MEDICAL EMERGENCIES

INTERNATIONAL MEDICAL ASSISTANCE:

Emergency medical assistance 24/7/365

MAIN HOSPITAL:

Hospital Universitario HM Madrid

Plaza de Conde del Valle de Suchil, 16 - 28015 Madrid

CALL

112

HELPLINE 24 HOURS:

+34 629 823 493 (Madrid and Toledo)

All appointments are scheduled within 24 hours

METRO: L4 San Bernardo, L2 San Bernardo and Quevedo

BUS: L21, L147

FOR ASSISTANCE #'S:

UNIVERSIDAD REY JUAN CARLOS

Inés García Saillard

Edificio Departamental - Campus de Vicálvaro ines.garcia.saillard@urjc.es

91 488 79 69

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METROBÚS:

https://www.metromadrid.es/en/viaja_en_metro/red de metro/planos/index.html

INTERACTIVE BUS MAP:

https://navegapormadrid.emtmadrid.es/app/

Buses operate from 6am until 11:30pm. Some run fewer hours, so check each bus timetable to see when the last bus runs.



NIGHT BUSES:

Madrid has 26-night bus lines that operate from 11:55pm until 5:50 am every night. These are called "Búhos" (meaning owls in English) and cover most of Madrid.

One-way ticket: €1.50 Metrobús (10 trips for both metro and buses): €12.20

Note that the only ticket you can purchase once you are onboard a bus is a single ticket.

The 10 trip Metrobús must be bought in any metro station.

MADRID METRO:

https://www.introducingmadrid.com/madrid-metro

Madrid Metro is the fastest and most efficient means of transport to get around the city. The one-way tickets and 10 trips may be purchased in any metro station from specific red-colored vending machines.

The metro runs every day from 6am until 2am (The last train leaves the first metro station at 1:30am).

Single ticket €1.50 and €2 depending on the number of stations

Airport supplement: €4.50, 10 trips: €12.20

MADRID CERCANÍAS:

Madrid's commuter rail service.

Download at https://www.redtransporte.com/madrid/cercanias-renfe/

Connects various parts of the city and the main towns in the Community of Madrid and other nearby provinces. Cercanía trains are connected to the main metro stations in the city and sometimes can be the fastest way of getting from one part of Madrid to another, especially in its metropolitan area. Cercanías trains start running every day between 5am and 6am and stop at around midnight. Trains normally run every 10 to 30 minutes, depending on the line. The price varies according to the distance travelled. You can buy a single ticket or a bonotren, which is valid for ten journeys. A one-way journey is valid for the next two hours after validating it. The Bonotren (Train pass) is a 10-journey card that is valid for one month and can be used by more than one person. Seven zones range from one zone single ticket €1.70 to zone 7 €5.50 and single to multiple zone passes €10 to €38.45.

TAKE NOTE:

WHEN IN MADRID.....

Excessive loudness (considered to be an unflattering American trait by Europeans), public intoxication and other socially disruptive behaviors are strongly discouraged. When in Spain,



please respect the local culture and people. These behaviors also draw attention to you in ways that can disrupt your visit or safety. Be mindful of your surroundings, of your interactions, solicitations, and of the potential for pick-pocketing. Tourists are often encouraged to spread their money out on their person in foreign countries where pick-pocketing can occur. You can use money belts, front pockets, small waist/fanny packs, and other gear that faces forward (not behind you), or is well-secured on your person.



WELCOME! NOW YOU HAVE JET LAG...

Do not sleep upon arrival. Keep yourself awake the first day to best acclimate. First things first, get familiar with housing and your daily commute. Get your transit passes squared away ahead of time. Travel light!

PHONES, DATA & SIM CARDS

You can purchase a local phone with battery, charger, adapter plugs and instructions in advance, or SIM card (calls and data), at metro stations or the airport, a passport is required. In Spain, Vodafone or Orange are recommended for most travelers. You can also purchase an international travel plan from Verizon or T-Mobile with daily rates. Keep your original SIM card safe. Your cell phone must support Global Roaming to be capable of working on either US systems or European systems (GSM). If your phone does not support GSM, it won't work in Spain. Be sure your smartphone is "SIM Unlocked" before leaving. All current Verizon phones come SIM Unlocked and essentially all other phones can be SIM Unlocked by the cellphone company. The coverage will likely be 3G rather than 4G, but 3G in Spain is much faster.

ADAPTORS

Can be purchased in advance in the US at places like Kmart. Voltage in Spain is 2x what it is here. You must have the right adaptors for any tools you bring along. It is better to purchase these items, like small hair dryers, once you arrive. Phone and device chargers require converters.

FREE WI-FI HOTSPOTS IN MADRID

gomadrid.com/maps/wi-fi-map.html



TRANSPORTATION -

UBER - IT'S DIFFERENT IN MADRID

Uber is not cheaper than cabs and does not do airport pick-ups in Madrid. It does however, do airport drop-off.

TAXIS - MOST EXPENSIVE

Taxis do airport pick-ups. Taxis will cost more than buses or trains and are ideal for arrival to first destination/housing. Taxis in Madrid are a great option, especially when travelling at night, if you are in a hurry or if you are carrying too many bags.

