

life
IS AN
adventure
BE AN
explorUEx



#PlanetUEx:

When at the UEx,

**AN INTERACTIVE GUIDE FOR
ERASMUS STUDENTS**

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01

EXTREMADURA AT A GLANCE

1.1. WHERE IS IT!!!? WHAT´S CLOSE TO IT?? WHAT CAN I EXPECT? READ, READ!!...

The region of Extremadura is located in the south-west of Spain on the Portuguese border. It is one of the largest regions in Europe with a surface area of approximately 41,600 km², the size of Belgium. This region is divided into two provinces, Cáceres in the North and Badajoz in the South. Mérida is the regional capital.

Extremadura is an area of great contrasts and is considered to be one of the most important ecological enclaves in Europe.

The historical heritage of the region is likewise one of the most outstanding of the Iberian Peninsula. Actually, both Cáceres and Mérida (two of the most important towns in the Region) hold the privilege of being recognised as **World Heritage Sites by UNESCO** Extremadura, despite representing "the great unknown", hides endless treasures for the visitor.

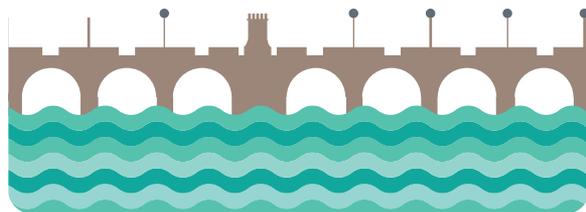


BADAJOS

The largest town in Extremadura owes its existence, its structure, and its fortunes and misfortunes throughout history to three circumstances. These are: the Guadiana river, the Cerro de La Muela or Cabezo del Monturio -a hill on which the Arab citadel was built-, and Portugal, an unavoidable reference point for the existence of Badajoz and the determination of its most genuine distinguishing marks for all the kind of exchanges that have been a constant through the ages.

Since its foundation in the 9th century by the convert Ibn Marwan, Badajoz has had its solid fortifications strengthened by successive building, and has withstood incessant military action from

the medieval period right up to the 20th century. It played an important part as the headquarters for multiple diplomatic events.



Badajoz has cemented its extraordinary vigour and expansion of recent years on this rich past. It has been propelled by its own vitality that at present makes it the most important centre in the south-west of the country in the economic, cultural, and service fields. It is the focal point of the Madrid-Seville-Lisbon triangle.

Badajoz is thus Arab and Christian, military and religious, a frontier and river town, a hinge between Spain and Portugal. It is also historical and modern, industrial and home-producing, traditional and cosmopolitan. It is hospitable and welcoming, friendly and tolerant, always on the go and always opened to the visitor.



That Badajoz's Carnival is the forth best considered and important in the world?

CÁCERES

The town of Cáceres is a privileged monumental enclave that has preserved significant evidence of the varied peoples and cultures that have settled there. The capital of Upper Extremadura proudly holds a rich cultural heritage, the excellent condition of which gave rise to its declaration as a National Monument in 1949, and its being proclaimed a World Heritage Site by the UNESCO in 1986.

Cáceres is, moreover, the "Third Monumental Ensemble in Europe", a distinction granted by the European Council, thanks to its magnificent state of preservation. It also has the recognition of the International Federation of Tourist Journalists and Writers, who awarded it the Pomme D'Or prize for tourist merit. It forms part of tourist routes such as those of "Spanish World Heritage Sites", "Jewish quarters", and the "Ruta de la Plata".



Cáceres is a service and university town nowadays, with a growing cultural activity; it is noted for the holding of medieval festivals and literary and artistic competitions, consolidated as from its declaration as a World Heritage Site. We encounter, in short, a town that is learning to combine modernity with an extraordinary historical and artistic heritage and to provide first-class tourist services, and that offers one of the most suggestive and genuine journeys into the past on the Spanish monumental circuit.



That in Cáceres' Old Town (one of the biggest and best preserved in Europe), you can find one of the continent's leading collections of contemporary art, Helga de Alvear?

MÉRIDA



The capital of Roman Lusitania was recognized as a World Heritage Site in 1993, due to its archaeological richness. The great number of sculptural pieces, together with the grandiosity and importance of its monuments, make it the most relevant archaeological centre of the Roman era in the Peninsula. The Roman Bridge, over the river Guadiana, 792 metres long with 60 arches, is especially noteworthy as being one of the longest ever built in the Roman style.

On the outskirts of the town remains of its Roman past can be found, such as an amphitheatre and a theatre, the most magnificent of the eighteen Roman theatres of which significant remains are preserved in Spain. It shows no provincial characteristic in the rules set down by Vitruvius for this type of construction. The theatre was built by the consul Marcus Agrippa, and embellished subsequently by Trajan and Hadrian.

The remains of temples and the famous Trajan's Arch have been found in the town.

In recent decades Mérida has become a rising industrial and service centre. This development has been encouraged by the interest of archaeologists and institutions in bringing to light the immense archaeological wealth that is being recovered each year. It has been the Capital of the Autonomous Region of Extremadura since February 1983.



