



SUMMER STUDENT GUIDE 2008

CATHOLIC UNIVERSITY OF AVILA

HISPANIC STUDIES INSTITUTE

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CONTENTS

RECTOR'S ADDRESS _____ 3

1. THE CITY OF AVILA _____ 3

2. INTRODUCTION TO UCAV _____ 7

3. MEDICAL INSURANCE _____ 9

4. HOW TO REACH ÁVILA AND THE UCAV _____ 10

5. LIVING IN ÁVILA _____ 11

6. OTHER ADDRESSES OF INTEREST _____ 13



RECTOR'S ADDRESS

As Rector of The Catholic University of Ávila I would like to warmly welcome all our international students to the University. UCAV has a reputation for providing a student friendly campus environment offering a unique atmosphere for learning, combining the best of its academic and cultural traditions with a modern and innovative approach to teaching and research.

Surely we all come to university to prepare ourselves for a future profession in the world of work and, in so doing, be ready to contribute to society later on in a meaningful way. I am sure many students come to our university, with this objective in mind. But being a university student means more than that. It means opening oneself to the universality of knowledge. It means opening our eyes and heart to the world at large and through research and inquiry endeavour to make it better. It means, also, to acquire an in-depth understanding of the society we live in and be willing to look at it both with a critical eye and a gracious heart.

Furthermore, to study at a Catholic University, as ours is, adds yet a further aspiration: to love truth and to strive to reach it, to be opened to God fully without bias, to appreciate freedom without strife, and to defend the dignity of the human person at all times; solidarity with all men and women, the fostering of justice everywhere, the ability to share information with fellow students from other universities and a first-rate professional training: working closely with each and every one of you, this is what the Catholic University of Avila offers you and bids you accept. I hope that you have an enjoyable and productive experience while studying at our university.

M^a Rosario Sáez Yuguero
Rectora

1. THE CITY OF AVILA

Ávila, a World Heritage monument, is one of the oldest and most beautiful cities in Spain. Its world famous walls stand guard over the centuries-old artistic and cultural heritage found inside. Walking along its narrow, winding streets, one easily sees vestiges from its past... The Celtic Iberians were the first to leave their mark, which can be seen in the stone boars and the nearby Castro de las Cogotas (hill fort), epicentre of the Vettone culture. The Romans also reached this area and the Arabs filled the area with their culture until the final conquest by the Christians, with their Romanesque and Gothic churches, monasteries, convents, and Renaissance palaces. Not only is it a journey through the history and culture of Spain, but also that of Europe.

The contemporary construction of the Wall of Defence coinciding with that of the Nôtre Dame Cathedral was an important factor in the city's development. For almost a millennium it was a means of protection for the city and a way of inspecting trade exchanges. The 2.5 km rectangular walls (the equivalent of a 1-hour walk) contain nine gateways and over 2,000 crenellations keep watch over Ávila's horizon as in past times. The Puerta del Alcázar and the gateway next to the Basílica de San Vicente are a must for every visitor.



Ávila is likewise the birthplace of two great figures: Santa Teresa and San Juan de la Cruz, who through their poetry and writings on mysticism brought the Spanish language to one of its highest levels. Today both of these saints are remembered in the city, many are the historical spots where one can follow in their footsteps.



There is no doubt that the city's history across the years was marked by many people, some of whom were Hebrew and Muslim writers, such as Abraham Nissim Ben, Hebrew author of *El Libro de la Sabiduría*, Mose de León, author of *La Rosa del Testimonio y del Esplendor* during the thirteenth century and considered the most important book of Jewish mystical writings, and the named Mancebo de Arévalo, Arab author of *Tafçira*, a journal on his experiences with Muslim traditions and one of the last pieces of spiritual writing on Spanish Islam.

The first Gothic cathedral in Spain Visitors curious to see what modern Ávila is like inside should take their time in doing so if they really want to enjoy the streets, plazas, nooks and crannies. Tourists will not be disappointed while wandering around the Paseo del Rastro where a view of the Valle de Amblés may be had from the superbly preserved mirador (viewpoint). Another interesting panoramic view is that which is perceived from the northern façade of the walls or the view from the Cuatro Postes at dusk when the city walls are completely illuminated.

Some interesting Romanesque churches can be visited such as the Iglesias de San Pedro, San Andres, San Esteban, San Segundo, San Nicolas, San Martin or Santo Tomé. The Cathedral church is thought to have introduced Spain to Gothic architecture.



