GLOBAL EDUCATION OFFICE
REVES CENTER FOR INTERNATIONAL STUDIES
THE COLLEGE OF WILLIAM & MARY

PHOTO COURTESY OF MICHELLE PILLEPICH

CÁDIZ SUMMER HANDBOOK
# Table of Contents

**Handy Information**  
National and Regional Holidays, Average Temperatures in Cádiz, Time Zones  

**Overview, Dates, and Money**  
Program Overview, Program Dates, Pre-Departure Orientation, Money  

**Visa Information and Budgeting**  
Travel Documents, Budget  

**Packing**  
Packing Tips, an Important Note on Electricity in Cádiz  

**Traveling to Cádiz**  
Arrival and Accommodation Information  

**Coursework**  
MundoLengua, Course Registration  

**Excursions and Activities**  
Official and Personal Travel Options, Guidebooks  

**Housing and Meals**  

**Communication**  
Cell Phones, Placing International Calls, Emergency Numbers  

**Health & Safety**  
Immunizations, Staying Well/Getting Sick  

**Travel & Country Information**  

**Cádiz**  

**Frequently Asked Questions**  

**Reflections from a Past Student**  

**Know Before You Go**  

**Contact Information**
This handbook offers guidelines that we hope you will find useful in making your preparations and while studying in Cádiz. Please read the handbook carefully before your departure and bring it with you to Spain, either as a paper or email copy. The program policies are included, along with lists of important items to bring with you, tips for handling your money, and precautions for safeguarding your health and belongings. In an effort to serve you best, the material in this handbook is edited each year and contains the latest information available to assist you in preparing for your trip. While we do our best to provide you with the most accurate information, inevitably some changes may take place and we will need to make adjustments. Your program director and the Global Education Office Advisor at the Reves Center will keep you informed of any changes.
### Handy Information

**Summer Holidays and Events in Spain**

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 19</td>
<td>Corpus Christi Festival</td>
<td>Religious festival celebrating the Eucharist and its elements, particularly the Holy Ghost.</td>
</tr>
<tr>
<td>June 23</td>
<td>Festividad de los Juanillos</td>
<td>Night festival celebrating the start of summer</td>
</tr>
<tr>
<td>June 24</td>
<td>San Juan (St. John’s Day)</td>
<td>Religious holiday</td>
</tr>
</tbody>
</table>

**Average Min/Max Temperatures in Cádiz (°F)**

<table>
<thead>
<tr>
<th></th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Min</strong></td>
<td>48/59</td>
<td>50/60</td>
<td>53/64</td>
<td>55/68</td>
<td>60/71</td>
<td>64/77</td>
</tr>
<tr>
<td><strong>Max</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Min</strong></td>
<td>68/80</td>
<td>70/82</td>
<td>68/80</td>
<td>62/73</td>
<td>55/66</td>
<td>50/60</td>
</tr>
<tr>
<td><strong>Max</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Time Zone Comparison: Cádiz is 6 hours ahead of Virginia during summer**

<table>
<thead>
<tr>
<th>Pacific (US)</th>
<th>Mountain (US)</th>
<th>Central (US)</th>
<th>Eastern (US)</th>
<th>Cádiz, SPAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00am</td>
<td>6:00am</td>
<td>7:00am</td>
<td>8:00am</td>
<td>2:00 pm (14:00)</td>
</tr>
<tr>
<td>1:00pm</td>
<td>2:00pm</td>
<td>3:00pm</td>
<td>4:00pm</td>
<td>10:00 pm (22:00)</td>
</tr>
<tr>
<td>9:00pm</td>
<td>10:00pm</td>
<td>11:00pm</td>
<td>Midnight</td>
<td>6:00 am (next day)</td>
</tr>
</tbody>
</table>
OVERVIEW, DATES, AND MONEY

PROGRAM OVERVIEW

- **Fees:** $5,900
- **Program Director:** Professor Carla Buck, Department of Modern Languages and Literatures, cobuck@wm.edu
- **Accommodations:** Students will live with a Spanish host family that will provide all meals.

PROGRAM DATES

- Arrive May 20, 2016
- Depart June 26, 2016

PRE-DEPARTURE ORIENTATION

Students will be automatically enrolled in a one credit pre-course after Spring Break. Coursework includes an introduction to contemporary Spanish culture and society, and preparation of research proposal for the on-site research project. The professor also provides information about pre-trip preparation.

