant and Ave to travel at Barcelona or Madrid.

Also there are regular lines connected with Balaguer, Cervera and Pobla de Segur.

Lleida is surrounded by little cities like Mollerusa, Les Borges Blanques, Alguaire, etc. Some cities have train ([www.renfe.es](http://www.renfe.es)) but the main way to get around is with bus.

### Bicycles

To rent a bicycle during your traineeship in Lleida all you have to do is contact with IAESTE LC Lleida. It costs 6€ as a health insurance and 9€ for the liability insurance. Bicycles will be available from July to September. With the bicycle you will receive also a bicycle helmet, a reflective vest and a lock.

## **- Money & Post (Banks, Post Office, Salary)**

### **Banks**

We strongly recommend you opening a bank account, as it will be much better for you not to pay a fee every time you use your homeland credit card. You will receive directly your salary to a bank account that you will open once you arrive, that is why, we recommend you to open a bank account.

Mostly of bank offices are opened from Monday to Friday from 8h15 am until 2h00 pm.

“La Caixa” is the main Savings Bank in Catalonia and have a lot of offices everywhere. We

recommend this option to students under the age of 25 years old, because they don't need to pay taxes and also if the student want to find office easily.

For the students working in University we recommend opening an account in Banco Santander office located in the main building of Cappont (Edifici Polivalent). This bank office is open every day between 9h00 am and 2h00 pm and also in afternoon between 4:00 pm and 6h00 pm. This Bank don't have taxes for the students under 31 years old.

The bank will require your passport and sometimes, your student card.

MAPA:

[http://portal.lacaixa.es/apl/localizador/mapaoficinas.index\\_es.html?oficina=3600&JSESSIONID=0000orSKIs33SRUNH8nSxUb0buF:165ln26rt](http://portal.lacaixa.es/apl/localizador/mapaoficinas.index_es.html?oficina=3600&JSESSIONID=0000orSKIs33SRUNH8nSxUb0buF:165ln26rt)

### **Post Office**

Post in the Spain is managed by Correos (<http://www.correos.es> select "Welcome" on the upper right corner). You can find yellow post boxes around the streets.

In Lleida, the main office is in:

Rambla Ferran, 16, 25007, Lleida

Telf: 973228748 Fax: 973242115

Also you have one office near to dorm:

SEGOVIA, 8, 25006 Lleida

Telf:973268260 Fax:973268260

<http://g.co/maps/whrty>

### **Salary**

You will receive the salary at the end of each worked month (or when you leave, if that is not the end of the month), so the first month goes by your own. We recommend to take with you around 750€ because you will need to pay the first month (350€) plus the deposit (100€), so you will have around 300€ more to spend in food and activities.

Another thing that you need to know is that during your stay in Lleida you will receive directly your salary to a bank account that you will open once you arrive (remember to get the NIE before coming to Spain, you'll need it for opening a bank account!).

### **Prices**

English	Español	Català	Price
Coffee with milk	Cafe con leche	Café amb llet	1,30 €
Coffee	Café	Café bar	1,00 €
1 kg rice	1 kg de arroz	1 Kg arròs	0,80 €
3 can tunas	3 latas de atun	3 llaunes tonyina	2,00 €
1 kg sugar	1 kg de azucar	1 Kg sucre	1,00 €
1 can colacao	1 pote (400 g) colacao	1 pot (400g) colacao	2,70 €
1 package of cereals	1 paquete de cereales	1 paquet cereals	2,50 €
1 table of chocolate	1 barra de chocolate	1 tauleta de xocolata	0,80 €
12 eggs	12 huevos	1 dotzena d'ous	3,00 €
1 tetrapack of milk	1 tetabrick de leche	1 tetabrick de llet	0,80 €
4 natural yoghurts	4 yogures naturales	4 iogurts naturals	1,20 €
1 package of toast	1 paquete de pan de molde	1 paquet pa bimbo	1,50 €
1 bar of bread	1 barra de pan	1 barra de pa	0,50 €
500g spaghetti's	500g de espaguetis	500 g espaguetis	0,90 €