Cathedral

The Generación del 98 would become the generation of writers that best reflect the spirit of Santa Teresa's capital. Illustrious writers such as Azorín, Pío Baroja and Miguel de Unamuno ponder on the city from a perspective typical of that generation of writers. The universally renowned Federico García Lorca dedicated some of his earlier work as a young boy to Ávila, having spent a short period of time there. Dionisio Ridruejo and Luis Rosales also were captivated by the city famous for its walls.

Designated a “City of Three Cultures” (Jewish, Islamic and Christian), Ávila is, moreover, an important stop on the so-called “Camino de la Lengua”, an historical and cultural route highlighting the various places that influenced the development of Spanish as a language, which is now one of the most important in the world.

Ávila is also a modern, dynamic city offering students many different possibilities for enjoyment and leisure. In this unparalleled setting, the Catholic University of Avila is able to give foreign students a wonderful opportunity to learn and improve Spanish and to broaden their knowledge of Spanish civilization and culture.



The City Wall. Full Panoramic

ÁVILA, WORLD HERITAGE

In Castilla y León, there are three cities that have earned the mark of World-Heritage City: Ávila, Segovia and Salamanca <http://www.cyberspain.com/ciudades-patrimonio/erciud.htm>. On 17 September 1993, the town halls of Ávila, Segovia and Salamanca, together with Cáceres, Santiago de Compostela and Toledo, signed an agreement in order to become a Spanish Group of World-Heritage Cities. In 1996, Córdoba was included and, two years later, Cuenca.

Commitment is made in the conservation and protection of items, deepening studies so that their treasures can help to educate and train future generations; acting in a joint way to defend the historical and cultural heritage, performing common projects and tackling the problems that affect each of the spots; also establishing policies to exchange experiences and plan a tourist and image policy that corresponds with the interests of all group members.

All these sites have been recognised for their monumental nature and great scientific and cultural value and thus have merited special protection by UNESCO, which decided to prevent further irreparable loss of similar artistic treasures after the destruction caused by the Aswan Dam in Egypt in 1960. The then director general of the organisation, Rene Maheu, called on the rest of the world to save the monuments of Nubia. The answer came in the form of the World Heritage Committee Programme. Through the programme countries commit themselves to designating places of universal exceptional value to be included on the World Heritage List.



GEOGRAPHICAL LOCATION OF THE CITY OF AVILA



The capital city of Avila, in the Castille-Leon region, is ideally located in the centre of Spain at approximately 100 Km from Madrid, Valladolid and Salamanca, and 137 Km from Toledo.

Additional information on Avila can be found on the following websites:
<http://www.avilaturismo.com>
<http://www.aviladigital.com>
<http://www.avila.es>

ÁVILA AND ITS SURROUNDINGS

High altitude mountain scenery, next to the Sierra de Gredos.



- Access The capital is located to the south of the autonomous region of Castilla y León
- Accommodation Rural tourism, hotels, campsites and hostels
- Gastronomy Suckling pig, suckling lamb, Ávila meat, cold meats.
- Crafts Leather, pottery, and metal.