MONEY

A note on currency: Regardless of the level of financial resources you may have available for your period of study abroad, all students share the same need to have quick access to their funds and, at the same time, to have their money protected against loss. The currency of Spain is the Euro (€) and is equivalent to the US dollar at a rate of approximately: $1 = 0.90€ or €1 = $1.11 (as of October 2015). You can check the current exchange rates on the web at [http://www.xe.com/ucc](http://www.xe.com/ucc) or in the financial section of a large city newspaper.
**Visa Information and Budgeting**

**Travel Documents**
- **Visa**
  - No visa is necessary for American citizens for a stay in Spain of less than 90 days.
  - If you are asked by immigration/custom officers at the airport for your intent of visit, you must tell them you are a tourist. Because you are in classes for less than 25 hours a week, you are considered a tourist by the Spanish government.

**Budget**
- Your budget for incidental expenses will depend on your personal taste and the amount of independent travel you intend to do before or after the program. The program fee covers most of your necessary expenses: tuition, housing, meals, and transportation and entrance fees for program excursions. For basic expenditures in Cádiz, we recommend that you budget approximately $125-$175 per week, plus extra money for shopping and traveling. It is probably possible to live for considerably less than this, but there is a lot to do in Cádiz and you should allow yourself funds to take advantage of the city’s offerings. Naturally, if you plan to do a significant amount of shopping and/or traveling, you should budget accordingly.

**Study Abroad Program Worksheet for Cadiz**

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Fee</td>
<td>$5,900</td>
<td>Deposit March 4th, Balance April 1st</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Airfare</td>
<td>$1,600</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Meals (Included in program fee)</td>
<td>$0</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Reves Center Fee</td>
<td>$75</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Visa, passport, photos</td>
<td>N/A</td>
<td>Prior to beginning of program</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Books &amp; supplies</td>
<td>$250</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Misc./Personal</td>
<td>$600</td>
<td></td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$8,425</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Eating**

<table>
<thead>
<tr>
<th>Items</th>
<th>Average Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating out (1 main course without drinks)</td>
<td>$13.50</td>
</tr>
<tr>
<td>Soft drink (0.3 liter can)</td>
<td>$1.90</td>
</tr>
<tr>
<td>Still Water (1 liter)</td>
<td>$0.53</td>
</tr>
<tr>
<td>Fresh milk (1 liter)</td>
<td>$1.07</td>
</tr>
<tr>
<td>Coffee (normal black coffee)</td>
<td>$1.62</td>
</tr>
<tr>
<td>Starbucks (Caffè Latte tall)</td>
<td>$3.70/cup</td>
</tr>
</tbody>
</table>
### Living
- Movie ticket (evening, weekend) $8.90
- Mobile call per minute (prepaid, national) $0.12
- Daily newspaper $1.89

### Traveling
<table>
<thead>
<tr>
<th>Transportation Methods</th>
<th>Average Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single ticket (City Zone, Public transport)</td>
<td>$2.02</td>
</tr>
<tr>
<td>Monthly ticket</td>
<td>$58.00</td>
</tr>
<tr>
<td>Taxi 1km</td>
<td>$1.20</td>
</tr>
</tbody>
</table>

How will your program be funded?

<table>
<thead>
<tr>
<th>Sources:</th>
<th>Amount:</th>
<th>When Available:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scholarship(s)</td>
<td></td>
<td>Varies by deadline, Reves scholarships will reduce your total balance due. You will find out if you've been awarded a Reves scholarship by the end of February.</td>
</tr>
<tr>
<td>Financial Aid (Loans, grants, through W&amp;M)</td>
<td></td>
<td>First day of classes on campus or the first day of the summer program, whichever is LATER.</td>
</tr>
<tr>
<td>Savings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parental/Guardian support</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Packing

Packing Tips

• General
  o Do not bring any items of sentimental value that you couldn’t bear to lose.

• Luggage
  o Pack only what you can carry by yourself up 2-3 flights of stairs, or walk with for relatively long distances. A wheeled duffle bag or suitcase plus a generous tote or backpack for weekend travel should suffice. Returning students recommend that your carry-on be a backpack, rather than a handheld bag, if you plan to do any extra traveling.
  o Do not pack valuables or prescription medicine in your checked luggage.
  o Put address labels and contact information inside and outside each piece of luggage.
  o Pack all sharp objects securely in your checked baggage.
  o Pack all liquids in plastic bags to avoid leakage during travel.
  o Place your camera in your carry-on. If you take film, carry it in a lead-lined travel pouch (available at camera stores).
  o Put TSA-approved locks on all of your luggage so that it can be opened without the lock or bag being destroyed.

• Clothes
  o Bring easy care clothing items that are lightweight, drip dry, and wrinkle-proof, such as knits, permanent press, and cotton clothes.
  o Pack clothes you can mix and match so as to give your wardrobe as much variety as possible without having to pack as much.
  o Only bring clothes you can imagine wearing often.
  o Bring clothes that you can layer for various temperatures. Check weather in Madrid before arrival; can be chilly or rainy.
  o Bring sturdy, comfortable shoes/sandals for lots of walking. This is essential.
  o Roll clothes instead of folding them; you will fit more in the bag, and have fewer wrinkles upon arrival.

