This document represents the most accurate information available at the time of publication. Statements contained herein are not contractual obligations, and verbal or other representations that are inconsistent with or not contained within the document are not binding. Kalamazoo College reserves the right to change, without specific notice, programs and the conditions under which they are offered. Please refer to the Kalamazoo College catalogue for complete details. 4/2018

Cover Photo: Plaza de Cibeles - Madrid - National Tourist Office of Madrid
INTRODUCTION TO THE MADRID PROGRAM GUIDEBOOK

With your departure for Spain approaching, many of you have begun to wonder what it’s really going to be like spending two quarters in Madrid. What will you experience living and studying in Madrid, and in traveling to other parts of the country? Are the Spanish as open and friendly with foreigners as they’re rumored to be? Is there anything that you are forgetting to do before you leave? Will the family you’ll be living with accept you just as you are now, or will you need to make some adjustments in order to fit in to your new household? Will your Spanish be proficient enough to allow you to do well in your classes, and to meet people outside of class? Just how much should you plan to pack in your suitcases? Hopefully, this guidebook can begin to answer these and other questions.

The information that follows is a collection of advice from former participants. The Center for International Programs and on-site program staff members have added practical information as well. All information was accurate to the best of our knowledge at the time of printing. We recognize that there might be some necessary changes in the program made on site. When you return, we would greatly appreciate it if you could help us update this guidebook for the next year's participants.

Expect the unexpected. Ultimately, no written materials or any other suggestions are going to fully prepare you for what lies ahead. The best thing that you can do is commit yourself to keeping an open mind, remaining flexible, and being patient with yourself as you’re soaking up your new environment.

We would like to thank the former participants who have shared their experiences and helped with the editing process!
TABLE OF CONTENTS

INTRODUCTION TO THE MADRID PROGRAM GUIDEBOOK ..................... 2

BEFORE YOU GO...PREPARATION ................................................ 5
  MADRID, SPAIN ........................................................................ 5
  PROGRAM CALENDAR .................................................................. 6
  PASSPORTS AND VISAS ............................................................. 7
  FLIGHT CONNECTIONS .............................................................. 7
  MONEY ....................................................................................... 8
  CLIMATE ................................................................................... 9
  PACKING AND LUGGAGE RESTRICTIONS .................................. 9
  PACKING LIST .......................................................................... 10
  GIFTS ........................................................................................ 11
  BILLING ................................................................................... 11
  HEALTH AND MEDICAL ISSUES ............................................. 12
  VEGETARIANISM ..................................................................... 12

YOU’VE ARRIVED! .......................................................................... 12
  ARRIVAL IN MADRID ............................................................... 13
  LOCAL TRANSPORTATION ....................................................... 14
  TRAVEL/VACATIONS ............................................................... 14

TIPS ON INDEPENDENT TRAVEL ............................................. 15
  SAFETY .................................................................................... 15
  WATER, FOOD AND OTHER BEVERAGES ................................ 17
  MAIL ....................................................................................... 17
  EMERGENCIES ........................................................................ 17

THE ACADEMIC PROGRAM .......................................................... 18
  RESIDENT DIRECTOR .............................................................. 18
  UNIVERSITY SETTING ............................................................ 18
  ON-SITE ORIENTATION .......................................................... 19
  CLASSES AND CREDITS .......................................................... 19
  INTEGRATIVE CULTURAL RESEARCH PROJECT ..................... 20
  GUIDING QUESTIONS FOR ICRPS ........................................... 21

ICRP SCHEDULE ......................................................................... 23

*DUE TO EXTERNAL CHANGES, THE DATES MAY BE MODIFIED .... 25
LIVING IN MADRID ................................................................. 26
THE HOMESTAY EXPERIENCE ............................................. 26
HOUSING IN MADRID ............................................................ 26
MEALS .................................................................................. 27
LAUNDRY .............................................................................. 28
LEAVING YOUR HOMESTAY AND DESIGNATED VACATION PERIODS..... 28

ADAPTING TO SPANISH CULTURE ........................................... 28
HELPFUL HINTS FOR A POSITIVE CULTURAL EXPERIENCE ......... 28
CULTURAL ADJUSTMENT ................................................................ 30
DOING WITHOUT ....................................................................... 31
SPAIN: THE SECOND CULTURE .................................................. 31
BECOME FAMILIAR WITH SPAIN AND THE U.S. BEFORE YOU GO........ 32
GETTING TO KNOW SPAIN: TALK TO YOUR FELLOW STUDENTS! .... 32
KNOW WHAT’S GOING ON IN THE U.S ........................................ 33
SPEAKING SPANISH ................................................................... 33
CASTILLIAN SPANISH ................................................................ 33
GENDER RELATIONS IN SPAIN .................................................. 33
SEXUAL HEALTH ...................................................................... 34
RESOURCES ABROAD AND WOMEN’S ISSUES................................. 34

YOUR RETURN TO THE UNITED STATES .................................... 36
YOUR RETURN FLIGHT TO THE U.S ........................................... 36
PREPARE FOR YOUR RETURN .................................................. 36
RETURNING HOME .................................................................... 37

ADVICE FROM PAST-PARTICIPANTS ........................................... 38
RECOMMENDED THINGS TO DO ............................................... 38
LIVING IN MADRID: CULTURE AND CITY LIFE ............................. 39
COURSES AND ICRP .................................................................. 40
FOOD ....................................................................................... 40
BIBLIOGRAPHY ........................................................................ 41
Books ....................................................................................... 42
LGBTQ RESOURCES ................................................................... 43

APPENDICES ........................................................................... 43
BEFORE YOU GO...PREPARATION

MADRID, SPAIN

The mention of "Spain" conjures up familiar images in all of us, whether we've been there or not: visions of spirited bullfighters, crowded, noisy tapas bars, haughty flamenco dancers, sun-drenched castles and beaches, colorful Semana Santa parades. This is the Spain, exotic and romantic, that drew thousands and thousands of visitors to celebrate the World's Fair in Sevilla and the Olympic Games in Barcelona in 1992. Those of us who travel in quest of the Spain of Seneca or of Don Quijote will still see enough traces of it to satisfy our most romantic expectations.

From the Altamira cave paintings in Santander to the Roman aqueduct in Segovia, the Cathedral at Santiago de Compostela to the storied walls of Avila, and the Moorish Alhambra in Granada to the Prado and Royal Palace in Madrid, the remains of Spain's rich and fabled past are easy to find.

Most of you, however, will be struck as well by the differences that exist between the contemporary realities of Spain and the images of the country that are featured in many travel brochures. That conservative, tradition-bound Spain, which for centuries asserted its uniqueness from the rest of Europe, has in recent years been transforming itself into Europe's most dynamic and rapidly changing country.

Madrid, the thriving capital, has grown to a population of more than three million. The city is renowned for the variety and energy of its night life, especially during the spring and summer. Madrileños young and old wind up an evening at the theater or at a restaurant by stopping off at one of the many chiringuitos, sidewalk cafés, that remain open well into the early morning hours. Yet, within this modern, cosmopolitan city, you can still find traditional Madrid, with its bullring, Rastro flea market, Prado, and old quarter extending out around the Plaza Mayor. A word of caution, however: you'll find that Madrid's heady plunge into modernity has also transformed it into one of Europe's most expensive capitals.
As you'll see when you travel, the changes in Spain haven't been confined to Madrid. Barcelona, Madrid's long-time commercial, political, and cultural rival on the Mediterranean coast, is thriving as a business and industrial center and it is the focus of a resurgent Catalán language and culture. "Euskera," the language spoken in the region in the north known as the "País Vasco," and "Gallego," the language spoken in the northwest province of Galicia, are flourishing as well after many years of official suppression during the Franco dictatorship. Outside the major cities, media, improved highways and trains, and rapid economic growth have combined to spread modern consumer culture into traditionally isolated areas—with the advantages and disadvantages that typically accompany such rapid growth. If it's true that Spaniards in many parts of the country are materially much better off than they were a generation ago, it's also true that they're now having to learn to cope, especially in the larger cities, with rising crime rates, traffic congestion, and pollution.

We can trace a good part of Spain's ongoing transformation to the emergence of democracy in 1976 after nearly forty years of military dictatorship under General Francisco Franco. Today, Spain is a constitutional monarchy. While its King, the newly crowned Prince Felipe, has little political authority under the terms of the 1978 constitution, his father King Juan Carlos is generally credited with having saved the young democracy: in 1981 he energetically intervened to help put down an attempted coup by dissatisfied military officers. Now seen in Western Europe and the United States as a stable Western-style democracy, Spain officially ended its many years of political and cultural isolation from Europe when it joined NATO in 1982 and the European Community in 1986.

**PROGRAM CALENDAR**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 September 2018</td>
<td>Depart</td>
</tr>
<tr>
<td>2 September</td>
<td>Arrival in Madrid</td>
</tr>
<tr>
<td>3 September</td>
<td>Placement Test and Orientation begins</td>
</tr>
<tr>
<td>4 September</td>
<td>First day of Intensive Course</td>
</tr>
<tr>
<td>14 September</td>
<td>Intensive Course Final Exam</td>
</tr>
<tr>
<td>19 September</td>
<td>First day of classes</td>
</tr>
<tr>
<td>12 October</td>
<td>Bank holidays (no classes)</td>
</tr>
<tr>
<td>1, 9 November</td>
<td></td>
</tr>
<tr>
<td>6, 7 December</td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Event</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>------------------------------</td>
</tr>
<tr>
<td>30, 31 October</td>
<td>Midterm exams</td>
</tr>
<tr>
<td>18, 19 December</td>
<td>Final exams</td>
</tr>
<tr>
<td>20 December</td>
<td>Reviews</td>
</tr>
<tr>
<td>21 December - 7 January, 2019</td>
<td>Winter holiday break</td>
</tr>
<tr>
<td>January</td>
<td>ICRP Workshop</td>
</tr>
<tr>
<td>30 January, 2019</td>
<td>End of program</td>
</tr>
<tr>
<td>31 January, 2019</td>
<td>Students must vacate home stays</td>
</tr>
</tbody>
</table>

**PASSPORTS AND VISAS**

It is necessary to have a student visa inside your passport. The Center for International Programs will help you apply for your visa with the Spanish Consulate, provided you submit the necessary materials by the deadline.