That Mérida also celebrates its origin of house of veterans –one of the biggest in the world by then, in a fest where everyone dresses up and acts (in all senses) like a real Roman?

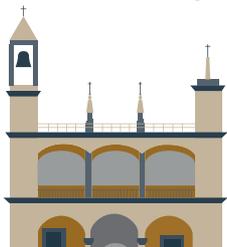
PLASENCIA

The town of Plasencia is situated in the north of the province of Cáceres, alongside the Ruta de la Plata and on the banks of the Jerte river. «The very Noble, Loyal and Beneficent town of Plasencia» was founded by the Castilian king Alfonso VIII in 1186. «UT PLACEAT DEO ET HOMINIBUS» (to give pleasure to God and men) is the motto that adorns its coat of arms. It was conceived from its origins as a fortress and the whole of the old town has a strong military character.

As from the late 15th century, Plasencia received the cream of the Extremadura nobility, which meant that dukes, counts, and marquises were resident in the town. They left a rich historical and artistic legacy of which a large part is still preserved.

Plasencia has had a long and splendid history that can be appreciated from its web page. It is an incomparable town, welcoming and daring, dynamic and healthy, and is above all a natural centre in the full sense of the term.

Its surroundings are also delightful: the Valle del Jerte, La Vera, the Valle del Ambroz, Hurdes, Monfragüe, the Valle del Alagón and the Sierra de Gata. Welcome to the north of Extremadura. We invite you to discover the magic of Plasencia and the surrounding valleys.



That Plasencia, the same as Cáceres, has been the setting of many movies and tv series and some of our Erasmus Alumni acted as “extra” in such productions? ⁵

1.2. WEATHER AND OFFICE HOURS IN SPAIN

What's the weather like there?!? Here you are, a historical weather forecast:

										
JAN	9,6°C	14,1°C	5,6°C	7	80,1	26,7	9	0	0	7
FEB	9,7°C	13,7°C	5,8°C	7,2	74,7	82,1	8	0	0	2
MAR	11,8°C	17,1°C	6,1°C	10,8	57,5	3,6	6	0	0	0
APR	14,2°C	18,9°C	8,5°C	9,7	60,4	129,3	17	0	0	0
MAY	15,5°C	20°C	10,2°C	8,5	65,4	57,9	10	0	0	0
JUN	21,9°C	27,5°C	13,8°C	7,3	65,4	77,6	13	1	0	0
JUL	24,4°C	30,5°C	16,1°C	8,7	38,1	0	0	0	0	0
AUG	25°C	31,8°C	16,9°C	8,5	36,9	0	1	0	0	0
SEP	20,5°C	26°C	14,3°C	7,64	50,6	3,2	5	1	0	0
OCT	15,8°C	20,9°C	10,6°C	6,26	62,6	34,6	9	0	0	2
NOV	9,4°C	14,5°C	1,6°C	5,11	70,2	53	13	0	0	3
DEC	7°C	11,4°C	3,6°C	7,97	76,2	33,2	13	0	1	2

 Average wind speed (km/h)

 Average relative humidity (%)

 Total rainfall (mm)

 Number of rainy days

 Number of days with storm

 Number of days with snow

 Number of foggy days

The climate of Extremadura

The **climate of Extremadura** is characterized by a variation in both temperature and rainfall typical of a Mediterranean climate. This feature is however substantially modified by the region's interior location and by Atlantic influences that penetrate the peninsula due to its proximity to the Atlantic Ocean.

Temperatures increase from north to south. In the provincial capitals, average temperatures vary between 5° in the coldest month and 26-30° in the warmest ones. In general, summers are hot and dry, and winters are mild and wet.

80% of the precipitation falls between October and April, with an average of 500 mm per year; in mountainous areas the figure is higher. Precipitation normally comes as rain; snow falls on very few days in the region. An essential characteristic of the rainfall is its variation from year to year; intense strong rain may occur.



That Extremadura has over 1,500km of blue flag freshwater coastline –without even being in the coast?

1.3. DO YOU WANT TO ENJOY THE SUN?

Sunrise Sunset hours in Madrid, for instance, are:

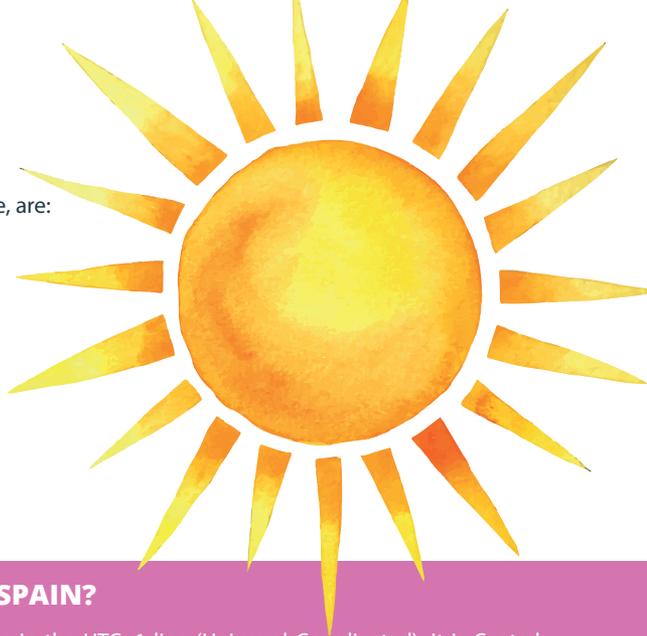
January: 8.20am – 17.50pm

March: 7.06am – 19.24pm

July: 6.41am – 21.50pm

November: 8.00am – 18.10pm

Extremadura has more than 3000h of sunlight per year!!