• Gifts
  o Students often ask what small gifts they can take with them to give to their host families. Try to think of things that are unlikely to be available in Spain: items made in your home region, calendars, or books with photos of America’s outstanding features (wildlife, national parks, cities, and so on), William & Mary paraphernalia, and the like. Local sweets, chocolates, cookies; small, inexpensive Colonial Williamsburg items with the pineapple, symbol of hospitality and friendship (bookmarks, trivet, kitchen towel, magnets, etc.)

For more tips, please consult the Summer Study Abroad Manual, as well as the “Know Before You Go” section of this handbook.
AN IMPORTANT NOTE ON ELECTRICITY IN CÁDIZ

Electricity in Spain is 220 volts, 50 cycles alternating current (AC). For comparison, in the United States it is 110 volts, 60 cycles AC current.

If you plan on using your own 110-volt appliances, you will need a voltage converter, unless your appliance is designed to also work with 220 volts electricity (dual voltage). For example, most laptop and camera chargers are designed to work both at 110 and 220 volts. **Plugging in an appliance that is not designed to run on 220 volts electricity without using voltage converter will most likely kill it and may cause fire!**

Regardless of voltage, if your appliance has flat prongs, you will need a plug adapter: Spanish sockets are designed to accept round prongs. Do get one before you leave! They are also available for sale in Spain, but nice to have as you arrive, of course.

As a matter of fact, Spanish plugs can be of two different sizes. Some sockets will take in the plugs with large prongs only, some other will take in the ones with small prongs (more common for small appliances; large prongs are used for demanding appliances such as refrigerators and washing machines). Regardless of prong size, **the outlets all produce 220 volts!**
TRAVELING TO CÁDIZ

NOTE: You are responsible for your own travel arrangements to and from Madrid, where the program officially begins and ends

AIRPORT PICK-UP

You are responsible for your flight arrangements to and from Madrid. We will meet as a group in the Madrid Barajas airport the morning of May 20. This means you will need to book a flight leaving from the US the night before, departing on May 19. Our program will provide shuttle transportation from the airport to the hotel. Professor Buck will notify you of where and what time the group will meet up in the Madrid airport. Students arriving in the afternoon will have to take a taxi to the hotel at their own expense—please notify Professor Buck. Students must provide the Program Director with a copy of their flight schedules. We spend the night at a hotel in Madrid, and on Saturday May 21 depart together by private bus for Cádiz. (Your program fee pays for airport shuttle; hotel, dinner and breakfast in Madrid; and the roundtrip bus Madrid-Cadiz. You will only need cash to buy your lunch en route to Cadiz (our bus stops on the way at a cafetería where students can buy lunch)

Students may decide to make flight arrangements together, either through Blackboard or Facebook, depending on the city where they will depart.

REMEMBER: Please keep in mind that to be in Madrid by the morning of May 20, you must leave the United States the evening of Thursday, May 19.

The program officially ends June 26th in Madrid. Transportation from Cádiz to Madrid on June 25th is provided by the program; we will travel as a group. Your hotel stay back in Madrid, with breakfast, is covered by the program. (Your dinner in Madrid on June 25th is not included). You will need to leave by that date or make arrangements for your own housing for that night and beyond. If you plan to stay in Cádiz after that date, you will be responsible for organizing and incurring all additional housing and food costs. You have no commitments, academic or otherwise, to the program after that date.

Don’t forget to call or email home!

As soon as possible following your arrival, remember to call or email your family to let them know you have arrived safely. This will not only save them from worry, but will also help the Reves Center and the Centro MundoLengua from receiving panicked phone calls regarding your whereabouts.
**Coursework**

During your stay in Cádiz, your program will be organized by:

**Centro MundoLengua**
Aire 5, bajo
41004 Seville, Spain
Phone: +34 954 00 42 65
Phone (US): (312) 376-8034
Fax: +34 954 08 31 77
Email: info@centromundolengua.com
http://www.centromundolengua.com/content/view/36/85/

**Classes at the University of Cádiz**

NOTE: Class materials are provided. Students should pack any materials for the research project that they know will be needed.

Courses taught in Spanish on this program, 8 credits total, include:

<table>
<thead>
<tr>
<th>Courses</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HISP 300: (3 credits)</td>
<td>Spanish Language and Culture (Intermediate or Advanced, according to Placement Test you will be given)</td>
</tr>
<tr>
<td>HISP 386: (3 credits)</td>
<td>Independent research project</td>
</tr>
<tr>
<td>HISP 392/GBST 390: (2 credits)</td>
<td>History of Art in Andalucía</td>
</tr>
</tbody>
</table>
EXCURSIONS & ACTIVITIES

OFFICIAL AND PERSONAL TRAVEL OPTIONS
Excursions include one night in Madrid, with a group dinner and a walk around the city’s historic center. Other excursions include overnight trips to Sevilla and Granada.