You should carry a copy of your passport (the first page with your photo and personal information, along with the page that has your visa on it) with you at all times. Carry your actual passport with you only when you need to change money or travel out of the city. We also suggest that you leave a digital copy of your passport with your host family and with your family in the U.S. in case your passport is lost or stolen.

If you have further questions regarding your student visa, or intend to remain in Spain beyond the study abroad program, contact the Consulate General of Spain, located in Chicago at 312.782.4588. If your passport is lost or stolen while you are abroad, you will need to reapply at the American Embassy in Madrid at Serrano 75, 28006 Madrid (telephone: (09) 1 5774000).

**FLIGHT CONNECTIONS**

Please allow yourself plenty of time to check in at the airport. The current increase in security also means longer lines and processing time. Airlines recommend arriving at the airport at least 2 hours early for domestic flights and 3 hours early for international flights. Airlines are also randomly searching checked and carry-on luggage. Keep luggage lock keys, boarding passes and your identification (passport) easily accessible.

Please take care not to miss connecting flights. It is your responsibility to be in the boarding area at the appropriate time. Should you miss a connection, however, please note that you must be rerouted by an airline representative at the airport. Travel Leaders and/or Kalamazoo College can do nothing to alter your airline tickets at that point. Once you have had your airline tickets altered,
you should contact Sra. Mª Ángeles Vergara (see contact information in the MAIL section), the Resident Director for your program, so that she knows of your delay and can give you new arrival instructions. If you are unable to contact your Resident Director, contact the CIP or a member of the CIP staff (contact information can be found in the EMERGENCIES section), and we will try to assist you in informing the on-site personnel of your situation.

MONEY

How much spending money should you bring? You will want to budget some personal spending money for the occasional meal out, nightlife, personal travel, etc. Former Madrid program participants report having spent widely varying amounts of money during their six-month stay, between $2,000 and $2,500, or even $4,000 (not including a Eurail pass). If you’re planning to travel a lot, or to eat and drink frequently in bars and discotecas in Madrid, you will probably spend more. As is the case on nearly all study abroad programs, you’ll need to buy textbooks in Spain. You may spend as much for books there as you do here on campus.

You should plan to spend at least $25 for photocopied materials used in your classes as well.

At the time of printing, the exchange rate was .88 euros to the U.S. dollar. You can check the most recent exchange rate on-line at websites such as www.oanda.com. It’s a good idea to get some euros here before you go (at least $50 or so), just so you have something in the airport when you arrive in Spain.

In terms of how to bring money, most students recommend using an ATM card to access money from a U.S. bank account. You will want to arrange for “back-up” methods in the event you cannot access your money. Be sure to use only reputable ATMs that are connected to a bank – there is a risk of identity theft after PIN numbers, etc. are entered into a compromised machine. It is important to note that, unlike in the U.S., ATM machines in Europe don’t often give you a choice between savings and checking when making a withdrawal. We advise you to contact your bank if you have questions about ATM use abroad. Make sure you have notified your bank if you plan to use your ATM card overseas. You may also want to arrange a way to check your account balance.

Overall, prices in Madrid tend to be more expensive than the U.S., although the prices quoted depend on the rate of exchange. Even a soft drink will cost at least two dollars, maybe three or four. Something you won’t want to miss is the custom of eating tapas in the late afternoon. Tapas are individual servings or appetizers of various Spanish dishes -- tortilla, aceitunas, mejillones, and gambas, to name a few. However, the tapas tradition can be quite expensive as well. You can expect to spend $4 to $8 for an individual tapa, and going from bar to bar sampling various selections quickly becomes very expensive. You can live and study in Madrid for a reasonable amount of money, but you need to budget very carefully!
CLIMATE

You'll most likely arrive at the end of the sweltering heat that Madrid experiences in the summer. Fall will come soon, though, and then you should be prepared for cold temperatures. However, snow will probably not be part of your experience. In fact, it is quite dry during the winter in Madrid. Former participants advise that you pack for both warm and cold weather. Median temperatures for the fall months range from 37° to 80°F, while winter months tend to fluctuate between 24° and 63°F. Keep in mind that European families keep their indoor thermostat down, even during the winter, so it may be cold indoors as well.

PACKING AND LUGGAGE RESTRICTIONS

You will need to check with the airline website or your travel itinerary from Travel Leaders (800.633.6401) to determine your luggage restrictions. You are allowed a small carry-on bag, not to exceed 45” in length, width, and depth. Even if you’re willing to pay overweight or excess baggage charges at the airport, we strongly encourage you to resist doing this and to pack as little as possible.

PACK LIGHTLY!! Few things are as disheartening as dragging around excess or overloaded suitcases while traveling abroad, especially when you could have done without most of it. The best rule of thumb when packing is to pack everything you think you’ll need, take out half, and then half again. Don't bring it if you can't carry it!

Another good packing tip is to carry a change of clothes and essential toiletries in your carry-on bag in case your luggage gets lost.

NOTE: NEVER pack your passport, money, valuables, prescription medications or electronic devices in your checked luggage. Keep those items in a money belt or in your carry-on luggage that you keep with you at all times.

In general, the Spanish tend to dress more formally than Americans. Be aware that what is perfectly acceptable in a Kalamazoo classroom may earn you a few odd looks in a Spanish aula or disco. Former students have reported that wearing flip-flops, even in the metro, can be cause for stares from local passengers. You may wish to adjust the clothes you pack accordingly. Since many Spaniards don't keep the heat turned up very high (compared to American standards), you’ll need to pack clothing suitable for being indoors as well, especially clothes that you can wear in layers.

Dwight Trice K’11 in front of Arc de Triomphe in Paris
(sweaters and pullovers are especially useful). This will also serve you well when traveling, as you can adjust to other climates by adding or removing the appropriate layers

Jewelry: It is a good idea to leave favorite jewelry items at home. Never pack anything valuable or sentimental. Costume jewelry is more practical than the real stuff, especially if it is lost or stolen.

Electricity: if you must bring any electrical appliance with you, keep in mind that you will need both an adapter and a converter. Electricity is 220V/50 Hz. Plan on buying small items such as hair dryers or curling irons in Madrid.

PACKING LIST
- Jeans, lightweight pants, skirts for women (Spanish students wear both long and short skirts)
- Sweaters (2 or 3)
- Heavy winter coat, scarf, hat and gloves (a must)
- A couple of nice outfits (separates that will mix/match with your casual clothes)
- Dressy shoes (to match your nice outfits)
- Folding umbrella and raincoat (not a must, but a waterproof pull-over is a great idea!)
- Sturdy walking shoes (tennis shoes)
- T-shirts (good for layering and to reduce the amount of laundry you do when you travel)
- Warm pajamas and slippers
- Backpack
- Shorts (but not too many; most Spaniards only wear shorts for athletic activity)
- Plenty of underwear and socks, because in some cases, especially when traveling, laundry access may be limited
- Gift for the home stay family (see "Gifts" section for suggestions)
- Pictures of your family to share with your host family (including K pictures, home pictures, and friends)
- Towel & washcloth (if you plan on traveling, as most hostels don’t provide them)
- Plastic bags (larger ziplock bags are great for holding wet towels and dirty laundry)
- Money belt or neck pouch
Additional items to bring:

- VISA, American Express, or MasterCard credit cards and an ATM/Debit card
- A digital copy of Let’s Go: Europe or Let's Go: Spain, Portugal and Morocco. Written for student travelers, these guides contain information on low-cost accommodations and attractions.
- Contact solutions/glasses: bring a copy of your prescription in case your glasses or contacts get lost or stolen.
- Journal
- A backpack for traveling
- Prescriptions (in original containers) and other medical supplies (Tylenol, Tums, etc.)
- Bathing suits (there are indoor pools and great beaches on the coast)

GIFTS
It is customary to bring a gift to your home stay family, and perhaps for Spanish friends that you meet. Some good ideas include:

- T-shirts, sweatshirts, or other clothing items with Kalamazoo College logos
- Baseball caps
- US-style paraphernalia (i.e., things from Disneyworld, Warner Bros., Mt. Rushmore, Olympics, NBA, NFL, etc.)

Show your pictures of home and ask to see theirs. Talk about your country and ask questions about Spain. You will probably find that Spaniards are proud of their country and willing to give you a lot of historical information. Other good topics of conversation include politics and cuisine, as long as you are sensitive to their opinions.

BILLING
The Center for International Programs does not handle the billing for the program. The Business Office issues the bills and will send your bill for the program costs to your home address just prior to the beginning of each quarter that you are abroad, as when you are in the
United States. For specific questions regarding billing please contact Patrick Farmer in the Business Office pfarmer@kzoo.edu or 269.337.7226.

HEALTH AND MEDICAL ISSUES
You need to be up to date with your standard immunizations such as measles and tetanus. Please refer to your Handbook for the information on required and recommended immunizations. If you have any questions, contact the Health Center 269.337.7200 or your personal physician before you go.

