

How

International Student Guide
University of Navarra



Universidad
de Navarra

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WELCOME

1

From all of us in the International Office we would like to warmly welcome you to the University of Navarra and Pamplona!

At the university, we encourage our international students to become involved in campus life and the surrounding communities.

To take full advantage of your experience in Pamplona we have put together this International Guidebook. The information presented will help you in your first few days at the University through a compilation of the most frequently-asked questions from international students. Internet links are conveniently included as a reference for each section for further information.

For more information designed for international students take a look at our website, www.unav.edu or for assistance with any questions, contact us at relint@unav.es

We look forward to welcoming you in person!

Sincerely,

The International Office



MISSION STATEMENT

2

The University of Navarra, founded in 1952 by st. Josemaría Escrivá, is run by Opus Dei, an institution of the Catholic Church. The mission of the university is to educate and train professionals capable of playing a committed role in society, who are fully aware of the part they play in building the world of tomorrow. This mission is fundamentally based on the search and commitment to the truth, a collective task which requires dialogue and an open mind. Furthermore, the university seeks to foster critical thinking among its students in a pluralist context that enables each student to freely develop his or her own opinions and convictions.

Values

The activities of the University of Navarra seek to incorporate a set of values that guide and characterize the daily actions of those who make up the University and shape its environment and culture. Among these values, the following are especially noteworthy: work, freedom, respect, interdisciplinary, responsibility, and service.

Opus Dei

Opus Dei – means “the Work of God” in Latin. It’s mission is to spread the christian message that every person is called to holiness and that every honest work can be sanctified.

Following this vision, work and attention to detail are very important values at the University of Navarra, in both material and intellectual tasks. Consequently, all types of work have an inherent dignity when they are carried out with love and a spirit of service.

2

Personalized attention

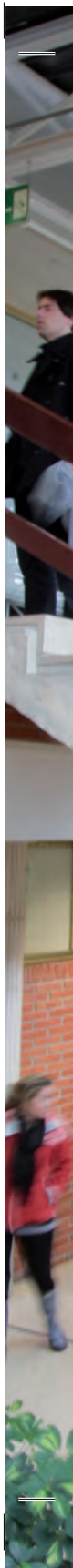
The University of Navarra is a meeting place for professors and students to share knowledge, truth, and experience.

Therefore we pride ourselves on our unique ability to give personalized attention to you. While working together in an environment that fosters each individual's unique aptitude, skills, knowledge and values; the university provides you with the resources you need for personal and professional development.

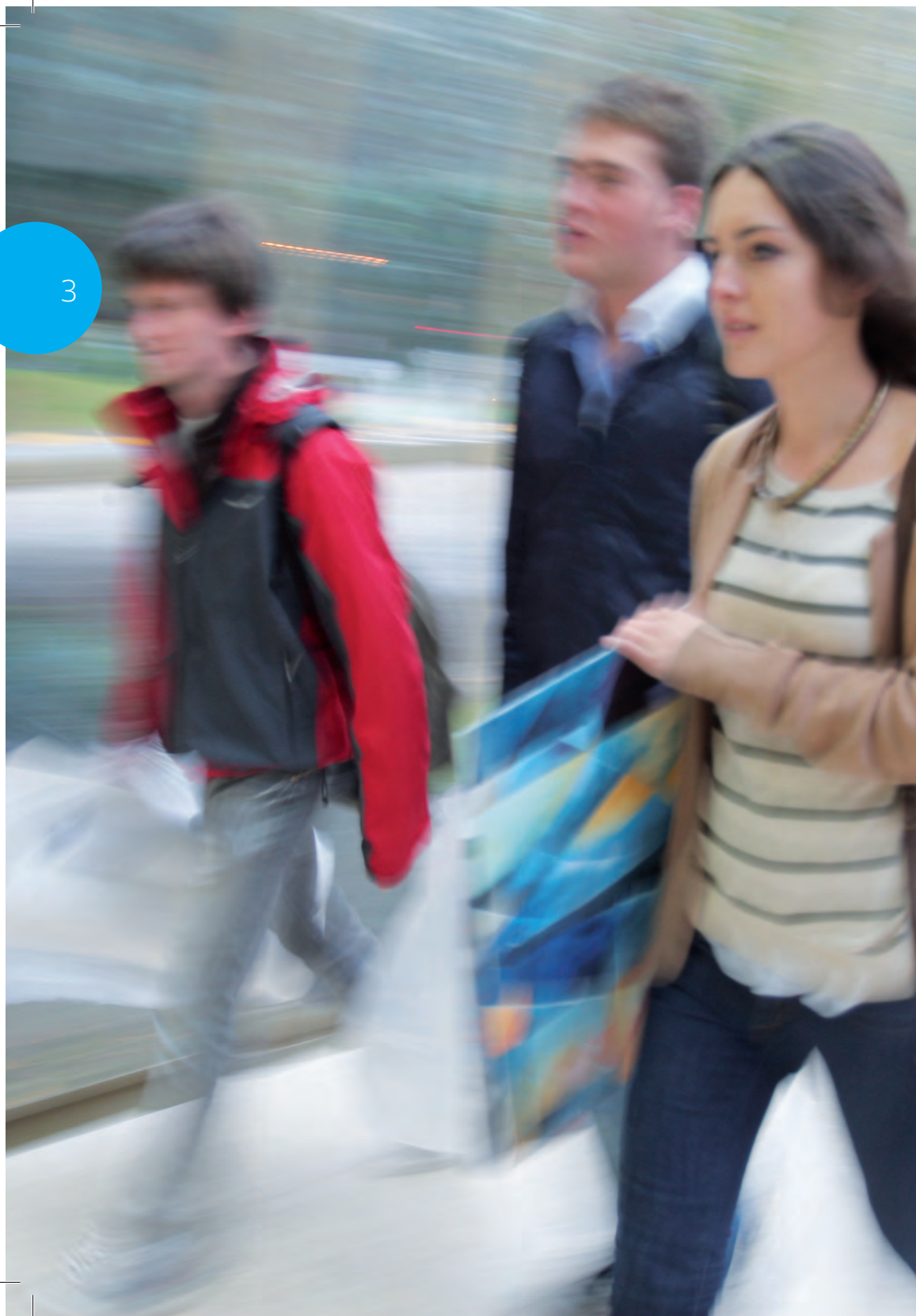
You will be assigned an advisor, normally a professor, who gives one-on-one help and orientation. This personalized guidance aims to maximize your personal and professional potential, helping you to fully benefit from the university experience as well as receive advice on future career options.