2. INTRODUCTION TO UCAV



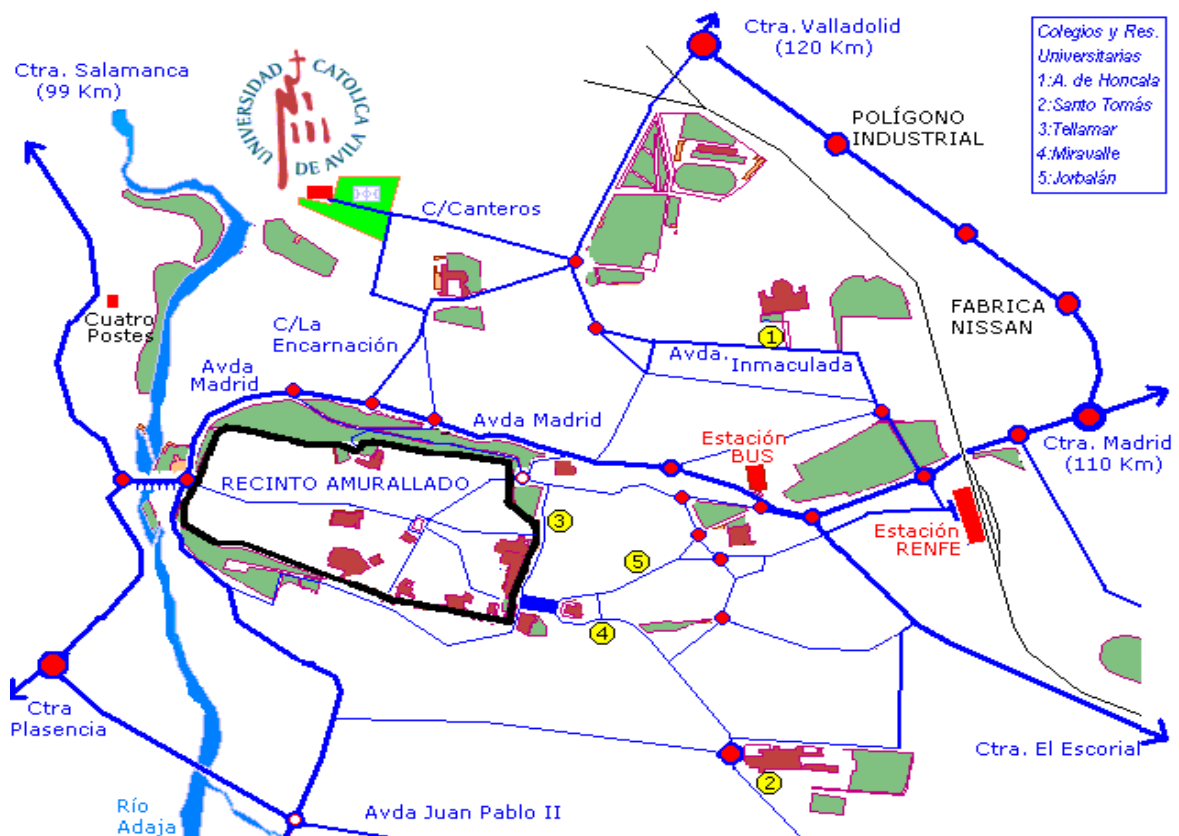
UCAV is committed to providing an environment within which students can learn, develop and mature.

The International Office provides support, advice and help for international students on campus.

The focus is on ensuring that all students have an experience that will benefit them not just academically, but personally as well, and that the environment is truly student-friendly.

The Catholic University “Santa Teresa de Jesús” also known as UCAV was opened on 24th August 1996 by Decree given by the Bishop of Avila. UCAV is a private, non profit organization of the Catholic Church in Spain.

The Catholic University of Avila is located outside the city walls in the northern part of the city; the university is easily signposted from all roads entering the city.





FACULTIES AND DEPARTMENTAL ACADEMIC SCHOOLS

There are two Faculties at UCAV:

- Faculty of Arts and Sciences
- Faculty of Social and Juridical Sciences

Each Faculty has two Departments or Schools which award the following degrees:

- Faculty of Arts and Sciences:
 - School of Earth and Environmental Sciences
 - School of Technology
- Faculty of Social and Juridical Sciences
 - School of Economics and Business Studies
 - School of Law

UCAV Postal Address:

Universidad Católica “Santa Teresa de Jesús” de Ávila - C/ Los Canteros, s/n –
05005 ÁVILA – SPAIN
Telephone: + 34 920 251 020 - Fax: + 34 920 251 030





3. MEDICAL INSURANCE

HOSPITALS IN ÁVILA

Hospital “Nuestra Señora de Sonsoles”
Carretera de Madrid, Km. 109 - Ávila
Telephone: 920 358 000

Hospital “Clínica Santa Teresa”
C/ Santa Cruz de Tenerife, 11 - Ávila
Telephone: 920 221 450

HEALTH CENTRES

- | | |
|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| ❖ Health centre “La Estación”
Paseo de la Estación, 24
05001 Ávila
Telf. 920 35 24 18 | ❖ Health centre “Ávila Sur”
C/ Fray Gil, s/n
05003 Ávila
Telf. 920 21 31 63 |
| ❖ Health centre “Ávila Norte”
C/ Arturo Duperier, 4
05001 Ávila
Telf. 920 21 28 43 | ❖ Health centre “Ávila Rural”
C/ Santa Fe, s/n
05003 Ávila
Telf. 920 25 34 36 |

Additionally, one should consider taking other forms of private insurance such as Travel Insurance, Accident/Life Insurance, etc.