You will find that what are prescription drugs in the U.S. are often sold over the counter in Spain. So if you are feeling sick, generally you may explain your ailments to the pharmacist and she or he will provide you with medication. However, you should know the generic/scientific names of medicines before you leave. This will be immensely helpful when you're trying to explain to the pharmacist what you need (i.e., ibuprofen, acetaminophen, etc.).

Common medical complaints include sore throats (there is a lot of pollution in Madrid) and stomach aches. Bring aspirin, yeast infection creams, Midol, Rolaids, cold medicine, laxatives, Pepto-Bismol and other medications you generally use. Shampoo, soap, tampons, and sanitary napkins are sold in Madrid for a little more than their cost in the United States. If you are ill, please see a doctor. Doctors are generally not too expensive, and no one wants to be sick while in Madrid! Sra. Vergara will provide you with the names of doctors in town during your orientation after you arrive.

VEGETARIANISM
For those of you who follow a vegetarian diet: be aware that you may find yourself in situations in Spain where you will be expected to eat meat. Vegetarianism is not common there, and by refusing to eat meat when it is served to you, however infrequently, you risk offending the people that are with you. One good way to prevent offending someone is to let your host family or resident director know before you are served food or are taken to a restaurant.

No special accommodations will be made for vegetarians during the various field trips. If you require a vegetarian diet and cannot eat what is available during such excursions, you will be responsible for paying for and providing your own meals at those times.

YOU’VE ARRIVED!
ARRIVAL IN MADRID

When you land in Europe from the US, you’ll be required to pass through passport control. Be prepared to present your passport and the boarding card for your flight to Madrid. The airline should automatically transfer your luggage from your international flight to the airplane to Madrid. It is important to pay attention to the instructions that are given to you on the airplane as you arrive in Europe.

It is possible that your luggage will be searched, as immigration officials will be monitoring you as you exit the customs area. In some international airports, guards with trained drug-detecting dogs will be monitoring luggage collection. Do not be alarmed by this, just remember to keep your luggage with you at all times, and do not agree to carry anything that a stranger might try to give you. In addition, keep your luggage keys with you so that you can easily assist immigration agents in opening your luggage, should they need to look inside.

Upon arrival at the airport, you will be met by the Resident Director. As non-passengers are not allowed to enter the customs area, you will not see her until you have exited the customs area with your luggage. Please wait to exchange money until after you have exited the customs/baggage area. There are several places to do this right outside. It is important that you leave the area after you have picked up your bag because Sra. Vergara will be waiting outside for you. If your bag is lost, please go and inform Sra. Vergara and she will assist with you the necessary forms and paperwork. From the airport, you will travel to Colón Street where your families will meet you and take you to your new home. If your host family is not able to meet you at Colón Street, you will take a taxi to your home (the Resident Director will give the taxi driver instructions for you and pre-pay the fee).

For those students arriving at other times, please send the CIP your itinerary. You will be expected to travel from the airport to your host family via the Metro system. You will be given your host family address (indicating the nearest metro stop) after you submit your flight itinerary. It is 5 Euros for the trip from the airport to the host family on the metro, about 40-45 for a taxi. If you don’t already have Euros, you will need to use the ATM at the airport.
LOCAL TRANSPORTATION

Public transportation in Madrid is excellent. You will be able to use the "metro" (subway) or the bus system interchangeably with your "abono" pass. The “abono” pass is a student fare card. You will need to pay approximately 30 Euro/month for the pass. The CIP will send you a stipend via direct deposit to cover the cost of the monthly pass. There are metro lines running to most parts of the city, and if you can’t get somewhere by metro, you can usually get there by bus or train. Most students use the metro and/or bus to get to and from the university daily. Depending on where you live, the distance from your homestay to the university can vary from a 15 minute walk to an hour long metro/bus ride. Taxis are also abundant in supply; while you can now call taxis by phone, Spaniards mostly hail them by standing at the curb and signaling with a wave of the arm at the first available taxi that they see. You can tell when a taxi is available during the day by the "libre" sign that will hang in the front window. At night, a small green light on the roof of the taxi will be on to signal "libre."

Taxi prices are not particularly high by the standards of large cities in the U.S., but given the amount of travel that you'll be doing around Madrid -- going back and forth twice a day between your home and the university plus going out in the evenings -- you’ll want to save money by using the metro or buses.

The "abono joven" pass (for those students 21 years old or younger) enables you to use both the metro and the buses. Students will have to pay a fee of approximately US$170 for the 5 months of the program. If you turn in your application for the abono by the deadline, you should receive your September pass when you arrive in Madrid. If you do not apply for one in Kalamazoo but would like to in Madrid, simply go to an estanco (tobacco shop) and you can apply for one there. You’ll need to bring a small, passport-size photo with you. Please note, if you lose your Abono Joven (or it goes missing when you are mugged in the city), you are responsible for replacement costs and you will be responsible for paying for your transportation until your AJ card is renewed.

You can also purchase other forms of metro and bus passes. The most expensive way is to buy an individual pass, which costs the equivalent of about $1.00 each way. There's also a ten-trip pass that's available for the equivalent of around $7.00. For maps and other information, check out www.metromadrid.es.

The metro is open from about 6:30 a.m. to 1:30 a.m. In some places, though, metro stations close early. Make sure you know which ones those are -- people have been locked inside the station after exiting the train at a closed stop. Some bus lines also have limited service throughout the night.

TRAVEL/VACATIONS

When you travel in or out of the country, please inform your host family and resident director of your plans, indicating where you are going and approximately when you will return. If you are
planning on being gone for more than 48 hours, you must notify a program administrator. Please also leave addresses where you can be contacted at approximately 48 hour intervals. Be sure to check in at the addresses you’ve given, with the Resident Director, or with someone at home during your travels. If an emergency should happen at home or with you, this information will make communication possible.

TIPS ON INDEPENDENT TRAVEL

▪ Avoid traveling alone. This will ensure that you don’t have to deal with illness, theft, or emergencies by yourself. Do not plan on sleeping in trains alone at night.

▪ Take some kind of pouch for documents, money, and tickets. The best rule is never to remove it. Sleep with it and take it in the shower if you have any doubts (especially for those of you planning to stay in International Youth Hostels).

▪ When traveling, keep documents with you, not in luggage on a train rack or in a checked bag.

▪ Plan an itinerary and send it to the Resident Director. Also, make sure that your Spanish family and someone in the U.S. has a copy.

▪ Call home and/or your homestay at regular intervals, especially if there is an itinerary change.

▪ Talk to security personnel concerning where you will enter boarding areas, which plane, train, or bus is yours, etc.

▪ Be wary of complete strangers who approach you and offer you rides. As is expected here in the U.S., never accept a ride from a stranger when you are alone.

▪ Always carry your passport with you while traveling outside of Madrid.

▪ Check to see what kind of discounts you can get with your International Student I.D. card: usually there are discounts for hostels, museums, bus rides, etc.

SAFETY

Madrid, given its size, is generally a safe city. The possibility of being mugged or pick-pocketed is just as real in Madrid as in Chicago or New York or Kalamazoo, if not more because you are unfamiliar with the language and customs. Use of normal common sense and caution will serve you and your money well in this regard. Women should get used to holding on to their purses while they walk, and men should not carry their wallets in their back (or, sometimes, front) pockets. You should only carry your essentials in the wallet – leave the credit cards, driver’s license, and other items in a secure place in your room. You should also make paper or digital photocopies of relevant pages in your passport, including the page where your Spanish visa is
Madrid 18-19

stamped. Carry these copies with you in place of your passport while walking around Madrid. **Only bring your actual passport with you when traveling outside of the city; otherwise, leave it at home.**

When you are walking in the city and in other areas, be sure to walk assertively and as if you know where you’re going. A strong and confident posture will let people know that you’re not a tourist. Be especially wary when walking late at night, and find out which areas of town you should not frequent after dark or by yourself. Please make sure that you have read the “Responding to Physical Assault or Sexual Assault While on Study Abroad” section in the Handbook to be prepared in case you or a friend are in such a situation. It is always best to be prepared.

It is also a good idea for safety reasons not to call attention to the fact that you are foreign, to the extent this is possible. Foreigners are easy targets for pick-pocketing and mugging, so be smart. It’s not a good idea to stand in the middle of a plaza, loaded down with backpacks, speaking loudly in English. It will be obvious that you are a foreigner.

Madrid has quite a number of people who are experts at mugging you through distraction. Quite often, they will hand you flowers, poems, and other little trinkets and then insist that you pay for them. It is wise not to take things from these people, walk away, if possible. If you are seated, and approached by more than one person, and asked for money, it is wise to sternly tell them “go away” or “leave me alone” in Spanish (ie: ¡Déjame!).

We strongly recommend that you either memorize or write down and carry your homestay address and phone number and the contact information of your program director as soon as you arrive in Madrid. If you are lost or need assistance, this will help speed things up!

If you are drunk or otherwise impaired, you are much more vulnerable to potential safety hazards than when you’re sober. Drinking (even 1 or 2 alcoholic drinks) impairs cognitive function and your ability to judge your surroundings. Drinking may also negatively affect your ability to make appropriate, safe decisions in response to these
surroundings. As most of you will be able to legally drink alcohol for the first time, we encourage those of you who choose to drink to exercise this privilege responsibly.

WATER, FOOD AND OTHER BEVERAGES

Tap water in Spain is generally safe to drink, and many students are able to drink the water from the first day with no ill effects. Occasionally your system may prove a little less adaptable, in which case you may wish to avoid it for a while. When eating in restaurants you may wish to specifically request tap water (agua del grifo) to avoid being given expensive bottled water. If you decide to drink bottled water, request that the seal be broken in front of you; some restaurants merely continue to use the bottles as containers for tap water.