Our campuses

- › Pamplona
- › San Sebastian
- › Barcelona
- › Madrid
- › New York
- › Munich
- › Sao Paulo







BEFORE YOU LEAVE

3

Legal requirements for entry and residence in Spain

STUDENT VISA

A student Visa allows you to stay and study in Spain. (Citizens of the European Union, Iceland, Liechtenstein, Norway and Switzerland do not need a permit or visa to live, study or work in Spain)

Types of Student Visas:

There are 2 types of student visas for Non-EU citizens

1. Short term: 90 day visa

The 90 day visa or “open” Visa is valid for three months. This allows students who are doing an academic year-long program to apply for the Student Residence Card for Foreigners or TIE. The TIE is a temporary permit that allows you to stay in the country for one academic year and can be renewed annually until you finish your studies. The card gives you the right to remain legally in the country while you study and can only be obtained through the 90 student visa.

2. Long term: 180 day visa

The 180 day visa is ideal for those students who are going to be for one semester at the University of Navarra. The benefit of this visa is that, throughout your stay you do not have to deal with any type of legal residential paperwork. However you are limited to your stay. Once the 180 days are completed you must return back to your country. This visa cannot be extended beyond the allotted time. This type of visa does not allow you to obtain the Residence Card for Foreign Students.

All visas can be applied for through your nearest Spanish Embassy or Consulate in your home country.

RESIDENCY CARD (TIE)

The TIE is an identification card that supersedes the student visa, allowing you to stay one full year and can be renewed annually.

The residency card is meant for those students who are either planning on doing a one year program at the University or plan to do their entire Undergraduate, Master or Doctoral degree here.

You will have a maximum of 30 days after entering the European Union to begin the process of applying for the residency card. The process starts at the Immigration Department/Police Station or (Extranjeria).

The Extranjeria in Pamplona is located on *Avda. de Guipúzcoa, 40- bajo - Buztintxuri. 31071 - Pamplona (Navarra)*. They are open from Monday- Friday 9:00-14:00.

For more information about the process, please come to the International Relations Office (Relaciones Internacionales) in the Central Building of the University. We will give you the required documents to fill out and answer any questions you may have about the process.

IMPORTANT

- › A visa can never be changed once you are in Spain. The only valid visa is the one obtained from the Spanish Embassy or Consulate before coming to Spain.
- › Be wary of the expiration date of the residency card. You can renew the residency card up to 2 months before the expiration date.

MOBILITY WITHIN THE EUROPEAN UNION

The Spanish residency card allows all students to travel freely throughout most of Europe, countries that form part of the Schengen area.

HEALTH INSURANCE

› **EU Citizens**

European Union citizens should apply for their European Health Insurance Card (EHIC) before travelling to Pamplona.

When you show your EHIC, you will receive treatment under the same conditions and at the same cost (free in the case of Spain) as people insured in that country.

Be aware that each country's healthcare system is different. Services that cost you nothing at home might NOT be free in another country. Also, take into account that this card does not provide coverage in some specific cases such as reparation, and only can be used in public health institutions.

› **Non- EU citizens**

Students from all other countries will need private insurance. We strongly recommend that students apply for insurance that guarantees international assistance before arrival in Pamplona.

MENTORING PROGRAM

Many of you are already aware of this service that the International Relations Office provides. This is a program that matches new international students with current students of the University of Navarra. The mentor, a member of the International Committee, is here to help you settle in during your first weeks in Pamplona. With this program you can get first hand advice from students, some of whom are international students and have been in your position. You will also be in contact with them before arriving, so any questions that you may have will be answered before you leave your country. If you would like to be assigned a mentor, please send an email to relint@unav.es.



WHAT TO PACK

Here are packing suggestions that might be useful for your stay in Pamplona:

- › Spanish-English pocket **dictionary** for the first couple of months.
- › **Umbrella**: It rains a lot in Pamplona during the winter. Bring a sturdy umbrella that you can carry with you easily.
- › **Adaptors and transformers**: Plan on buying them here. You can find adaptors in hardware stores (*ferreterías*). A transformer converts foreign voltage to European voltage. Voltage in Spain is 220 Volts which may be different from the voltage in your country. Buy transformers in electronic stores (*tiendas de informática*).
- › **Coat**: Winter in Pamplona is cold. It's also cold in the Pyrenees, and if you have proper winter clothes you can take advantage of all the skiing and snowboarding opportunities. If you think you will be doing these mountain sports, you may want one coat for sports and one for every day wear.
- › **Laptop**: If you have a laptop it is a good idea to bring it here with you. It can be useful for your studies, to contact your friends and family back home, as well as to store digital photos. If you don't own a laptop, it is not necessary to buy one, there are several places to access computers throughout campus.
- › **School supplies**: Don't forget your study essentials such as index cards, USB, agenda, highlighters (for color coding) pencils, pens, notebooks, binders or whatever else you need to take notes during class and help you study with after. (You can always pick up everything you need on and off campus in papelerías)

When thinking about sheets, towels, and general toiletries to bring, don't over pack your suitcase if you're short of space. These are easily found in the local stores or shopping centers.

DRESS CODE: being professional from day one

Your experience at any university is the stepping stone to your professional future. As such, the University of Navarra expects the behavior and dress that fits accordingly.

We believe that clothing reflects respect towards the institution and your professors. As a result attire such as; shorts, sleeveless or transparent tops, bare midriffs, sweat suits or track pants, flip flops or clothing that exposes undergarments should remain at home.

Appropriate wear would fall in the category of casual to business casual.

We also ask for your cooperation to maintain a clean and studious environment. For that reason, we ask that no food or beverages, with the exception of water, be brought into classrooms.

We understand that as an International student, these standards may not be practiced in your home universities. However we ask that you make an effort in adapting to part of Spanish culture and to what the University of Navarra expects from their students.





HOW TO GET TO PAMPLONA

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From Madrid

BY PLANE: Flights to Pamplona leave from Madrid's main International Airport: Aeropuerto Barajas Terminal 4. There are approximately 6 flights per day with Air Nostrum (Iberia's regional carrier) from Madrid to Pamplona. The prices vary depending on the day and time, but can be anywhere between €85 to €250. The flight is only 45 minutes and is very convenient, but can be very expensive.

BY TRAIN: Pamplona trains depart from the Puerta de Atocha station. Trains leave from Madrid to Pamplona 3 times a day. The train costs about €57 one way and takes about three and a half hours.

By taxi, the ride from Barajas Airport to Atocha is about 30 minutes and costs about €25.

You can also go by metro, which is more economical but less convenient. The metro costs approximately €1 and there are two possible routes:

The fastest route is: Subway exit "Airport" Line 8, transfer at "Nuevos Ministerios" with line 10 transfer at "Tribunal" with line 1 subway arrival "Atocha Renfe".