A Cádiz-based program cultural coordinator will keep you informed about cultural events in Cádiz. Students in past years have taken flamenco dance lessons.

GUIDEBOOKS
You may decide to purchase a travel guidebook prior to leaving the United States to help you make personal travel plans. These can be purchased at bookstores like Barnes & Noble, or online. Some guidebook publishers include:

- Fodor’s (http://www.fodors.com)
- Let’s Go (http://www.letsgo.com)
- Lonely Planet (http://www.lonelyplanet.com)
- Rick Steves’ Books (http://www.ricksteves.com/books/update/update_menu.htm)
Housing and Meals

Housing

Students will be housed in Cádiz with Spanish families, who will provide them with breakfast, lunch and dinner. Two students are housed with each family in a shared room. We will ask you to indicate your preferences regarding smoking, pets, children, roommates, dietary restrictions, etc., and every effort will be made to find housing that suits your individual needs.

It is essential that you always let your host parents know in advance if you will miss a meal, to help them plan for purchasing food, since they will shop almost daily.

In keeping with the policy of the W&M Office of Residence Life, the Reves Center does not offer housing for the family of any students participating in W&M-sponsored study abroad programs. Also, family members or friends may not participate in any program activities or excursions. If you have family or friends who want to visit you while abroad it is recommended they do so after the completion of the program.

Living with a Host Family:

- You should respect the timetable that your host family has set for meals. Do not be late. Tell them ahead of time if you will not be at a meal.
- Try to keep the host family informed when you plan to travel or go on an excursion.
- You should always ask permission before using your host family’s phone.
- Ask your host family when it is a good time for you to receive calls on their home phone, if such a need arises (with advent of cell phones, not common)
- Always ask permission to bring friends to your host family’s home.
- Try to help at home as much as possible. Keep your room and bathroom tidy.
- Switch off the lights when you leave a room. Take short showers. Electricity and water are remarkably expensive in Spain.
- Do not walk around barefoot in the house. Wear flip-flops or slippers.
COMMUNICATION

ONLINE

Many host families have internet access. Students also have access to free internet service at the university, and throughout the city there are plazas with free wireless access. You should be aware, however, that university hours are more limited than at W&M, and you will no doubt make some use of commercial internet facilities, which do have a charge. You’ll be less “plugged-in” than at home. Be ready to adjust your expectations.

LANDLINE PHONES

Unlike the U.S., every phone call you place from their home phone costs your host family money, so make your calls from public phones or use your cell phone. This is common, and many locals use pay phones themselves because rates on phone cards are less than through the government-run phone system. Local shops also sell international phone cards at a cheaper rate. If you are given permission to make local calls from the house, be courteous (and brief), and remember they are incurring a cost.

To place local calls within Spain, it will be most economical to purchase a phone card (modestly priced and widely available at tabaco shops or at newspaper kiosks, for example). This tarjeta telefonica is sold in different increments, with pre-paid phone time. It is recommended for usage in all public phone booths and with public-use phones in local establishments. These cards can be used to call anywhere locally or in the country. They also may be used for international calls, but of course the credit expires much more quickly if calling outside of Spain. For international calls it is advisable, once you are in Spain, to purchase a tarjeta telefonica specifically for this purpose, as it will be much more economical. Use of these calling cards available for purchase on site is all you need to call home while in Spain.

CELL PHONES

Your American cell phone will not work in Spain unless it is unlocked and GSM compatible. The Reves Center provides cell phones with local numbers for all students.

PLACING INTERNATIONAL PHONE CALLS

See the “Handy Information” section for a time zone conversion chart before you call!

Calling Cádiz from the United States:
Dial 011+ 34 + (Cádiz = 56, Madrid = 1)+ phone number.

Calling the United States from Cádiz:
Dial 001+ phone number.

Emergency Numbers
General Emergency / Police: 112
HEALTH & SAFETY

IMMUNIZATION

Students are encouraged to consider updating standard immunizations against meningitis and tetanus. For current information concerning recommended protection against communicable diseases for those planning to travel abroad, you may check the Center for Disease Control’s website at: http://wwwnc.cdc.gov/travel/destinations/spain.htm. If you prefer to talk to someone in person about the currently recommended immunizations, you can call Travel Health of Williamsburg at 757-220-9008 (located at 287 McLaws Circle), or consult with a physician in your area who has some expertise concerning immunizations for international travel.