MAIL

You can expect letters to and from the States to take about two weeks to arrive. Packages can take longer. Make sure "airmail" is specified on all letters and packages -- "surface mail" (by boat) will take at least two months. If you must get a message across speedily, you can use Express mail (DHL - 800 225.5345 or FED EX – 800 463.3339) email or a fax.

Madrid program participants may receive mail at the following address:

Student’s name
c/o Sra. Mª Ángeles Vergara
EL CENTRO DE ESTUDIOS HISPÁNICOS
Universidad Antonio de Nebrija
Santa Cruz de Marcenado nº 27
28015 Madrid, SPAIN
Telephone:
91 452 11 03 (Remember Spain is 6 hours ahead of Michigan)

After your arrival, you may use the address of your host family to receive mail. You will receive this address upon arrival.

EMERGENCIES

► In case of an emergency, you should first contact your resident director. They will notify the appropriate people on site. In case you cannot contact a program administrator for some reason, you can call one of the following numbers of the Center for International Programs staff:

Center for International Programs (voice) 269.337.7133
(email)  cip@kzoo.edu

*Margaret Wiedenhoeft, Executive Director (cell) 269.267.5800
*Madrid Program Director (email) mwieden@kzoo.edu
Please see “Resources Abroad and Women’s Issues” for a list of other emergency numbers on site, counseling services, and women's resources.

THE ACADEMIC PROGRAM

RESIDENT DIRECTOR

The Kalamazoo Study Abroad Program in Madrid is under the supervision of Sra. Mª Ángeles Vergara (In Castilian Spanish, “Mª” is short-hand for Maria), the Resident Director. Sra. Vergara serves as the academic advisor and program coordinator for students during their time at the University. In addition, a Nebrija staff member will direct, supervise and grade the Integrative Cultural Research Projects (ICRPs). Sra. Vergara will also arrange cultural activities and field excursions during the program. She is the contact person to whom you should direct all concerns and issues that you may have, as she is the person who will be able to assist you most effectively. Her colleague, Sr. Hugo Ruiz will also be accompanying K students on field trips and cultural activities.

Resident directors work part-time for Kalamazoo College and are responsible for on-site welcome, orientation, and other activities in the beginning of the program to help students settle into their new environment. Throughout the program Resident Directors are resources for students when they have concerns about housing, academic questions, or medical issues. In the event of an emergency, you should contact Sra. Vergara, who will contact Kalamazoo if it is necessary.

Dra. Ana Blanco is the academic director of the Centro de Estudios Hispanícos which oversees the academic programs for all of the international students at Nebrija.

UNIVERSITY SETTING

The Universidad Antonio de Nebrija is located in the northwest zone of Madrid as indicated on the Metro Map. It is one of only four private, non-sectarian institutions of higher education in Spain to be chartered by an act of the Spanish parliament, signed by King Juan Carlos I and thus granted the right to call themselves “universities.” First incorporated in October 1985, the Universidad Antonio de Nebrija has a teaching faculty of more than 190 full and part-time professors. The University has five “facultades” or “Colleges” offering degree programs at the undergraduate and graduate levels in Applied Language and Linguistics (including Teaching Spanish as a Foreign Language), Economics and Business Administration, Law and European Studies, Communication, and Computer Science and Technology. Universidad Antonio de Nebrija boasts a 14:1 teaching ratio, unheard of in the overcrowded Spanish public universities such as Universidad
Complutense, with 138,000 students. A significant number of Nebrija students study abroad. Typically there are two Nebrija students at Kalamazoo College every year.

ON-SITE ORIENTATION
The Madrid program begins with a four-week intensive Spanish language and cultural orientation course. When students arrive in Madrid they will take placement exams to determine their course selection options for the academic program. The intensive course typically provides a minimum of 20 hours per week of language and culture instruction and will include several required "guided visits" to areas of Madrid and some optional subsidized excursions.

CLASSES AND CREDITS
Students must enroll in the equivalent of 6 K units of credit for the long-term program. Students may not underload or overload. In order to be counted as one K unit of credit, a course must have 40-45 total contact hours. In cases where students must combine courses to achieve the minimum number of contact hours for a unit of credit, both courses must be from the same discipline, e.g., history with history or art with art. Grades from all study abroad courses will appear on the Kalamazoo transcript but are not included in the Kalamazoo grade point average. The transcript will list the title of the course, the appropriate discipline and a translation of the local grade into the Kalamazoo “A, B, C” grading system. Students must earn the equivalent of a “C” in the local grading system to receive credit for course work completed abroad. All course work, including the Integrative Cultural Research Projects, must be completed and turned in before the end of the academic program or no credit will be given. Please consult your program description for more details regarding the academic program and requirements.

Courses at Nebrija’s campus are specifically designed for Kalamazoo College and other international students. There will be a language placement test given upon your arrival, and you will be placed in language courses accordingly. Students who are particularly weak in Spanish (as indicated by language placement test results and at the discretion of the Resident Director) will be required to attend additional tutorials as part of their Spanish course in order to successfully complete the other courses. Students are also eligible to participate in activities sponsored by Universidad Nebrija. Students are required to participate in cultural activities associated with the España Contemporánea course, and are also encouraged to join one of the many clubs and organizations in the city. There are also many opportunities for volunteer work.

Classes are typically held between 8:30 and 14:30. Attendance is mandatory and your final grade will be reduced if you have more than 2 unexcused absences. There are some extracurricular activities that may also be held on Fridays at 12:30 at 16:30 other days. Students typically go back to their home stay for lunch. If you have class until 14:30, your señora will not expect you to be back home for lunch until a bit later.
INTEGRATIVE CULTURAL RESEARCH PROJECT

For your integrative cultural research project you will choose some aspect of Spanish culture that you wish to research in a more direct, experiential manner. Conducting such a project offers you a way to get to know the host culture using a variety of methods and in a more intimate fashion. How productive and fruitful your experience is will depend on how much time and thought you put into the planning and how much you choose to commit yourself.

Six distinctive features characterize the ICRP projects, regardless of where they are completed, and should guide you in the selection and implementation of your particular project—

1. **Emphasis on “hands on” human interaction**—your project should allow you to interact with local people outside of the usual academic environment in a systematic, integrated way.

2. **Choice of the Project Topic, Type, and Scope**—the project should reflect your own goals, interests, and skills. Although you will need to consult with the local project coordinator who will ultimately approve your topic, you may exercise wide latitude in selecting the sort of project you wish to pursue in the host city; however, the project should give you an opportunity to apply what you are experiencing to your academic experience and to interact with a diverse group of people within the local culture.
   a. Service and volunteer projects
   b. Cultural externships or internships—participation in some facet of the local culture
      Life histories

3. **Choice of Methodology**—in consultation with the project coordinator, you’ll have wide latitude with respect to the information-gathering method(s) you choose to employ in your project.

4. **Systematic Research** (cf: Describe, Interpret, Evaluate, Validate, Act)
   a. Consistent journaling
   b. Painstaking interpretation

5. **Cultural Insight** (cf: DIEVA)
   a. Insight into the particular cultural activity or aspect you’ve selected
   b. Insight into the larger culture and/or social structure of the host country

6. **Advising and Mentoring**—from a local project coordinator and also a site supervisor
GUIDING QUESTIONS FOR ICRPS

- What is the main activity of the placement? What was produced?
- What are the goals and mission of the organization?
- Where does this particular organization stand in relation to similar ones in the city? In the region? In the state? In the country?
- Whom does this organization serve?
- How do people view this organization and its mission?
- What problems and tasks are to be accomplished?
- How was this done?
- How successful is the organization?
- What are the basic skills and knowledge needed to work for this organization?
- What would be a typical day or week in the organization?
- What were your responsibilities?
- What contribution did you make to help the organization achieve its goals?

The project can consist of a study of some facet of the local culture, a service project, or some other form. Start thinking early in the fall about what aspect of the culture you would like to study. In discussing your plans with the ICRP coordinator you will receive more specific instruction. You will need to determine the focus of your project during orientation and have a site selected by mid-October. The ICRP must be conducted in Madrid, and you will be required to keep extensive notes of the time you spend conducting your project. You are also required to make the initial phone calls to arrange for your placement. Most students confirm their placement by November and conduct the ICRP in December/January. In the past students have selected service-learning projects such as volunteering to work with children with learning disabilities and women’s organizations.

The following pages provide a sampling of recent Madrid ICRPs, including the locations and activities that students performed and discussed in their final papers.
Spain, Madrid

Placement Limitations: Students are not placed anywhere their safety could be at risk. For example, work with drug addicts, alcoholics, people with HIV, etc. Sometimes it is difficult to place students with lower level language skills.