THE TIME IN SPAIN?

Remember we are in the UTC+1 line (Universal Coordinated). It is Central Europe Time, we will be an hour ahead of London –Greenwich- and Portugal, indeed!!

OPENING HOURS:

General Office hours (public administration) is usually from 8.30am to 14.30pm

Banks and offices: from 9am to 14pm, and from 17pm to 19pm, aprox. (This varies during the summer time).

Post-office: open all day long, from the morning till 8pm aprox.

Bars; pubs, discos...will surprise you!!

ATMs/cash points will be 24h available, and some Pharmacies will also be open 12h/day or even 24h/day.



That Extremadura is one of the best places in Europe for Birding?

WE RECOMMEND

We recommend: travel a lot and let yourself being surprised by Extremadura. Visit its “pueblos”/villages, its festivities, mix up with its people. It is all good, beautiful and cheap (as we say: “Bueno, bonito y barato”!!

Do the pilgrimage route of Santiago de Compostela following the Silver Route and enjoy the trekking, and all its interior beaches in the región.

Or you can do our own pilgrimage, Guadalupe’s, shared with Mexico’s catholics.

2.1. TRANSPORTS. HOW DO I GET TO EXTREMADURA?

Extremadura Airport, located in Talavera la Real, is a national flights airport, so, the best way to come to Cáceres, Badajoz, Mérida or Plasencia is to flight to the closest main international airports (Madrid´s or Lisbon´s–Portugal), and from there, travel to Extremadura by coach, train or hired car, or sharing a car with carpooling `blablacar`. To find info on flight, coaches, timetables and fares, check these pages:

SPANISH AIRPORTS	www.aena.es
PORTUGUESE AIRPORTS	www.ana.pt
COACHES TO EXTREMADURA	www.avanzabus.com www.alsa.es www.flixbus.es
TRAINS TO EXTREMADURA	www.renfe.com
METRO MADRID (UNDERGROUND)	www.metromadrid.es

Remember you have all the info on our website www.unex.es/internationalstudents where you have everything in detail on how to travel to and within Spain, and also information on how to move within Extremadura.

NOW, HOW DO I GET TO THE CAMPUS?

Cáceres campus and Badajoz campus are very close to the city centre (a few minutes away by car); Mérida campus and Plasencia campus are in the very centre of the city.

All towns where University of Extremadura faculties are located have a rapid and efficient public transport system. There are bus lines running every 15 minutes max. that provide a direct link to each of the faculties.

Moreover, public transport cards (“bonobús”) are available. There are two possibilities: rechargeable card (ten trips) and monthly card (unlimited trips). Both cards have to be got in the office of the buses company and re-charge them by internet...

Remember you have all the details in www.unex.es/internationalstudents

If you have your car, each faculty has its own large car park.

google maps





2. 2. LEGAL ISSUES AND IDs: Visa or not Visa, that is the question

Only UE citizens coming from Schengen zone or countries with specific agreements with Spain don't need a Visa.

As for the rest of the countries of the world, you might need it, for you might be within Spain for more than 90 days, plus you are a student. You will have, then, a student Visa and should ask for one with multiple entrances/Schengen one. You have to ask in the Spanish Embassy or consulate in your home country and take into account that each of them will have different requisites, or the The Hague Apostille, etc.

Get yourself informed!!

Do you want to travel from Spain to another country where you might need any special vaccines?

Get information in "La Oficina de Atención al Viajero/Traveller Information Office". Check the addresses here: <https://www.msbs.gob.es/ciudadanos/proteccionSalud/vacunaciones/viajero/home.htm>

WE RECOMMEND

Register on the web of your ministry of external relations in your country and/or in your embassy –even if you don't need a Visa. Especially if you don't need a Visa!!

Once in Extremadura, and within the first month of stay, you have to go to the foreigners' office/Police Station in your Extremenian city to validate your Visa or entrance in Spain and to get (advisable) yourself the NIE card (Número de Identidad Extranjero/Foreigner ID) if you are from Turkey or other country outside of the UE. If you are from an EU country, you have to apply for registering in the Registro de Ciudadanos de la UE instead (obligatory). Not doing this within that first month will mean that you will get a fine from the government.

This will help you whenever you need to open a bank account or sign a contract for a flat, for a mobile, for WIFI at home or when you need to manage any other document of yours (if you lose your ID or Passport, etc.)



More info:

https://www.policia.es/_es/index.php

OTHER USEFUL CARDS...TO SAVE MONEY!!!



That once you are enrolled at UEx, you will get your **students card**, which can be also used to get discounts in the city ?