STAYING WELL/GETTING SICK

For the duration of the program, the MundoLengua support staff is always available to assist students in obtaining medical care. Useful information on preparing for medical emergencies before you go abroad is provided at travel.state.gov/travel/tips/tips_1232.html#health.

If you become ill, please alert your host family, and contact the Resident Director for assistance in finding you medical care. Please remember you must pay for any medical care at the time it is received, and to keep your receipts to submit to your insurance company for reimbursement upon your return.

For routine ailments such as colds, sunburn, stomach upset, etc. the pharmacists in Spain are trained to provide appropriate advice and remedies. The pharmacies in Spain are designated with a green neon sign showing a snake on the shape of a cross. On a rotating basis, certain pharmacies (farmacias de guardia) are open after-hours (list of addresses of those that are open are posted on pharmacy windows). You will find that many American over the counter medications are available in Spain, but at much higher prices than in the US. By contrast, Spanish products recommended by the local pharmacist may be much less expensive than equivalents in an American pharmacy. Pack over the counter remedies that you often use at home (if you are prone to upper-respiratory infections; sore throat; stomach upset; allergies, etc: PACK THESE ITEMS THAT YOU OFTEN USE WHEN YOU ARE AT W&M; then you will have them with you in Cadiz if needed (they can be purchased there too, of course). For the duration of the program, the Director is always available to assist students in obtaining medical care.
TRAVEL & COUNTRY INFORMATION

We encourage all students to research their study abroad destination. The State Department has important information available at http://travel.state.gov/travel/cis_pa_tw/cis/cis_1024.html. In your 1-credit course, you will read about Spanish history, culture, and current events before your arrival, Knowing as much as possible about where you are going will not only make you more comfortable during your time in the country, but will also allow you to talk more knowledgeably with your host family and new friends.

We strongly recommend that you register your travel plans with the U.S. State Department at this website: https://travelregistration.state.gov/ibrs/
This will help the State Department contact you if there is a family emergency in the U.S., or if there is a crisis where you are traveling. On this website, you can find information ranging from geographic and political descriptions of the country, to special health and safety announcements.
Cádiz

Cadiz, founded by the Phoenicians over 3,000 years ago, lays claim to the title of ‘oldest city in Europe’ due to its strategic location on the coast dividing Europe and Africa. It has been occupied several times over its history and there is some evidence to suggest that Cadiz was a Phoenician settlement around 1000 B.C. and that it formed part of the trade route to the Atlantic. Water surrounds Cadiz on three sides, and it’s only thanks to a land bridge – the ‘Puerta de Tierra’, constructed in 1755 at the height of the city’s prominence as a port of American trade – that travelers can arrive here without a seafaring vessel. That same water covers many of the ancient ruins today – as does some modern construction – and yet the city’s unsurpassed longevity still pulses in its winding streets and stunning cityscapes.

Modern-day Cadiz is equally famous for its annual pre-spring carnival as for its residents’ hospitality and lively sense of humor. The capital of the Cadiz province, city of 130,000, is nonetheless an intriguingly less-beaten path, rarely overwhelmed with foreign tourists, and easy to get around by foot.
Will I need a visa?
A visa for study is not required if you hold a United States Passport. If you are an international student, please check in with the Reves Center to see if you will need a visa.

What airport will I fly into? Do all W&M students travel together on the same flights?
Please refer to the section in this handbook on "Traveling to Madrid" for specific information. W&M students do not necessarily take the same flight. However, if you wish to travel with other students you can arrange this through Blackboard or Facebook.

Can I arrive earlier or stay longer than the program dates?
Yes, you may but you will be responsible for making your own accommodation arrangements. You will NOT be able to stay in the housing provided during the program.

If my family or friends visit, may they stay with me?
No, they will need to make their own arrangements for accommodations. Please advise your program director if you expect family or friends to visit you during the program.

Am I required to participate in all excursions provided by the program?
Yes, unless your program director says otherwise. The pre-paid excursions supplement the coursework and expand cultural learning. (you pay for these excursions through the program fee)

Will I need to seek post approval for the courses I take?
No, all of the courses offered in the W&M faculty-led summer programs have already been approved.

Will my grades be posted on my transcript?
Yes, the grades you receive will be posted on your W&M transcript and will be calculated into your GPA.

Can I take class pass/fail?
No, this is not an option.

Do I need to take my own sheets and towels?
You will be staying in a homestay in Cádiz so you do not need to bring sheets and towels. However, if you plan to travel on your own and stay in hostels, it is suggested to bring your own thin towel and sheet. You will need to pack a beach towel, or plan to buy one there (or buy a beach mat there). If you like to use a washrag, bring one from home. Not typically part of Spanish bath linens.