<table>
<thead>
<tr>
<th>Location</th>
<th>ICRP Title</th>
<th>Abstract/Synopsis</th>
</tr>
</thead>
<tbody>
<tr>
<td>AMTARES</td>
<td>Music Therapy Can Help Many People</td>
<td>My ICRP project involved observing music therapy session for adults with developmental disabilities, including those with autism. The music therapy sessions I attended consisted of a music therapist, two monitors, and about nine participants. During music therapy, we sang, danced, and played instruments with the participants.</td>
</tr>
<tr>
<td>Madrid, Spain</td>
<td>“Spain: A Great Place for everything; Including Theater”</td>
<td>After five months of living in Spain, I discovered that Madrid’s theater community was very talented and progressive. There are many reasons I say this. First of which was my investigation for a position of an assistant director of a bilingual production of “6 Characters in search of an Author.” Here, my work was to help the actors with their pronunciations in English. I prepared them one on one and helped with their acting and assisted like a scene director.</td>
</tr>
<tr>
<td>International Montessori School</td>
<td>“My Experiences with the Montessori School, and the System of Education in Spain”</td>
<td>I volunteered for three months at the International Montessori School, primarily as a conversation teacher to eleven and twelve year-old Spanish students. My project includes observations and experiences from my volunteering. In addition, through interviews and research, I studied the framework of the Spanish Education system.</td>
</tr>
<tr>
<td>Universidad de Nebrija</td>
<td>“The Role of Art in Contemporary Spanish Society”</td>
<td>My project involved participating in Nebrija’s painting club to learn hands on the techniques and process involved in producing art, interviewing several people related to the world of Spanish art and doing independent research on famous Spanish artists in addition to the knowledge learned in my Art in the Prado university class. The goals of my project were to understand the role that art has in contemporary Spanish society, to learn the difficulties art students or new artists have in establishing themselves in the Spanish art scene, and to take a glimpse into how modern art is being produced today.</td>
</tr>
<tr>
<td>Universidad Antonio de Nebrija</td>
<td>“Comida: Una Ventana a la Gente de Espana” (“Food: A Window into the Culture of Spain”)</td>
<td>My project was an intensive, full scope study if the food culture of Spain. I conducted my investigation in a three fold way: through my fieldwork at a soup kitchen here in Madrid, by interviewing the owners and spending time at local pastelerias, or Spanish bakeries, and by researching the history of Spain’s eating habits.</td>
</tr>
</tbody>
</table>
Madrid 18-19

Universidad Antonio de Nebria

"The Importance of Exercise in Youth: Working in Madrid with the Montessori School"

In Spain, the rates of overweight and obese children are rising every year, in many cases causing serious medical conditions. Therefore, my integrative cultural research project involved an attempt to teach the youth of Spain that health and exercise can be fun through the playing of sports. I volunteered to help coach a team of nine year and ten year old girls at the Montessori school in the suburbs of Madrid. I attended the team’s practices and some of the games. I collaborated with the other coach, a Spanish high school student named Lucia, to create new and fun exercises, drills, and games for the girls to play.

Centro Hispano Africano

"The Effect of Immigration on Spain from Africa: Different Perspectives"

My project analyzed the effects of immigration on Spanish policy, economy and society. Working in the Centro Hispano Africano, I was able to witness both the workings of a local NGO, and have one-on-one contact interviewing immigrants, themselves. I then was able to put my experiences together with my reading to evaluate how the different dimensions work together handling issues related to immigration.

Centro El Horno, and Amor de Dios

The Influence of Flamenco on the Culture of Spain

In my project, I wanted to investigate how large of an impact flamenco has had on the rich culture of Spain. Through visits to flamenco shows, interviews with flamenco artists, and flamenco lessons each week, I wanted to put myself into the flamenco culture and try to gain an understanding of what makes flamenco so special, and the impact it has had on the past and present societies of Spain.

SAMPLE ICRP SCHEDULE

September

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>SESSION TYPE</th>
<th>ICRP OBJECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8th</td>
<td>Group Meeting</td>
<td>-Meaning and objectives of ICRP</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td></td>
<td>-Evaluation and grading criteria of the ICRP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Procedure along the program</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Possible topics</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Project limitations on the study abroad site</td>
</tr>
<tr>
<td>2</td>
<td>15th</td>
<td>Group Meeting</td>
<td>-How to write an email in Spanish requesting a collaboration with the institution</td>
</tr>
<tr>
<td></td>
<td>Friday</td>
<td></td>
<td>-How to make a phone call in Spanish requesting a collaboration with the institution</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-DIEVA model</td>
</tr>
<tr>
<td>3</td>
<td>21st</td>
<td>Individual Meeting</td>
<td>-Follow up</td>
</tr>
<tr>
<td>4</td>
<td>28th</td>
<td>Group Meeting</td>
<td>-Follow up</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td></td>
<td>-Intercultural activity (Description or Interpretation?)</td>
</tr>
</tbody>
</table>
### October

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>SESSION TYPE</th>
<th>ICRP OBJECTIVES</th>
</tr>
</thead>
</table>
| 1    | 5 Thursday | Individual meeting | - Field notes of the week  
- Initial cultural interpretations and insights review |
| 2    | 11 Wednesday | Individual meeting | - Hand in the field notes of the week  
- Cultural interpretations and insights review |
| 3    | 19 Thursday | Group Meeting      | - Field notes of the week  
- ICRP meeting about intercultural differences in professional contexts |
|      | 20 – 22    |                    | Trip to Malaga and Granada                                                    |
| 4    | 27 Friday  | Individual Meeting | - Field notes of the week  
- Format of the ICRP prospectus  
- Cultural Interpretations and insights review |

### November

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>SESSION TYPE</th>
<th>ICRP OBJECTIVES</th>
</tr>
</thead>
</table>
| 1    | 2 Thursday | Group Meeting      | - Field notes of the week  
- Review of prospectus' format  
- ICRP experiences, cultural interpretations and insights review |
| 2    | 8 Wednesday | Individual Meeting | - Field notes of the week  
- Cultural interpretations and insights review |
| 3    | 23 Thursday | Group Meeting      |                                                                              |
| 4    | 30 Thursday | Individual Meeting | - Field notes of the week  
- Hand in the prospectus of the ICRP  
- Cultural interpretations and insights review |

### December

<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>SESSION TYPE</th>
<th>ICRP OBJECTIVES</th>
</tr>
</thead>
</table>
| 1    | 5 Tuesday  | Group Meeting      | - Field notes of the week  
- Cultural interpretations and insights review  
Check important dates for Christmas break |
| 2    | 14 Thursday | Individual Meeting | - Hand in the field notes of the week.  
- Cultural interpretations and insights review |
<p>| 3    | 20 Wednesday | Group Meeting     | - Due date to hand in the journey plan for Christmas break                   |</p>
<table>
<thead>
<tr>
<th>WEEK</th>
<th>DATE</th>
<th>SESSION TYPE</th>
<th>ICRP OBJECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8 Monday</td>
<td>Group Meeting</td>
<td>-Review of the Christmas break</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Restart of the ICRP</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Check on the evaluation and grading criteria</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Format and template for the final essay</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Verify the due dates for the 1st and final version of the essay</td>
</tr>
<tr>
<td>2</td>
<td>11 Thursday</td>
<td>Group Meeting (and workshop on professional skills with Ana Carballal)</td>
<td>-Field notes of the week</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Cultural interpretations and insights review</td>
</tr>
<tr>
<td>3</td>
<td>18 Thursday</td>
<td>Group Meeting (and workshop on professional skills with Ana Carballal)</td>
<td>-Hand in the field notes of the week</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Cultural interpretations and insights review</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Verify the due dates for the 1st and final version of the essay</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Best way to submit the final essay</td>
</tr>
<tr>
<td>4</td>
<td>25 Thursday</td>
<td>Group Meeting (and workshop on professional skills with Ana Carballal)</td>
<td>-Hand in the field notes of the week</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Cultural interpretations and insights review</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Verify the due dates for the 1st and final version of the essay</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Be clear on the best way to submit the final essay</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Workshop about the effects of going back to USA</td>
</tr>
<tr>
<td>5</td>
<td>30 Tuesday</td>
<td>Group Meeting</td>
<td>-Hand in the final essay</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>-Oral presentation of the ICRP</td>
</tr>
</tbody>
</table>

*Due to external changes, the dates may be modified*
LIVING IN MADRID

THE HOMESTAY EXPERIENCE

Please familiarize yourself with the "Housing Definitions and Regulations" as stated in the Handbook.

All of you will be living in homestays in private households in Madrid. Some of you may be living with another international or Spanish student. For most of you, these living arrangements will be very different from what you've experienced in living with your family in the U.S., or in living in the dorms or in apartments here in Kalamazoo. The custom of taking students into private households in Madrid has a long history, especially in households run by señoras trying to raise children without the assistance of a husband. One reason this practice has become custom was the arrival of numerous American colleges and university students, who began coming to Madrid in large numbers in the 1960s.

The heads of households receiving K students tend to be señoras, most of whom have adult children who have moved away. In a few instances, the households may consist of a married couple and their children. Most households are accustomed to having American students living with them during the academic year. As is the case with all private households that receive Kalamazoo students anywhere in the world, the College compensates the heads of households fairly for their willingness to take international students into their homes.

The program administration will make every effort to place you in the sort of household you'd prefer, but you need to keep in mind the fact that they may not be able to match you with exactly the situation you're seeking. In this regard, as in many others where life in Madrid is concerned, you'll need to be prepared to be flexible and to make some adjustments to a different way of living.

HOUSING IN MADRID

Most of you will be living in apartments known as "pisos," as very few Madrid residents live in individual houses. Most Spaniards keep the heat quite low by American standards, so you should be sure to bring warm clothes for sleeping (see the suggested packing list). In some cases, the water will be hot only at certain times of the day; it is inappropriate to take long showers since energy costs in Spain are very high. The head of the household is responsible for feeding you throughout the week (21 meals), and you should be sure to be home on time for those meals. If you need to miss a meal, inform your Señora that you'll be absent. You will then be responsible for paying for the meal(s) you eat out of the house.
MEALS

Spaniards take special pride in their cuisine. Your host mother will appreciate sincere compliments, and the important thing to remember is to be clear about your food likes and dislikes from the beginning. Be very specific about what you will and will not eat. It is essential for student welfare that no family discovers this after the student’s arrival.