1 bottle of ketchup	1 pote de ketchup	1 pot ketchup	2,50 €
1 package of chips	1 bolsa de patatas	1 bossa patates	1,00 €
5 liters of water	5l de agua	5l d'aigua	0,60 €
33cl of water (bar)	33cl de agua (bar)	33cl d'aigua bar	0,80 €
1 bottle of coca-cola (bar)	1 lata de cocacola (bar)	1 llauna cocacola bar	1,40 €
1 beer (bar)	Cerveza (bar)	Cervesa (bar)	1,80 €
1l of beer (super market)	1l de cerveza (supermercado)	1l cervesa (supermercat)	1,25 €
1 bottle of sangria	1 bote de sangria	1 brick sangria	1,20 €
10 condoms	10 condónes	10 condons	10,00 €

## - Phones & Internet & Electricity

### Internet:

At the dorm you will have a powerful internet connection. You will need an Ethernet Cable (RJ-45) to connect your computer to internet in your room. They have some wifi zones but this zones don't cover the rooms area.

### Mobile Phone:

In Spain we have a lot of telecommunications companies. Some of them are named like your country (Vodafone, Movistar, Orange, Blau-KPN) but are not the same. For example: If you have an English Vodafone, you will be for Spanish Vodafone another foreigner and you will pay a roaming rate (your receiver too). Memo: Spain is one of the

countries in europe with more expensive roaming rates.

To avoid this problem we recommend to buy an spanish sim card the first days in Lleida. In our kaos of companies we strongly recommend one: **Yoigo**. They have some shops in Lleida, some of them near of your residence (one at the side of carrefour, the other is inside of carrefour). Also you can put credit into your sim card everywhere (tobacco shops, supermarkets).

With “la del 8” sim prepaid card the calls between Yoigo’s are cheap (8 cents per minute) and if sometime you need to call outside of spain is also cheap (30 cents per minute). Of course, if somebody calls you, it will pay the standard rate and not the roaming rate :)

To buy the card, Yoigo will require your passport (not the national ID, even if you are from EU) and some initial credit (20 euros, for example).

### **Electricity:**

In Spain the type of sockets european (German, sometimes French) and the power is about 220V. If you don’t have a power socket adapter, don’t worry, because is easy to buy one. If your electric things works only under 110-120V forgot to buy voltage converters because are expensive and hard to find.

## **- Emergency telephones (Hospitals)**

### **Emergency telephones:**

General Emergencies	112
National Police	091
Guàrdia Urbana (Local Police and traffic accidents)	092
Mossos d'Esquadra (Catalan Police force)	088
Medical emergencies	061
Fire Service	080

Taxis	973 20 30 50 / 973 24 90 90
Hospital Universitari de Lleida Arnau de Vilanova	973248100
Hospital Provincial de Santa Maria	973700070

### Hospitals:

- Hospital Universitari de Lleida Arnau de Vilanova

Avda. Alcalde Rovira Roure, 80 , 25198 , Lleida

Teléfono: 973248100 Fax: 973248754

MAPA:

<http://maps.google.es/maps?sugexp=chrome.mod%3D4&q=arnau+de+vilanova+santa+maria&um=1&ie=UTF-8&hl=es&sa=N&tab=w>

- Hospital Provincial de Santa Maria

Avda. Alcalde Rovira Roure, 44 , 25198 , Lleida

Teléfono: 973700070 Fax: 973238670

MAPA:

<http://maps.google.es/maps/place?q=Hospital+Provincial+de+Santa+Maria+Lleida&hl=es&cid=14424119450291548188>

## -Conversation Survival Guide

Catalan: Hola

Spanish: Hola

English: Hello

Catalan: Bon dia

Spanish: Buenos días

English: Good morning

Catalan: Adeu

Spanish: Adiós

English: Bye

Catalan: Perdoni



Spanish: Perdone  
English: Sorry

Catalan: No parlo Català  
Spanish: No hablo Castellano  
English: I don't speak Catalan/Spanish

Catalan: Quant costa?  
Spanish: Cuanto cuesta?  
English: How much is it?

Catalan: Salut!  
Spanish: Jesús!  
English: Bless you!

Catalan: Com puc anar a <>?  
Spanish: ¿Cómo puedo ir a <>?  
English: How can I go to <>?