METROBÚS & MADRID "METRO"

Madrid's public transport ticket is valid for both the metro (trains) and urban buses (https://www. introducingmadrid.com/bus). Buses are comfortable and great for distance travel to the South (Granada).

CERCANÍAS COMMUTER "TRAIN"

Madrid's comfortable, work-friendly commuter rail service which connects to various parts of the city and other nearby provinces. Cercanía trains are connected to the main metro stations in the city and sometimes can be the fastest way of getting from one part of Madrid to another.

COMO AHORRAR - TRAVEL CARD

Madrid's tourist travel card that allows you to travel as many times as needed on metro, buses and cercanía trains. There are five types of Tourist Cards, 1, 2, 3, 5 and 7 calendar days. You can get a tourist travel pass in any metro station, in the Barajas International Airport (terminals 2 and 4), or in the Regional Consortium of Transport headquarters in Plaza del Descubridor Diego de Ordás, 3. Zone A is the municipality of Madrid ranging 8€ for 1 day up to 36€ for 7 days. Zone T is the city's outskirts.

INTERACTIVE MAPS

Visit Go Madrid for interactive street and city maps and a guide with tourist information created to inform you about the best Madrid hotels, hostels, rental apartments, museums, flamenco, tapas, monuments, bullfights and many more tourist sights & attractions. http://www.gomadrid.com/maps/madrid-map.html

Try civitatis Madrid interactive street map:

https://www.introducingmadrid.com/map

CAMPUS -

UNIVERSIDAD REY JUAN CARLOS

BY TRAIN: Estación Vicálvaro C-2, C-7.

VICÁLVARO CAMPUS

Classes are held on the Universidad Ray Juan Carlos campus located at Paseo de los Artilleros s/n. 28032 – Vicálvaro, Madrid. Go to the administrative building, Edificio Departmental, located at the opposite side of the main grassy area you will cross from the Vicálvaro metro station.

BY METRO: Estación Vicálvaro L-9.
BY BUS: Calle Daroca: 4, 100, 106, 130, N7. Calle
Daroca-Camino Viejo: 4, 100, 106, 130 Calle
Artilleros-S. Cipriano: 4, 106, N7, E3. Calle Calahorra: 4, 106, 130, N7

HOUSING RESOURCES

Hotels and hostels are not recommended for long-term stays. Use Rentalia, Aluni.Net Student Housing or Airbnb (check reviews first) to secure or change housing. Dorm housing is available at the University and is the most convenient and offers 2 meals/day included. Contact ines.garcia.saillard@urjc.es for dorm housing. While looking, Aparthotel Encasa is a reliable short-term fix with clean apartments, good AC, kitchens and price. Aparthotel Encasa is close to grocery stores and the metro is only a 5 minute walk.

CAMPUS LIBRARY AND GYM

MSLI students and faculty can use the university library at any time for free, and the gym for a small fee. There is an affordable pass available for the length of your stay. Contact ines.garcia.saillard@urjc.es for assistance.

PRINTING

Printing services are off-site only. Please do not ask for printing services from university offices or staff. Copy centers are located near campus and throughout the city, comparable to the US.

RESOURCES/FUN -

FREE MADRID APP

Get the Civitatis App to have a complete Madrid travel, transport and activity guide at your fingertips.



MADRID CARD

Offers visitors free entry to over 50 of the city's most popular museums and monuments. It also includes discounts for activities and restaurants. The pass comes with a small tourist guide on Madrid's main landmarks and museums, as well as a map of the city to help visitors get to each attraction. The pass saves time and includes priority access. The Madrid tourist pass is available online or at Civitatis Tours & Tickets shop, located in Calle Montera 32, between Puerta del Sol and Gran Vía or Calle Coloreros 2. Madrid Card 24-hour €47, 48 hours €60, 72 hours €67, 120 hours €77.

WWW.INTRODUCINGMADRID.COM

City's top attractions, how to get around Madrid, general prices and daily costs to enjoy Spain's capital.

FREE WALKING-TOUR OF MADRID

You state the price. At the end of the free tour you are invited to pay your guide based on your level of satisfaction. They are exclusively paid with the visitors' gratuities. If you're traveling with a group of over 6 people, please book a private tour. Groups with over 6 people will not be allowed to participate in the Madrid Free Walking Tour. Two hours and in English. https://www.civitatis.com/en/madrid/free-walking-tour/

SHOPPING FOR BASICS

line 9 (purple line).

We recommend you purchase
basic kitchen items and a fan (A/C
is not the same in Spain). Ahorra
Mas is a great resource located throughout the city
for all basics. Alcampo is the easiest place to find
anything you need. It is at the Estrella stop on metro

WHERE AND WHEN TO EAT....

Lunch, your main meal, is served 1:30-3:30pm in Madrid. If you don't want to spend too much money eating out, you'll find numerous cheap restaurants, especially tapas bars and local taverns near calle Fuencarral and Gran Vía. Tapas in Madrid is a great tradition and can help you conserve resources over spending on large meals. And, most of the capital's traditional dishes are served as "raciones", large portions to share.