The more convenient route: Subway exit "Airport" Line 8, transfer at "Mar de Cristal" with line 4, transfer at "Diego de León" with line 6, transfer at "Pacífico" with line 1,

Subway Arrival "Atocha Renfe".

Useful link: www.renfe.es

Phone number: 902 320 320

BY BUS: There is a bus company (Alsa) which runs buses from Madrid Airport, Terminal 4 to Pamplona and tickets cost about €28. The journey takes about 5 hours. Passengers should exit the bus at Soria and take the connection to Pamplona. Tickets should be purchased in advance.

There are other bus companies which leave from the bus station. There is a #200 bus which runs every 10 or 20 minutes from the airport to the bus station in Avenida de America. The trip costs €1. Avenida de América is the last stop.

A taxi from Barajas to Avenida de America will cost about €25 – €30.

Useful links:

Bus company: www.alsa.es

Transport Information system: www.emtmadrid.es

Metro: www.ctm-madrid.es

From Barcelona

BY PLANE: Flights to Pamplona leave from Barcelona's main International Airport: El Prat. There are approximately 3 flights per day with Air Nostrum (Iberia's regional carrier) from Barcelona to Pamplona. The prices vary depending on the day and time, but can be anywhere between €100 to €250. The flight is only 1 hour and is very convenient, but can be very expensive.

BY TRAIN: The Barcelona train station is Estació Sants. Trains leave about three times a day. The train ride to Pamplona takes about 4 hours. Tourist class costs €54.40 and first class costs €72.10 (only one way).

Trains run from the Barcelona Airport to the Estació Sants every 30 minutes and cost €2. If the trains aren't running, there will be an alternative bus shuttle from the airport to the Estació Sants.

Useful links:

Train station: www.renfe.com

Metro: www.tmb.cat/ca/home

BY BUS: The Barcelona Bus stations are called Estación de Autobuses, Barcelona Nord and Estació Sants (Sants Bus Station is the same station as the train station).

Vibasa Buses is the company that serves Barcelona – Pamplona. The trip is roughly 6 hours and costs €26. Buses for Pamplona leave approximately 3 times a day from Barcelona.

Getting to Barcelona Nord: from the city you can get there by metro, Line 1, stop, Arc de Triumph, or by the city bus # 54.

Useful links:

Bus company: www.vibasa.com

Barcelona Nord bus station: www.barcelonanord.com

From Pamplona airport and bus station into town

The only way to travel from the Pamplona Airport into the city is by taxi. Taxis are generally waiting outside the main entrance and the trip costs roughly €15 and takes 10-12 minutes.

The bus station is conveniently located in town and so you may simply walk or take a taxi.



YOUR FIRST DAYS IN PAMPLONA

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Welcoming Days

The Welcoming Days are a series of events in the days before each semester, intended to help international students adjust to their new life at the University of Navarra. All international students are welcome, whether you are a first year undergraduate students, students in master's or doctoral programs, or students participating in the Bridge Year, Liberal Arts or ILCE programs. It is a wonderful opportunity to get to know new people.

During the Welcoming Days, you will get to know the particulars of the University of Navarra campus, its libraries, study rooms, sports facilities, computer labs and Wi-Fi system, etc. There will also be a tour of Pamplona and excursions to be announced.

School Coordinators for Exchange students

Each school has at least one International Student Coordinator. It is best to contact directly with them directly for any academic question such as class registration, grade equivalency, etc.

A list of the names and contact details of the School Coordinators will be provided during Welcoming Days.

University student cards

Once you are registered as a student, you will receive a card that provides access to most campus buildings and facilities, including the libraries and the sports center. Do not forget to carry it with you at all times. If you are an exchange student, ask your international coordinator where to collect it when you arrive on campus.

International Committee / Comité Internacional

This is our group of volunteers that is here to help throughout the year. You will have the opportunity to meet many of them during the Welcoming Days at the beginning of each semester. International students are highly encouraged to participate in this program however they must have studied in Pamplona for at least one year prior to joining the Committee. If you are interested in joining this great group of student volunteers please contact us at relint@unav.es

Accommodation / Alojamiento

There are many different types of housing options available to you during your stay in Pamplona. Each option will depend on your preferences and situation. Students here on exchange tend to live in apartments, as it can often be the most comfortable and least costly option. However many full time students do choose to live in University residencies or Colegios Mayores.

UNIVERSITY HALL OF RESIDENCE / COLEGIOS MAYORES

These facilities are integrated into the University. Residents are offered full room and board, academic support, and cultural and social activities. The Universidad de Navarra has 10 such Colegios Mayores (7 for women and 3 for men) and can provide housing to approximately 1,300 students.

Apartments

Although the university is not officially affiliated with these apartments the Housing office makes available on its website a list of students or landlords looking to rent individual rooms or entire apartments. It is very common for rented apartments to come partially furnished and to include many things such as beds, tables, and many other important things needed to live comfortably during your stay in Pamplona. An apartment shared with other roommates costs around 250-350 Euro per month.

To find out more about these housing options and more (hotels, hostels...) please write directly to alojamiento@unav.es or check out the web page at <http://www.unav.edu/web/admision-y-ayudas/alojamiento/tipos>

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ECONÓMICAS

INICIATIVA DE
CIENCIAS ECONÓMICAS
Y EMPRESARIALES
1987-88 / 2012-13

15



THE CAMPUS

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How to get to the Campus

The best way to get to the university is on foot or by bike. Everything in Pamplona is within walking distance. Although the university is on the outskirts of the town, it is at most 30 minutes on foot from the city center.

If you live further away, Pamplona has an excellent network of buses known as ‘Villavesas’.

Three routes stop at the University of Navarra:

- › Línea 1: Universidad de Navarra - UPNA
- › Línea 4: Barañain- Villava
- › Línea 5: Orvina 3 – UNAV (Colegio Mendaur)

To see the complete list of stops for these bus lines, refer to the route details at the back of the guide.

Where to eat on Campus

Here are a few meetings places, frequented by students, professors, and employees of the University.

- › Central Building Cafeteria - Faustino
- › Library Building Cafeteria
- › Architecture Building - Manolo
- › University Canteen (Comedores)
- › Science Building Cafeteria
- › Social Science Cafeteria (FCOM) – Faustino II
- › Law Building Cafeteria

Where to study

There are five libraries on Campus:

- › **THE OLD LIBRARY** (*La Biblioteca Antigua*), mostly for undergraduate use.
- › **THE NEW LIBRARY** (*La Biblioteca Nueva*), for graduate students and professors.
- › **SCIENCES LIBRARY**
- › **THE THEOLOGY LIBRARY**
- › **MEDICAL LIBRARY.**

In addition, there are smaller rooms in almost all the buildings which are available for student study. There are four popular places to study:

- › **The *Sala de Lectura*** ” in the old library building is the most popular with three huge study rooms that are open to undergraduate students from 8:00 am -9:00 pm every weekday and Saturdays and from 10.00am - 2.00pm on Sundays.
- › **The *Hemeroteca*” and “*Sala de Referencia*** in the new library are open every weekday from 8:30 am 7:00 pm.