Will my study-abroad facility have a fitness center/gym for student use?
Unfortunately, MundoLengua does not offer a fitness center facility for students. Some students in past have joined a local gym at their own expense for a month. Cadiz does offer great places to run and walk.

How much spending money will I need?
This varies based on your normal spending habits, especially with regard to eating meals out and how much shopping you like to do. Students reported spending between $500-1,000 during the program. Most students reported spending $750 or more, but again this depends on your personal spending habits. Former students DO NOT recommend traveler’s checks. They recommend carrying some cash and your credit or debit card. Before you leave home, be sure to notify your bank and credit cards that you will be traveling abroad, to avoid having the use of debit and credit cards declined or blocked.
REFLECTIONS FROM A PAST STUDENT

What was the first day or two like after arriving?
The first few days went really well, our host mom met us at the train station in Cádiz on Saturday and showed us to our room, let us get settled in and made us lunch. She didn't eat with us so we didn't talk to her very much the first day and we weren't completely sure what the normal customs were. She gave us a map and keys to the house so we went for a walk down to the beach and through the town. It was very easy to get around and everything is within walking distance. Monday we had our classes at the University of Cádiz; our host mom took us there and they gave us a schedule and an orientation to the school. We were split into two groups, one with History of Art in the morning and a Grammar/Culture class afterwards, and the other with the opposite schedule.

Housing:
I lived in a house on Plaza Argüelles and shared a room with another girl from William and Mary; there were always a few other exchange students living in the house with us as well. The house was a ten minute walk from the university and a fifteen minute walk from the beach, although the ocean was right across the street. There were several cafes and restaurants close by and a pharmacy next door to the house. Most things you would need from a store you can find within a 15 minute walk in “Old Cádiz”; however, if you're looking to find everything in one place you may have to take the bus to the Corte Inglés (mall) in “New Cádiz,” which costs about one Euro.

Meals:
We ate at our home most of the time and our host mom was a great cook, although many students would buy something light to eat in between classes at the Cafeteria in the university. The food in the Cafeteria was very reasonably priced; most things were 1.50E to 4.50E. Be prepared to eat a lot of bread and potato products! Breakfast for us every day was bread with Nutella with milk or coffee; lunch and dinner were always different, but usually included bread, Spanish tortilla, vegetables, salad, rice with vegetables and meat or seafood (paella); and after lunch she usually gave us yogurt. We also went to the Plaza de Mina often because it was the closest plaza with Wifi and got ice cream from the heladería there, which was absolutely divine.

Money:
The rule of thumb is to budget for twice as much money as you think you'll need. If you like to go out a lot, to bars or cafes, or like to buy pricey souvenirs, you should take that into account. I did a weekend trip to Portugal and after the program I went to Italy for a week, staying at hostels/couch surfing for those so I budgeted around $1500-2000 for the whole trip, which gave me a safe cushion to account for souvenirs or incidental expenses. I would say generally if you have around $500-600 you should be pretty safe if you don't plan on doing too many extra excursions or purchasing on your own.

Laundry:
Our host mom did laundry once a week, as water is very expensive in Spain. We would put our laundry in the hamper and she would wash the clothes and put them on our bed within the next few days.

Academics:
Classes were great, and the grading criteria included class participation and attendance, small
quizzes and papers, and a final presentation. Our professors did have office hours and told us anytime we needed help that they were available. In my group, our class size was 10; the other group had 14 students. We didn't have terribly much work or work that was too difficult, but with the extra activities planned in the program it was challenging to get work done because when they were over it was dinnertime or the library would be closed, so we would have to go to the plazas to use the Wifi if we didn't have it at home. We were surprised at the amount of work, especially near the end of the program, and had to use good time management skills.

**Internet and Computers:**
I think everyone brought a laptop with them; we had to use electrical adaptors (not converters), and I got mine from a friend but you can get them at Wal-mart, Target, or Amazon.com (probably the cheapest). Most students had Internet available at their home and it was readily available in the plazas and at the university. You can also go to The Phone House and buy a USB router for Internet for 50 Euros.

Are there any slang/phrases/idioms that students should know and use or refrain from using? In Spain, instead of saying “Bien,” as we say so often in America or other Spanish-speaking countries, say “Vale.” Another expression is “Que chulo,” which is like saying “Que bonito” or “Que bueno.” The Grammar/Culture class was wonderful because we learned many colloquial phrases used in Spain, and some that are specific to Cádiz.

**Excursions:**
The program excursions were fabulous throughout the whole trip. In Cádiz, we had a tour of the city, a visit to the Torre Tavira, and a few dance classes (Sevillanas, Flamenco, and Salsa). We also went to Sevilla and Granada for a weekend, as well as a winery close to Cádiz. Most of the activities were very informative and interesting, however some were at inconvenient times which made it difficult to do homework afterwards or the library would be closed when the activities were finished.

