



BOSTON COLLEGE
OFFICE OF INTERNATIONAL PROGRAMS

Universitat Pompeu Fabra
2013-2014
Program Guide

Universitat Pompeu Fabra
www.upf.edu

Preparing for Study Abroad

- To maximize the study abroad experience, students should prepare themselves by learning about their host country, its history, and culture. Students might want to begin with <http://www.britannica.com/> for a summary.
- Students should know what is happening in the news in the host city by reading the local newspaper at: <http://www.allyoucanread.com/barcelona-newspaper-spain/>
- Engaging with and adapting to a different culture is an inherent component of study abroad. Students may find the following websites useful to learn about intercultural communication before they leave home:
<http://www.peacecorps.gov/wvs/educators/enrichment/culturematters/index.html>
- Customs and traditions in the host country are different from those at home. To learn a little about the local customs and traditions students may want to visit the following website: www.hthstudents.com
- Students and their parents should refer to the Office of International Programs website (www.bc.edu/international) and specifically to the *Study Abroad Handbook* for more information regarding the abroad experience.
- Prior to departure, students will meet with their International Study Advisor at an orientation to help them further prepare for their study-abroad experience.

On-Site Contact Information

- Teresa Nandín, the Boston College on-site coordinator, is available in case of an emergency on a 24-hour-basis. Students should make a note of Teresa's contact information before they go abroad, and we encourage students to share this information with their family.

Teresa Nandín, On-Site Coordinator, BC in Barcelona

Universitat Pompeu Fabra

Campus de Ciutadella

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*When dialing from the U.S., students must dial 011 first (and there is a 6-hour time difference).

- University Address:
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- Laura Peña
Academic Coordinator for Incoming Students

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Travel Information

- Students are responsible for making their own travel arrangements. BC in Barcelona UPF students will be met at the airport and picked up, provided they supply the necessary travel information two weeks prior to arrival to the on-site coordinator, Teresa Nandín. Students are strongly encouraged to arrive in Barcelona in the morning on their arrival date.
- Passport/Visa information: Students will need to obtain the following travel documents in order to study in Spain: A passport (valid at least six months beyond the estimated return date) and a student visa (students should visit the Consulate of Spain's website for information regarding student visa requirements and procedures.) Their website is: <http://www.maec.es/subwebs/Consulados/Boston/es/home/Paginas/Home.aspx>
- Students will receive visa workshop and pre-departure orientation information via e-mail. All workshops and orientations are mandatory.

Academics

Program Dates and Academic Calendar

Fall 2013	Spring 2014
September 7th : Arrival date (leave on September 6 th)	TBD
September 9th – 20th : Intensive Spanish course	
September 24th : Holiday	
September 25th : UPF & ESCI courses start	
September 25th : HESP courses + Spanish Language courses start	
November 1st : Holiday	
December 4th : UPF & ESCI courses end	
December 6th : Holiday	
December 9th to December 20th : UPF & ESCI courses final exams	
December 10th : HESP courses end + Spanish Language courses end & final exams	
December 21st : Departure date	

***For Fall 2014, Fall 2013 dates are posted for approximate reference. Students should not purchase airline tickets until dates are posted.**

- BC-sponsored activities
 - Arrival day orientation and lunch
 - Walking tour: Gothic and Born Districts
 - Barcelona tourist bus
 - Cooking workshop
 - Walking tour: Gracia District
 - Walking tour: Modernist Barcelona and visit to La Pedrera house by Gaudí
 - Typical hot chocolate *merienda*
 - Hiking tour around Collserola Mountain
 - Visit to Codorniu wine cellars in the Penedés region
 - Day trip to Girona and Besalú
 - Guided visit to the Modernist Palau de la Musica in Barcelona
 - Trip to Granada (Spring) or Toledo (Fall)
 - Guided visit to the Jewish Call of Barcelona
 - Guided visit to Barcelona History Museum
 - Day-trip to Montserrat Mountain
 - Las Golondrinas Boat Trip
 - Farewell Dinner
- For course selection information, please refer to OIP Program Description Course Catalog.
- Course approval information will be found at:
<http://www.bc.edu/offices/international/academics/courseapproval.html>
- Information about Transcripts and grades is available at:
<http://www.bc.edu/offices/international/academics/transcripts.html>
- As a BC student, you are required to take a full load of courses at your host institution abroad. BC program participants can refer to the [course load requirement table](#).
- If you have a learning disability you should discuss with your ISA whether your host university is able to make appropriate accommodations; if so, bring documentation from your doctor or the BC Disabilities Office to support any request for accommodations at your host university.