Do you want to travel always low-cost cuz...you are young!!!!???

Get yourself the ISIC card (International Student Identity Card) in your home country before coming to the UEx!! Check this web: <http://www.isic.es/>



With the UEx student card you can get discounts, as well as with the ESN card (Erasmus Student Association: www.esnuex.org), which you get once in here.

SO, DO YOU WANT TO DRIVE IN SPAIN?

If you are a European citizen with a valid home country drive license you can drive in Spain with it.

If you are from outside Europe, we recommend you to get an International Driving License in your home country.

Speed limits in Spain (where speed radars are very common):

- highway: 120km/h,
- other national roads: 90km/h,
- within the city: 50km/h or even 20 or 30!!, this varies according to the zone. Attention to the traffic signs!!

And, be careful, we do drive on the right side of the road, with the obligatory safety belt and without using the mobile or eating meanwhile, better don't do so!!



2.3. HEALTH!!

In order to receive medical attention while in Spain, you should ask for your **European Health Insurance card** (EHIC card) in your own country, or hire a health insurance to cover your stay abroad. You have to do so before coming to Spain.

- If you are European, with your EHIC card you can ask to get an assigned doctor in Spain by going to your closest medical centre.
- If you are from another country (or have your own private health insurance) you have to ask to your private insurance for the centres that have agreement with them in Spain.

Also, do remember that the ER in the hospitals in Spain will help you out anyway if you have an emergency. (Do not forget your EHIC or private insurance and ID/passport).



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EMERGENCIES



Medicines: bring with you your medicines and its prescriptions. Note down the generics and bring a first aid with you, just in case. In Spain, all the medicines must be got in a Pharmacy, not drugstores.

And, as you know, you don't need any vaccines to come to Spain, nor buy any bottled water, you can drink the tap one all over the place.

Health in the UEx: It will be your assigned

doctor from the Social Security (SES. See previous info) where you will go if you are ill, since the UEx only has psychology service for the students. It is the UAE (uae@unex.es) and you can visit them whenever you need it (by appointment) if you need to talk to someone, or need some curricular help for special needs.

Remember you can go to talk to them if you need a chat or help on whatever because of special needs. Remember you have this information on our website, on **InfoUEx 12 and 14**.

2.4. ACCOMMODATION:

Because of the size and location and characteristics of the cities of the UEx different campus, you will be able to find accommodation quite easily.

In addition, it is not expensive to live in Extremadura. You will have all the facilities of a big city, but in a smaller place.



A whole flat in here would be around 500€ plus expenses (bills that might be up to 100€/month per person max, probably). Flats are hired completely furnished, so that only thing you will have to buy is bed linen and towels if you are not bringing anything of that.

Sharing a flat might be about 120€-150€, aprox, plus bills too. In any case, you will have to pay a deposit (usually a month of rent) that you can get back at the end of your stay if you took care of the flat properly, or exchange it for your last payment or bills...it will depend on what your contract says.

Just take into account that you will have a lot of expenses in the first two months of your stay here.

The UEx does not offer halls of residences for international students for the vacancies run out very quickly and the expenses and conditions are not better than living in shared flat (cheaper, in the city center, comfortable cooking your own food, etc). You will be helped by your Buddy and also by the ESN to find accommodation here. You can have a look at:

www.easyroommate.com

<http://erasmusworld.com/portal/>

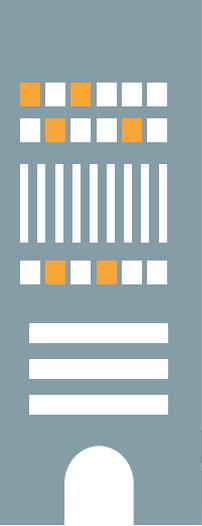
<https://housinganywhere.com/>

WE RECOMMEND

You can look for accommodation before arriving in here, but we do advise you to do it once in Extremadura, during the first days that you will be told to be here exactly, prior the lessons begin, as to check them out by yourself, for it is easier to talk to the landlords, roommates, etc.

Alternatively, you can always look for it before coming here by means of the webs above or by real state agents webs, just take into account that the latest will charge you a fee that you do not pay if it is private accommodation.





In Cáceres campus you will be given a list of flats, so that you can visit them and make up your mind. Normally, students take a few days to get settled in one of those flats.



THIS INTERNATIONAL RELATIONS OFFICE IS AS MERE INTERMEDIARY AND WILL BE EXEMPTED FOR ANY RESPONSIBILITY.

Students going to **Badajoz, Mérida or Plasencia** will be helped by the ESN, their buddies and the many options these cities themselves offer.

WE RECOMMEND

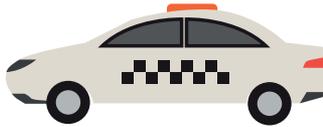
All students will have to tell to this office their Spanish address and phone number whenever they are asked by email. It is of great importance to us, so that they can be properly contacted when needed.

enjoy!

IN SPAIN:
220V.



IT IS SAFE TO
GET A TAXI IN
THE STREET.



TIPS IN SPAIN ARE NOT
OBLIGATORY, BUT THEY
ARE ALWAYS VERY
MUCH APPRECIATED!!