Other telephone numbers of interest:

- Emergencies: 112
- Citizens Advice Bureau: 010

CHEMISTS

Most chemist's open from 9.30-13.30 and 17.00-20.30. Nevertheless, some establishments open from 10.00 to 22.00 and others 24 hours a day. When in doubt, consult the local newspaper or the list displayed in all establishments.

4. HOW TO REACH ÁVILA AND THE UCAV

The cheapest way to travel to Spain is to purchase a Student Discount ticket at any travel agency. The student can reach Madrid by train, coach or plane. The easiest way to get to Madrid is by plane to Barajas Airport.

There are approximately 100 Km. from Madrid to Ávila. From Madrid to Avila one has to come by train or coach. This means the student will have to travel from Madrid Barajas Airport to a Coach or a Railway Station (RENFE).



Around Madrid, the easiest way is by Metro.

Website: <http://www.metromadrid.es>

a) Madrid Coach Stations with service to Avila:

Estación Sur - Mendez Álvaro:

Telephone: 914 684 200

Website: <http://www.estaciondeautobuses.com>

b) Railway Station in Madrid with trains to Avila:

Estación de Chamartín:

Telephone: 902 240 202

Website: <http://www.renfe.es>

If you arrive at Valladolid Airport (Villanubla) you can get to the Railway or Bus Station by taxi. There are connections from Valladolid to Ávila by bus and by train. There are approximately 100 km from Valladolid to Ávila.

Further information:	
About flights:	www.iberia.es www.ryanair.com www.airfrance.com
About buses:	www.alsa.es www.laregionalvsa.es www.lasepulvedana.es
About trains:	www.renfe.es



Once in Avila, the most efficient way to get to the University is either in Taxi or by Bus, Line Number 2, Centro Universitario.

Radio Taxi telephone: 920 353 545

Avila bus telephone: 900 502 751

Website: <http://www.avilabus.com>

5. LIVING IN ÁVILA

The cost of living in Ávila is about of 600 - 900 Euros (monthly estimate for lodging and meals). Expenses, which are mere approximations, could be broken down as follows:

- Lodging:300 - 400 Euros
- Food:250 - 300 Euros
- Newspaper1 Euro
- Bus ticket0.90 Euros
- CD's (a pack of 20)10

Prices at the Supermarket:

1 loaf of bread	0,66 Euros
1 litre of milk	0,80 Euros
1 kg of rice	1,08 Euros
1 litre of oil	2,70 Euros
1 box of biscuits	2,00 Euros
1 kg of macaroni	0,90 Euros

Prices at Restaurants:

Daily special	6,00-7,50 Euros
Combination platter	5,50 Euros
Hamburger sandwich	3,60 Euros
Pizzas	10,30 Euros

Cinema Price: 5, 60 Euros - Saturday and Sunday and Holidays.

Expenses are but an estimate which is going to vary according to the needs of each person and other possible unforeseen circumstances that may occur.

SHOPPING HOURS

Supermarkets and shops are currently open:

Monday-Friday: from 9.00 am - 2.00 pm and 5 pm – 8.00 pm

Saturday: from 9.00 am – 2.00 pm.

Sundays: closed

PUBLIC LIBRARIES

- Public library
Plaza de la Catedral, 3
05001 Avila
Tel.: 920/254140 - 212132
Fax 920/252702
e-mail: bpavila@bcl.jcyl.es
- Public library "José Jiménez Lozano"
Avenida de la Inmaculada nº 15
05005 Ávila
Tel. / Fax. 920213307
e-mail: bjlozano@ayuntavila.com
- Public library "Posada de la Feria"
Plaza de la Feria n2
05002 Ávila
Tel. / Fax. 920254638
e-mail: biblioteca@ayuntavila.com
- Private Library Palacio los Serrano. Caja de Ávila
Plaza de Italia, 1. 05001 Ávila
Tel.: 920 212223 - Ext. 14 y 15
Fax 920 213018
<http://www.palaciolosserrano.com/02/biblioteca>



CENTRAL POST OFFICE

Opening times: Monday-Friday 8.00 am – 8 pm
Saturday 8.00 am – 1.30 pm
Plaza de la Catedral 2
05001 Ávila
Telephone: 920 222 000

BANKING FACILITIES

Banks in Spain are generally open from 8:00 a.m. until 2.00 from Mondays to Fridays. It is of course possible to withdraw money from automated telling machines around the clock. Please note that you will have to pay a fee each time you withdraw money from your bank account in your native country. It is a good idea to apply for internet banking before you go away, that way you can keep track of your finances and be sure that any grants or loans are paid into your account.