Housing

- Students live in residence halls. Unless otherwise specified, it will not be necessary to bring sheets, pillows, blankets, etc. The on-site coordinator will email students at least one month before they arrive in Barcelona to give them the exact information of their housing arrangement (i.e., a brief description as well as their address and phone number). The residence halls where you will most likely stay are called “Residencia Melon District Marina” (<http://www.melondistrict.com>) and "Residencia Campus del Mar" (<http://www.resa.es>).
- Additional information about the estimated cost of housing may be found at:
<http://www.bc.edu/content/bc/offices/international/financesawards.html>
Meals: you will have the option to cook in your dorm or eat in the UPF cafeteria.
- No transportation pass provided in the program.
Public transportation link: <http://www.tmb.cat/en/home>

- Cell phones and rental information will be provided during the Barcelona orientation.

Wellness, Health and Safety

- HTH Worldwide Insurance Services is an emergency health and emergency services provider. All registered BC students are covered by OIP's blanket policy while living and traveling outside of the United States. For more information, visit the following website: <http://www.bc.edu/offices/international/travel-health-safety.html>. You are encouraged to consult HTH on-line services for health and safety information about all world destinations, travel illnesses, and as a resource for international medical providers.
- Make sure you have had any required or recommended vaccinations for your travel destinations by consulting the Centers for Disease Control website at www.cdc.gov
- Students are advised to visit the U.S. State Department website: <http://www.state.gov/> for important travel information including travel advisories.
- Adjusting to a new culture and environment can be stressful. Students will have a smoother transition by making sure that they prepare to remain healthy. Following are some websites that provide important information and advice about how to have a healthy and safe experience abroad:
 - http://kidshealth.org/teen/your_mind/emotions/culture_shock.html
 - <http://www.kwintessential.co.uk/cultural-services/articles/cultureshock-stages.html>
 - <http://www.bravenewtraveler.com/2007/11/20/the-4-stages-of-culture-shock-and-how-to-beat-them/>
- Be aware that the manner in which medical help is obtained, the way patients are treated, the conditions of medical facilities, and how health care is afforded may be quite different from U.S. practices. U.S. health care values, assumptions, and methods are not universally practiced; even notions regarding the onset of an illness or the timing of expert attention may be considered culturally based.
- Refer to your Study Abroad Handbook for further information about health and safety issues including women, LGBT, disabled people and others.
- In the event of a large-scale emergency, such as a natural disaster, you should first text your onsite coordinator; follow the emergency procedures discussed in the onsite orientation; and call or text your parents to let them know where you are and that you are safe.
- The emergency number in Spain is 112.
- Students are required to visit the OIP website for additional information about Health and Safety:
 - <http://www.bc.edu/offices/international/travel-health-safety.html>
 BC emergency contact information:
 OIP (617) 552-3827 (Monday to Friday 9 a.m. – 5 p.m.)
 BCPD (617) 552-4444 (outside of normal business hours)
- Alcohol and Drugs
 In many cultures, alcohol consumption is an acceptable part of the culture and people are taught to drink in moderation. Many countries have a lower drinking age than the U.S. while other countries have drinking and drug abuse laws that may be more severe. Students are subject to the laws of their host country. If students choose to drink alcohol abroad, they should always drink responsibly and be knowledgeable about their host country's laws by visiting:
 - http://travel.state.gov/travel/tips/tips_1232.html#drug_offenses

Finances

- The OIP website provides information about estimated expenses for study abroad:
<http://www.bc.edu/content/bc/offices/international/financesawards.html>
- Banking information: Students are encouraged to use ATM machines. Bank accounts can be opened for full-year students at Barclay's Bank or Banco Santander. Please contact on-site coordinator.
- Scholarships and Financial Aid information can be found at:
http://www.bc.edu/offices/international/Scholarship_Opportunities.html

Returning to BC

- Students should complete a Program Evaluation. Upon completion of their program, OIP will e-mail the link to the evaluation
- Students may mentor an exchange student from the host university by contacting oipexchange@bc.edu
- It is not uncommon when students return from studying abroad to experience "reverse" culture shock.

References

- Suggested readings:
The New Spaniards by John Hooper
Spain is Different by Helen Wattle-AMES
Lonely Planet Spain or *Let's Go! Spain* travel guidebooks
APUNE (Asociación de Programas Universitarios Norteamericanos en España):
<http://www.apune.org/>
<http://www.upf.edu/en/>
- Student and parent guides at <http://www.studyabroad.com/guides/index.html>