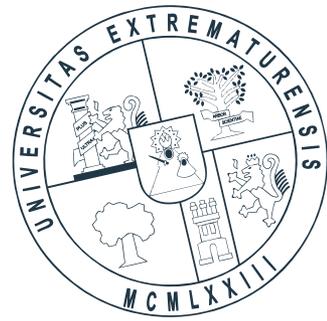
TAXES ARE INCLUDED IN
THE FINAL PRICE.

AND REMEMBER: some important details

1. **Currency change:** at the Spanish airport when you arrive, for it is cheaper than in your country –if you have a different currency/get it in any other exchange office (Cáceres and Badajoz do not have exchange offices, you will have to go to a bank for that, so get it before coming here in Madrid, by internet, in your home country, as you wish).
2. **If your foreign currency is not listed (internationally ‘recognized’ in the stock)**, for instance, Colombian peso, you will have to get Euros or American dollars, to change them wherever here. **Get yourself informed in your bank!!!**
3. Do make sure with your bank that your **debit/credit card works abroad**, if they will charge you when using an ATM/cash point here, the commissions/fees, etc. Tell your bank you are going to use your card abroad, because some of them would block it for security reasons if they don’t know it.
4. If you open a bank account in a Spanish bank (not obligatory for all exchange study programs), remember to ask for their commissions and documents required (normally a passport is needed and a contract or prove of being living in Spain). In Banco Santander in the campus, you will not need so many documents and being a student of the UEx will help.
5. If you want to get a contract for a mobile phone, you will have to provide a Spanish address and sometimes, a bank account in Spain as well. Though you can always buy a SIM card/pay as you go one, but remember to prepare your phone for that if needed!
6. **To hire Internet and landline at home**, you can talk to the landlord and propose to pay that as the rest of the bills, being hired by him; or you can hire yourself in any phone company. Your buddy and the ESN will help you out.



STUDY AT THE UEx



3.1. UEx, THE INSTITUTION

The University of Extremadura was born in 1973.

The University of Extremadura is a modern institution with more than 20.000 students, more than 2.000 professors and 17 centers (11 faculties, 6 university and engineering schools), also two joined centers and an international postgrad school, all of them distributed among its four campuses (Badajoz, Cáceres, Mérida and Plasencia). The academic offer of the UEx is extended to more than 60 grades (EHEA), doctorate studies in the International Postgraduate School, research programs, International summer courses, masters and Spanish Language and Culture Courses and it counts with the Instituto de Español como Lengua Extranjera (IELE).



That the UEx Works with the **First-class centre for minimally invasive surgery JUMISC** (one of the few in the world)?

3.2. FACULTIES AND STUDIES

The University of Extremadura offers courses adapted to the European Higher Education Area (EHEA) where all the credits are ECTS.

According to the campus, these are the faculties/centers (only grades are shown here). For more info check each faculty web: <http://www.unex.es/conoce-la-uex/centros>

BADAJOZ CAMPUS

FACULTY/SCHOOL	DEGREES TAUGHT (EHEA)
Faculty of Documentation and Communication Sciences (off-campus)	<ul style="list-style-type: none"> - Degree in Audiovisual Communication - Degree in Information and Documentation
Faculty of Sciences	<ul style="list-style-type: none"> -Degree in Biology -Degree in Biotechnology -Degree in Environmental Sciences -Degree in Oenology -Degree in Statistics -Degree in Physics -Degree in Maths -Degree in Chemistry -Degree in Industrial Chemistry Engineering

FACULTY/SCHOOL	DEGREES TAUGHT (EHEA)
<p>Faculty of Economic Sciences and Business Studies</p>	<ul style="list-style-type: none"> -Degree in Business Administration -Degree in Economics -Degree in Labor Relations
<p>Faculty of Education</p>	<ul style="list-style-type: none"> -Degree in Teacher Training -Degree in Primary Education -Degree in Psychology
<p>Faculty of Medicine</p>	<ul style="list-style-type: none"> -Degree in Nursing -Degree in Physiotherapy -Degree in Medicine
<p>School of Agronomy (off-campus)</p>	<ul style="list-style-type: none"> -Degree in Agriculture and Food Industry -Degree in Agriculture and Agronomy -Degree in Food Science and Technology -Degree in Horticulture and Gardening
<p>School of Industrial Engineering</p>	<ul style="list-style-type: none"> -Degree in Mechanical Engineering -Degree in Electrical Engineering -Degree in Industrial Electronics and Automation -Degree in Materials Engineering

CÁCERES CAMPUS

<p>Polytechnic School</p>	<ul style="list-style-type: none"> -Degree in Image and Sound Engineering and Telecommunications -Degree in Civil Engineering: Civil Construction -Degree in Civil Engineering: Hydrology -Degree in Civil Engineering: Transports and Urban Services -Degree in Computer Engineering: Computers -Degree in Building Engineering -Degree in Computer Engineering: Software
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CÁCERES CAMPUS