In case you prefer to open an account, it is advisable to check with your chosen bank what documents will be required in order to open your account. Generally, in order to open a bank account here in Spain you will need the following:

- Passport or Identity Card
- Please clearly specify your first name and surname to the bank.
- Home Address (in your home country)

COMMUNICATION

If you have a cell phone, bring it with you. You best buy a Spanish sim-card here in Spain.

DRIVING

Driving is on the right hand side in Spain. All drivers in Spain must have a valid driving license. Driving license from European countries is valid to drive in Spain. Drivers and all passengers must wear their seatbelts by law. Motorcyclists must wear crash helmets by law. Drink driving regulations are strictly enforced.

ELECTRICITY

The standard mains voltage is 220-230 V. Two pin plugs are used in Spain.

In an emergency the police, ambulance and mountain and cave rescue may be contacted by telephoning free 112.

SMOKING

In January 2006 smoking in public and work places became banned. The Public Health (Tobacco) Acts of 2006 prohibit smoking in all enclosed areas and therefore it is illegal to smoke in closed public spaces and on public transport, and in some cafes, clubs, pubs and restaurants outside the smoking area.



MUSEUMS, THEATERS AND CINEMAS

MUSEUMS

- Museo Provincial
Plaza de Navillos, 3
Telf. 920 21 10 03
- Museo de Santa Teresa
Plaza Santa Ana, 2
Telf. 920 22 07 08
- Museo de la Encarnación (Carmelitas Descalzas)
Plaza de la Encarnación, s/n
Telf. 920 21 12 12
- Museo Teresiano (Reliquias de Santa Teresa)
Convento de San José, C/ Las Madres, 4
Telf. 920 22 21 27
- Museo de la Santa Iglesia Catedral
Plaza de la Catedral, s/n
Telf. 920 21 16 41
- Museo de Santo Tomás
Plaza de Granada, s/n
Telf. 920 22 04 00

THEATERS

- Teatro Caja de Ávila
Avenida de la Juventud, 6
Telf. 920 35 53 00 / 920 35 54 28
- Teatro Caja Duero
C/ Duque de Alba, 6
Telf. 920 35 20 30 / 901 37 37 37

CINEMAS

- Tomás Luis de Victoria
C/ Lesquinas, 4
Telf. 920 21 10 21
- Star-cinemas
Comercial Center "EL BULEVAR"
Telf. 920 21 90 09

6. OTHER ADDRESSES OF INTEREST

- **Information for European citizens:** <http://citizens.eu.int/originchoice.htm>
- **Information on university studies:** www.ploteus.es
www.universia.es
- **Ministry of Education:** www.mec.es
- **Embassies**
Office opened from Monday to Friday from 9:00 to 14:00.
Tel.: +34 91 379 96 00
www.mae.es
- **Tourist Information:** Plaza de la Catedral 4, Telephone: 920 0211 387
- **Post Office:** Plaza de la Catedral 2, Telephone: 920 222 000
- **National Police:** San Roque 34, Telephone: 091
- **City Police:** Inmaculada 11, Telephone: 920 211 188
- **City/Town Hall:** Plaza Victoria 1, Telephone: 920 354 000
- **Train Station (Renfe):** Paseo de la Estación s/n, Telephone: 902 240 202
- **Bus Station:** Avda. de Madrid 2, Telephone: 920 220 154
- **Taxi,** Telephone: 920 353 545



TOURIST INFORMATION

- ✓ **City Hall (tourist area)**
Tel. 920 225 969
- ✓ **Tourist office Castilla y León**
Plaza de la Catedral, 4. 05001 Ávila
Tel. 920 211 387
Fax. 920 253 717
- ✓ **Tourist Information Muralla**
Tel. 920 255 088
- ✓ **Tourist office (only summer)**
Train station (RENFE). Paseo de la Estación
s/n.05001 Ávila
Web: www.avilaturismo.com
e-mail: turismo@ayuntavila.com
- ✓ **Patronato Provincial de Turismo**
C/ Canteros, s/n. 05001 Ávila
Tel. 920 206 222
Web: www.diputacionavila.es
e-mail: turismo@diputacionavila.es
- ✓ **Tourist Information Castilla y León**
Tel. 902 203 030
Web: www.turismocastillayleon.com
e-mail: sotur@jcy1.es

