

## Survival Kit...

Please, for more info, visit our interactive guide [#PlanetUEX](#)

### Money, money, money...

Extremadura is Not an expensive region.

**Life in Extremadura** has nothing to do, in terms of expenses, with Madrid or Barcelona, for instance. You will not need any means of transportation to move around the city for everything, so you will save time and money. You will only need to use the public transport (bus) to go to the campus, and only if you wish, since you can go having a walk or by bike. They are comfortable cities with the facilities of a big one. They are **cheaper, comfortable and safe**.



**Accommodation** is not expensive, either, as compared to Madrid, for instance. A whole flat can be 400E, plus bills (gas, electricity, water, internet...which can add up 100E aprox, probably). Flats are hired completely furnished (with washing machine...), so you will not have to buy anything but towels and bed linen, if you are not bringing any of them with you, but you can get those in shops in the centre or Carrefour supermarkets, etc. Some flats will be provided with that, though.

Also, check our [Info 5](#), please.

Sharing a flat can be between 120-175E per month, plus shared bills.

You will have to pay a deposit (usually the same as a month of rent) and you will get it back at the end of your stay, or can exchange the bills for it...it will depend on the type of agreement between the landlord and you. You will sign a contract at the beginning, when you pay such deposit and first month of rent.



You will get an email from this international office on laws when it comes to renting a flat in Spain, and also, you can find legal issues info in [Info 14](#).

Hence, take into account, please, that during the first two months you will have more expenses than during the rest of your months of stay, most likely.

## And do Remember!!



1. **Exchanging money** at the Spanish airport, in Spain, rather than at your home country, it is cheaper (for when you have a different foreign currency back home).
2. If **your foreign currency is not listed** (internationally 'recognised' in the stock), for instance, the foreign currency 'peso Colombian', you will have to **get euros before coming here**, or getting American dollars, to Exchange it once in here. **Ask to your bank at home!!! Or check the apps out there!**

3. Make sure with your **home bank** that your debit/credit **card Works abroad**, if they will charge you anything for getting cash at an ATM or by paying with it, apart from the currency exchange, of course. Tell them you will use it abroad, so that they don't cancel it for security reasons when they see weird movements of your account abroad. Some banks need to know you'll be abroad, just tell them.

4. If you open a **bank account in a Spanish bank** (not obligatory), you first should ask them if they will charge you anything for opening and closing it at the end of you stay, or any other **commission** for its usage, cards, etc. *Banco Santander* on campus and they usually will not ask you for a lot of documents to open it, in other ones, you might be asked for your passport and flat contract, the NIE (Foreigner Number ID), get well informed first!! All of them are OK, though. Maybe, an online bank...

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## Stay Healthy



Getting a **doctor** in Extremadura: go to the closest medical centre to your flat in Extremadura, with your ID/passport and European Health Insurance Card, UEx student

card and prove of your address in Extremadura – bill, contract, etc. And you will be told what to do.

If you have a **private insurance**, you should ask to your company for the centres they have agreement with in Extremadura and so, you can only go to those centres directly if needed.



For information in **Covid Times**, the procedure is this:

Your situation:	Any medical reason:	You suspect of COVID19 case	Tell the UEx (if you are asked to be in lockdown)
If you have European Health Insurance Card:	Ask for an appointment at 900100737 (toll free). You will be given an appointment with a doctor who will call you to check what's wrong, and if needed, will tell you to go to see him at the medical centre.	112 (they will give you all the instructions)	You have to tell the UEx about your situation for you to get help with your studies meanwhile. Click <a href="#">aquí</a> for more info.
If you have a private health insurance policy:	Ask your private insurance Company which centre you can go to, since they usually work with only specific ones.		
Click here for <a href="#">FAQs information in Covid-times at UEx</a>			
Click here for <a href="#">UEx agreement with ONcampus Insurance for Erasmus+</a>			

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If you need to talk, just for the sake of it...if you need any special care, have any disability, or need someone to help with how to study or any curricular adaptation, you can talk to the [Unidad de Atención al Estudiante/Student Attention Unit](#) of the UEx, where psychologists, social workers and really nice people will help you out without nobody knowing. Their email is: [uae@unex.es](mailto:uae@unex.es)



Tap **Water** in Extremadura, as in the rest of Spain, is (tap) drinkable for you all.