Spain is famous for its paella, a saffron rice dish which generally contains chicken, peas, and shellfish. Spaniards enjoy jamón serrano (dry, thin slices of ham leg) or tortilla española (an egg, onion, and potato omelet sliced like a pie) on thick slices of French bread. Other popular items include cocido, a stew made of chicken stock, ham bones, garbanzos, and several vegetables. This soup is generally served in two courses. The broth is served first, followed by the meats and garbanzos.

Always leave your hands above the table when eating; not to do so is considered rude. Rest your wrists on the table -- no elbows. Do not touch your food, but use the bread as a pusher (the Spanish almost always have bread at every meal).

Desayuno: Spaniards tend to eat a small breakfast. This generally consists of a cup of café con leche or cola cao (a hot chocolate drink) and a roll or muffin. Some Spaniards choose to drink their café with a few cookies or crackers and dip these into their drink.

Comida (almuerzo): Spaniards generally eat lunch, the biggest meal of the day, at two or three o'clock in the afternoon. Lunch generally consists of several courses, which are eaten together as a family. The first course is usually a soup or salad, followed by a second course of pasta or vegetables, the main course, and then a postre (sweet). The postre is usually a piece of fruit or yogurt. After lunch, expect to spend some time with your host family talking over a cup of café. This is a good time to talk with your host family. Do not rush from the table immediately after eating. The host family will expect you to visit with them casually.

Merienda: This is a light snack, usually eaten about six o'clock in the evening. It may be a piece of fruit, a roll, or even a small sandwich.
Cena: Dinner is usually a light meal served late in the evening, at about nine o'clock. A bowl of soup, left-overs, or a sandwich is usual dinner-fare. Don't expect a huge meal, so fill up at lunch time.

TELEPHONE AND INTERNET

Most Kalamazoo College students purchase international cell phone plans with their current carrier so they can take and use their phone while abroad. Speaking with past participants about this is a good idea, to learn about the plans available and what was most economical.

Before you leave for Spain, it is a good idea to spend some time with your family, teaching them some simple Spanish phrases. It is very possible that you will be living with a family that does not speak English. To avoid frustration, it is a good idea to teach your family in the United States how to ask for you, and some of the responses that they may receive if you are not home or available. Also, remind your family and friends that Spain is 6 hours ahead of Michigan, and to be courteous of your host family accordingly.

It is likely you will have internet access in the host family. Some students have purchased a modem for their laptops, but this method makes for a very slow internet connection (because you are essentially using a 3G or 4G cell phone network). Students report spending 39 Euros to purchase the modem and then approximately 50 Euros per month for a connection fee.

LAUNDRY

Your señora will inform you when you arrive how laundry will be arranged in the house. You may or may not be able to do it yourself. Again, if you don't know what to do, don't hesitate to ask. In general Spaniards line dry their clothes and then iron most items of clothing. Over the course of many washings, your clothes will tend to lose color. We advise you not to bring your favorite outfits to avoid them getting ruined. It is best to bring durable, comfortable clothing and layers in case the weather fluctuates.

LEAVING YOUR HOMESTAY AND DESIGNATED VACATION PERIODS

As a matter of policy, you'll be able to stay in your home only when classes are in session. When the academic program ends, you must vacate the household the morning of the second day after the end of classes. If you need to stay in Madrid during the winter holiday, please speak with Sra. Vergara as soon as you have determined your plans.

ADAPTING TO SPANISH CULTURE

HELPFUL HINTS FOR A POSITIVE CULTURAL EXPERIENCE
While common sense will get you through a lot of potentially awkward situations in an unfamiliar culture, you should be aware of a few cultural differences that exist between Spain and the U.S. You should bear in mind that Spaniards tend to be more formal, socially, than most Americans, but if you're willing to adapt to your new culture by observing some of the Spanish norms, you'll run into fewer problems at home, in the classroom, and elsewhere:

- Speak Spanish at all times in the home.
- Always ask the head of household if it's all right to invite a guest into the home.
- If you do have guests, treat the señora of the house with respect. Introduce her to your friend, and try to engage her in conversation for a few minutes before you leave.
- If you want to take a guest into your bedroom, ask the señora's permission first—especially if the guest is a member of the opposite sex. In Spain people entertain guests in the living room.
- Respect other's privacy at home: the Spanish often regard certain areas of the house as a place of retreat in order to be alone.
- Make sure you know the rules for using the shower and water in your home. For example, don't just assume that it is OK to wash out socks in the sink.
- Don't wear a hat in the house or in class.
- Don't take off your shoes in public, and above all, don't walk around barefoot at home.
- Be sure to cover your mouth when you yawn.
- Don't put your feet on furniture, whether at home or in class.
- Avoid going out in public with large groups of Americans.
- When in bars, do as the Spanish do: enjoy the company of the people you're with rather than absorbing yourself in the act of drinking as an end in itself. Despite the more open consumption of alcohol, drunkenness is not socially acceptable.
- Avoid smiling at people on the street: it may be interpreted as a "come-on" rather than as a sign of general friendliness. Likewise, don't be surprised if people don't smile at you.
- Don't be surprised or offended if people don't always say "por favor" and "gracias." Unlike in the U.S., it is not considered rude to not say these things when asking for something.
- If you go outside wearing very short shorts, you may well attract some unwanted attention. However, shorts are certainly acceptable in the spring and summer.
Of course, there's no guarantee that if you do fail to observe some or all of these norms, you'll be openly criticized for it. However, many Spaniards will regard a failure to acknowledge these sorts of norms as proof that you aren't particularly "bien educado" (well mannered). As their culture is one which places great value on exhibiting proper degrees of respect and self control in socializing, they won't be as inclined to want to meet or to spend time with you if you seem unwilling or unable to observe what they regard to be normal standards of conduct.

If you are unsure of something in your homestay, ASK, ASK, and ASK again! No one is going to expect you to catch on to everything at once, so ask people to repeat and clarify anything you don’t understand.

**CULTURAL ADJUSTMENT**

Over the period of your stay in Spain you will probably learn the most from daily living in a different culture. In the day-to-day experiences -- the morning trip to the university, a trip to the market, a meal with Spanish friends -- lie the real challenges, frustrations, and joys of living in a new cultural environment. It is an immensely rich and rewarding experience, and one that you can anticipate with pleasure.

However, everyone has bad days once in a while, and some people have them more than others. It is normal to feel like you just want to go home -- everyone has felt that way at some point in his or her travels. Students who have been abroad in the past offer the following advice:

- First of all, be prepared to have unhappy days and know that they will pass.
- Remember that the Spaniards have bad days, too. If someone is having a bad day, don’t take it personally and automatically think they’re unhappy with you.
- Accept that you’re going to make mistakes.
- Keep yourself open to making friends with different kinds of people, including the people in the K group.
- Talk to others in your group, perhaps with someone who’s having a good day but who can relate to your feelings.
- Try doing something that will involve you in the present; simply doing something can work wonders. For example, if you have nothing to do one Saturday and are feeling homesick or miserable, give yourself a task that will help you to get to know the host culture better -- like going to a local church, searching for a specific item in the market, going to a café in a different part of town, etc. Immerse yourself and keep busy.
Sometimes, though, you might find that you need to be away from people and/or the local culture for a while, so you might choose to hole up with a book, listen to music, or write letters.

Keep a journal -- even if you never have kept one before, it's a great way to release tension and let things spill out, and it's one of the best mementos you'll have when you return to the U.S.

Be patient with yourself. There will be times when you feel you are the only one who is miserable and having a bad day -- you're not!

Lastly, just tell yourself that you can do it. You can survive in a different culture.

You'll learn that everyone has her or his own way of coping in a different culture, and what might help some people some of the time, won't help everyone all of the time. But this learning process, coming to really know yourself in a way you haven't before, is part of the adventure.

**DOING WITHOUT**

In addition to adjusting to the conditions mentioned above, there are things you will have to give up to live in Spain—and this may be hard at first. Eventually, though, you may realize that you don't necessarily “need” what you thought you did. Not everyone misses the same things and different people react differently to the sacrifices they must make. For some people, not having their own car may prove frustrating since possibilities for travel will be limited. For others it might be the unavailability of certain foods, or not being able to maintain a vegetarian diet. For some people it's hard to find clothes or shoes that fit or suit their taste.

You will also have to adapt to a new city and a new community. This means using a map to learn where things are and making use of public transportation. In a new community where you don't know anyone, your usual support systems will not be available. It's important to consider beforehand how you will cope in such circumstances. Your routine will be different. You may find structure where you don't want it and none where you do. This is a normal part of cross-cultural learning and adaptation.

**SPAIN: THE SECOND CULTURE**

In addition to adapting to Spain as a country, you will be learning to adjust to a second culture. Learning to live in a new culture requires a great deal more than a list of do's and don'ts, or a brief description of the cultural traits of a society. For one thing, any culture is much too complex to narrow down to a definitive description. Descriptions can describe general characteristics, but they will not explain each specific encounter. Secondly, and more importantly, adaptation has as much to do with understanding oneself and one's own culture as it does with understanding a different culture.
As individuals, we are cultural beings with ways of behaving and perceiving which we do not always identify as springing from our culture. It is when we attempt to understand, or become a part of, another culture that we come to see that many of our values, beliefs and behaviors stem from our own cultural background. Interaction in a new cultural environment can cause conflict both within oneself and between oneself and the new culture. Some of this conflict is inevitable. However, by understanding yourself as a product of your own culture and of your own personal background, you will have a much easier time observing your interactions and learning to adapt to a new set of behavioral ground rules.

The task of culture learning requires a high tolerance for ambiguity and a patient willingness to work through culture shock in a constructive manner. Students must be willing to learn from situations where they may have miscommunicated or failed at communication. They will be expected to examine how their own cultural expectations may have interfered with interpretation, to use their observation skills to pick up on other clues as to what may be happening, and to reserve judgment while remaining tolerant of ambiguity until they reach understanding.

