Preparing to Live in Spain
General Education Summer Abroad & Practicum Abroad

**Electricidad**: 220v; do not bring electrical appliances, unless they are "dual voltage". You will need an adapter plug (NOT a converter) so it can be plugged into the wall.

**Dinero**: Euros are used in Spain. Currently one Euro equals $1.06. So you must practice calculating the price of things. This rate may change a bit every day, so check now and then to see what the current exchange rate is. See the separate info sheet about exchanging money and using debit cards.

**Lavado de ropa**: You will need to make arrangements with the host "mom" for washing clothes. Some normally wash clothes once per week, so plan accordingly. They may expect only 1 load per week per student. You can wash out some smaller items in the bathroom.

**El agua**: One can drink the tap water in Valencia, but do not drink water in any small kiosks or public water fountains or grungy bars. Bottled water is very common in Spain, and Spaniards usually drink bottled water themselves. Plan to buy bottled water for our excursions and trips.

**E-Mail y el uso de ordenadores**: You will have access to the computer lab/workroom at the Institute of Spanish Studies, but there are only 6 computers so sometimes there is a wait. If you bring your laptop, you can use the wireless in the Institute’s student lounge area and computer lab/workroom. You may or may not have wireless access at your homestay. You will not have much free time during mornings at the Institute, but the Institute is open from 4:30-9:00pm Monday through Thursday, and until 8:00 pm on Fridays. It is not open on weekends. However, there are internet offices and cafés with wifi, so you will have other access to e-mail. If you bring your laptop you must carry it in your carry-on, and remove it from the case and put it in the bin to go through security. You will not take your laptop to Granada and Córdoba.

**Communications and cellphones**: You will be given separate information about how to communicate to your family in the US and how to communicate among group members and group leaders while travelling and while in Spain. Your US cellphone may not work in Europe. To ensure maximum adaptation to your new culture and maximum result from your participation in program activities, it is advisable to keep your contacts with friends and family in the US to a minimum. You will adjust more rapidly, and will get much more out of your short stay in Spain.
Packing: Baggage allowance on USAirways:

- Read the size and weight info on the Flight handout very carefully. If your luggage is even 1 lb overweight, they will ask you to remove items. Weigh before you go to the airport.

Packing tips:
Transport your valuable and fragile items in your carry-on or purse. Below is a list of items best transported in your pockets, carry-on or purse:

- valuable items: mobile telephones (turned off), Passport, Longwood ID, driver’s license, important documents, money, charge and debit cards, valuable objects, jewelry, etc. (Do not plan to bring jewelry that is very expensive or precious to you; do not bring jewelry flashy enough to attract a thief.)
- necessities: medicine, for example; your zip-lock with 3-oz. containers of liquids such as eye drops, hand lotion, toothpaste, hand sanitizer, make-up
- fragile items: camera, laptop.
- A change of clothing in case luggage is delayed.

Preparing your suitcase:
- Choose resistant, rigid baggage if possible. Remember to remove all labels from prior trips, as they may impede the delivery of your baggage.
- Visibly indicate your name, permanent address, destination address, and mobile telephone number on the inside and the outside of your baggage.
- Avoid transporting fragile items in checked baggage. If you have no other option, ensure that these items are well protected.

Packing Checklist:
- Plane tickets (E-tickets): you will receive these at the airport from group leaders
- Passport—YOU CAN NOT GO ANYWHERE WITHOUT THIS
- Several copies of the info page of your passport: one in your purse or carryon, one in your suitcase, one to leave with parents or family
- Your Longwood Student ID card
- Your driver’s license
- Money, ATM or debit card, credit card. Do not plan to use Traveler’s Checks. Do not carry large amounts of cash.
- Contact Information sheet (2 copies for your own use while in Spain), and leave some copies with your family so they can contact you if they need to.
- Itinerary (2 copies for your use while in Spain)
- addresses of friends and family
- Course info packets, textbooks and other class materials, handouts, etc.
- Paper and pen or pencils, notebook for classes, notebook for taking notes on site visits
- Small English-Spanish dictionary
- Camera and charger, etc.
- Adapter plug for your camera charger and for laptop
- If you bring a hair dryer or other electrical appliances, they must be DUAL VOLTAGE and you will need an adapter plug
- Small gift for the host family, maybe something "Virginian"
- Alarm clock (with batteries) AND wrist-watch. You need these since you may not have your cellphone to depend upon for telling time and being where you need to be. Be on time at all times!
- Light jacket or sweater for first week (it’s May, can be cool) and for evenings
- Comfortable shoes—you will walk a lot
- Clothing for classes, touring and other casual activities (not very “revealing” clothing please)
- Underwear and all that
- Pajamas, flip-flops for use in the home, or shower shoes; people in Spain frown upon going barefoot in the house
- Bathing suit and beach towel (don’t take the family’s bath towels to the beach unless they lend you a beach towel)
- Sunscreen—muy importante
- Soap, shampoo, make-up, etc., other personal items
- Any medications you need, in their original prescription containers, along with any over-the-counter medications you use. Make sure to have enough for the entire month.
- Pepto Bismol or similar for stomach aches. Spain is not Mexico, but you never know.
- Hand sanitizer and/or anti-bacterial wipes
- Glasses, contact lenses, etc.
- Granola bars or snack crackers to tide you over till lunch time each day! ¡Importante! (you only need to bring enough for a few days; you can buy snacks in Spain also)
- Small gift item from Goetz/Holliday for Institute staff to be returned once in Spain

**Leave room in your suitcase to bring back souvenirs or gifts!**

**Weigh your suitcase and carryons before leaving for the airport.**