FACULTY/SCHOOL	DEGREES TAUGHT (EHEA)
<p>Faculty of Sport Sciences</p>	<p>-Degree in Sports Sciences</p>
<p>Faculty of Law</p>	<ul style="list-style-type: none"> -Degree in Law -Degree in Public Administration -Degree in Criminology
<p>Faculty of Occupational Therapy and Nursing</p>	<ul style="list-style-type: none"> -Degree in Occupational Therapy -Degree in Nursing (Cáceres)
<p>Faculty of Enterprise, Finances and Tourism (off-campus)</p>	<ul style="list-style-type: none"> -Degree in Business Administration (Cáceres) -Degree in Tourism -Degree in Finances and Accounting
<p>Faculty of Humanities</p>	<ul style="list-style-type: none"> -Degree in English Studies -Degree in Classical Philology -Degree in Hispanic Studies -Degree in Geography and Development Planning -Degree in Art History and Historical and Artistic Heritage -Degree in History and Artistic Heritage -Degree in Modern Languages and Literatures, French -Degree in Modern Languages and Literatures, Portuguese
<p>Faculty of Teacher Training</p>	<ul style="list-style-type: none"> -Degree in Social Education -Degree in Teacher Training (Cáceres) -Degree in Primary Education (Cáceres) -Degree in Primary Education. Bilingual Modality
<p>Faculty of Veterinary Science</p>	<ul style="list-style-type: none"> -Degree in Veterinary -Degree in Biochemistry

MÉRIDA CAMPUS

FACULTY/SCHOOL	DEGREES TAUGHT (EHEA)
<p align="center">University Centre of Mérida</p>	<ul style="list-style-type: none"> -Degree in Nursing (Mérida) -Degree in Geomatics and Topography -Degree in Telematics Engineering and Telecommunications -Degree in Industrial Design and Product Development -Degree in Computer Engineering, Information Technology

PLASENCIA CAMPUS

<p align="center">University Centre of Plasencia</p>	<ul style="list-style-type: none"> -Degree in Nursing (Plasencia) -Degree in Forestry and Natural Environment, Forest Operations -Degree in Podestry -Degree in Business Administration (Plasencia)
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For **Double Degrees info**, [click here](#).

For **Master studies**, [click here](#):

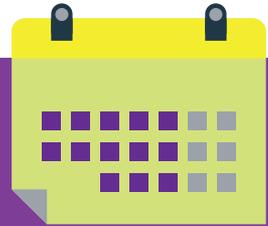
3.3. ACADEMIC COORDINATORS

There is one academic coordinator in each center of the UEx, and this is the person you can ask to for academic issues. You will only have one Academic Coordinator, the one of the center where you do your registration and you chose more credits from. That centre will be the one your home university signed the bilateral agreement with and the one you choose most of your credits from. Their contacts are:

FACULTY/CENTRE	NAME	E-MAIL
<p align="center">Faculty of Occupational Therapy and Nursing</p>	<p align="center">Mr. Sergio Rico</p>	<p align="center">sergiorico@unex.es</p>
<p align="center">School of Industrial Engineering</p>	<p align="center">Mr. Carlos A. Galán</p>	<p align="center">eiismi@unex.es</p>

FACULTY/CENTRE	NAME	E-MAIL
Faculty of Law	Mr. Sixto Sánchez-Lauro	subdircentdere_alrex@unex.es
Faculty of Humanities	Mr. Sigfrido Vázquez	subdircentfyle_rrii@unex.es
Faculty of Medicine	Mr. Juan Rodríguez	Subdirmedi_movi@unex.es
Faculty of Education	Mr. Rafael Alejo	Subdircenteduc_relun@unex.es
Faculty of Veterinary Science	Mr. Marcos Pérez	marcospl@unex.es
Faculty of Teacher Training	Ms. Tamar Groves	subdircentfopr_rrii@unex.es tamargroves@unex.es
Faculty of Sciences	Mr. Fernando J. Álvarez	Subdircentcien_pmov@unex.es
Faculty of Economic Sciences and Business Studies	Ms.. Cristina Barriuso	subdircentceyerint@unex.es
Faculty of Enterprise, Finances and Tourism	Mr. Héctor Jiménez	Subdircenteeyt_relint@unex.es
School of Agronomy	Ms. María Luisa Timón	mltimon@unex.es
Faculty of Documentation and Communication Sciences	Mr. Julián Rodríguez	julainrp@unex.es
Faculty of Sport Sciences	Ms. Ruth Jiménez	ruthji@unex.es
Polytechnic School	Mr. José Ceballos	subriep@unex.es
University Centre of Mérida	Mr. Javier Carmona	subdircumemovi@unex.es
University Centre of Plasencia	Ms. Leticia Martín	seccentcupl@unex.es

Note: You can contact them by calling to the UEx call centre (0034 927 257 000) and ask to put you through to talk to any of them. The courses of each centre are on their website, in the left-hand side menu: <http://www.unex.es/conoce-la-uex/centros>



3.4. OFFICIAL ACADEMIC CALENDAR

The University of Extremadura, like most Spanish universities, bases its academic calendar on an “academic year” divided into two four-month periods or semesters.