Learning a second culture not only affords students an understanding of the new culture derived from first-hand experience, it, at the same time, gives them an awareness of their own culture than they never have had before. With familiar surroundings and friends taken away, students are led to examine not only their culture, but themselves as well. One student participating in an intensive study abroad program wrote, “I'm learning to enjoy being with myself, independent and alone from lifelong cultural props. It's great!”

Such awareness of one's own culture and self ultimately allows students to live more responsibly as members of the global community.

**BECOME FAMILIAR WITH SPAIN AND THE U.S. BEFORE YOU GO**

**GETTING TO KNOW SPAIN: TALK TO YOUR FELLOW STUDENTS!**

One of the best ways to start preparing for your experience is to do some background reading and research on Spain. Familiarize yourself with the current political situation and educational systems, historical background, current events, customs, and cultural norms. See if you can find the answers to all of the questions in the Crossing Cultures section on the CIP website. Go to your library or ask to talk to a faculty or staff member who has had experience in Spain. Arrange to talk with one of the students who has been there in the past. You have had the opportunity to do this...
during your orientation, but often times individual conversations are extremely helpful. Former participants and the current Spanish students on campus will be your best sources of information. They know what it’s like to be in your shoes as you try to imagine what in the world the next several months will hold. In case you don’t personally know any former participants, stop by the CIP and we can give you a few names! Don’t be shy about contacting them -- they expect and want to talk to you!

KNOW WHAT’S GOING ON IN THE U.S.

Some people have had the embarrassing experience of learning that people abroad seem to know more about U.S. history and politics than they themselves do. You can expect to be asked your opinion about current events and U.S. politics. You can also expect to hear the opinions of others, and not all of them will be complimentary of the U.S. Should such a situation arise, the best advice is to remain respectful, even when disagreeing, and to resist the temptation to criticize Spain, as you are a guest. Start keeping abreast of current events and continue to do so while you’re in Spain.

SPEAKING SPANISH

Probably all of you are feeling Spanish-language anxiety -- relax! It will be OK if you walk off the plane and don’t understand a word your host family says to you. Everyone who has been abroad where another language is spoken has lived through that experience. There are, however, some great opportunities to practice your Spanish here before you go. Some ideas for practicing Spanish include: renting Spanish movies, listening to Spanish music, and practicing your Spanish with the Spanish-speaking students on campus.

CASTILLIAN SPANISH

Spanish in Spain has its own variations. The most noticeable shift in pronunciation is the substitution of “th” for the soft “c” sound (for example: Cátheres). The “tu” and “vosotros” forms are also much more common than the “usted” or “ustedes” forms. It’s polite to address strangers older than yourself in the “usted” form when first introduced, but unless there is a marked difference in age or position, you can probably lapse into the “tu” form as soon as they do. Also, in conversational speech, the past perfect tense is much more common than the preterite. For example, one would tend to say, ”Yo he hablado con ella” rather than ”Yo hablé con ella.”

GENDER RELATIONS IN SPAIN

While in recent years Spanish women have gained an ever more active voice, traditional male machismo is still present. At home there are still clearly defined spheres of men’s work and women’s work. Most married Spanish women still take their primary pride in a well-kept home
and family, leaving career concerns second-place. Dating patterns also differ. To go out as a couple is a much more serious step in a relationship than it is here in the U.S. Most young people go out in groups, rather than pairs, to movies, bars, and cafés.

Women should expect a certain amount of overt attention, and should not be surprised if they receive unwanted stares or comments in the street. Such comments are called piropos, and are generally accepted by Spanish culture. As they are almost always non-threatening, the best advice for dealing with them is to simply ignore them, as Spanish women do.

SEXUAL HEALTH

Issues of sexuality can be complex in your own cultural environment, and much more so in one with which you are less familiar. While living in a culture that is not your own, it is more challenging to evaluate situations and to assess risks for emotional distress, disease, and assault as a result of intentional or non-intentional sexual contact. Sexually transmitted diseases are prevalent everywhere in the world, and the HIV virus can lead to death. We strongly recommend that students educate themselves on safe sex practices, pack condoms from the U.S. when they are traveling abroad, and be cautious about their sexual activity while abroad. For further information regarding HIV and other sexually transmitted diseases, please consult with Kalamazoo College’s Health Center or your physician.

Learning about Spain’s culture with regard to acceptable and safe sexual behavior, is one of your responsibilities as you prepare for and experience study abroad. It is also very important that participants understand the local norms and cultural patterns of relationships between genders. What are the local dating patterns? Is it the custom for females to have male friends (or vice versa) or is that considered unusual? If you accept a drink or some other “gift”, are you tacitly consenting to sexual activity? If you invite a member of the opposite gender into your living space, is it culturally and/or legally acceptable for him/her to expect intimate contact? Is the legal definition of “consent” different from the definition in the U.S.?

At a minimum, you must be aware that some behaviors that may be culturally and legally acceptable, and seemingly safe, at home may not be in Spain – and vice versa. Certain behaviors will also communicate different messages in Spain than they do in the U.S. Sra. Vergara and other program staff members will give you guidelines to the local cultural norms for relationships between genders and laws regarding this issue.

RESOURCES ABROAD AND WOMEN’S ISSUES

1. Helpline: 559-1393

Helpline is a telephone counseling service based in Madrid which is staffed by trained volunteers who are under the guidance of a professionally qualified Director. The service exists under the
auspices of the Community Mental Health Program and seeks to provide support for English-
speaking people who encounter personal problems while in Spain.

In the past, Helpline was open for four hours nightly from 7 p.m. to 11 p.m. That may or may not be the same this year.

2. **City Numbers**

These were provided by a former participant: you might want to double check these numbers when you get there. These were obtained from the newspaper El Mundo.

Policía municipal .......092

Policía nacional ........091

Bomberos Madrid ......080

Alcohólicos Anónimos ......341-8282

Ayuda a familiares de alcohólicos (AL-ANON) ........ 402-9853

Información 24 horas para la mujer ........... 900-191-010

3. **“Instituto de la Mujer”**

This government agency is dedicated to helping women obtain equal rights and assistance with legal, economic, labor, marriage, and emotional issues. It is also helpful for information concerning help groups, questions on rape, abortions, and other subjects.

Almagro 30, Bajo Iz. Castelar 11

28030 Madrid 41001 Sevilla

Tel: (91) 347-8036 Tel: (95) 422-5620

Abortions: under Spanish law, they are generally considered illegal except in the following cases: a pregnancy due to rape; when the fetus has severe physical or mental damage; or when the pregnancy will provoke serious physical or mental damage to mother. If one of these conditions exists, the abortion must be performed in authorized clinics to prevent malpractice.

If an abortion is considered, you should consult with Planned Parenthood clinics or the Instituto de la Mujer for more information and to determine whether the law regarding exceptions can be applied to your specific case.

4. **Planned Parenthood**
There are many centers available, often run by the city and very economical. There are also many private centers where test results are obtained much quicker and at a higher price.

Subdirección de Planificación y Evaluación

Dirección General de la Mujer

Conde de Peñalver 63, 1º

Tel: (91) 580-4700

5. Casa de la Mujer

This center holds a number of support groups for different situations such as wife or child abuse, alcoholism, etc.

Almagro 28
28010 Madrid
Tel: (91) 308-2704 (aft.)
24-hr emergency #: 900-100-009 (toll-free in Spain)

YOUR RETURN TO THE UNITED STATES

YOUR RETURN FLIGHT TO THE U.S.

This the bearer of the ticket (i.e. you, the student) must make any airline ticket changes personally, either with the assistance of Travel Leaders or directly with the airline.

PREPARE FOR YOUR RETURN

As the end of your program approaches, you will likely experience a wide range of emotions and reactions. Just as you needed to prepare for your stay in Madrid before leaving the United States, you will also need to take care of many important details as your program comes to an end. As you are preparing to leave, please remember the following:

1. Do not take back items made of exotic animal hides or any agricultural products, as you will not be able to pass through U.S. customs.
2. Don’t forget to set aside some U.S. cash for the trip home.
3. Remember: when completing customs forms, a trip with your host family to the country does not constitute “time spent on a farm.” Answering otherwise on the customs form when re-entering the U.S. will make for a long chat with immigration officials concerned about parasites.
4. Remember to write your host family a thank-you letter when you get back to the States.
Also, the Center for International Programs’ Peer Advisers – seniors who have returned from studying abroad that organize campus events and help advise students on their study abroad experience – put together a list of recommended things to do several weeks BEFORE you leave for the US, and before you do any post-program travel. These are great things to do to prepare yourself for the end of the program and for the reverse culture shock you may experience when you return to the United States. The Peer Advisers, who have experienced the reintegration process, wish that they, themselves, had done the following:

- Take photos of your campus, living space, neighborhood, and surrounding areas so you can remember them and share them with your family and friends back home.
- Definitely set time aside for thorough ‘last’ goodbyes with friends and host families.
- Enjoy some of your favorite foods that you may not be able to get in the United States.
- Re-visit a place you went to when you first arrived and reflect on how that place feels differently now.
- Start thinking of ways to be upfront with your family and friends back home about how you are feeling – write emails or make phone calls to share what you will miss from study abroad and ask them to be patient with you when you have ups and downs as you re-integrate.

RETURNING HOME

Going home is usually a very exciting prospect. Most students look forward to seeing family and friends they have missed, eating food they haven’t had for so long and enjoying activities that may not have been possible during study abroad.