**Weather:**
It was a little chilly at night sometimes, but for the most part it was mild weather with a nice breeze during the day; it only got really hot maybe two days, and rained three times during the whole trip. Not many people in Spain wear shorts, so it’s better to wear pants, skirts, or dresses. Definitely bring a bathing suit and a lot of sunscreen!

**Packing:**
Take half of what you have out of your suitcase. Most people on the trip had huge suitcases that they carried with great difficulty when required. I brought a backpacking pack and a standard backpack, which I would definitely advise because you can carry both of them and ensure that you don’t pack things you don’t need. Students should definitely bring an alarm clock and a watch (or just a digital watch). Most things that students will need are available in Spain, but they are not as convenient as going to the local Target and they will cost more since the currency is Euros.

**Free time:**
What I liked to do in my free time was take a siesta, go to the beach, exercise, take a walk, meet friends in the plazas, or read. We didn’t have too much free time, so when we did we would be working on assignments or going to the beach.
**Everyday life:**
Our typical schedule Monday through Thursday included class from 9:30-11:30, a break from 11:30-12:30, and class from 12:30-2. Next we would go home for lunch, and afterwards I would either take a siesta, study, or go to the beach to do all three. If we had an activity, it would usually be once or twice a week around 6:30 and would last until dinner; dinner was 9:30 for my family and afterwards I would go to the Plaza de Mina to use the Internet and do homework before I went to bed. Fridays were generally free to work on our projects, and two of the weekends we had excursions but we also had two free weekends that we could use to travel elsewhere or stay in Cádiz and enjoy the beach.

**Cultural Immersion:**
Leticia, one of the women who works with MundoLengua, was a great help with getting us into the local culture. She always invited us to or informed us about different activities that were going on in Cádiz, like the Renaissance Fair, concerts, art expositions, Flamenco dancing, etc. We also had a night where we went to the university to speak Spanish with other students from the University of Cádiz, and all of us enjoyed that activity. Going to the beach, the plazas, or the bars is a great way to meet local people as well as international students.

**Staying in Touch:**
It’s very easy to stay in touch with people in the US. Skype is wonderful because it’s free, and this is another way to save money instead of buying international phone cards as long as the people you want to communicate with have a webcam (although you can instant message each other without one). Facebook, travel blogs, and regular email were how I talked to various family and friends. The time zone is 6 hours ahead of Virginia, so it was pretty easy to figure out and very convenient to chat most hours of the day. We couldn’t get our Internet to work in our home stay until the last few weeks, but most people did have Internet at theirs.

**Other helpful advice:**
Having an open mind is key to getting the most out of the program. Things are going to be different and maybe even difficult to adjust to; just be patient and try to appreciate the cultural and societal differences and learn from them. Don’t be dismayed if you can’t understand the native speakers right away or communicate as well as you’d like; if you keep trying, your Spanish will improve in no time!
**Know Before You Go**
**Additional Tips from Past Students**

### Places to See in and near Cádiz
- The Cathedral, a sandy-yellow church, is much bigger up close than you would at first think.
- Climb the Torre Tavira, the highest of the old watchtowers, with a panoramic camera (camara obscura) showing 360° live pictures of the city.
- Go to the beach. The Caleta beach is particularly nice to watch the sunset.
- Take a virtual tour of 18th century Cádiz with a 3D video of Cádiz at the city walls.
- Eat the fried fish, in particular at the Freiduria Las Flores on Plaza de Topete.
- The Town Hall, built in 1799, located in the Plaza de San Juan de Dios.
- The Central Market, built in 1837 in a neoclassical style, located in the Plaza de las Flores.
- The Chamber of Commerce, built in 1801 by José Gabarrón in a neoclassical style. This was the headquarters for the Bank of Spain before it became the Chamber of Commerce.
- Aramburu House, a palace built in the 18th century and restored in the 19th century.
- Cádiz University Rector’s Office, built at the beginning of the 19th century in a neoclassical style.
- Palacio de la Diputación, built in 1765 by the architect Juan Caballero, located in the former Customs building in the Port.
- Balneario de La Palma, located on La Caleta beach. This is where the Centre for Subaquatic Archeology is based.
- The Provincial Archives: Located in a 16th century building called Casa de las Cadenas.

### Meeting People
- When you go out in groups, try to keep your voices down and be respectful of your surroundings. Speak in Spanish! You will find that you will receive better service and earn more respect from the locals. When everyone is talking in English, you appear unapproachable to your Spanish peers.
- An excellent way to make a good impression upon first contact is by showing knowledge of Spanish culture, such as painters, writers, or historical sites. Bonus points if you can discuss local culture!
- It is usually very safe to discuss European or Spanish soccer. There is a football club (FC) in Cádiz!
- The distance when speaking to someone is shorter, compared to North Americans.
- In Spain, it is a habit to greet someone with a kiss on both cheeks; this does not go with an embrace. In professional situations, this custom is substituted for a handshake.
- Public displays of affection are very common and acceptable in Spain.