The Sciences Library is open every weekday and Saturdays from 8:00 am – 9:00 pm. On Sundays students can also study from 10:00 am – 2:00 pm in the “*Sala de Lectura*” at the Sciences Library.

Internet Access and Wi-Fi

As a student at the University you will have a university email address which will be useful for communicating with professors or your academic advisor. You will also have access to the internet from the computer labs, which are in all campus buildings. Wi-Fi is also available in many parts of the campus accessible by password and configuration of computer setting. Instructions can be found on our online manual: <http://www.unav.es/SI/servicios/red/eduroam.html>

Job Board for Students

If you wish to study and work at the same time, either via a collaboration scholarship with a service or department of the University, or work outside the University (individual classes, child care, etc) you should contact the Student Aid Service. The Student Aid Service provides an online job board. Once you are registered for classes you will have access to the Job Board. For more information check out this link: <http://www.unav.edu/web/admision-y-ayudas/becas-ayudas/tablon-ofertas-empleo>







ON-CAMPUS LIFE

8

The International Experience

DATA

- › Over 15% of students from around the world are enrolled in undergraduate and graduate programs
- › 36+ countries are represented in the student population
- › 300 + Partnerships with universities across five continents to facilitate Erasmus and international exchange for students and programs.
- › Wide range of bilingual degrees and international diplomas

INTERNATIONAL EXPECTATIONS

To make your stay here a successful one, we suggest:

- › Fully immerse yourself to Spanish customs and make the most of sports, cultural and volunteering opportunities that the campus and the community offers.
- › Don't assume everyone speaks English. Try to take a language course while you're here, if you're not already apart of ILCE. You'll come back with a great skill and you'll find that locals open up if you put some effort into communicating with them.
- › It's great to check as many places off your bucket list as possible, but if you're traveling every single weekend and never have time to explore Pamplona, you're going to miss out on a lot of great stuff.
- › Ask for advice when in doubt and be attentive to feedback. All you need to do is ask.

INTERNATIONAL HELP

The International Relations Office provides advising services and support for international students and scholars at the University of Navarra. The office provides help for international students chiefly on the following:

- Advice on immigration procedures
- International Committee Program
- Welcoming days
- Mentoring
- Cultural events for international students
- Language Exchange Program

Among others

SPANISH LANGUAGE COURSES AND LANGUAGE INSTITUTE: ILCE

The International Summer University is aimed towards those of you who wish to practice intense Spanish courses while fully immersing into the Spanish culture through our activities. In addition to the Spanish courses there are also academic courses specially designed by our professors to be taught in English. For more information please contact: isu@unavar.es

Spanish Language Courses and Language institute: ILCE

Most of you are staying for our Spanish programs put together by ILCE. Grammar, conversation and cultural courses are offered through intensive summer courses, customize, semester and year-long courses. For more information please check out: www.unavar.edu/centro/ilce/

Sports

The Sports Office of the University offers the opportunity to practice, receive classes and compete in various disciplines such as the following: tennis, soccer, rugby, basketball, paddle 1, baseball, squash, field hockey, judo, jiu-jitsu and karate. A gym is also available. <http://www.unavar.edu/web/deportes/home>

Culture activities and events

If you also like acting, singing, playing instruments, etc, and you want to be up-to-date on everything that goes on at the University, pick up a copy of “Vida Universitaria” a weekly bulletin that is distributed every Monday. You will find it at the porter’s desk in every building. <http://www.unavar.edu/web/vida-universitaria/ eventos/ actividades-culturales>

Voluntary Social Work

Studying abroad is always an opportunity for new experiences. If you would like to be a helpful member of the community join Tantaka.

Tantaka, basque for “one drop at a time”, is an association of volunteers made up of students and staff at the university. The broad spectrum of help serves the community through numerous projects. Join now!

For further information, you can contact Tantaka at tantaka@unavar.es or check out the web page at: <http://www.unavar.edu/evento/tantaka/proyectos>

Chaplaincy

Father José Alviar (jalviar@unavar.es) is available for international students interested in spiritual services. For more information check out <http://www.unavar.edu/web/vida-universitaria/eventos/capellania>