Academic period (classes and exams)*:	Beginning of September- End of July
Dates of starting and ending of the lessons*:	First Term: Beginning of September- Third week of December
	Second Term: First week of February – Mid-May
Dates of exams:	First Term: From Mid-January
	Second Term: End of May - Beginning of June Beginning of July (extraordinary examination)

*Masters’ lessons normally start a bit later than Bachelors’, but all students are requested to be here for the Welcome Days, regardless of when their lessons start

3.5. SPANISH GRADING SYSTEM

The Spanish marking system is based on a scale from 0 to 10, as follows:

SPANISH SYSTEM	ECTS SYSTEM
10 (sobresaliente / Matrícula de honor)	A (Excellent)
9 (Sobresaliente)	B (Very Good)
7- 8 (Notable)	C (Good)
6 (Aprobado)	D (Satisfactory)
5 (Suficiente)	E (Sufficient)
< 5 (Suspenso)	F, FX (Fail)
No presentado	Not taken

You can get more information on what it would be in your home country’s grading system, here: <http://www.unex.es/organizacion/servicios-universitarios/secretariados/sri/documentos>
(This table will be updated shortly with the new UEx Regulations)

TRANSCRIPT OR RECORDS AND REGULATIONS OF INTEREST

The Academic Certificate will include the list of subjects/courses taken, as well as the marks and credits obtained.

In the case of students participating in the ERASMUS+ programme, the marks and credits will be indicated according to both the local system and to the ECTS (European Credit Transfer System).

After students submit a final online form, their transcript of records will be sent by email with electronic signature to their home university.



04 SERVICES OF THE UEX

Being a student at the UEx will allow you to have all the rights of a national student, so you can have access to all the Services and Facilities the UEx offers. You have some examples here:

Remember you have all the info on all the UEX Services on the web:

<https://www.unex.es/organizacion/servicios-universitarios>

4.1. LIBRARY

Nearly every centre in the UEx has its own library, and also, you will find a Central Library in each campus:



BADAJOS: Biblioteca Central, Campus Universitario •Tfno.: 924 289 310

CÁCERES: Biblioteca Central, Campus Universitario •Tfno.: 927 257 095

<http://biblioteca.unex.es/>

Opening hours: Monday to Friday, from 8:30 to 23:00, and Saturdays from 10:00 to 20:00 (9:00 to 21:00 during the exams period).

Remember!! In the library you can find air conditioning and central heating!! You will have free Wifi and...many students to chat with and make new friends!!



4.2. CULTURAL ACTIVITIES

This office organizes activities and courses (**dance, theatre, choreography, debate, photography, etc.**) and you can participate in them. Normally, you have to pay a fee to join them, but it is reduced for you, as student.

These courses/activities are always optional, they are not official courses of the UEx to be written in your learning agreement, although you might get a certificate.

Location: Universidad de Extremadura, RECTORADO • Plaza de Caldereros, 1 • 10003 Cáceres.
PHONE: 927 257 009 **EMAIL:** cultural@unex.es

http://www.unex.es/organizacion/secretariados/sec_act_culturales

Remember that these activities will help you out to meet up new friends, out of your studies atmosphere, so that you will get away from the daily routine, try them out



4.3. SPORTS SERVICES (SAFYDE)

In this office, all the sports facilities and sport competitions are managed. Get yourself informed of some competitions you can join, as student at the UEx.

<https://www.unex.es/organizacion/servicios-universitarios/servicios/safyde>

FACILITIES

CÁCERES

- Indoor sports pavilion
- Tennis courts
- Outdoor sports courts
- Fronton
- Running track
- Ground football field
- Outdoor pool
- Indoor pool
- Paddle tennis courts

BADAJOS

- Indoor sports pavilion
- Tennis courts
- Outdoor sports courts
- Fronton
- Running track
- Grass football/rugby field
- Outdoor pool
- Paddle tennis courts



Did you know...?

Opening hours:

Monday to Saturday, from 9:00am to 22:00pm and
Sunday from 9:00am to 15:00pm

That you can join any UEx sports team and compete representing the UEx in the region and nationwide?
That the Faculty of Sports is among **50 top ones in the world** and among the best in Spain?

4.4. SPANISH AS A FOREIGN LANGUAGE INSTITUTE (IELE):

The UEx has created the IELE to coordinate a complete program and offer for the exchange students and visitors to study Spanish in here.

The Spanish Courses for International Students (“Cursos de Español para Estudiantes Internacionales”) are organized every semester and allow students to get a certificate and a credit recognition at their home institutions.



Remember that getting a certificate of Spanish IN Spain might be better regarded than if you get it in your home country



I want to improve my Spanish!

SPANISH LANGUAGE COURSE FOR EXCHANGE/ERASMUS STUDENTS

Length 1st semester and 2nd semester (independently). It is during the academic year.

Credits 4 ECTS/semester

Validation Yes, as long as your home university allows so and you put it in your learning agreement/study proposal (although it has No code, for it is not a course from any of the faculties of the UEx)

Certification

If you pass it, you will get a certificate that you will have to personally pick up (this is different and apart from the Transcript of Records).

Registration

You will only have to pay an administrative fee.

It's necessary to take a level test before the beginning of the course.