**Medication:** do bring with you your medication and prescriptions described. Write down the generics you usually take for whatever...and you will save time, money and worries. You never know!! Bring a mini **first-aid kit** with you, it will help you out in more than one situation, but, please, remember there are shops and pharmacies here!!



Most of the **medication** you might have to buy, you will get them in **chemist's/pharmacy/drugstore ("farmacia" in Spanish)**, since supermarkets or herbalists or the pharmacies (like your Boots/Watson/Walmart...) only sell that certain kind of products, but never ibuprofen or aspirin or antihistamine as in some other countries. Chemical products...must be bought in a pharmacy. There are chemist's/drugstores that open 12h/day, or even 24h/day. Please, check [Info 4](#) from our web, with links on cities, services, etc.



And...you know, in Spain, we use **112** as **emergency** number.



**Extremenian Citizen!!**

If you are a **UE citizen**, you have to go to the **Foreigners' Office/Police Station** (depending on the city you are at) in **Extremadura** to **register** and apply for your "green card" as a UE citizen. You have to do this within your first month of stay in the country and if you are going to stay for more than 3 months. With these procedures, you will be properly registered according to the immigration law, and you will also be able to legally sign a contract with a phone company, get a doctor in Extremadura easily, open a bank account in another bank but *Santander Bank* on campus, etc.



If you are **not** a **UE citizen**, you have to go to any **Police Station/Foreigners' Office** (depending on the city you are at) in Extremadura, within your first month of stay in Spain, and validate your Visa (given the case) or apply for the **NIE card** (Tarjeta de Número de Identidad de Extranjero), a number you already have in your Visa.

So, pass by the Oficina de Extranjería/**Foreign Affairs office** and/or **Police Station** in the city you are at, to let them know your situation here and to ask them if you need to do anything. Search in Google where it is located in the Extremenian cities, please.

For more info, go to this [Police web](#).

**Also**, tell your **Embassy or Foreign Affairs ministry (via their website)** that you will be in Spain for that time, this is also advisable, for if something happens, it advances the bureaucracy, given the case. If you have a **Visa** for Spain, remember to ask for a **multiple entry** one, for a **Schengen** one, so that you can travel all over with no problem. Get yourself informed!!



Remember that during the **first two months, you will have many expenses**, and sometimes, even having been awarded your grant, you might not get paid from the beginning, so, please, take it into account. This grant payment depends on each home university and mobility programme. Take that into account before coming to Spain

and remember that if you want to **get a job**, it will depend on your visa. If you need one, this will be a student's one, so you are not allowed to have a work-contract. If you come from the EU, you might find it hard too, but nothing is impossible.



In the same way, if you need or want to **travel abroad from Spain**, to any country where vaccinations might be needed, you can go to the [Traveler Centre](#).

You don't need to get any vaccination to come to Spain, unless you have been in a country with risk of yellow fever.



Or you might want to do some **Volunteering** in the Red Cross...and so, you can improve your Spanish and get to know different sorts of people!!



**Take Care!!!**

**Going out/hanging out with friends** is not as expensive as in the mentioned big cities. Extremadura is not an unsafe place, either. You can walk around at night safely (some common sense, please!!) and bars, cafes and night clubs are all over the place. Leave your text book aside and go out to discover them by yourself!!



Also, if you want to **travel**, the coach/train tickets are cheaper for *youngsters* and you can easily reach cities with international airports such as Seville, Madrid or Lisbon. Remember to use your ISIC card (<https://www.isic.es/> or the card you can get from the **ESN (Erasmus Student Association)** at UEx, when you arrive.

Also, with the **UEx student card** de la **UEx**, which is given to you when you arrive, you will have discounts.



Any **taxi** you see in the street will be official and safe to take, you don't have to ask for one at a given point necessarily.



By the way, **plugs** in Spain: **220v**.

**Don't forget...**



Don't forget to read our *Info 4* to discover **Extremenian NATURE** (yeah, in capitals). Also, don't forget to **make photocopies of your documents**, in case you lose...your passport or ID, etc. keep a copy in your electronic devices!

Make a checking list of everything you have to do, so that you control your own stuff to be done. Please, **be responsible, your grant depends on You!**

***Studying at UEx is all Advantages!!!***