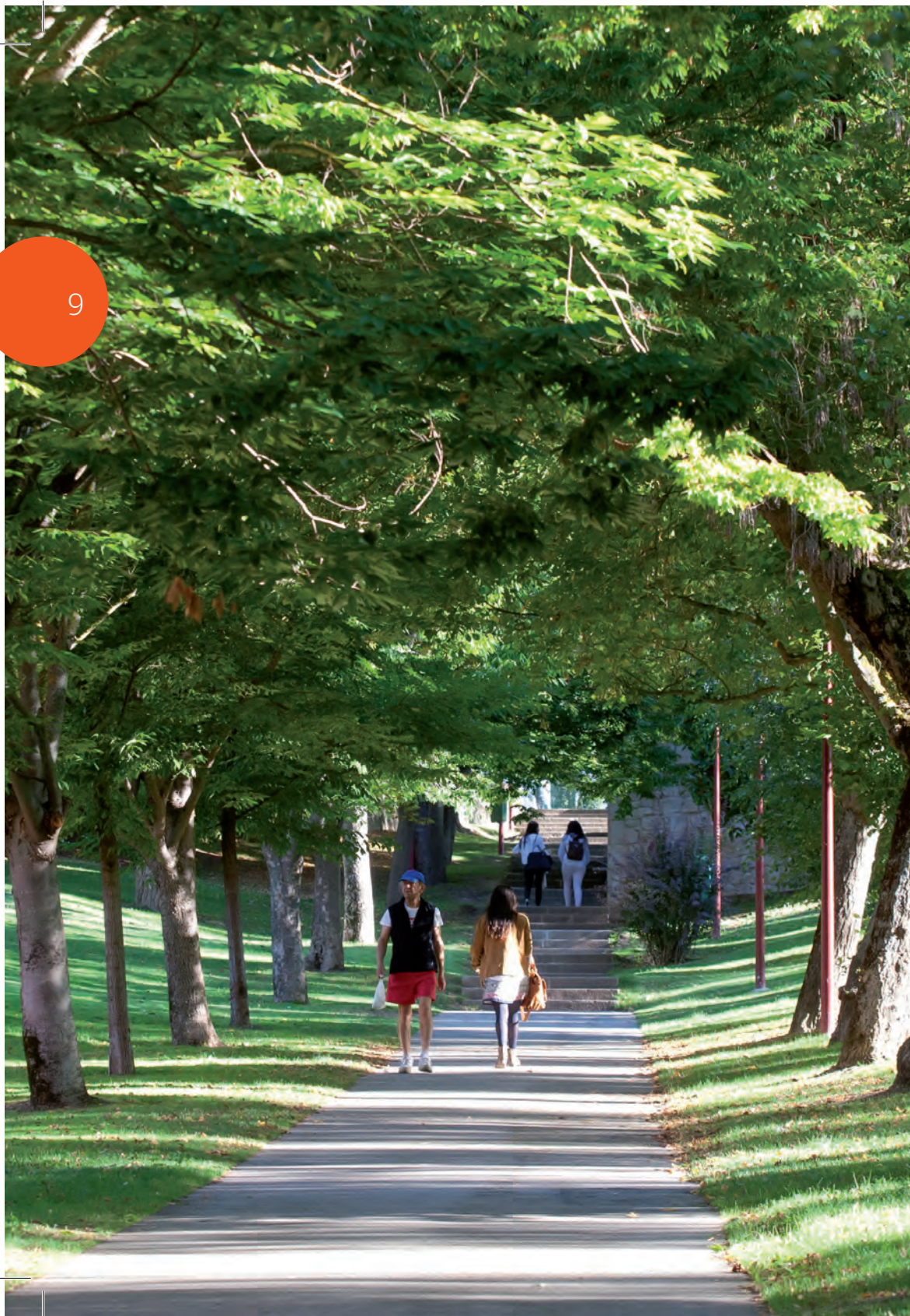
Other Religious Communities in Pamplona

› Evangelical Christian Uztaarroz 47

31014 Pamplona/Iruña
948148532

› Islamic

Mezquita Al – Badr
C/ Monte Ibañeta, nº 7
Pamplona



USEFUL ADDRESSES

International Office /

Serv. Relaciones Internacionales
Central Building (Ground floor)
Phone.: 948 425 600 (ext. 802181)
relint@unav.es

Admission Office /

Servicio de Admisión
Central Building (Ground floor)
Phone: 948 425 614
info@unav.es

Registrar's Office /

Oficinas Generales
Central Building (Ground floor)
Phone: 948 425 613
oogg@unav.es

Housing Office /

Servicio de alojamiento
Central Building (Ground floor)
Phone: 948 425 614
alojamiento@unav.es

Financial Aid Office / Servicio de

Asistencia Universitaria (Becas y Ayudas)
Central Building (Ground floor)
Phone: 948 425 600 ext. 802133
becas@unav.es

Sport Service /

Servicio Deportes
Polideportivo. Campus Universitario
Phone: 948 425 638
deportes@unav.es

Cultural Activities Service /

Servicio de Actividades Culturales
Central Building (Ground floor)
Phone: 948 425 610
culturales@unav.es

Food Services / Comedores

Universitarios Tallunce
Tallunce
Campus Universitario
Phone.: 948 250 562

University Chaplaincy /

Capellania Universitaria
Phone: 948 425 600
(ext.: 802162 and 802516)
capeluniv@unav.es and *jahriar@unav.es*



PAMPLONA

10

You will see many traces of the past as you walk around Pamplona and discover a fascinating mix of the old and the new. The imposing Neo-Classical façade of the Cathedral, for example, gives way to a striking Gothic interior. The Citadel, a defensive fortress built during the reign of Philip II, is today a beautiful park for which Pamplona is famous and many of the town's inhabitants go for a stroll in its grounds every day. What were once the cannon posts and armory of a military fort today form part of the cultural life of Pamplona.

Transportation

BUS: The public bus system is known as the “Villavesa”. It is a great way to get around the city as there are many different lines in service throughout majority of the day.

For more information about the bus lines, check out this link:

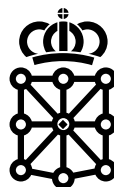
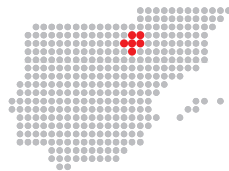
<http://www.infotuc.es/>. Or download this App to follow your bus:

(Apple): <https://itunes.apple.com/es/app/tu-villavesa/id503833044?mt=8>

(Android): <https://play.google.com/store/apps/details?id=com.ge-oactio.buspamplona&hl=es>

Bus cards are a great way to save money. At almost 50% off the normal cost, the bus card is a must have. It is available in many different places around Pamplona (post office, newsagent's, local shops...). Check here <http://on.ly/zubga> to find the most convenient recharge location near you.

On the webpage of the City of Pamplona, www.pamplona.net, you can find more information about the other local bus lines as well as buses that travel throughout the country.



Pamplona sits in the middle of the map of Navarre. It covers 23.55 square kilometres.

TAXI: The easiest way to grab a Taxi in Pamplona is to either call or go to a nearby Taxi-stop. Although you may see taxi around town they will not typically stop if hailed.

The official taxi service in Pamplona is Tele Taxi San Fermin.

Their contact numbers are: 948-232300 · 948-351335

BICYCLES IN PAMPLONA: Navarra is home to Miguel Indurain. He is famous for winning the Tour de France five times between 1991 and 1995 becoming the first person to win five in a row. Navarra has a large cycling community which can be noticed throughout town with its numerous bike lanes and bike rentals. The city of Pamplona offers a convenient bike rental service through C-cycle. For the specifics on how to rent a bicycle please go to their website: www.c-cycle.es

If you are interested in purchasing a bicycle there are many great shops around town that will help you find what you are looking for.

Weather

Season [Average temperature]

Winter [6,2°C] Frequent rain, some snow.

Spring [15°C] Sunny days, some rain.

Summer [20,7°C] Hot days, some storms.

Autumn [10,1°C] Warm days with cold crisp winds.

Parks and Gardens

- ✦ **Park of the Citadel:** Pamplona's Citadel is one of the most important defensive complexes belonging to 16th century military architecture in Europe.
- ✦ **Vuelta del Castillo Park:** This English-style park consists of large, green fields with trees and pedestrian footpaths, ideal for walking or playing sport.
- ✦ **Park of La Taconera:** French-style park, this is the oldest park in the city (1830). There is a zoo located in its moats with deer, goats, ducks, swans, rabbits and peacocks in semi-liberty.
- ✦ **Yamaguchi Park:** This park was designed by several Japanese landscape gardeners. It is a large, green area with Japanese ornamentation. The park houses the Pamplona Planetarium, which puts on different programs and exhibitions throughout the year.