You will receive more information on how to register, from diriele@unex.es on the Welcome Day.

More information

All of your questions can be checked with the contacts you find here:

<http://www.unex.es/estudiar-en-la-uex/otras-propuestas-formativas/instituto-espanol-lengua-extranjera/personal>

05 AND ALSO...

5.1. INTERNET ACCESS

All the students at the UEx are provided with two codes, Iduex and Pinweb, once the academic enrolment is completed in the "Secretaría" of their faculties.

These two codes will allow you to access to:

- the **Wifi of the UEx** (Eduroam).
- the **"Portal Servicios"** of the UEx, where your personal and academic data is kept (groups of your chosen courses, info on courses and lessons, academic results, exams info, etc). When you go to **www.unex.es**, you have to click on "portal servicios" and log-in.
- the **"Campus Virtual"**, where you can follow the academic stuff your professors will tell you. This is your contact with the professor of the course (once registered). You have to follow the instructions and get yourself an account in the UEx portal.

You access to it here:

<https://campusvirtual.unex.es/portal/>

How can I get those codes?

You will have to be formally registered in your UEx faculty and, then, you will follow these instructions:

https://www.unex.es/organizacion/servicios-universitarios/servicios/siue/funciones/servicio_usuario/gestion-de-credenciales

Click on the first option : **"Obtener"** o **"Recuperar credenciales"**

EDUROAM

Before coming to the UEX, it is strongly advisable that you set your electronic devices, so that you can have internet access through the UEx wifi (Eduroam), by using the codes/password of your home university. It is a safe connection.

You have all the info on Eduroam here:

<http://www.eduroam.org/> (English)
<http://www.eduroam.es/> (Español)



5.2. IF YOU WANT TO WORK: EMPLEO PATHFINDER

The UEx has this web **www.unex.es/empleo** where you can find more than 1300 enterprises offering their vacancies. You can register for free and upload your CV.

But!! If you want to find a job, it will depend on your Visa (when needed) and home country.

5.3. SPECIAL NEEDS AND STUDENT S SUPPORT

If you need any curricular adaptation due to a special need (visual impairment, etc), please, remember that you have to get in touch with the Unidad de Atención al Estudiante office (UAE). You will find a psychologist and a pedagogist support.



http://www.unex.es/organizacion/unidades/uae/index__

Special needs and student's support office



BADAJOS
Biblioteca Central.
Campus Universitario.
Tlfn: 924 289 310
uae@unex.es



CÁCERES
Edificio Usos Múltiples.
Campus Universitario.
Tlfn: 927 257 090
uae@unex.es

5.4. ...And last, but not least...



INTERNATIONAL RELATIONS OFFICE

The **International Relations Office of the University of Extremadura** is the central administrative body for inter-university co-operation and mobility programmes, both national SICUE- and international -ERASMUS+, ...etc

Among the UEx centers, it coordinates the university member institutions, and national and international organizations in charge of executing and developing the programmes.

Moreover, it acts as a central administrative body for students who, within the framework of inter-university agreements, continue their studies at the UEX.



BADAJOS
Edificio Antiguo Comedor
Avda. de Elvas, s/n
06071 BADAJOZ
Tfno. + 34 924 289 373
ver en google maps



CÁCERES
Edificio de Usos Múltiples, s/n
Campus Universitario
10071 CÁCERES
Tfno.: +34 927 257 016
Fax: +34 927 257 017
ver en google maps

www.unex.es/relint

Those students who are going to do an exchange at the university centers of **Mérida or Plasencia** should contact the Academic Coordinators of those centers. Their details are as follows:

Centro Universitario de MÉRIDA

Prof. Javier Carmona

Sta. Teresa de Jornet

06800 MÉRIDA, Badajoz

Tel.: + 34 924 302 972

Fax: + 34 924 303 782

subdircumemovi@unex.es

Centro Universitario de PLASENCIA

Prof. Leticia Martín

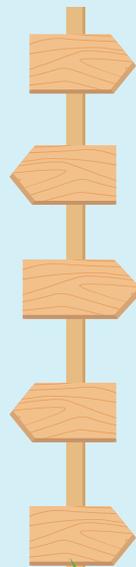
Avda. Virgen del Puerto, 2

10600 PLASENCIA, Cáceres

Tel. +34 927 427 000

Fax: +34 927 425 209

seccentcupl@unex.es



ESN UEX:
Erasmus Student Network /
Asociación de Estudiantes Internacionales UEx

The UEx has a group of collaborators who work together with the International Office by helping all the incoming exchange students while they stay in Extremadura. In order to get so, the international students have to get in touch with such association by visiting www.esnuex.org

They can help out with accommodation, means of transport, mobile devices and tourism...and whichever doubt that arises.

They also organize events, parties and trips for international students.

BUDDY PROGRAM:

This buddy/tutor program allows you to be assigned a Spanish Tutor/Buddy (a student from the UEx) who can help you personally during your stay at the UEx, not only at the beginning. Your respective contacts are given to each of you individually before arriving in the UEx.

we help you! 26



life
IS AN
adventure
BE AN
explorUEx

www.unex.es/relint