### Communication
- Not all host families have Internet, but many cafes will have Wifi. Bring your laptop!
- Cell phones are provided to the students, and students will be responsible for reloading their phones with money.
**Packing Smart**

- It can get very hot in Spain, so be sure to have summer clothes.
- Skimpy clothes are appropriate for the beach, but be sure to pack a few nicer outfits for going into restaurants, town, etc.
- Bring a small backpack or duffel for weekend trips. Bring travel-sized toiletries for weekend excursions, too. Travel-sized toiletries are hard to find in Spain.
- Bring sunscreen because it is VERY expensive in Spain.
- Bring a few beach games with you, since Cádiz is so close to the beach! Don’t forget your swimsuit!

**Prepare Yourself**

- “Orientation was very helpful. We learned stuff we actually needed to know – real things, not just academic.”
- “Our program director was always available and willing to answer my questions. She was very accessible.”
- In the past, students have had two free weekends to explore Spain (or Cádiz!) on their own. Wait until you have an itinerary to make travel plans, since the program will take you on excursions! Some students recommend staying in Cádiz during your free weekends to gain a better understanding of the city.
- Many host families do have internet, but not all do. You shouldn’t plan on having internet. Former students have mentioned that many cafes in the plazas do have wifi.
- You will live with at least one other William & Mary student with your host family.

**Excursions**

- “I learned a lot about Spanish culture, & enjoyed being in Madrid, Sevilla, and Granada.”
- Past excursions have included dance and cooking classes, as well as overnight trips to Sevilla, Granada, and a visit to archaeological remains.

**Coursework**

- You’ll be taking 8 credits in 5 weeks – prepare accordingly.
- The University of Cádiz has a building right across from the closest beach (La Caleta) that is open 24 hours, so when the library in the main building closes after 8:30 pm, you can go and study in the other room. It is on the same road as the main school.
- The program is coordinated with MundoLengua staff. The students worked with them to do research for their final projects and used them for help in their classes. They are “very available and friendly” and great to work with.
- The workload is similar to William & Mary. HISP 386 is a research intensive course and a lot of work is needed to complete your project effectively. The class taken the semester before is quite helpful in learning how to research and keep up with the classes while in Spain. The class is split up into two groups depending on mastery of the Spanish language so that the workload was compatible to your knowledge of the language.
- Past participants have listed their research project as a way to connect to

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23
the local community. “I interviewed fruit vendors for my project, and now I stop at their shop and we talk.”

**Living**

- A cheap place to buy food is the market.
- The school cafeteria also has cheap food and is open even on your days off if you need a quick coffee or something of that sort. Don’t bring in snacks from home to eat in the cafeteria.
- If your host family does something that you don’t like, do not be afraid to bring it up with them. They want to be accommodating and want you to be comfortable. If you feel unable to bring up issues with your host family, or if something is seriously wrong, talk to the program director.
- The best beach, according to former students, is Santa María.
- “I was worried about the idea of homestay, but it was a good experience. My host family was amazing. The house was about five minutes away from the college on a plaza. It was a great introduction to culture in Cádiz. I would say it positively contributed to my experience – I really felt welcomed into the culture.”
- “The occasional evening mixers with Spaniards allowed for much interaction with the community. I made a few friends and was able to practice my Spanish.”
- Former students generally consider the homestay to be one of the most positive aspects of their study abroad experience.

**Money**

- Before leaving home: be sure to call your bank and put a travel notice on your debit AND credit cards. Otherwise, purchases and withdrawals may be declined due to suspected fraud.
- Discuss with your bank the fees associated with international transactions and withdrawals.
CONTACT INFORMATION

REVES CENTER CONTACTS

You may call the Reves Center and its advisors at the numbers below between 8am and 5pm EST (Virginia time), Monday through Friday. In case of an emergency that falls outside of these times, please call William & Mary Campus Police at +001 (757) 221-4596. Campus police will then forward your call to the correct person or office. Once you are in Spain, contact your Program Director, Prof. Buck, if any problem arises.

Reves Center Advisor: Sarah Mullen (semullen@wm.edu); +001 (757) 221-2003

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Your contact by mail in Cádiz:
To send you mail, your family and friends should use the home address of your host family, which you will have (along with their phone number) before you leave the States.

US Embassy in Madrid
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Note: During your stay in Spain, it is important to discuss problems and concerns with your program director, Professor Carla Buck, first. She will be able to solve most simple problems and can easily refer you to other resources.