Museums

› Museum of Navarre

Address: Santo Domingo, 47
 Email: museo@cfnavarra.es
 Phone: 848 426 492

› Pamplona Planetarium

Address: c/Sancho Ramírez s/n,
 31008 Pamplona
 Web: www.pamplonetario.org/
 Email: consultas@pamplonetario.org
 Phone: 948 26 26 28

› José Ortiz Echagüe (Photography Museum)

Address: Campus universitario s/n,
 main building of the Universidad
 de Navarra, 31009 Pamplona
 Web: www.unav.es
 Phone: 948 425 600

Theatres

› Gayarre TheatER

Address: Avenida Carlos III, 1
 Website: www.teatrogayarre.com
 Email: teatrogayarre@teatrogayarre.com
 Phone: 948 206 593

› Baluarte

Address: Plaza del Baluarte
 Website: www.baluarte.com
 Email: baluarte@baluarte.com
 Phone: 948 066 066



What's on?

As the capital of the province of Navarre, Pamplona has a wide range of cultural activities as well as many modern facilities to enjoy in your leisure time.

Civivox & Cívican: These are social centers situated in many different zones around the city that offer a wide range of activities during the year. These activities can include anything from a course on photography or swimming lessons to a series of outdoor summer concerts when the weather permits. These are also great places just to go and grab a coffee or check your email as they offer free WiFi. To participate in many activities you will need to become a member. To find the Civi-Center closest to you or see what activities are being offered check out the city of Pamplona's website at: www.pamplona.net

Guia del Ocio: Online calendar of events happening in Spain and neatly organized by city. To see what's going on in Navarra check out this website: www.guiadelocio.com/navarra

La Escuela Navarra de Actividades con Jóvenes: This is an organization that organizes events specifically for young people living in Navarra. To see the calendar of events check their website at www.navarra.es/home_es/temas/juventud/

PINTXO Week: It is organised each year in the Spring, with the participation of approximately a hundred bars. Each bar prepares two "Pintxos" which are served at the bar, accompanied by a drink. For a great price, you will be able to try a sample of Navarra's finest cuisine in bite-size servings. www.semanadelpincho.es

International Documentary Film Festival "Punto de Vista": The International Documentary Film Festival "Punto de Vista" is an annual event featuring the latest trends in the field of documentary films. The festival is hosted in the city of Pamplona every year in February. www.puntodevista.navarra.es

Dates of interest

San Fermín (7-14 July): During this week the city is completely transformed. The streets are decorated and flooded by the colors white and red which are also the official colors of the clothing worn by all who participate in the festivities. There are an innumerable number of activities such as the procession of the “Giants” and “Big Heads”, outdoor concerts, sporting competitions, and the famous “Running of the Bulls”.

“Javierada” (March): Each March there is a large pilgrimage to the Castle of Javier where hundreds of residents of Navarre walk from Pamplona to the nearby village of Javier. The majority of people choose to do this walking however there are also many that go by bike.

Holy Week (Semana Santa, March-April): Holy Week is one of the most important celebrations in Spain. During the Semana Santa, street processions are organized each evening, from Palm Sunday to Easter Sunday.

“San Saturnino” (29 november): This is a holiday in Pamplona as Saint Saturnine is the patron saint of the city. Don’t miss out on the many processions in the old part of town.

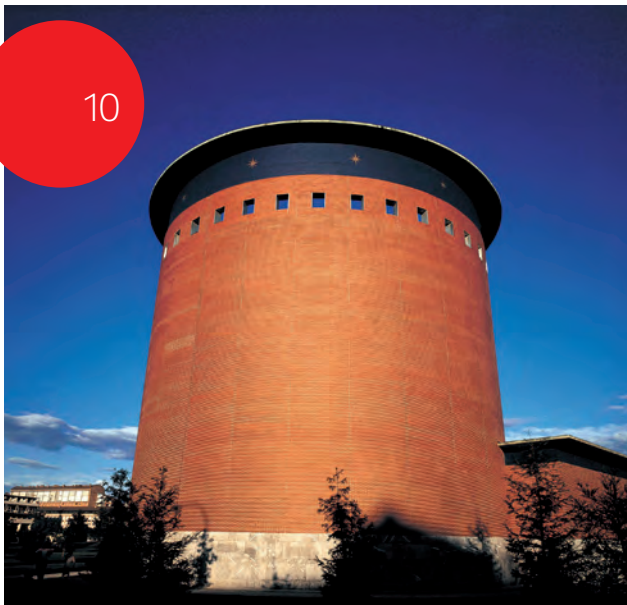
Wi-fi hot spots

Some of the public places with free access to Wi-Fi in Pamplona are:

- Parque de la Ciudadela Civivox
- Civicán
- Piscinas Aranzadi
- Piscinas de San Jorge.



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Useful addresses

› TRANSPORT

Airport

C/ Aeropuerto
de Pamplona, 1.
31110 Noáin
Phone: 948 168 700
www.aena.es

Train station

C/ de la Estación, S/N.
31012 Pamplona
Phone: 948 130 466
www.renfe.es

Bus station

C/ Yanguas y Miranda.
31003 Pamplona
www.estaciondeautobusesdepamplona.com

Taxis

Phone.: 948 351 335, 948 221 212
948 351 302 and 948 232 300
www.taxipamplona.com

› PRACTICAL INFORMATION

Pamplona Town Hall

Plaza Consistorial, 1
31001 Pamplona
Phone.: 948 420 100
www.pamplona.net

Tourist Office

Avda de Roncesvalles , 4
31001 Pamplona
Phone.: 848 420 420

Post Office

Paseo Sarasate, 9.
31002 Pamplona
Avda. Sancho el Fuerte, 69.
Planta Baja. 31007 Pamplona
Phone.: 948 221 263

Emergencies

In case of an Emergency dial 112.

This is the emergency number for the Police, Fire Department, and Emergency Medical Services in Europe. If you are on campus, call 948 174 448.

