



Tips from former students

What to pack

- ✓ Comfortable clothes for the lecture days, casual clothes (especially sneakers) for the field trips, food from your country to share with the rest of the class.
- ✓ Good and comfortable shoes. Zaragoza is easy to walk around and beautiful. Enjoy it and get some Mediterranean way of life by exercising in simple things!
- ✓ Sun cream, it is really sunny and hot at that time.
- ✓ Bathing clothes.
- ✓ Light clothes and a jacket. It might rain one day.
- ✓ I packed what I felt was "light" and still had more than enough. I would recommend sneakers, sandals, a handful of t-shirts, a handful of shorts, and one nice outfit. I would also pack a couple of layers in case it's cold and an umbrella or raincoat.
- ✓ Light, breezy, if you're coming from the States, Spain's fashion is a little more dressy.

What not to pack

- ✓ Very formal clothes, high heels, notebooks or paper.
- ✓ Too many things. Keep it simple. Keep some spare room for books, you will take many back with you. And they are worth it.
- ✓ Don't pack more than 3 pairs of shoes. Don't bring too many toiletries because you can buy those in Spain. Don't over pack layers because it is very hot and will most likely be unnecessary.
- ✓ In the summer, warm clothes!

How much money to bring?

- ✓ As the program covered many expenses, my greatest expenditure was accommodation (which was very reasonable). Other expenses were not significant. I think that 600 Euros is enough for the whole month, including accommodation.
- ✓ Try to find an affordable place with people that speak Spanish and interact with you. I spent more money on the course itself... and in Barcelona, where my internship occurred. But it was worth every single penny! I used to cook all at home, did my own grocery shopping (preferring local and seasonal foods), which made my life easier.
- ✓ I spent the most money on prepared food. I do not think it is necessary to bring a ton of money. I had a credit card and about 150 euros and that was way more than enough for me for one month.
- ✓ I didn't bring cash to exchange, I withdrew euros from my bank's partner bank.

Unsafe areas to avoid

- ✓ Zaragoza felt really safe for me. No problems at all. In Barcelona, I would say to pay attention to your things, avoid looking too much like a tourist.
- ✓ The majority of the city felt very safe to me but I still remained guarded at all times. If in doubt about certain areas, ask the MABS team. They will happily advise.
- ✓ None, Zaragoza is very safe.



The education system

- ✓ IAMZ was amazing. The education system in Spain grades on a scale of 1-10 which is different than the United States but is very easy to understand.
- ✓ Be prepared with questions! The delay between the lecturer asking "do you have any questions" and the interpretation is just long enough for the lecturer to start packing up when you still have questions!

Places to eat or buy groceries

- ✓ Supermarkets for cleaning products, perfumery and canned foods. Local shops for fruit and vegetables.
- ✓ Go for simple and small groceries, fruit shops, etc. For any practicalities the MABS team are always at hand. Don't miss the "Trenza de Almudévar" pastry.
- ✓ There are plenty of supermarkets. Any of the tapas restaurants in El Tubo are great places to go at night for dinner as well as the tapas restaurants in Plaza España. There are restaurants everywhere so there is certainly no shortage of food.
- ✓ El Tubo is lots of fun to wander around and discover things in.
- ✓ There are so many places I can't name them all!

Opening times

- ✓ Shops generally open at 10:00 and close at 22:00. Smaller shops may close at midday from 14:00 to 17:00 but this varies from shop to shop.
- ✓ Shops do not open on Sundays except bakeries and some shops in the tourist areas of the city.
- ✓ Banks open from 08:30 to 14:00.

Places to go on the weekend

- ✓ Pyrenees, Tramacastilla, Somontano, San Sebastián, Madrid, Barcelona, Valencia.
- ✓ The Basque Country, definitely the most amazing beautiful incredible place. Visit San Juan de Gaztelugatxe.
- ✓ Madrid: the Museo del Prado is for free for the last two hours of the day. Every day!
- ✓ Be aware that everything is 3 hours away from Zaragoza... you can get really cheap Alsa bus tickets.
- ✓ You can also find cheap flights to other countries from Zaragoza. Ryanair has some easy flights.
- ✓ Stay in Zaragoza. Visit El Pilar and go inside the Basilica as well as take the elevator to the highest pillar and see the city from above. Take the tram or walk to the World Expo site and cross the bridge as well as explore the area. Walk to Parque Grande and take in the view from the top of the stairs. Bike or drive to Los Galachos and explore the paths and plateaux.

Other travelling tips

- ✓ Follow the signs and use a map if you need one. Everyone is very friendly so feel free to ask someone if you need help. The city is not very difficult to navigate as long as you know major landmarks like El Pilar, Plaza España, Puerta del Carmen, and Parque Grande and it will not be difficult.
- ✓ Have an open mind, and be engaged in what you're here to learn!