Remember that returning home is also a transition very similar to your arrival in Spain. Just like your arrival, you can expect to feel frustration, anxiety and confusion at home, on your campus and with your friends. Craig Storti puts it this way in The Art of Crossing Cultures:

“The problem is this word home. It suggests a place and a life all set up and waiting for us; all we have to do is “move-in.” But home isn’t a place we merely inhabit; it’s a lifestyle we construct (wherever we go), a pattern of routines, habits and behaviors associated with certain people, places and objects—all confined to a limited area or neighborhood. We can certainly construct a home back in our own culture—just as we did abroad—but there won’t be one waiting for us when we arrive...In other words, no one goes home; rather we return to our native country and in due course we create a home.”

At the foundation of this transition is the task of determining what to do with the changes that have occurred while you were away and the changes that have taken place within you as a result of your time in Spain. Life for your family, friends and teachers probably will not be the same as
when you departed, but you were not there to gradually adjust to those changes with them. And they have not been able to get used to the things that are different about you.

Hardly anyone avoids the discomfort of this period of growth, but the good news is you will eventually find a way to include your new ideas, skills and outlook in your life back in the U.S. Here are a few questions to consider before your return. Your answers may help you recognize the changes that have occurred during your sojourn.

☐ What have I learned about Spanish culture that I did not know previously? In what ways has this changed my view of Spain?

☐ By being abroad and able to compare my culture with a different culture, what have I learned about the history, values and traditions that make up my home culture?

☐ While I was away, what significant events have occurred in my country, my family, in my hometown, among my friends and on campus?

☐ How have my personal values changed because of my study abroad experience?

☐ In what ways have my stereotypes or biases changed?

☐ What new skills have I developed (e.g. adaptation skills, second language proficiency, sensitivity, etc) and how might I maintain them?

☐ How can I express these changes to my friends, family and teachers?

☐ What might I do to continue to deepen my understanding of Spain?

ADVICE FROM PAST-PARTICIPANTS

RECOMMENDED THINGS TO DO

“Take a day trip to Toledo or another city near Madrid on the weekend.”

“Although this is common sense and you have heard it a million times, don’t forget it: There were people in my group who found themselves in dangerous situations because they were too careless with their drinking. You may think that you are being smart, but just think twice. Spanish men are not afraid to take advantage of a college girl by any means and they are very forward with their actions as well as their words. As for the guys, little girls are not afraid to take your wallets.”

“Know the exchange rate, that way you don’t lose a lot on buying useless things.”

“Buy a waste wallet/pack so you don’t get robbed. Always watch your belongings!”

“There are always fiestas, and all of them are fun.”
“GET TO KNOW YOUR HOST FAMILY! The best way to become fluent and truly learn the language is to talk as much Spanish as you can with your host family. Make sure you understand the rules of your host family and do your best to respect them, which means (as I have learned from my host madre) don’t show up drunk to lunch or dinner as hard as it can be in the nightlife capital of Europe.”

“Don’t be afraid to ask questions or have people repeat things slowly so you can understand. Try as hard as you can to avoid speaking English in situations like these and don’t immediately ask people if they speak English because it is rude.”

“Guys, ALWAYS keep your wallet in your front pocket and don’t let anyone touch you on the streets—if people come up to you asking you in English if you like soccer and do something weird with your leg tell them “No Me Tocques” and make sure you check your pockets for your wallet. Girls, always keep your purses zipped and in front of you at all times when walking in public, especially when taking stairs and what not.”

“Check out a Flamenco dancing bar!”

“The siesta is key and I suggest taking it whenever possible”

LIVING IN MADRID: CULTURE AND CITY LIFE

“Madrid is where ALL the action is. I traveled to other regions (Valencia, Sevilla, Cordoba for example), but the nightlife and entertainment can all be found in Madrid.” Erik Bianchi K’09

“There is not a gym facility on campus. It took some searching to find a good gym, although there is a TON around Madrid. I explored a bit and checked out about 5 gyms in my area before choosing one, because it is important to compare prices and equipment.”

“Staying with a host family allows you to learn much more about the culture. You are thrown into a new part of the world and a new family, and are forced to adapt. This allows you to learn the language, learn the culture, and most importantly learn about a family that has been living there their whole lives. The best thing about living with a host family is the relationships you build with them. I today still send emails to my Madre and her son. I came in as a stranger but ended up leaving feeling apart of their family.” “There is enormous amount of history right in the city (My favorites were El Museo Prado, El Palacio Real, and Plaza de Toros).”

“It is important to tell your host family what kinds of foods you like and don’t like from the get-go (don’t be too picky, of course!) But for example, I am not a huge fan of fish, and my madre loved it. She would make it all the time and I always kind of rolled my eyes when it was put on the table. I pretended that I liked it, but she didn’t realize that I actually did not like it at all until December, and then she stopped making fish as much as she had been. If I had told her from the very beginning that I didn’t like it, she wouldn’t have made it as much as she did.”
“Spanish host families typically do not speak English, therefore you will need to work on your Spanish a lot by speaking with them.”

“Dressing was difficult for me because I am an athlete and I am used to sweats and a T-shirt, but that does not work in Madrid. I remember I tried to go to the market down the street to get a coke and I had my sweat pants on -- my Spanish sister told me that I couldn’t go out of the house with them on and that it was disrespectful and I would get mean looks and stares. Flip Flops are also not looked highly upon; most of the females wear heels and ballet flats. Jeans and a T-shirt just will not fly; they will not attack you or anything but you will get stares that are not friendly.”

“Be careful with your money. Europe is not cheap and if you do not have an unlimited supply of money don’t spend all of your money on stupid things, such as drinking every night in bars that cost a fortune.”

COURSES AND ICRP

“The university is much smaller than I had imagined. It really is only one building! Class sizes are only about 10-15 students, which is super conducive to practicing your Spanish, especially speaking the language. The professors were all very helpful in making students feel comfortable speaking the language in class.”

“The difficulty of courses really depends on which level you test into. The C level courses are quite difficult and require a decent proficiency in the language, whereas the A and B levels are pretty similar to the Spanish courses at K.”

“As for courses, I HIGHLY recommend Art in the Prado. I am by no means an art person (I am a bio major), but to this day, I would put it as one of my favorite classes I have even taken. I learned so much. Not only about art, but about the history and culture of Spain.”

“Go out and have fun, don’t get crazy, and make sure -- no matter what, even if you stay out till 6am -- that you get a coffee and you get to class. You may be hung over or still drunk, but don’t act like an idiot and ruin the experience because you have to be sent home or you leave a horrible impression on the professors.”

“I recommend volunteering by teaching English to children”

“Do not fall asleep or stretch in class!”

FOOD

“Try every food, especially churos, doner kebobs, paella.”

“The homestay food is amazing. Home cooked Spanish food is much better than what is served in restaurants.”
“There are so many tastes and sights that remind of Madrid, but the one that reminds me most is paella. The smell, the sight, and the taste take me back to my Madre’s dinner table.”

“Seek out ALL Doner Kabops in your area as you will soon come to find that their food is the best deal around.”

“There are butcher shops everywhere that have rows and rows of pig legs (jamón)”

“Churros con chocolate - So good.”

**BIBLIOGRAPHY**

You will want to take a guidebook with you—perhaps one from the “Let’s Go” series, “Lonely Planet” series or a Rough Guide.

[http://allabroad.us/resources.php](http://allabroad.us/resources.php) - Contains resources to help find funding opportunities, information about making study abroad support career development, reasons to study abroad, information to support diversity in study abroad, and information about discrimination abroad.

[http://www.diversityabroad.com/](http://www.diversityabroad.com/) - “…connects talented diverse and underrepresented students and graduates to international education and career opportunities that prepares them for leadership in an interconnected world.”


[https://travellatina.org](https://travellatina.org) and @TravelLatina on Instagram


[https://travel.state.gov/content/passports/en/go/lgbt.html](https://travel.state.gov/content/passports/en/go/lgbt.html) - U.S. Government’s resource guide for travelers who identify as LGBTQ


[https://baniamor.com/](https://baniamor.com/) - Bani Amor

Blogs, interviews, and posts that revolve around identity, place and the colonial nature of travel culture; Has a series of interviews with travelers of color and an article listing travelers of color to follow


7 Things Only Latina Travelers Understand


http://www.expatica.com/nl/moving-to/Moving-home-Reverse-culture-shock_104957.html - Article on Reverse Culture Shock

http://www.ediplomat.com/np/cultural_etiquette/cultural_etiquette.htm - Cultural etiquette by country

https://www.gooverseas.com/blog/6-things-wish-knew-studying-abroad-african-american - “6 Things I Wish I Knew Studying Abroad as an African American

Books


http://globaled.us/safeti/v1n22000ed_voicing_concern_about_discrimination_abroad.asp
Various. *Diversity Issues in Study Abroad*,
https://www.brown.edu/academics/college/special-programs/international-study/student-resources/while-abroad/diversity-while-abroad
Collection of quotes from study abroad participants from Brown University who are from historically disenfranchised communities.


**LGBTQ RESOURCES**

http://overseas.iu.edu/living/glbt.shtml - NAFSA’s Rainbow Special Interest Group’s website. Includes numerous web links and a bibliography.


https://www.outrightinternational.org/ - The Outright Action International is an association of individuals and organizations dedicated to building a free and peaceful world, respect for individual rights and liberties, and an open and competitive economic system based on voluntary exchange and free trade. They currently have members and representatives in over 100 countries.

http://studyabroad.isp.msu.edu/forms/glbt.html - Covers some of the issues a LGBTQ student may wish to research before departure.

http://www.lonelyplanet.com/thorntree/index.jspa - Includes both general travel information and a special discussion section (Thorn Tree Forum) for LGBTQ travelers.