› LOCAL POLICE STATIONS**Jefatura Superior de Policía**

Calle del General Chinchilla, 3-5
31002 Pamplona
Phone: 948 29 97 00

Policía Local Barañain

Plaza Consistorial, S/N
31010 Barañain
Phone: 948 18 10 00

› LOCAL HOSPITALS**Clínica Universidad de Navarra
(University of Navarra Hospital)**

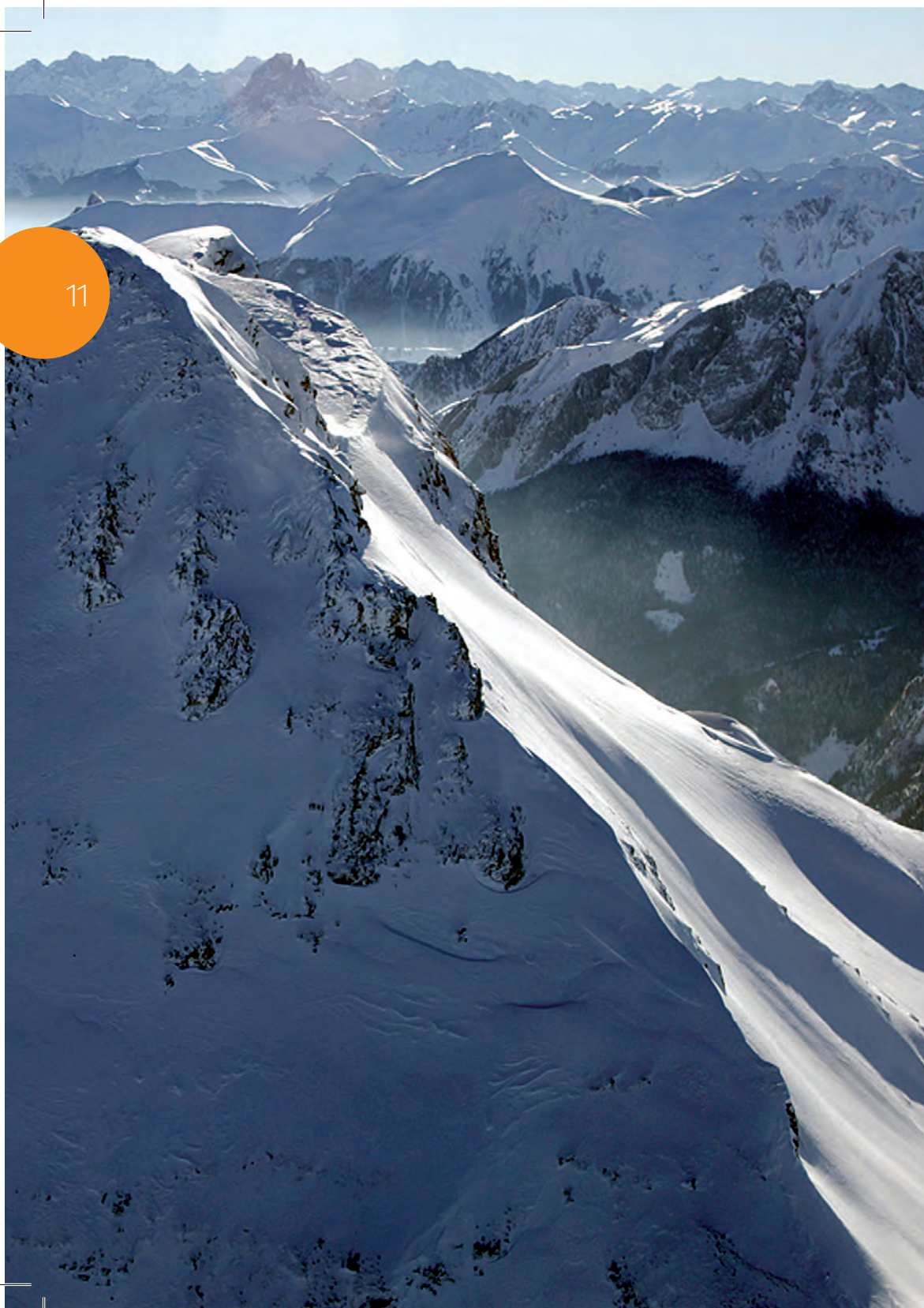
Avda. Pío XII, 36. 31008 Pamplona.
Phone: 948 255 400
Fax: 948 296 500
Urgencies: 948 296 499
www.cun.es

Hospital Virgen del Camino

Irunlarrea / Irunlarrea Kalea, 4
31008 Pamplona. España
Phone: 848 429 400

Health Service of Navarra

Urgencias: 112
Phone Hospital de Navarra:
848 422 222



AROUND PAMPLONA

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The Way of St. James (El camino de Santiago)

Every year, thousands of pilgrims cross Navarra on their way to Santiago de Compostela. They set off to travel along the way of St. James, which is one of the most important Christian pilgrimages and subsequently has become one of the most hiked trails in the world. The main trails sets across northern Spain however there are some paths that even begin as far east as Germany!

Elizondo

A village in the middle of the Baztán Valley near the French border. Its houses have remained unchanged for centuries, with stables and barns, and with a heavy stone coat of arms embellishing their façades.

Bardenas Reales

Bardenas Reales is a desert in southern Navarra. There are mountains that rise like castles out of the plain, defying the laws of gravity. And a unique tourist experience awaits you - you can sleep in houses that burrow into the rock like caves.

San Sebastián

San Sebastian is just 75 km from Pamplona. It is a coastal city near the French border, small and cosmopolitan, monumental and friendly. Framed by the sea and the mountains, La Concha Promenade is a fantastic place for a leisurely stroll past its majestic mansions, while you breathe in the healthy sea air.

Try some of the tapas in the Old Town. See how Art challenges nature at the Peine de los Vientos (the Wind Combs). Listen to a concert in Kursaal. Stroll along its wide avenues. Do some shopping on its glamorous commercial streets. These are just a few of the things you can do in this city.

The easiest way to get to San Sebastian from Pamplona is to take the bus which takes one hour and buses run very frequently.

Beach Towns

Other suggestions for a day at the beach:

› San Sebastián

› **Biarritz, France** (130 km from Pamplona 1.5 hours in car). Known as one of the better surf areas in France.

› **Saint-Jean-de-Luz, France** (112 km from Pamplona, 1.2 hours in car). Quiet small town with lots of shops and picturesque views.

› **Zarautz** (90 km from Pamplona, 1 hour in car). Small beach town that is great for surfing and camping.

› **Hondarribia** (102 km from Pamplona, 1.2 hours in car).

› **Zumaia** (104 km from Pamplona, 1.17 hours in car)

› **Castro-Urdiales** (200 km from Pamplona, 2.6 hours in car). Beautiful old town with lots of history that dates back to the middle ages.

› **Laredo** (211 km from Pamplona, 2. 2 hours in car)



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Escuela Superior de Ingenieros
Ingeniarlen Goi Mailako Eskola



Universidad
de Navarra
Nafarroako
Unibertsitatea



SAN SEBASTIÁN CAMPUS

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The University of Navarra Campus in San Sebastián is divided into two schools:

ISSA, School of Management Assistants

Cuesta de Aldapeta, 49
20009, Donostia - San Sebastián
Phone: 943 467 144 / Fax: 943 468 982
www.issa.es

Tecnun, School of Engineering

Campus: Sede de Ibaeta

Paseo de Manuel Lardizábal, 13
20018, Donostia - San Sebastián
Phone.: 943 219 877 / Fax: 943 311 442
www.tecnun.es

Tecnun, School of Engineering

Campus: Sede de Alto Miramón

(Engineering in Telecommunications)
Parque Tecnológico de San Sebastián
Paseo Mikeletegi, 48
20009, Donostia - San Sebastián
Phone.: 943 219 877 / Fax: 943 311 442
www.tecnun.es

San Sebastian Engineering School (TECNUN)

The Engineering School contributes to the professional, scientific and human training of future engineers, while keeping a balance between teaching, research and service to society.

The university campus is located in the Ibaeta district, the university area of the city. It has laboratories, lecture halls and multiuse buildings. The Engineering School's research is carried out in collaboration with CEIT, using shared laboratories and library. Students therefore benefit from scientific research in industry, which provides them with authentic practical learning experiences.

How to get there

The easiest way to get to TECNUN or ISSA is the city buses.

Technological Campus: To get to the Ibaeta Tecnun center, catch bus number 33 (Gros-Antiguo, Igara), 25 (Benta Berri-Añorga 2), 24 (Altza-Gros-Antiguo) or 27 (Altza-Intxaurreondo-Antiguo). To go to the Miramon center, catch the number 28 (Amara-Hospitales).

Accommodation

Like the University Hall of Residence / Colegios Mayores in Pamplona, there are also two such residencies located in San Sebastian.

For more information, check out <http://ow.ly/yvymr>

Apartments:

Similarly to the campus in Pamplona, apartments are rented to students for the duration of their stay by their owners. These are fully furnished "Pisos" that can be rented as a whole or by individual rooms. An apartment shared with other roommates costs around 350-450 Euros per month.

To find out more about these housing options and more (hotels, hostels...) please write directly to informacion@tecnun.es

Useful Addresses

San Sebastián Town Hall

Igentea 1
20003 San Sebastián
www.donostia.org

Health Service

Emergencias: 943 461 111
www.emergencias.org

Post Office

Urdaneta 7
20006, San Sebastián

Tourist Office

Reina Regente 3
20003 San Sebastián
www.sansebastianturismo.com

Bus station

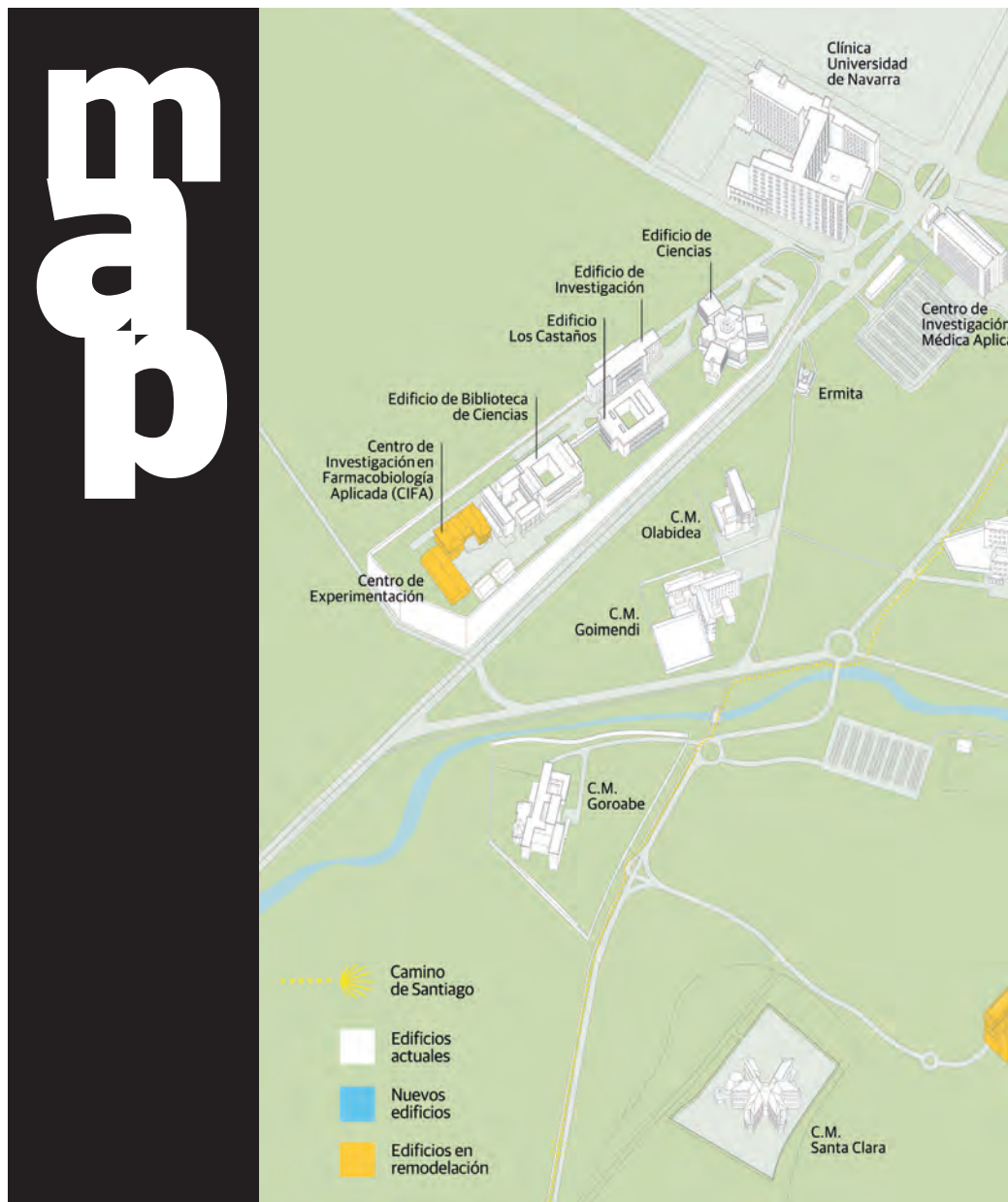
Avda Sancho el Sabio 31
20010 San Sebastián
Phone: 943 469 074

Renfe Station (national trains)

Paseo de Francia 22, Planta Baja
20012 San Sebastián

Eusko tren (local network)

Plaza Easo/Easo Enparantza, s/n
20006 San Sebastian





International Office

Central Building, University of Navarra.
31080 Pamplona, Navarra (Spain).
Phone: 948.42.56.00 (ext. 2181). Email: relint@unav.es



Universidad
de Navarra